

# Galipatia Gazette

**Compiled By:**

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Week of October 16th, 2022

## SLEEPING, AND WHY YOU SHOULD DO IT

*Author: Sid Somashekar*



As engineering students, it can be tough to take on the workload that engineering demands, as a lot of intensive and time-consuming tasks can be asked of students. But, even so, students must do the best they can in getting enough sleep. Sleep is an underrated aspect of a student's success, as sleep can play a significant role in a student's performance and well-being in school.

Sleep can affect how well a student pays attention in class and how much information they may retain from paying attention. A lack of sleep may negatively affect students and cause them not to pay attention and retain less information in class.

A lack of sleep can also stunt growth and lead to other adverse health effects, which can affect one for the rest of their life. A lack of sleep may also affect mental health and negatively affects one's mental being, which can cause one to neglect their responsibilities, the people around them, etc. Getting good sleep can reverse all of the aforementioned effects, and allow students to feel more fulfilled physically, mentally, etc.

Although, it is important to remember that one should not sleep TOO much, as too much sleep can also cause similar effects as not getting enough sleep, which calls for a balance in the amount of sleep one gets. Sleeping on time, getting enough sleep, and waking up at the right time are all things to consider in order to maintain success as a student.



@galipatia



VT CEED

## Academic Hours:

Monday, Wednesday, and Thursday

5 - 7 pm

Studio 2

## Studio 1 Hours:

Monday to Thursday  
Saturday and Sunday

5 - 10 pm  
1 - 6 pm

Don't know what to  
make? Check out  
the Idea Book! →



## KEEPING OUR COMMUNITY SAFE

*Author: Jiyeon Park*

Keeping our environments safe means keeping them clean.



Housing Facilities Staff: The Housing Facilities Staff is responsible for cleaning and maintaining the building and its systems. They also clean student bathrooms and lounges regularly.

Although we have our facilities staff to keep our environment safe and clean, as a resident of Hoge Hall, we need to keep our place clean and respect other residents who utilize the shared bathrooms and showers. For the higher expectation of our environment, we need to be responsible and independent.

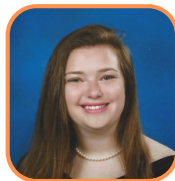
We live in a community, which is a group of people living in the same area and brings a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals. We all want to live in a clean and safe place.

These instructions are important for the health and well-being of each resident. I recommend that you clean your spaces after you use bathrooms or common shared areas.

- Flush your toilet if it doesn't automatically flush.
- Clean your space after you use
- Wash your hands
- Any feminine products go in a trash can not the floor
- If you're going to plaster your hair on the walls of the shower, please have the decency to collect it after.

## BRAIN TEASERS!

*Author: Sara Grammer*



1. Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?

2. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

3. The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?

4. What word is pronounced the same if you take away four of its five letters?

5. How can  $8 + 8 = 4$  ?

6. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

7. If I am holding a bee, what do I have in my eye?

8. You have a lock that takes 3 numbers for the combination. Using the following clues, open the lock:

682: One digit is right and in its place

614: One digit is right but in the wrong place

206: Two digits are right but both are in the wrong place

738: All digits are wrong

380: One digit is right but in the wrong place

1. 'r', 2. A map, 3. A coffin, 4. Queue, 5. If the numbers are times: 8:00 + 8:00 = 16:00 = 4pm, 6. 's', 7. Beauty, 8. 042