



For the students, by the students

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.

May 16, 2020

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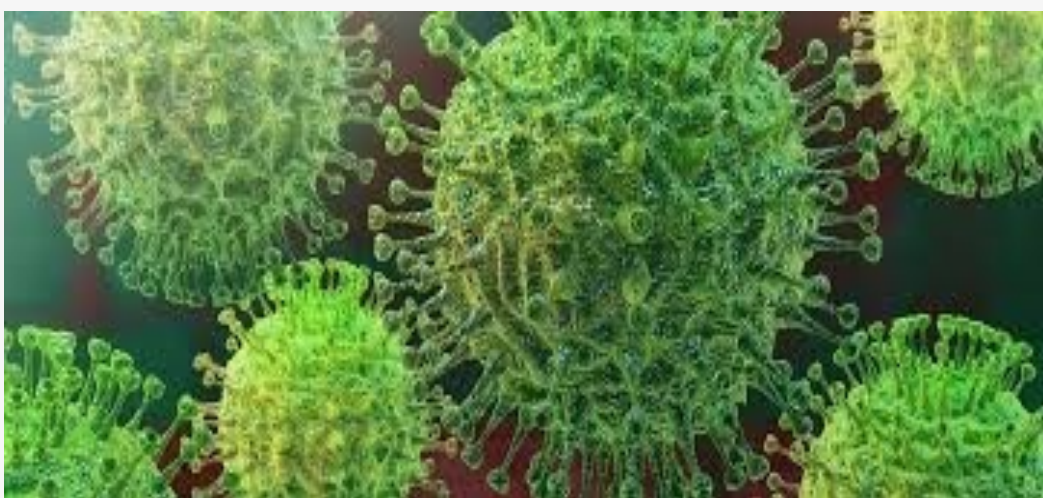
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Coronavirus, The Plague of 2020

As most of you know a worldwide pandemic has been taking place, the virus responsible is called COVID-19, also known as Coronavirus. The virus has spread to almost every single country starting from China and piggy-backing off boats, planes, and other transportation. Governments are in chaos and the stock market recently



crashed because of Chinese and other countries' factories shutting down due to the plague. Iran and Italy shut their borders so we can assume America will do the same soon. However, how many cases are there in America? A lot more than the media let's on, recently it went over 1,000 cases and 37 deaths. Most cases are in New Jersey and New York, followed by Cali-

fornia. Why these states? Well both are port states and New York has JFK a very busy airport, so a carrier landed in New York and brought Corona there, the clustered people allowed the virus to spread quickly like wildfire. This is history repeating, Corona will most likely be written in history books and join the group of mega plagues of old. Measles, Smallpox, Cholera, and the infamous Black Death, The Coronavirus is not only killing lots of people but also is destroying the economy. The best thing for you to do as a concerned individual is to keep washing your hands and try not to attend public gatherings.

By: Qasem Alkhatib, 10th grade

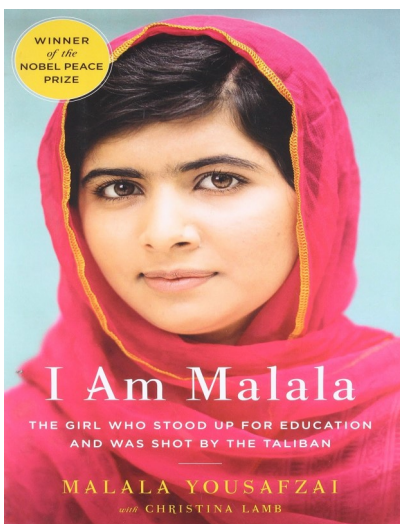
Important Women Throughout History

It is clear women play a very important role throughout history, and have made a major impact by using the power of their voices. For Women's history month, let's talk about a few women that shaped the history that we live in today.

Queen Elizabeth I, who called herself “The Virgin Queen”, because she chose to marry her country instead of a man, was one of the most successful monarchs in British history. She showed that she does not need to marry a man to be successful and that she could do it all even if she's independent.



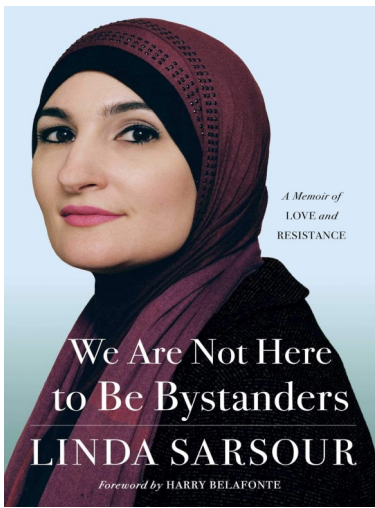
Malala Yousafzai was shot in the head, at the age of 15, because she publicly spoke out on women's right to education in Pakistan, when the Taliban banned girls from having an education. Malala fortunately survived and still to this day, continues to fight and express the right women have. Her bravery inspired many and was the youngest recipient of the 2014 Nobel Peace Prize, and along with that her own book, titled “I Am Malala”.



