

THE RISING TIMES



An Experience to Remember

By: Dulce Haddabah, 11th

Alhamdulillah, I have had the chance to attend and receive awards in both the debate and Model United Nations (MUN) tournaments this year. First and foremost, they were learning experiences anybody could learn a ton from. In debate, we are given 2 of the topics beforehand, permitting us to have time to research and understand what we are fighting for or against. In MUN, we are assigned a country to be, a committee to participate in, and 2 topics to discuss. It is essential to note that the topics discussed in the competitions are real-life conflicts and debates. We are not arguing whether one movie is better than the other. We are arguing about urgent matters such as if the Biden student loan plan does more harm than good, and what are realistic solutions to tackling climate change. You really are becoming extremely educated on worldwide affairs that have to do with yourself and your community. There is a lot of research involved and it takes much time to prepare.

Furthermore, both events come with a lot of lessons about public speaking. It encourages students to voice their opinions confidently and openly to win. Although I get shy, as any normal teenager would be speaking in front of a group of strangers, my desire to win overpowers my fear. My determination allows me to put my fear aside and, instead, put myself out there so I can be noticed favorably. Facing your fears and putting in the work does not go to waste. Taking time to understand these topics does not go to waste. Even if you go home with no award in your hand, you still take a great deal of knowledge that you can carry on with you for the rest of your lives. For this reason, I would recommend anyone and everyone to join next year, insha'Allah.

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The Impact of Eating Disorders

By: Mennatallah Aly, 9th

Eating disorders are serious conditions related to persistent eating behaviors that negatively impact someone's health, emotions, and ability to function in important areas of their lives. They are among the deadliest mental illnesses and their rates have increased drastically worldwide. Global eating disorder prevalence increased from 3.4% to 7.8% between 2000 and 2018. Studies have shown that anorexia and bulimia are more common among females than males; however, binge eating is more common among males. Females are therefore more likely than males to report weight dissatisfaction, dieting for weight control, and use of purging but are either as possible as, or less likely than, males to report binge eating and use of excessive exercise for weight control. Eating disorders such as bulimia and anorexia are also most common among teenagers and young adults, regardless of gender.

Most eating disorders involve focusing too much on your weight, body shape, and food, leading to dangerous eating behaviors. The causes of eating disorders are genetics, negative body image, bullying, perfectionism, low self-esteem, and so on. These are most likely the major causes of eating disorders such as bulimia and anorexia. Social media contributes the most to the increasing rate of eating disorders since the media has set unrealistic beauty standards for the audience, who are mostly teenagers and young adults. These unrealistic standards have been implemented into the young audience and made them strive to achieve this "perfect body" that they see in modeling agencies or social media platforms. Eating disorders can also result from psychological factors in which a person cannot manage stress or a stressful situation that they are going through which triggers disordered eating as a way to cope.

Eating disorders cause a variety of complications such as serious health problems, depression and anxiety, suicidal thoughts or behavior, problems with growth and development, social and relationship problems, substance use disorders, work and school issues, and death.

Eating disorders may be challenging to manage or overcome alone so it would be easier to overcome the disorder when you have supportive people by your side and take advice from professionals/doctors.

The World Cup

By: Nusayba Ouhemmi, 9th

The world cup is an international competition where countries from all over the world compete in soccer, or football, to determine the world champion of this tournament. The main purpose of the world cup is entertainment, but it also promotes peace between countries and, hence, improves international relationships. The world cup takes place every four years. This is to give time to find the countries that are qualified to play in the tournament and playoffs among national teams to take place. The 2022 World Cup was very special because it was the first time an Arab nation would host this tournament. For a country to be the host of the World Cup, they have to be chosen in a vote. The decision is usually made about seven years prior to the tournament. Qatar had the right to be the hosting country after winning a ballot of FIFA's 22 executive members.

The first ever World Cup took place in Uruguay, capital city of Montevideo in 1930. Many countries declined participating in this tournament due to how far Uruguay seemed. The European teams that participated traveled together on a ship to reach Uruguay. Thirteen countries participated in the competition with Uruguay, defeating Argentina 4-2, winning the World Cup. The thirteen countries consisted of seven teams from South America, four from Europe, and two from North America. The first World Cup trophy was made of pure gold, and weighed 4 kilograms.

