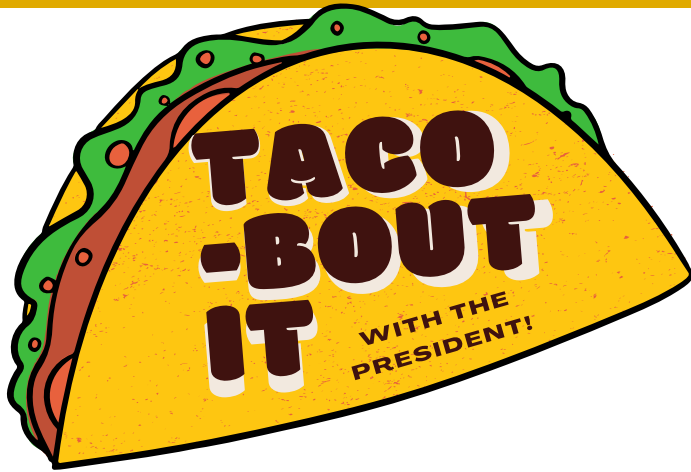


# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, OCTOBER 29, 2021



## FREE TACOS!

Questions about the college? Concerns? Just like tacos? Grab lunch with our college President Dr. Julie Post when she stops by a Student Center near you!

**Murphy - Nov. 2 - noon -1:30 p.m.**  
**Douglas - Nov. 3 - 11:30 a.m.-1:00 p.m.**  
**Coweta - Nov. 9 - noon -1:30 p.m.**  
**Carroll - Nov. 10 - noon - 1:30 p.m.**  
**LaGrange- Nov. 11 - noon-1:30 p.m.**

## HEALTH AND WELLNESS:

**October is National Substance Abuse Prevention Month.** Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. WGTC Student Life wants you to "Know Your Boos!" Educational Handouts were provided to students with information on how much is one drink and knowing what counts toward your BAC (Blood Alcohol Content) based on your gender and weight.



**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:

### Top Tips for Halloween Safety

1. Carry glow sticks or flashlights, use reflective tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers.
2. Join kids under age 12 for trick-or-treating.
3. Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from further away.
4. Remind kids to cross the street at corners or crosswalks.
5. When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children's vision.

TRICK OR TREAT



<https://www.safekids.org/halloween>

## STUDENT LIFE SPOTLIGHT:

### Halloween Week Recap

Student Life brought the Halloween fun to all West Georgia Tech campuses this week. There were Spooky Screenings featuring movies like *Hocus Pocus*, *Beetlejuice*, and *Hubie Halloween*. We also had a pumpkin carving or painting station and BINGO with lots of great prizes for students. The main event happened at the beginning of the week. On Monday, 30 students gathered at the Carroll Campus, Student Life provided meals from Shane's Rib Shack, Halloween inspired hoodies, and then we visited Lock City Games where students had one hour to work together, locate clues, and figure out how to get out of an Escape Room. A fun time was had by all.



### UPCOMING STUDENT ORGANIZATION MEETINGS :

**Upcoming student organization meetings:**  
**GSGA ~ Wednesdays ~ November 3, 10, & 17 ~ 4 P.M.**

<https://westgatech.webex.com/westgatech/j.php?MTID=m199725d87142efdb128d3358ef7b6579>



**WGTC VIRTUAL CORNER:** Looking for some ways to connect with other virtually during this spooky season? Check these ideas out:  
<https://teambuilding.com/blog/virtual-halloween-party>

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, 770.664.0532, 200 Campus Drive, Newnan, GA 30263. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.