Rosa Parks sparked an entire civil rights movement in America when she refused to stand up and give her seat to a white man on a bus, in 1955. This action has inspired many all over America, who were facing and against segregation to take a stand with Rosa and to boycott against it.



Linda Sarsour first gained attention for protesting police surveillance of American Muslims, later becoming involved in other civil rights issues such as police brutality, feminism, and immigration policy. Using her voice, against Zionism and incrimination has inspired many to stand and march with her, and against these acts. Her book, “We Are Not Here to Be Bystanders”, continues her fight and shows the power her



Ibtihaj Muhammad is known for being the first Muslim American women to wear a hijab while competing for the US fencing in the Olympics. She is an American sabre fencer and a member of the US fencing team. She has inspired many Muslim girls and women all over the world, that you can apart of something big and dresses modestly. Ibtihaj not only has two books out but her very own Barbie doll.



By: Fehmieh Mansour, 11th grade

Effects of Bullying

In the US, 1 in 5 students ages 12-18 has been bullied during the school year. Bullying is a huge issue in to-day's world that is linked to many negative outcomes like poor mental health, decreased academic achievement, and physical health.

-Mental health issues caused by bullying:

Teasing, name-calling, and taunting are all examples of verbal bullying that can really injure a person's self-esteem which can cause long term emotional trauma. Depression, anxiety, stress, and increased feelings of sadness and loneliness are also what kids who get bullied are likely to deal with.

-How does bullying affect academic achievement?

Most reported bullying happens in the school. Students who are bullied are more likely to skip or drop out of school in order to avoid bullying. Approximately 160,000 teens have skipped school because of bullying. Also, kids who are bullied often lose interest in schoolwork or are distracted by the bullying which results in a lack of participation and a decrease in grades, this just adds to the stress levels the student is already experiencing. Students who reported that they were frequently bullied scored lower in reading, mathematics, and science than their peers who reported that they were never or rarely bullied.

-How does bullying affect physical health?

The anxiety and stress caused by bullying have a big negative impact on physical health as well as mental health. Kids who are bullied, experience changes in sleep and eating patterns, and an increase in headaches. Physical bullying like pushing, tripping, and hitting also harms physical health

We need to understand bullying and its effects in order to try to put an end to it. Schools should be a bully free zone where students feel safe, comfortable, and ready to learn. One way to prevent bullying is to avoid being a bystander and standing up for bullied kids and telling an adult.

By: Manel Boualdja, 11th grade

The Difference Between a Zionist and a Jew

One of the biggest misconceptions that society has been facing is the difference between a Jewish individual and a Zionist. This misconception has led to judgment and many arguments for decades. A Jew is an individual who practices Judaism and follows the Torah, which itself states that Jews should not have a land of their own. A Zionist strives for an independent Jewish state, which opens the topic of the occupation that has been going on in Palestine for decades. Zionists believe that the land in the Middle East belongs to Jews, while Palestinians believe that it was never their land, to begin with, causing a confusing uprising between them. An act of imperialism has been occurring in Palestine since 1948, which began after Jews resettled from Europe to what was then British-controlled Palestine, including large numbers forced out of Europe during the Holocaust. Palestine is still occupied, 71 years later, as the world continues to act blind-sighted. Many Jews

that are educated on this topic, and understand what is really going on, support and stand with Palestinians, and state that Judaism rejects Zionism. Aside from that, many Jews also support Zionism. To put it into a sim-



pler context, Judaism is founded on a form of religion, while Zionism is found on the formation of nationalism. This topic is constantly overlooked by many, and it is important that we begin educating ourselves, and stop this confusion before educating others. It is important to know this difference between a Zionist and a Jew because confusing the two can lead to misunderstandings, unnecessary arguments, and the spread of false information. Something as small as tweeting a tweet or reposting a post on social media can make a huge difference.

By: Fehmieh Mansour, 11th grade

Corny, Funny Jokes

- Q: What is the longest word?

A: Smiles - there's a mile between the first and last letters!
- Q: What happens to a frog's car when it breaks down?

A: It gets toad away.
- Q: Why couldn't Cinderella play soccer?

A: She kept running away from the ball.
- Q: How do you make a tissue dance?

