EMPOWER AND HELP

www.empowerandhelp.com

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Empowering youth to become global citizens and leaders of tomorrow by providing them with opportunities for social upliftment across geographical borders

Empower and Help is 501(c) (3) non-profit organization

So many of us have pets and love them! Whether it is a dog, cat, hamster, etc., it needs love. Animals are cuddly friends; it is rare to get into a fight with them. We always celebrate ourselves, so why not celebrate our little friends!

World Animal Day is celebrated on October 4th. It is a day we thank our animals for being there for us, celebrating their lives, taking action against extinction, and so much more. Unfortunately, we humans have made over 800 animals extinct, and more species are becoming extinct every year. The animals at risk of extinction include the Hainan Black Crested Gibbon, the Vaquita, the Amur Leopard, the Black Rhinos, Bornean Orangutans, and the Marsican brown bear. These are only some of the hundreds of animals that will soon be extinct if we do not take action now. To learn more, please visit Empower And Help ambassador Aananya Bandaru's article about Wildlife Conservation.

To help ease the number of animals becoming extinct, please go to one of these sites:

- www.aspca.org - Adopt animals from dogs to horses or save a life
- Defenders of Wildlife - save the life of a wild animal such as a wolf.
- https://support.worldwildlife.org - saves all different types of animals
- the Jane Goodall Institute Homepage - saves wild animals
- Gorilla Doctors - Mountain Gorilla Veterinary Project & UC Davis Wildlife Health Center - will save gorillas that have been hurt, are sick, or have been through a traumatic experience and are struggling to survive.

Remember, the animals need you.

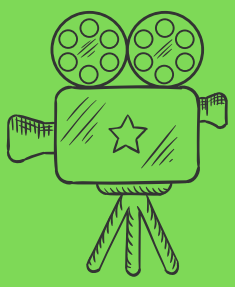
OCTOBER
4-10

WORLD SPACE WEEK

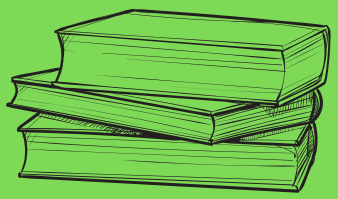
World Space Week is an international science and technology celebration held annually from October 4th to October 10th. It is held to commemorate the launch of the first man-made satellite, Suptnik, as well as the signing of the Outer Space Treaty. This year's theme is "Women in Space." Our ambassador, Sahasra Nandela, published an article outlining the gender gap in science and technology. To learn more, click here.

Here is a list of important women in the field of astronomy, as well as books, movies, and tv shows that you can enjoy to celebrate World Space Week!

- Katherine Coleman Goble Johnson (Mathematician for NASA)
- Valentina Tereshkova (First woman to go to space)
- Kalpana Chawla (First Indian woman to go to space)
- Sally Ride (First American woman to go to space)
- Mary Jackson (First African American woman to work for NASA)
- Dorothy Vaughan (First African American supervisor)



Hidden Figures
Star Wars
Apollo 13
Wall-E
Gravity
E.T. the Extraterrestrial



The Martian - Andy Weir
Dune - Frank Herbert
Margaret and the Moon - Dean Robbins
Space Case - Stuart Gibbs
See You in the Cosmos - Jack Cheng

Star Trek
Battlestar Galactica
The Mandalorian
Lost in Space
The Expanse

COMMUNITY DRIVE SHOUT OUTS

Several of our ambassadors decided to make a different this summer by running a community drive:

Organizers: Veeksha Patlolla
Organization: Community Drive of Union County
Favorite part: Driving to the shelter to give the donations
Hardest part: Promoting the drive and creating awareness

Organizers: Chaitanya Chathey and Megha Reddy
Organization: CENC Food Bank at Durham, NC
Favorite part: Making the flyer
Hardest part: Not getting response from the 1st organization led us to switch organization and caused delays in completing their drive

Organizers: Srideekshitha Suresh
Organization: Backpack Beginnings
Favorite part: Making Flyers
Hardest part: Waiting for people to donate

Organizers: Saisha Amrutham
Organization: Long Beach Rescue Mission
Favorite part: Making the flyer
Hardest part: Not being able to send the flyer to all my classmates

Organizers: Yash Ghayal and Aditi Gupta
Organization: Casa Freehold
Favorite part: Picking up items that were donated since we got to see the progress
Hardest part: Designing the flyer since we had no experience.

OCTOBER BIRTHDAYS!

Drum roll, please!

Florence Rena Sabin
First Female Physician

Kamala Harris
First Female VP of USA

Lucy Hobbs Taylor
First Female Dentist

Frank Panrtridge
Cardiologist - created the defibrillator

William Crawford Gorgas
Introduced mosquito control to prevent yellow fever and malaria