

THE HYPE

HLC MONTHLY NEWSLETTER

Spring 2025 Edition

Check out a PDF copy on the HP website or Canvas
Announcements; prints are in the 8th St Lobbies!

Upcoming GT Events

Academic Events:

- **April 15** – SCPC Presents ARTlanta
- **April 17** – Undergraduate Research Spring Symposium
- **April 21** – PACE – Linux 102
- **April 23** – Reading Day

Home Sports:

- **Tue Apr 15** GT vs. Georgia Bulldogs (Baseball)
- **Fri Apr 18** GT Invitational (Track & Field)
- **Tue Apr 22** GT vs. Georgia Bulldogs (Softball)
- **Fri Apr 25** GT vs. Virginia Cavaliers (Baseball)
- **Fri Apr 25** GT vs. Clemson Tigers (Softball)

Announcements

HP Related announcements

- **HProm 2025** – April 11th from 7:00PM–9:00PM at the Alumni House
- **HLC Presents: Sip & Paint Picnic** – April 19th from 11:00AM–1:00 PM in the 8th Street courtyard

CareerBuzz Events

- **April 15th** – Co-Presented with NIKE (Still Seeking Series)
- **April 17th** – Onboarding your internship or coop successfully
- **April 17th** – Professional Branding to Advance or Transition Your Career for Online Masters Students
- **May 5th** – Internationally Focused Graduate Internship Program

HP Events Website

[Click Here!](#)

THE HYPE: SPRING EDITION

Program Spotlight



"Moving forward, by giving back"



The Georgia Tech Student Foundation is **one of the only student-led foundations in the country** where students decide how to invest and allocate real money to benefit campus life. Join a committee, grow as a leader, and make your mark!

Are you in a student org that needs funding?

GTSF awards up to \$30,000 per semester to student initiatives that make Tech even better. Join a committee or apply for funding!

Student Spotlight



Name: Samadhi Attanayaka

Major: BME (Pre-Med)

Favorite Sport: Tae Kwon Do and Ballet

Activities at GT: HLC Civic Service Committee, Research at Emory, Volunteer at Senior Facility, Math Tutor

Favorite Album: Depression Cherry by Beach House



Want to be spotlighted? Scan this QR code today to be featured in the next newsletter!

Featured Restaurant



Momonoki Cafe

95 8th St NW #100, Atlanta, GA 30309

Atlanta Events

- [Pearl Jam In Atlanta](#)
- [Shows at Fox Theater](#)
- Check out the Discover Atlanta Website for more events





The Hype's Dopamine Boosters

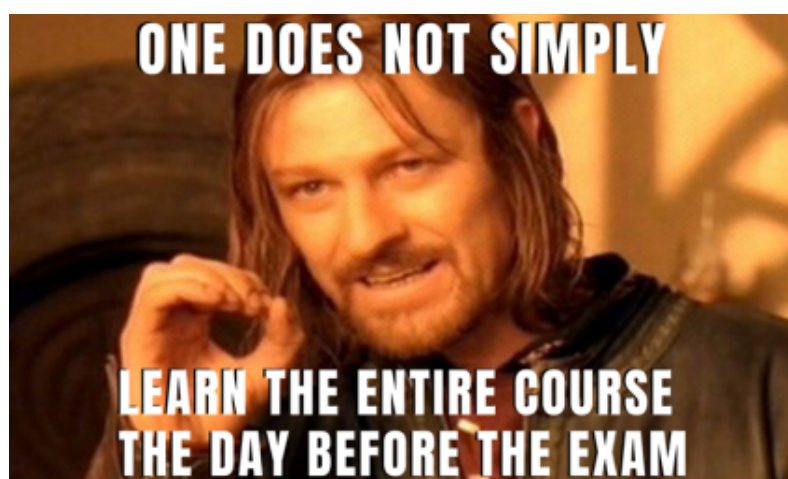


Jokes/positive quotes/etc

- "Finals week at Georgia Tech is kind of like the Clough roof garden... looks peaceful from the outside, but underneath it's just stress, panic, and people wondering if thermodynamics applies to GPA decay." –
- "If you don't sacrifice for what you want, what you want becomes the sacrifice." — Unknown



Memes!



Submit your funniest memes to dwiner3@gatech.edu! The Honors Leadership Council is looking for memes for the monthly newsletter.

If you have things you'd like to include in future newsletters or have any feedback for us, please let us know!