Support For Palestine During the World Cup

By: Imane Alami, 11th

This World Cup is definitely an event many of us won't forget. Arab countries such as Morocco, Tunisia, and Saudi Arabia are shocking fans all around the world. Making Arabs and Muslims very proud and making sure to never forget about Palestine. The Moroccan players raised the Palestinian flag during their celebration on the field after Morocco eliminated Spain and advanced to the quarterfinals. In the stands and on the stadium walls, supporters have displayed signs that read "Free Palestine." Morocco's love for Palestine is indescribable, and I'm sure I can say the same for Tunisia after a fan raced across the field while waving Palestine's flag during the France vs Tunisia game, much to the pleasure of the crowd. They took advantage of the global stage, which is the world's biggest soccer tournament, to show support for Palestine. Meanwhile, "Israeli" journalists covering the tournament have reported of obvious hatred toward them, with Arab fans leaving interviews after realizing who they were speaking to and outright heckling. A Saudi soccer fan told an "Israeli" journalist, "You are not welcome here," in a widely shared event on social media. "This is Qatar. This is our country. **There is only Palestine. No Israel.**"



In the 2022 World Cup, Morocco defeated Portugal 1-0 making it to the semi-finals. This was the first time an African nation made it to the semi-finals. Although France won Morocco in the semi-finals 4-0, Morocco has accomplished something no African country has done. A hundred and seventy-two goals were scored in the 2022 World Cup making it a new all-time competition record. Argentina won the 2022 World Cup making it the third time they have won the cup.

The World Cup is an event that brings the world and family together. In conclusion, the World Cup is interesting and fun to watch and we will see who wins in the 2026 World Cup.

Proper Manners & Respect Cost You Nothing

By: Amira Siyam, 12th

A courteous and respectful attitude cost nothing. We probably recall hearing these words of wisdom when we were younger. However, even though these gifts are free to give, the small acts of kindness and politeness we offer by using words like please and thank you, paying proper attention when others speak, and respecting others' boundaries can have a profound impact on both ourselves and those around us. Holding the door open for someone and receiving a silent nod of appreciation in return are examples of good manners that can be seen in seemingly insignificant actions and rewards. However, proper manners and respect can also make or break valuable relationships and determine whether there is unity or conflict at home, work or at school. In one of his hadiths, Prophet Muhammed (PBUH) stated: "Nothing is weightier on the Scale of Deeds than one's good manners." (Bukhari). Allah made the Prophet (PBUH) the best and ideal example for Muslims, particularly for the improvement of morality. There are numerous other hadiths that highlight the benefits of good manners and refer to the virtues of character that are acceptable to Allah and to His messenger, Prophet Muhammad (SAW).

In another hadith, the Prophet Muhammad (SAW) reinforced that “The most beloved of Allah’s servants are those with the best manners.” (Al-Bukhari)

Respect is essential because it conveys your appreciation for someone as a person, not just for what they can do for you. Respect is the acknowledgement of someone’s worth as a human being. You respect people for who they are and what they offer the world, not just for what they can do for you. By treating them with respect and dignity, you demonstrate to them that they are deserving of your time and attention. Maturity is the quality or state of being emotionally fully developed, whereas humility is the quality or state of being humble. We exemplify our humility and maturity when we encounter others with respect. Islam unites respect to peace, love, and compassion, all of which are attributes of Allah.

We must respect the integrity, reputation, and privacy of others unconditionally in order to fulfill our obligation to praise and obey Allah. Respect to others involves refraining from the major sins of gossip, mockery, lying, and slandering. We must always remember how important and easy it is to implement proper manners and respect into our lives, especially as we get older.

Gun Violence in Schools

By: Zara Sheikh, 11th

The words gun and school in the same sentence is frightening. Today, school shootings are one of the most sensitive and taboo topics in America. In the year 2022, there were around 300 shooting incidents on school grounds; 300 is such a large number in regards to shooting incidents, I was taken aback when I came across it while conducting research. Gun violence on school grounds has never been as common and serious of an issue as it is now. Guns are the greatest leading cause of death among children and teenagers in the United States; One in every ten gun fatalities involves a person ages 19 or younger. Guns cause a great deal of harm for a weapon that is often meant for self defense.

Every gun owner's argument falls under carrying firearms for safety reasons and such, which is very ironic as it does the exact opposite. By owning a dangerous weapon with no proper restraints or protection, you are putting your very own children in tremendous amounts of danger. Most school shooting cases have one common storyline; irresponsible gun owners leave their gun out and about in reach of a careless child, the child gets their hands on it and puts many lives in danger the next morning in school. An approximated 4.6 million American adolescents live in homes with at least one loaded and unlocked gun. These poorly maintained guns have contributed to school shootings and the deaths of many innocent students and staff members at myriad schools. This vicious cycle must be broken! If you MUST carry a firearm or any other weapon, the least you can do is be cautious of your methods to secure them and conceal them from your children so the weapon does not get into the wrong hands.

Schools are meant to be a safe learning environment where parents feel secure sending their children off for about eight hours of five days a week, expecting their children of varying ages to be sheltered from horrid, trauma-inducing violence such as school shootings. Now that school gun violence is so widespread, we should endeavor to eliminate the saddening high rates of gun violence on school premises. Making it obligatory to store your gun properly and becoming licensed to acquire firearms is one thing we can do to help achieve this goal, as are routine lockdown and shelter in place procedures and bag inspections. Let's strive to make schools safe again!

