# **KNIGHT NEWS**

#### YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER FRIDAY, NOVEMBER 11, 2022



November is Native American Heritage Month. In 1990 Congress passed and President George H. W. Bush signed into law a joint resolution designating the month of November as the first National American Indian Heritage Month. The month is a time to celebrate rich and diverse cultures, traditions and histories and to acknowledge the important contributions of Native people. Use this month to gain knowledge about native tribes and to raise general awareness about the challenges that Native people have faced historically and now in the present. For historical, event, and exhibition information, visit the National Native American Heritage Month Website here.

## EALTH AND WELLNESS

#### HEALTHY DESSERTS FOR THANKSGIVING



Check out these healthy twists on your favorite desserts for Thanksgiving, that will satisfy your sweet tooth, but with less sugar.

#### Please click here for more info:

https://www.womenshealthmag.com/food/g295 03143/healthy-thanksgiving-desserts/

#### **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:

6 Strategies to help with Daylight Savings Time

- Prioritize Daylight Exposure
- **Take Precautions** in Case of Sleep Disruption
- Upgrade Your Sleep Hygiene
- Eat a Healthy Diet Take a Short Nap
- if Necessary
- Consider Relaxation **Techniques**

Click clock to view full article:



### STUDENT ORG SPOTLIGHT GEORGIA STUDENT ELECTION ☆☆☆ GOVERNMENT

Annually WGTC's chapter of Georgia Student Government Association holds elections for students desiring to lead in a GSGA executive officer position. West Georgia Tech's student body votes for the individuals to become officers. Voting begins today Nov. 11th and will end on Wed. Nov. 16th at 7pm. Be sure to view candidates' campaign info and to vote electronically by clicking on the ballot box above.

#### 2022 - 2023 GSGA Candidates







Erica Brewer Engineering Carroll Campus

Business Healthcare Healthcare Science Douglas Campus

Douglas Campus

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/studentcounseling-connection/

QUIZ CORNER: Let this quiz guess what yummy thanksgiving food you are. Have fun and feel free to email Student Life to let us know if it guessed correctly. (Click the Turkey for the guiz)



As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770,537,5722, 176 Murphy Campus Blvd Waco, GA 30182. ADA (Section 504) coordinator is Executive V.P. of Administrative Services, 678.684.0533, 401 Adamson Square, Carrollton, GA 30117.

Abria Reyes **General Studies** LaGrange Campus Jennifer Sampson

Shanique Lee