A: Put a little boogie in it.
- Q: What do computers eat for a snack?

A: Microchips!
- Q: Why can't you trust an atom?

A: Because they make up everything.

Kobe Bryant

Recently we lost a legend in the basketball world. He was an inspiration to all kids who enjoyed sports growing up. It was a tragedy to see him pass away, but everyone's time comes, even the most unexpected. Kobe



Bryant was one of the greatest or you can say the greatest NBA player ever. The 5 time NBA champion accomplished a lot in his 20-year career, so much to even list. He was an 18-time all-star and 15-time all-NBA. He always knew how to score the ball every time averaging 25 in his career and has the second-most points scored in a single game (81). He was also known as one of the greatest defensive guards of all-time, he was a 12-time all-defensive team. He was a one time MVP winner but, we all agree he should have won more. He was a four-time all-star game MVP. He also won a dunk contest and won 2 finals MVPs. His impact on the game was so big that they changed the all-star game MVP award to the Kobe Bryant MVP award. The tributes he had from teams around the league were amazing. He changed so many NBA players' lives and once they found the news, they bursted into tears. Kobe Bryant will forever be remembered in everyone's heart especially the

By: Abdallah Alkhatib, 8th grade

Suhoor Ideas & Snacks

Fasting from dawn-to-dusk in Ramadan could leave you exhausted & dehydrated, so it's very important to make sure you have a very filling suhoor. Here are some suhoor options and ideas to eat in Ramadan, to ensure you are energetic and stocked up on minerals and nutrients while fasting.

Suhoor Option 1: Peanut Butter & Banana

Eating peanut butter with bananas is a very filling snack, because peanut butter is an excellent source of protein, and it's filled with healthy monounsaturated fat, both of which have a satiating effect. Bananas are the best fruit to eat at suhoor because it can help keep those mid-morning cravings at bay. Spread peanut butter on a loaf of whole-grain bread, pair it with sliced bananas, and you have a filling and delicious suhoor ready in a matter of a few minutes.

Suhoor Option 2: Watermelon and Halloumi

This is one of the most common suhoor's, and there is a good reason why. As its name suggests, watermelon is a juicy fruit and a great way to hydrate and make sure you aren't dehydrated throughout the day. Combine it with white halloumi cheese for the must need filling effect, and you got yourself another delicious and easy suhoor to make.

Suhoor Option 3: Dates

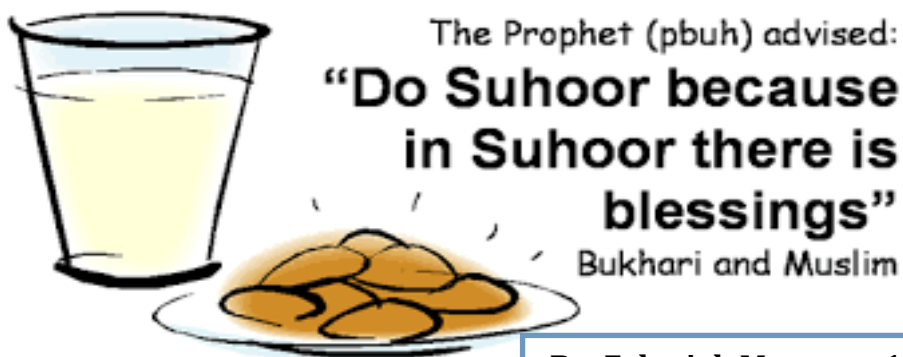
Dates are mentioned numerous times in both the Quran and Sunnah and all for good reasons. They are amazing little nutrient powerhouses and excellent to include as part of your suhoor meal. Whether it's eating it with a glass of water to make sure you stay hydrated or laben, they have been eaten since the time of the Prophet (saw), because of the minerals it provides, such as potassium, copper, and manganese.

Suhoor Option 4: Eggs

Eggs are not only a good source of protein and Vitamin D, but there are many different ways to eat it. You can either eat them scrambled, boiled, or poached. Add it on top of grainy toasts and top it off with sliced tomatoes for added fiber. Now you have another suhoor snack ready, made how you like, and very filling.

Suhoor Option 5: Fruit Smoothie

Making a smoothie that is rich in omega 3, fiber, and protein all in one is the way to go for another fast, easy, and filling suhoor. Adding dates to your smoothie, and coconut water is another tip to make sure you are full and hydrated throughout the day.



By: Fehmieh Mansour, 11th grade

Word Search

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

Forgiveness	Generosity	Gratitude	Kindness
Respect	Modesty	Fairness	Optimism
Honesty			

