

KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
MONDAY, OCTOBER 19, 2020



OCTOBER EVENTS!

We've got a lot going on over the next couple of weeks! We hope you will participate so you can win! Check out page two for more information about the Halloween events we have coming up!

HEALTH AND WELLNESS:

OCTOBER IS BREAST CANCER AWARENESS MONTH

For more information, go to cancercenter.com

OCTOBER 2020 NEWSLETTER

Creating a Healthier You

Good to KNOW

Breast cancer risk factors

Each year, more than 190,000 American women and men are diagnosed with breast cancer. No one knows if or when breast cancer will develop, but understanding the risk factors for breast cancer may help you take preventive measures to reduce the likelihood of developing the disease.

What causes breast cancer?

Breast cancer is caused when the DNA in breast cells mutate or change, disabling specific functions that control cell growth and division. In many cases, these mutated cells die or are attacked by the immune system. But some cells escape the immune system and grow unchecked, forming a tumor in the breast.

What are some risk factors?

Aging: On average, women over 60 are more likely to be diagnosed with breast cancer. Only about 10 percent to 15 percent of breast cancers occur in women younger than 65. However, this may vary for different races or ethnicities.

Inherited factors: Some inherited genetic mutations may increase your breast cancer risks. Mutations in the BRCA1 and BRCA2 genes are the most common inherited causes. Other rare mutations may also make some women more susceptible to developing breast cancer. Genetic testing reveals the presence of potential genetic problems, particularly in families that have a history of breast cancer.

Minute of Wellness Breast Cancer

Watch these Minute of Wellness videos to learn prevention tips, cancer symptoms and more created by doctors at Cancer Treatment Centers of America® (CTCA).

► Difference between self-breast examination & self-breast awareness

DEA NATIONAL RX TAKEBACK

National Prescription Drug Take Back Day

West Georgia Technical College

STUDENT LIFE

WEEKLY WELLNESS TIP:

DEA NATIONAL RX TAKEBACK DAY IS OCTOBER 24TH

CLICK ON THE SIGN BELOW FOR MORE INFORMATION AND A LOCATION NEAR YOU!



OCTOBER EVENT:

OCTOBER IS SUBSTANCE ABUSE PREVENTION MONTH

CAMPUS "POP UP"

DOUGLAS CAMPUS
10/19/20 11-1 PM
OUTSIDE BETWEEN BLDG A & B

MURPHY CAMPUS
10/20/20 10-12 PM
INSIDE BETWEEN BUILDING A & B

CARROLL CAMPUS
10/20/20 2-4PM
OUTSIDE STUDENT CENTER

COWETA CAMPUS
10/21/20 10-12 PM
OUTSIDE BUILDING A BY BOOKSTORE

LAGRANGE CAMPUS
10/21/20 2-4 PM
ROTUNDA LOBBY

COMPLETE A BRIEF SURVEY FOR A FREE POPSOCKET AND OTHER GIVEAWAYS. YOU WILL ALSO BE ENTERED INTO A DRAWING FOR A CHANCE TO WIN A \$25 AMAZON GIFT CARD.



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Interested in upcoming Health and Wellness Events and Fitness Classes? Click the link below to sign up for reminders

<https://forms.gle/PggDZ7FBePu5DsMK6>



UPCOMING STUDENT ORG MEETINGS:

GSGA 's next meeting is OCTOBER 29, 2020 at 3:30PM
[https://us02web.zoom.us/j/85742273221?](https://us02web.zoom.us/j/85742273221?pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09)
[pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09](https://us02web.zoom.us/j/85742273221?pwd=eHE1SU0vWmhkUVJWd3d1Q25SeC8wdz09)

WGTC VIRTUAL CORNER: Did you know there are a TON of fun VIRTUAL a socially distanced things you can do this Halloween? Check out this list of things to do in the Atlanta area for ideas: [ATLANTA VIRTUAL HALLOWEEN](#)


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PARTICIPATE TO WIN SOME COOL PRIZES! CLICK ON THE FLYERS BELOW TO ATTEND OUR VIRTUAL EVENTS FROM THE COMFORT OF YOUR HOME!

