

Volume Number 4

Issue Number 2

- ♣ Scientific Miracles in the Quran, page 1
- ♣ From a Refugee Camp to Congress, page 1
- ♣ Fun with the Snowman, page 2
- ♣ Teacher Interview: Sr. Monica Ahmed, page 2
- ♣ Student Interview: Wissam Koumyem, page 2
- ♣ Islamic Contribution to Optics, page 2
- ♣ The Troubled Minds, page 2
- ♣ Martin Luther King, page 3
- ♣ How to Babysit, page 3
- ♣ I Have a Dream, page 3
- ♣ Art/ Jokes/ Crossword Puzzle, page 4

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**The Rising Times is a student centered newspaper which aims to provide students with intellectually engaging news, op-eds, and student pieces of art and literature. The Rising Times aims to be the student voice in our community, offering thought provoking content and fierce discussion starters.**

The Rising Times

Staff Members

Co-Editor: Mariam Siam

Co-Editor: Joammi Abbasi

Advisor: Sr. Monica Ahmed

Advisor: Sr. Mona Ihmeidan

Photographer/Staff Writer:

Aya Darwish

Art Director/Staff Writer:

Aysha Mohdi

Staff Writers

Sana Elsamar

Nuralhoda Elsaid

Sarah Mohamed



Science Olympiad Team at 2019 NJIT Competition

## Scientific Miracles in the Quran

The verse 11 of Surah Tariq in the Qur'an, refers to the "returning" function of the sky. (The Returning Sky )

"By Heaven with its cyclical systems." (The Qur'an, 86:11)

This word interpreted as "cyclical" in Qur'an translations also has meanings of "back" or "sending back" or "returning".

وَالسَّمَاءَ ذَاتِ الرَّجْعِ ۝

As known, the atmosphere surrounding the Earth consists of many layers. Each layer serves an important purpose for the benefit of life. Research has revealed that these layers have the function of turning the materials or rays they are exposed to back into space or back down to the Earth. Now let us examine with a few examples of this "recycling" function of the layers encircling the Earth.

1- The troposphere, 13 to 15 kilometers above the Earth, enables water vapor rising from the surface of the Earth to be condensed and turn back as rain.

2- The ozone layer, at an altitude of 25 kilometers, reflects harmful radiation and ultraviolet light coming from space and turns both back into space.

3- The ionosphere, reflects radio waves broadcast from the Earth back down to different parts of the world, just like a passive communications satellite, and thus makes wireless communication, radio, and television broadcasting possible over long distances.

4-The magnetosphere layer turns the harmful radioactive particles emitted by the Sun and other stars back into space before they reach the Earth.

The fact that this property of the atmosphere's layers, was demonstrated in the recent past was announced centuries ago in the Qur'an. This once again demonstrates that the Qur'an is the word of God.

Br. Ahmed Abdelbasit

## From a Refugee Camp to Congress: Ilhan

Ilhan Omar was born on October 4, 1981 and spent her early years in Somalia as the youngest of seven siblings. Her father, Nur Omar Mohamed, worked as a teacher trainer. Her mother, Fadhuma, was of Yemeni descent and died when Ilhan was two years old, so she was raised by her father and grandfather. In 1995, Ilhan and her family's application to be resettled as refugees in the U.S. was approved, and they initially settled in Virginia. In 1995, they moved to Minneapolis, where she learned English. Ilhan became a U.S. citizen in 2000 when she was 19 years old.

At 36, Ilhan Omar, a Democrat from Minnesota, made history when she became the first Somali-American congresswoman in U.S. history. She joined Rashida Tlaib, a democrat from Michigan, as the first two Muslim women in Congress. Not only is Ilhan Omar the very first woman of color to serve as a U.S. Representative from Minnesota, she is also the very first refugee to be sworn into Congress. In addition to her other "firsts," Omar is the first person born on the African continent to be elected into Congress. The reason she decided to run for congress was to help those who are struggling. She said in an interview with People Magazine, "I did not expect to come to the United States and go to school with kids who were worried about food as much as I was worried about it in a refugee camp." Most people wonder why this might be so important.

