

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, SEPTEMBER 22, 2023

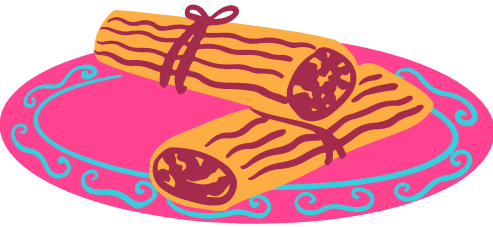


Hispanic Heritage Month September 15 - October 15, 2023

National Hispanic Heritage Month traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries. Hispanic Heritage Week was initiated in 1968 and expanded in 1988 becoming a month-long observation. September 15 is the anniversary of independence of Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua making this date significant. For additional information and ways to observe be sure to click on the image.

HEALTH AND WELLNESS

21 LATIN DISHES TO
CELEBRATE NATIONAL
HISPANIC HERITAGE
MONTH



Celebrate and show support for National Hispanic Heritage Month by cooking up and serving friends and family some incredible Latin foods. Click on the image above for recipe inspiration.

If you prepare one of the recipes, we'd love to see it. Click on the link below to enter a drawing for a chance to win a \$25 grocery store gift card. Just complete the brief form, upload a photo, and submit!

Hispanic Heritage Month Grocery Store Drawing



**Interested in
a fitness card?**

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

WEEKLY WELLNESS TIP: REALX, WATCH, READ AND LISTEN

With the start of school just happening, how many of you have been hitting the books non stop and haven't had time to sit down and relax, be with yourself or loved ones? If you can with in the next 2 weeks plan you some me or family time and a self care day and RELAX. In honor of Hispanic heritage month look at these book, movie and podcast recommendation for your relaxation.

Movie Recommendations:

Before Night Falls
In the Heights
Like water for Chocolate
Selena
Family Friendly
The Book of Life
Gotta Kick It Up
Encanto

Book Recommendations:

Love In The Time of Cholera - Gabriel Garcia Marquez
The Hacienda - Isabel Canas
A Nation of Women - Luisa Capetillo
Undocumented - Dan-el Padilla Peralta
The Grief Keeper - Alexandra Villasante

Podcast Recommendations

Perreo 101- Katelina "La Gata" Eccleston
Bag Ladiez- Cinthia "E" Pimentel and Rafaela "Lina" Uribe
Locutora Radio- Diosa Femme and Mala Muñoz
Canción Exploder- Martina Castro

Code Switch- Shereen Marisol Meraji

Radio Ambulante and El hilo- Daniel Alarcón

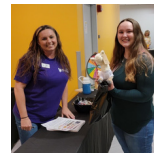


STUDENT ORG SPOTLIGHT

JOIN SGA



The Georgia Student Government Association (GSGA) is organization that helps with aiding in allocation of student activities funds. GSGA helps with activities on all of our campuses and participates in many school-wide events including New Student Orientation. Members of the Georgia Student Government Association (GSGA) also get to participate in off-site leadership conferences and workshops. Joining this organization will also serve as a forum to meet new students, a place to develop leadership skills, and provides students with opportunities to get involved in their campuses and communities. We would love to have YOU for GSGA!



SCAN THE QR
CODE TO
COMPLETE THE
GSGA
MEMBERSHIP
FORM.



**WGTC Student
Counseling Connection
offers confidential
counseling and much
more for our students.**

Find out about Student Counseling Connection Here:
<https://www.westgatech.edu/student-life/student-counseling-connection/>



Horoscope CORNER: Check out your Daily Horoscopes! Email Student Life if you found anything intriguing or interesting about your Horoscope. Click the Horoscope wheel!



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