TUESDAY, OCT 27TH

IT'S TIME FOR



**TUESDAY, OCTOBER 27, 2020
12 (NOON)**

How to Play:

1. Join Student Life's Zoom meeting:
<https://us02web.zoom.us/j/87443105274?pwd=V0R0bG9mTGZFdnhkVmh1OEJheGp0TD9>
2. Follow this link on a separate device: app.bingomaker.com/free/card
3. Click on [Get a virtual card](#)
4. Listen to the BINGO caller, click on the numbers if you have them on your virtual board
5. Call out BINGO if you have it, text your name and a photo of your completed card to 706-415-0911 to verify your winning card

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, sexual orientation, age, political or social views, marital status, or membership in any group. This policy applies to all programs, services, and activities. The following person has been designated to handle inquiries regarding this policy: Dr. David D. Smith, Vice President for Student Affairs, 1775 West 20th St., West Point, GA 30080, 770-355-7533. 200 Campus Drive, Newnan, GA 30063, 404 (Section 504) Coordinator is V.P. of Administrative Services, 1775 West 20th St., West Point, GA 30080, 770-355-7533, 200 Campus Drive, Newnan, GA 30063, 404.

**WEST GEORGIA
TECHNICAL COLLEGE**

WGTC STUDENT LIFE PRESENTS:

THRILLER TRIVIA

AN ONLINE HALLOWEEN GAME SHOW
TUESDAY, OCT. 27, 2020 6PM



1, 2, & 3RD PLACE WILL
WIN \$\$\$ GIFT CARDS

TO PLAY GO TO: [HTTPS://US02WEB.ZOOM.US/J/86792263663?pwd=QzY2WlGvVjNjY4VjY4ZmRkYkYNTNCZz09](https://us02web.zoom.us/j/86792263663?pwd=QzY2WlGvVjNjY4VjY4ZmRkYkYNTNCZz09)
YOU'LL USE YOUR PHONE TO ANSWER QUESTIONS THROUGH KAHOOT!

**WEST GEORGIA
TECHNICAL COLLEGE**

WEDNESDAY, OCT. 28TH

THURSDAY, OCT 29TH - SUNDAY, NOV 1ST

SPOOKY NETFLIX SCREENINGS



OCTOBER 28, 2020 10 AM - 8 PM
VIRTUAL EVENT. WATCH WITH US FROM THE COMFORT OF YOUR OWN HOME! (YOU MUST HAVE A NETFLIX ACCOUNT TO PARTICIPATE)

CLICK ON THE MOVIE TITLES BELOW TO SEE THE PREVIEW

10:00AM - BEFORE I WAKE

12:00PM - HUBIE HALLOWEEN

2:00PM - DEATH NOTE

4:00PM - THE ADDAMS FAMILY

6:00PM - SLEEPY HOLLOW

WATCH AND WIN!

SIGN UP FOR THE MOVIES YOU WANT TO WATCH WITH US AND WE'LL SEND YOU THE INSTRUCTIONS AND THE WATCH LINKS THE DAY OF SPOOKY SCREENINGS.

SIGN UP HERE:
<https://forms.gle/8jhwu3qj7LwbrtKcA>

FREE RAFFLE TO WIN PRIZES AFTER EACH SHOWING!

**WEST GEORGIA
TECHNICAL COLLEGE**

ENTER OUR COSTUME CONTEST!
(CLICK ON OUR TRICK OR TREATER TO ENTER YOUR PICTURE)

TAKE A PICTURE OF YOURSELF IN YOUR "SCARY" BEST AND SUBMIT IT BY SUNDAY NOV, 1, 2020

FIRST PRIZE WILL GET A \$50 GIFTCARD!