Not only is Ilhan Omar a woman, but a Muslim refugee of color. With her position in Congress, she has allowed many diverse groups in the U.S. feel heard and represented. Ilhan Omar spoke during her campaign about her opposition to President Trump's travel ban against Muslim countries. In her CBS This Morning interview, she said she hoped to bring a "unique insight into the lives and struggles of refugees" when she goes to Washington in January. This is a great opportunity for the Muslim community to be inspired to work and reach levels that they once categorized as "impossible".

Nur-Alhoda Elsaid, 11th grade

## Fun with the Snowman

How you ever built a snowman?

Slam!! I slammed the door and ran outside. I saw my snowman wasn't in her place. I looked everywhere. Finally, I found her in the backyard. I saw her. "Hi Malaak.", she said. I screamed so loud, "Ahhhh!! The snowman said hi to me!" I got so scared because snowmen don't talk. My mother heard me. She was worried. She said, "Malaak are you ok?" I said, "The snowman talked." She just walked back inside. I tried to make it work. We played with squishies, slime, and so many things. I added a little bit of more snow to her, so when we play she doesn't melt. I dressed her into warm clothes. Then she asked me, "What else do you want to do?" I said, "Let's chat for a bit." She said, "Ok." We chatted about slime. We talked about how stretchy, pokey, and soft slime is. Then my mom brought us some hot chocolate. She said, "Do you want hot chocolate?" and we said, "Of course!" We drank it and continued talking. Sadly, she melted. I was so sad because she was like my best friend.

*Malaak Tehfe, 3rd grade*



## Islamic Contribution to Optics

Throughout history, Islam has distinguished itself in many areas of science, including optics, the study of the behavior and properties of light. One may assume that optics aren't nearly as important as, for example, math, but you'd be surprised at what far-reaching advancements the Islamic Empire made – and how such developments led to the invention of modern-day devices, such as the camera. Before Muslim scientists took over the field of optics, it was believed that the eye was the source of light and that the world would be dark without it. There were also no practical explanations for colors at the time. Fortunately, the "Father of Optics", Ibn Al-Haytham, began his studies and shed light upon the biggest ocular questions of that day.

Ibn Al-Haytham studied the structure of the eye and wrote a comprehensive text about his findings, titled *Kitab Al-Manazir, or The Book of Optics*.

*Continued on page 3.....*

## Teacher Interview: Sr. Monica Ahmed

**7th grade English, Civics and Government  
8th-11th grade American History**

**Tell me three adjectives about yourself?**

Passionate, kind, perfectionist

**What is your educational background?**

I have a Bachelor's degree in biology with a minor in psychology and a post baccalaureate certificate in pre-med.

**As a kid, when you were asked what you wanted to study, or what you wanted to your career to be, what did you answer?**

As a kid, as early as the fifth grade, I knew I wanted to pursue medicine. Alongside my interest in medicine, helping people is just part of my character, so it was a great fit at the time to be a doctor.

**To what teams or clubs did you belong to as a student?**

As a student I was part of the botany club which dealt with plants and ecology. I played varsity tennis, I was part of the math club, the National Honor Society, and I was a four year distinguished honor student. I was recognized for being top 10% percent of my graduating class and was featured in a newspaper article in Clifton for my outstanding academic excellence. I volunteered at the Clifton Health Department and at the Clifton animal shelter. In college, I joined the MSA.

**What is the thing that bothers you most?**

Ignorance. Ignorance of anything ranging from religions, cultures, special needs, people with disabilities, etc. I like to make certain topics talking points in my classes, like when I see or hear something that I feel degrades people with disabilities or special needs. I have already had that type of conversation with each one of my classes.

**What makes a good student in your opinion?**

A good student to me is one that is dedicated, knows how to participate and be active but at the same time knows when to listen whether its to me or to their peers. I like to have open discussions. Learning from each other is the best way to introduce yourself to other cultures and backgrounds. We can all learn from each other.

**What do you think is the greatest challenge facing students today?**

I would say again, ignorance. We are now living in a time where it seems that people are using their ignorance to put people down just because they are different. It is important that students today learn about tolerance, so when they leave high school and go onto college and the professional field, they are able to understand others.