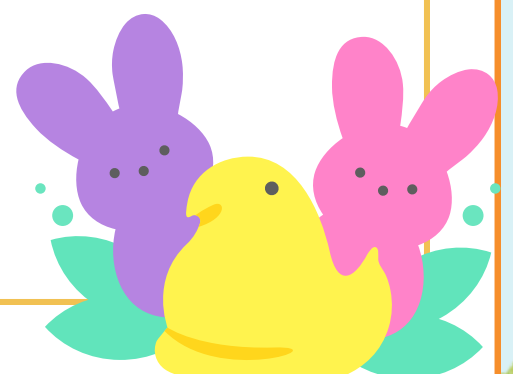
SAMADHI'S EASY COLLEGE RECIPES

Hearty Beef Stew

There's nothing quite like a bowl of warm, comforting beef stew to chase away the chill of a cold day. This timeless recipe features tender chunks of beef simmered slowly in a rich, savory broth with potatoes, carrots, celery, and peas. With its deep flavors and melt-in-your-mouth texture, this stew is the perfect one-pot meal for family dinners, cozy weekends, or make-ahead lunches. Serve it with crusty bread or fluffy biscuits to soak up every last drop!

Ingredients

- 2 lbs stewing beef, trimmed and cubed
- 3 tbsp all-purpose flour
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 3 tbsp olive oil
- 1 onion, chopped
- 6 cups beef broth
- 1/2 cup red wine (*optional, but recommended*)
- 1 lb potatoes, peeled and cubed
- 4 carrots, cut into 1-inch pieces
- 4 celery ribs, cut into 1-inch pieces
- 3 tbsp tomato paste
- 1 tsp dried rosemary or 1 fresh rosemary sprig
- 2 tbsp cornstarch
- 2 tbsp cold water
- 3/4 cup frozen peas



SAMADHI'S EASY COLLEGE RECIPES

Hearty Beef Stew

Instructions

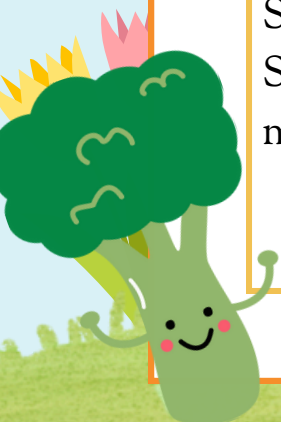
- **Prep the Beef:**
 - In a large bowl, combine flour, garlic powder, salt, and pepper. Toss the beef cubes in the flour mixture until well coated.
- **Sear the Meat:**
 - In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the beef and chopped onion. Cook until the beef is well browned on all sides.
- **Deglaze and Simmer:**
 - Pour in the beef broth and red wine, scraping up any browned bits from the bottom of the pot. This step builds rich flavor.
- **Add Vegetables & Simmer:**
 - Stir in the potatoes, carrots, celery, tomato paste, and rosemary. Reduce the heat to medium-low. Cover and let simmer for 60–90 minutes, or until the beef is fork-tender.
- **Thicken the Stew:**
 - In a small bowl, stir together the cornstarch and cold water to form a slurry. Gradually stir the slurry into the simmering stew, a little at a time, until the desired consistency is reached. Let it boil for 1–2 minutes to cook out the starchy flavor.
- **Add the Peas:**
 - Stir in the peas and cook for an additional 5–10 minutes. Season with additional salt and pepper to taste.

Tips & Variations

- **Tenderness Tip:** If beef is still tough after 60 minutes, simmer covered for another 15–20 minutes.
- **Thickening Options:** You can also mash a few potatoes or carrots directly in the pot for a more rustic thickening approach.
- **Vegetable Swaps:** Use this stew to clean out your fridge—leftover roasted potatoes, mushrooms, or cooked carrots work great!
- **Wine Substitution:** If omitting red wine, simply replace with additional beef broth.

