

The Horizon Newsletter

"Our goal as teens of this community is to inform the public in the Triangle area about our generation's view on topics in our world. We hope to connect with others of our age and allow them to voice their opinions on relevant issues. Above all, we would like to encourage our peers to do their part as active members of this society."

November 2017 Issue

Hello readers! This is the second issue of the Horizon Newsletter. As you can see, we've made some graphic changes, as well as a few new categories of content. In later editions, we will be posting articles sent in by other aspiring writers, so if you or anyone you know would be interested, go ahead and email us for more details. Now with that said, let's move on to the newsletter!

Local Events

Some of this month's local events:

- Triangle Youth String Orchestra: The Philharmonic Association is presenting an incredible orchestra concert for children of all ages. This youth orchestra is playing new and old favorites in the first half, and a multi-media program by the Triangle Youth String Sinfonia in the second half. Participate in this beautiful program on Sunday, November 12, 2017 from 4:00 PM to 5:30 PM at the Cary Arts Center!
- NCFC Youth NSS Showcase Soccer Tournament: This soccer tournament is one of the 5 elite tournaments in Raleigh, North Carolina. Join the boys' 2 day tournament on Saturday, November 11, 2017 all day and Sunday, November 12, 2017 all day at the WakeMed Soccer Park! The girls' tournament is 3 days, Friday, November 17, 2017 all day, Saturday, November 18, 2017 all day, and Sunday, November 19, 2017 all day at the WakeMed Soccer Park as well!
- Triangle Wind Ensemble presents "Wonderful Winds": This ensemble is a 50-member wind/brass/percussion ensemble presenting its fall concert under the direction of Evan Feldman! Join them on Saturday, November 18, 2017 from 7:30 PM to 9:00 PM at the Cary Arts Center!

There are many more events in the Triangle area this month; these are just a few, so don't get limited to these!!!

Health

CPR

By: Pavitra

We go through many challenges in our lives, and one of them is death. There could be many reasons as to why someone dies. They can die because of age, disease, or because something isn't working properly in their bodies. If something isn't working properly in their body, there is usually a way to make it work again. One such procedure is CPR.

CPR stands for cardiopulmonary resuscitation. It is a medical procedure that is given to someone with a cardiac arrest (an electrical problem in the heart). When the heart can't pump blood, this procedure helps to pump blood throughout the person's body.

To do this procedure, a person has to press up and down on the victim's chest (chest compressions). This gives the victim rescue breaths and helps save their lives from cardiac arrest. You would know if your CPR procedure worked if the victim starts to cough, opens their eyes, speaks or moves deliberately, or starts to breathe normally.

Now you know what the CPR procedure is and how it works, you can help any victim if they have a cardiac arrest. Click the link below to learn more:

<https://www.bhf.org.uk/heart-health/how-to-save-a-life/what-is-cpr>

News

Shooting in Texas

By: Amuktha Dasari

Last Sunday, one of the deadliest shootings in Texas history occurred at First Baptist Church in Sutherland Springs. A gunman rampaged through the church during Sunday service, killing more than 25 people, including an unborn child. The attacker was identified as Devin Patrick Kelley, an escapee from a nearby mental health asylum. He was accused and convicted in 2012 of domestic assault to a civilian law enforcement officer. The victims of the attack are listed in full [here](#). Our thoughts and prayers are with the victims' families and friends as they recover from this tragic event. We hope that this further shows the need for something to be done regarding citizen safety and gun control.

Entertainment By: Sumant and Pranay

Thor Ragnarok by Pranay- In the third and final installment of the Thor series, our mighty Norse protagonist finds himself imprisoned on the other side of the universe, pitted against his fellow Avenger and former ally, The Hulk, in a deadly gladiatorial contest. It's a race against time as Thor must also save his homeworld, up Asgard, from the all-powerful goddess Hela. Thor Ragnarok hits theaters on November 3.

LBJ by Pranay- This biopic directed by Rob Reiner stars Woody Harrelson as Lyndon B. Johnson, the 36th president of the United States. The movie details all aspects of LBJ's political life, including how he went from being a powerful senate majority leader to the vice president to the President of the United States. LBJ also hits theaters November 3.

Murder On the Orient Express by Pranay- The film adaptation of Agatha Christie's popular novel follows Belgian detective Hercule Poirot as he goes on a lavish trip through Europe on the popular Orient Express. Everything seems fine and well until one of the passengers is murdered. Everyone on the train is a suspect and our favorite Belgian detective must find the killer before they strike again. Murder On the Orient Express hits theaters on November 10.