**What is your teaching philosophy?**

Discussions, I like for students to be able to talk about what's on their minds. To be able to relate to historical events and not be ignorant. Nowadays, we use common stereotypes and judgments against others when our knowledge a majority of the time is not right and a mere generalization.

**Why did you decide to become a teacher?**

After a long time of wanting to be a doctor, things changed, I took a year off and I had an experience with teaching. I got a certificate to teach adults about food safety and that encouraged me to look at teaching as an option because I loved it so much. The best thing to see is when a student has that light bulb moment where they understand something. I love that. Or in terms of history when they relate to the things they are learning in class to their lives or to current happenings in their day and age.

## Student Interview: Wissam Koumyem

**Wissam Koumyem, 11th grade**

**3 adjectives about yourself.**

Determined, outgoing, adventurous

**What brought you to RSA?**

I came because it's an Islamic school near me and being in an Islamic environment is important to me.

**How does RSA differ from other schools you've been to?**

In RSA we pray and study Quran and Islamic studies. The people here are nicer, there isn't bullying like there is in other schools.

**Do you know what you want to study or have any career plans?**

No, I am still undecided.

**What are some of your strengths and weaknesses?**

A weakness of mine is that I have a big heart and forgive very easily. That, I believe, is also a strength at times.

**What makes a good teacher in your opinion?**

A good teacher is one that understands their students and is not harsh. Before doing anything to the student or assigning them anything they should put themselves in the student's place.

**How would you present yourself if you were in an interview, for a job or position?**

I would present myself as a very patient person. I don't judge people. I put myself in their place before doing anything. I am also a hardworking and determined person, a good fit for the position.

## The Troubled Minds

Expectations,

the killers of many of the young minds of  
High school.

It is what drives us to do our best.

But, it also makes us scared of all of our  
actions.

We become so cautious about the things we do,  
especially when there are people who are watching.

You feel the pressure of everyone against your  
shoulders

You try so hard to work to their expectations.

It gets to the point when we don't want to do anything  
for ourselves

It is all for *them*.

We continue to work, but only to their expectations.

It gets to the point where when we reach our limit,

the only way we can go after up is down,

And that's where we hit rock bottom.

*Anonymous*

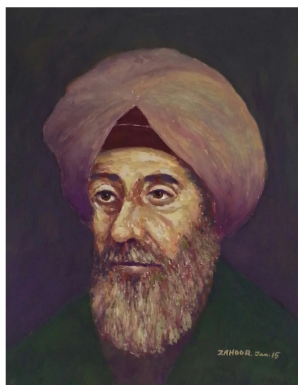


It contained a diagram of the eye and its connection to the central nervous system, an observation that had never been previously made. He is the one who named the parts of the eye, and their English translations are still used today: retina, cornea, vitreous humor, and aqueous humor.

Also, due to his understanding of the eye and its processes, he studied light and proposed his own theories about colors and light refraction. He also denied the mythical belief that light travels into the eyes from external objects to create images. He concluded that light is all the same despite its source, and that it is a movement with variable speed – the beginning of the color theory. The eye doctors of Islam were proficient and leaders in the treatment of eye diseases. On top of discoveries founded by Ibn al-Haytham, Qutb al-Din al-Shirazi, and Kamal al-Din al-Farisi, a man named Razi recognized the pupil's reaction to light and Ibn Sina described the number of inessential muscles of the eyeball (six). One of the most significant developments made in this area of medicine was discovered by Ammar bin Ali, who introduced a "hollow metallic needle" that aided in the extraction of cataracts – Europe began to use this method later in the 19<sup>th</sup> century. Remarkably, some discoveries extend to modern day devices such as the camera. Ibn Al-Haytham investigated mirror theory, mirrors, light refraction, and how light passing through lens breaks down into the color spectrum. Such studies allowed for advancements

in refining the shape of lenses; European scholars expanded on them and used them as a solid foundation for the development of lenses for telescopes, magnifying lenses, and eye-glasses.

Joammi Abbasi, 12th grade



## Martin Luther King: My Dream

"I have a dream." a phrase of power spoken by Dr. Martin Luther King Jr., rippled through the sea of history and cracked the shackles of injustice. King's dreams impacted the world and paved the way for the dreams of the future generation. Similar to Dr. King, I have a dream, a dream for the Muslim Ummah as a whole.