Serving Suggestions

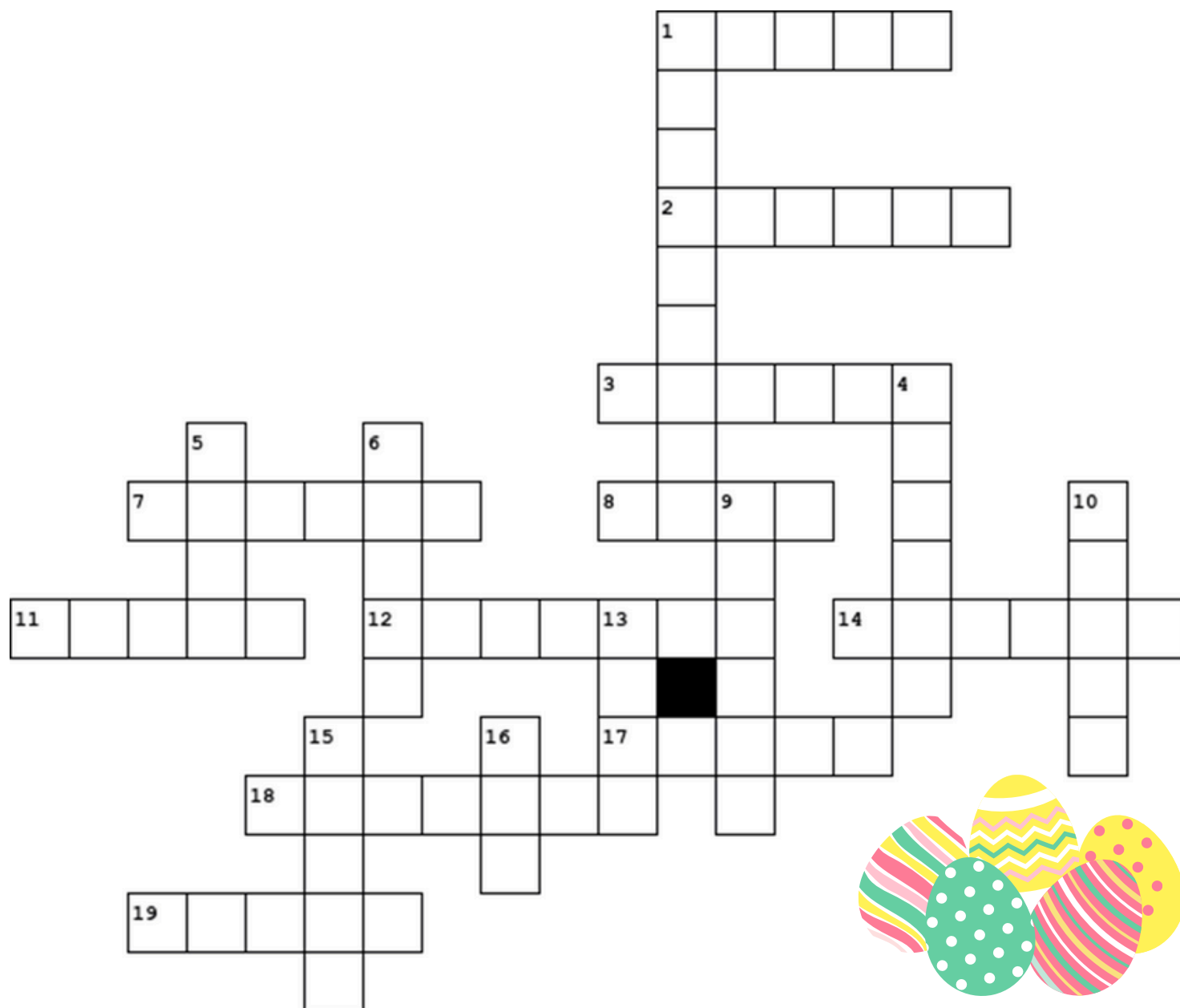
Serve piping hot with crusty bread, flaky buttermilk biscuits, or ladled over a bed of creamy mashed potatoes. Also delicious with saltines or garlic crescent rolls.



EASTER CROSSWORD

ANSWERS:

Down: 1. Chocolate 4. Tulips 5. Ears 6. Peeps 9. Easter 10. Bunny 13. Eggs 15. Paint 16. Hop
Across: 1. Candy 2. Chicks 3. Rabbit 7. Basket 8. Bees 11. Grass 12. Pastels 14. Spring 17. Green 18. Carrots 19. Beans



Across

1. What you might find in Easter eggs
2. These animals hatch from eggs and are symbols of Easter
3. Another word for bunny
7. Eggs and sweet treats are often found in these
8. These insects spread pollen during Spring
11. Easter baskets often contain candy versions of this common plant
12. Color type synonymous with springtime
14. The season before Summer and after Winter
17. Popular springtime color
18. Favorite food of rabbits and bunnies
19. Popular Easter candy: jelly -----