Darkest Hour by Pranay- Directed by Joe Wright and starring Gary Oldman, Darkest Hour follows newly elected British Prime Minister Winston Churchill as he must face one of his most self-defining challenges: negotiating a peace treaty with Nazi Germany or standing by his ideals and the freedom of his country. With the Nazis conquering much of western Europe, the threat of invasion is imminent. Churchill must go against the Crown and his own party in order to gain the support of a nation. Darkest Hour hits theaters November 22.

The Justice League by Sumant: This film is directed by Zach Snyder and starring Ben Affleck, Henry Cavill, Gal Gadot. The Billionaire/Batman tries to assemble a group of supernatural people; The Flash, the Cyborg,

Aquaman, and Wonder Woman. There is an army coming from the past, assembled by the Great SteppenWolf. Batman must use his new team to defeat these evil creatures. It Hits the Theaters November 17.

Daddy's home 2 by Sumant: A sequel to the first film, directed by Sean Anders and starring Will Ferrell, Mark Wahlberg, and John Cena. Now, these Stepfathers have to deal with their own fathers. Dusty hides the truth from his Dad about his New persona, while Jesse has quite a lot of fun with his dad. It hits the Theaters November 10.

Wonder by Sumant: Directed by Stephen Chbosky and starring Julia Roberts, Owen Wilson, and Jacob Tremblay, This movie is about a boy named August who has facial deformity and has had a hard time with people looking at him all the time. August finally starts school with the help of his family with new friends. This movie comes to theaters on November 17th.

Coco by Sumant : This is a 2017 3D animated musical fantasy Film. The main Character is Voiced by Anthony Gonzalez. It is about a boy that enters the death world and discover a hidden secret the family kept for years. This is movie is originally in Spanish. It hits the theaters on November 17.

Thanksgiving

By: Harvik Kolla

Turkey, food, family. This is what most thanksgivings are about. But, is that what the Native Americans wanted? In the year of 1621, the Plymouth colonists and the Wampanoag Indians shared a feast to celebrate the harvest of autumn. But how did it all start? In September 1620, the Mayflower left England and after 2 months, the pilgrims have reached Cape Cod. Through the winter, most colonists did not leave the ship, where diseases such as scurvy ran among them. Only half of the pilgrims survived to see the next spring. An Abenaki Indian met the pilgrims and introduced them to Squanto, a member of the Patuxet tribe. Squanto taught the early colonists who were deprived of food how to grow corn, trap fish, extract syrup from trees and how to be aware of poisonous objects. He also familiarized the colonists with the Wampanoag tribe. In mid-November, the first harvest was produced. To celebrate this event, Governor William Bradford put together a feast to honor the help of the Native Americans. Thanksgiving is the holiday of giving thanks and gratitude toward other. It is okay to have food, turkey, and family-get-togethers, but one should express thanks and gratitude for what one has.

Academics

Test Tips

By: Harvik Kolla

Taking tests can be frustrating, but here are some tips and techniques that can help you ace them.

1. Have a positive attitude when taking the test
 2. Eliminate answers you know that are not right
 3. Do not cram for the test the night before
 4. Save your time by skipping hard/difficult problems and doing easy ones but don't forget to come back to the hard ones after
 5. Check all of your answers before you hand in the test. You may find some simple mistakes or errors
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6. Get a good night's sleep
7. Eat a healthy breakfast

With these tips, you will be ready to ace any test that comes your way!

Charity of the Month

National Veteran's Foundation

By: Amuktha Dasari

Every day, soldiers go out onto the field and risk their lives for the safety of our nation. Most of the time, when they come back from war, they are awarded with the highest of honors. Usually though, these honors are only afforded to commanders and those higher up in command; the rest are sent home with a small compensation, and occasionally a veteran's pension. They are not given the rights that people who have gone through what they have gone through should be given. Many veterans suffer from mental disorders caused by the war; in fact, one in every three veterans of the Afghanistan and Iraq wars suffers from PTSD (post-traumatic stress disorder), a TBI (traumatic brain injury), or a combination of the two. When they return home from combat, they are not given proper medical/psychological care and are instead left to seek help themselves. Many veterans are also left in poor social situations as well. Almost a third of all homeless people in America are veterans. Due to untreated or undiagnosed mental stress disorders, many veterans find themselves in conflict with criminal justice systems as well. While certain courts, called Special Veteran's Courts, which take into account the veteran's war experiences, do exist, there are only a few of these courts nationwide, and their existence is very rarely known. More time needs to be spent creating awareness for these individuals, letting them know of the rights they deserve, and establishing more facilities to help them. As part of the effort, the National Veterans Foundation has been working for 25 years to help veterans in times of need and distress. If you know a veteran in need of help, call: [888-777-4443](tel:888-777-4443)