I have a dream that Muslims wouldn't feel the need to conform to society, especially when society encourages things that go against the principles of Islam. We as Muslims living as a minority in a country feel the need to adapt to its customs and traditions. Nowadays, society has allowed and favored actions that are unethical regarding our values and beliefs. Prophet Muhammad pbuh said, "There will come a time when holding onto your religion will be so tough that it will feel like you're holding onto burning coal." Currently we are faced with a lot of Islamophobia and hate which makes it hard for us to practice our faith publicly. With that, I hope that young Muslims stay strong and hold onto the deen during times that make it hard to. I have a dream that one day the relationships and interactions between Muslims will improve. More kindness, compassion, and understanding between Muslims will make the Ummah much stronger. Today, many of us do not even say "Salam" when we pass by our fellow Muslims. How are we supposed to grow and unite as an Ummah when we are close-minded. Also many Muslims question and judge how other Muslims practice Islam. Although we should not encroach on a Muslim's personal connection with Allah, when we do find the need to advise, we should do so in a pleasant and kind manner.

I dream of a day where Muslims around the world can taste freedom, the freedom to love and to believe. I dream of a day when Muslims in China can practice Islam without the fear of being arrested and being put in concentration camps. I long for the day Muslims in Palestine can walk around freely in their country. I yearn for the day Muslims in Syria can have a taste of freedom. Let freedom ring where it is being silenced!

Hajar Hassan, 9th Grade



## How to Babysit

I am going to teach you how to babysit a little baby. This will be fun. A lot of fun! It will be very interesting. You, of course have to see what time the kids are coming over. What will happen when you are not dressed, they will not let you babysit. You have to call the parents and then you'll know what time they're coming. You have to clean up so there won't be sharp and spikey things around the baby. The baby will get hurt if you don't. Make sure you close the door, or the baby will run away. If you are babysitting a baby, you need: a baby bottle, diapers, baby wipes, clothes, blankets, toys, and a baby crib.



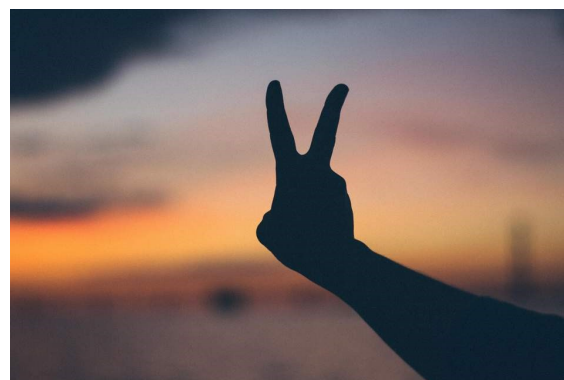
Those are all of your supplies. If you have a baby, you need baby food. If you don't have a baby, you eat regular food. You should have some baby milk if your baby is tiny. When it is play time, you of course have so many toys. You have to help the kids have fun when you're babysitting. If the kid is being lazy, you can ask, "Do you want to make cupcakes?" You need to clean the toys up because if you step on one or fall on one, you can get really hurt. It hurts so much you could cry so hard and bleed. I hope you had fun! It took a long time, but it was worth it. It was a lot of fun. Did you have fun?

Haseba Awawda, 2nd Grade

## I Have A Dream

I have a dream  
That one day our Muslim Ummah will be united  
That we'll cleanse the hostility between us that keeps us unsighted  
That we'll forget the animosity and the negativity  
And we'll live peacefully with smiles full of happy energy  
I have a dream  
That one day our Muslim Ummah will notice the worldwide poverty  
And use their wealth to give back to charity  
That we'll feel for the people in countries with dreadful fears  
By aiding them and wiping off their tears  
I have a dream  
That one day Islam will be known as peaceful and not radical  
For the media to be exposed and the truth to become evident  
That one day we will get justice for the people that innocently died  
To protect our Ummah with staggering pride  
I have a dream  
That one day Palestine will be free  
And the people can walk freely in the land of  
Serenity

Ali Eldeeb, 11th Grade



## Jokes/Riddles

1. What do you call a flying bagel?
2. What has thousands of letters and it is only 2 words?
3. Stacy's mom had 4 children. One was July, the second was May, the third was April, what was the name of the fourth child?
4. How does the moon cut his hair?