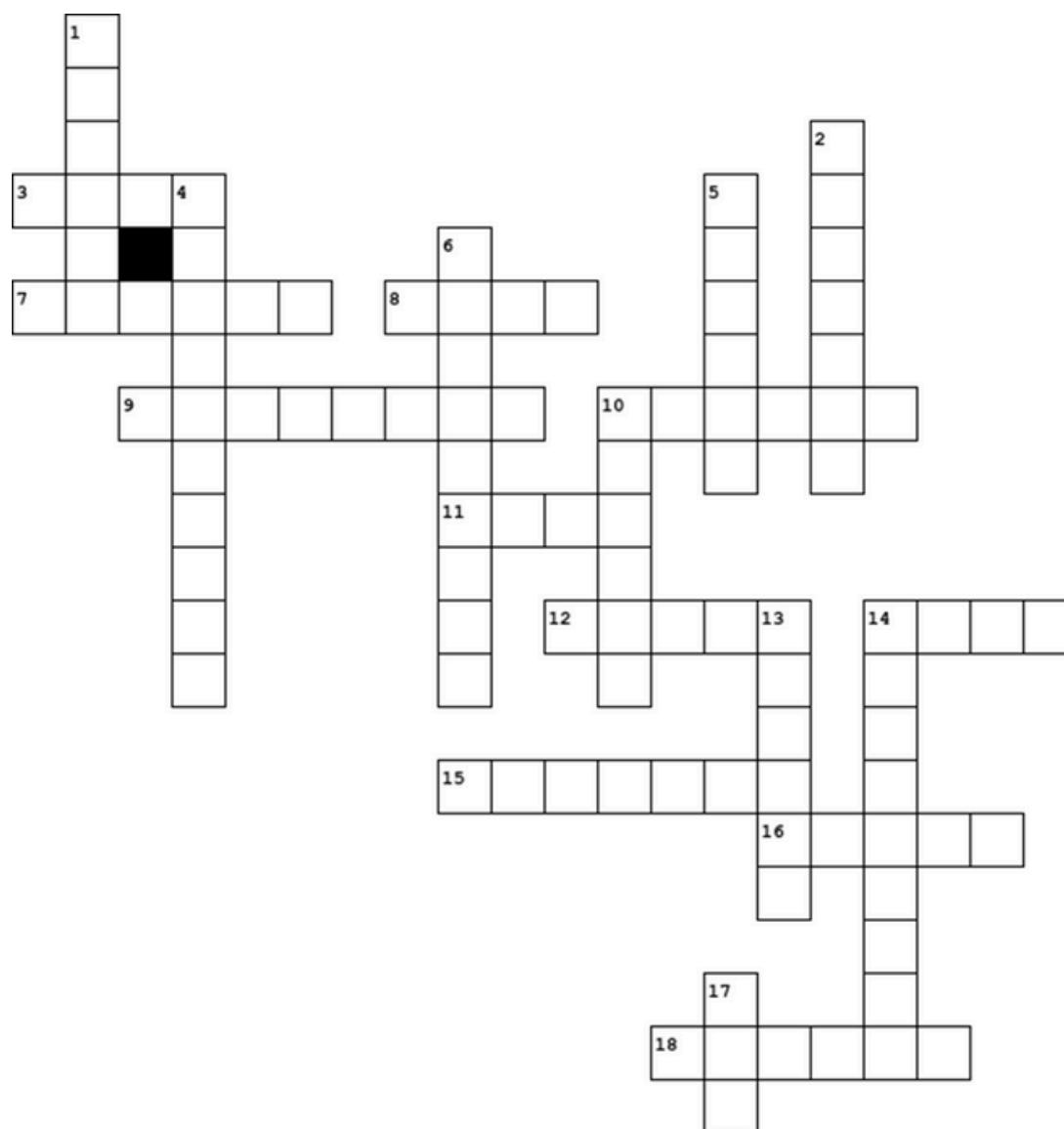
Down

1. This sweet treat is often molded into the shape of rabbits
4. Flowers that come in many colors and are relevant around Easter
5. Part of a rabbit that is suitable for an Easter costume
6. Popular yellow marshmallow treats
9. Famous holiday celebrated during Spring
10. During springtime children are visited by the Easter -----
13. What you might hunt for around Easter
15. What one might do to eggs during around Easter
16. Signature action of a bunny

BONUS: SUMMER CROSSWORD

ANSWERS:

Down: 1. Hawaii 2. Goggles 4. Sunglasses 5. School 6. Waterpark 10. Summer 13. Hotter 14. Pineapple 17. Sun
Across: 3. Days 7. Picnic 8. Sand 9. Floaties 10. Shovel 11. Palm 12. Beach 14. Pool 15. Coconut 16. Exams 18. Bucket



Across

- 3. Gets longer as Summer arrives
- 7. Set up a blanket and have one of these with some friends
- 8. Gets everywhere, often encountered near water
- 9. Help keep swimmers upright
- 10. Plastic tool one might bring to the beach
- 11. Type of tree synonymous with Summer
- 12. Typical Summer vacation hotspot
- 14. Getting in one of these is a great way to cool off on a hot day
- 15. These fruits are often seen cut open and filled with straws
- 16. To get to Summer break students must complete their final _____
- 18. Can be used to carry sand or water

Down

- 1. This American state is often seen as the perfect Summer getaway
- 2. One might wear these to keep water from their eyes
- 4. These help block the sun's light
- 5. Distinct feature of Summer: no _____
- 6. This Summer attraction involves water and slides
- 10. Season after Spring
- 13. Temperatures in summer get _____
- 14. Spiky Summertime fruit
- 17. Summer skies always include this heavenly body