*Jokes contributed by Kareem Abbasi, 5th Grade*

### Rashida Tlaib : Congresswoman- U.S. Representative for Michigan's 13th congressional district



*Art by Aysha Mohdi, 12th grade*

## Black History Month Word Search

F T C P U L R S K N A M B U T A V L G F  
 S U D E P W H L W O Z P T R T K W I P P  
 N U O H F C U A G S S U B K H H W V X O  
 E D K S R L Z V D N F W K I N G A I P A  
 W T J A R I G E N I O Z K S U P R C Y B  
 O C M F M V W R O B Y R J J T Q A E O V  
 B L U E S I M Y I O J N T V L H W R A Z  
 M R O O I C A D T R A O M S U W G C K N  
 C O M F C U N W A O Z I F Z M Q I I C S  
 A G D Q A H K O P E Z T E Z K R M U R M  
 R R G E R G M R I A E A E D F O A I R H  
 V E E T E P K C C T O G J A L B R N J P  
 E E Q Q H R L K N G A E E Y N I L O L R  
 R N F K U J F P A L E R F K G W B I L U  
 N F A T Y A B D M H N G G H S O X T Y P  
 D I K R E V L O E K Q E T E Y U Y I Z L  
 X E Q U V O T I N G V S C C T P T L Y J  
 G L X T B K L S T D U B O I S N C O H M  
 L D N H L A L H Q Y O T P R P V I B X S  
 W P S O U L H I J I T U V D A K O A G Z

|             |          |              |
|-------------|----------|--------------|
| ABOLITION   | AFRICA   | ALI          |
| ARMSTRONG   | ASHE     | BLUES        |
| BOYCOTT     | BUS      | CARVER       |
| CIVIL       | RIGHTS   | CIVIL        |
| WAR         | DUBOIS   | EMANCIPATION |
| EQUALITY    | FREEDOM  | GREENFIELD   |
| INTEGRATION | JAZZ     | JIM          |
| CROW        | MARCH    | KING         |
| OWENS       | PARKS    | RACISM       |
| RIGHTS      | ROBINSON | SEGREGATION  |
| SLAVERY     | SOUL     | TRUTH        |
| TUBMAN      | TUSKEGEE | VOTING       |



1. a plain bagel 2. A post office 3. Stacy 4. Eclipse it

## Coffee Free Pumpkin Latte

Ingredients:

- 1 cup pumpkin puree
- 1 quart milk
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon vanilla extract
- Optional: Whipped Cream

**Total Prep Time: 5 min**

**Total Cook Time: 10 min**

Directions:

- Combine pumpkin, milk, sugar, cinnamon, and vanilla in a large saucepan over medium heat. Use a whisk to blend well. Heat to a simmer; do not boil.
- Serve in 4 mugs and top with whipped cream. Enjoy!



## Cookie Dough Stuffed Brownie Truffles

**Ingredients**

**For 16 Truffles**

- 1 box brownie mix, prepared according to package instructions
- 1/2 cup all-purpose flour
- 1/4 cup brown sugar
- 4 tablespoons butter, melted
- 2 tablespoons milk
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 cup mini chocolate chips
- chocolate, melted

**Directions**

1. Flip the prepared brownies onto a cutting board. Using a rolling pin, roll out the brownies. Cut into 16 equal squares.
2. On a small baking sheet, bake the flour at 350 °F
3. In a large bowl, combine the flour, brown sugar, butter, milk, vanilla, salt, and chocolate chips. Mix well and freeze for 30 minutes to 1 hour.
4. Form the cookie dough into 16 equal balls.
5. Wrap a brownie square around each ball of cookie dough.
6. Dip the wrapped truffles in the melted chocolate, covering the entire ball. Chill for 30 minutes, or until ready to serve. ENJOY!



*Recipes By: Sana Elasmay, 12th Grade*