The Epidemic of Childhood Obesity

By: Marib Saeed, 10th

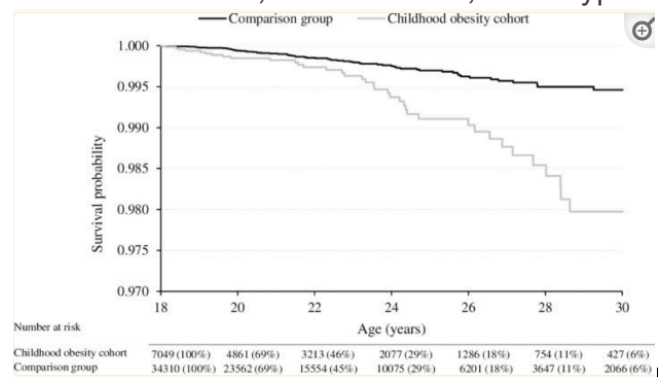
What are the worldwide extents of obesity? According to the World Health Organization, “More than 1 billion people worldwide are obese – 650 million adults, 340 million adolescents, and 39 million children; this number is still increasing.” Children are humanity's future, and we should be concerned with their health and well-being. We should question and inform ourselves about what we feed these developmental humans and even ourselves.

There are a variety of factors in play that are causing record numbers of childhood obesity. One is the quality and quantity of food consumed by young kids. With the commercialization and integration of fast food into our culture and diets, the quality of food being consumed has dramatically decreased. Not to mention how in today's economy it is much cheaper, easier, and faster to eat unhealthy food. For instance, a carton of most berries is at price comparable with a whole box of processed snacks. These big corporations add questionable, addictive, and unhealthy ingredients into junk food just so we become hooked, craving more, buying more, eating more, and consuming more calories. For more economically challenged or single-parent households it is much easier to eat in such a way, it's a convenience of it. Also, the parent's eating styles and habits rub off on their children, overweight parents most often raise overweight children. We should be concerned with what young kids are eating.

Another reason for increased levels of childhood obesity is the lack of physical exercise, more prominent in recent years with the pandemic. The majority of us most likely got a bit out of shape, as during quarantine physical exercise was not a top priority. Yet, physical exercise plays a major role in us regulating and keeping ourselves in shape. When children don't have access to or the desire to move, play tag, or do any physical exercise then that's when they might also put on weight.

It is no surprise that childhood obesity is not good, but most people don't understand the extent to which it is a problem. There was this study done by the Swedish National Board of Health and Welfare, in which they collected data on 41,359 overweight individuals enrolled at the institution "Swedish Childhood Obesity Treatment Register" (BORIS), from ages 3-17. "A comparison group was matched by year of birth, sex, and area of residence... Over 41,359 person-years of follow-up (median follow-up time 3.6 years), 104 deaths were recorded... More than a quarter of the deaths among individuals in the childhood obesity cohort had obesity recorded as a primary or contributing cause of death.

This study demonstrates that individuals who had obesity in childhood had a 3 times higher risk of mortality in early adulthood compared with a population-based comparison group. Both the risk of death due to diseases and the risk of death due to suicide were higher among those who had obesity in childhood." This study shows children who suffer from childhood obesity have an increased probability of mental and physical health problems and even mortality. "Obesity in childhood is associated with somatic morbidities such as insulin resistance, liver disease, and hypertension.



Further, children with obesity may also experience emotional and psychological problems and are often exposed to bullying by their peers. Moreover, obesity in childhood and adolescence often persists into adulthood, with high rates of comorbidity and social exclusion. Being overweight and obese under 18 years of age has also been linked to an increased risk of premature mortality from middle adulthood onward. High BMI in young adulthood has been associated with a higher risk of premature death later in life, largely driven by cardiovascular disease and other non cancer diseases."



With all of these health complications and mental health problems, I will now explain how we can prevent childhood obesity and even keep ourselves healthy. There are many things that we can do to keep this generation of youth healthy, such as being models of healthy eating habits and making exercise fun. Children learn by example so encourage them to be active and eat well by doing so yourself.

Obesity among children is on the rise and is being considered an epidemic; as it leads to many physical and mental health problems for the children affected by it, it can even be fatal. Thus, as a society, we should really be questioning what and how much we feed children and even ourselves, setting a good example, limiting the epidemic, and shedding light on it. Lack of exercise plus the quality and quantity of food being consumed by this generation are the leading causes of obesity among children. Individuals who had obesity in childhood had a 3 times higher risk of mortality in early adulthood. Obesity in childhood is associated with morbidities such as insulin resistance, liver disease, and hypertension. Along, with mental health problems. We have to be good examples of healthy habits for these developmental kids, and question and demand a better quality of food. Obesity in childhood is a global public health concern and one of the largest challenges of the 21st century. The prevalence of obesity among children and adolescents has increased around the world, and it has been estimated that 91 million children will have obesity in 2025. Let us not stigmatize this topic and start having constructive conversations about it.

Teacher's Discrimination Towards Muslim Student's Praying

By: Salwa Musbeh, 11th

A video showing two Muslim students praying together at Franklin Academy Charter School in Pembroke Pines went viral on TikTok with over 7.5 million views when a Pembroke Pines teacher's discrimination towards them was made evident. The door of the room opens and a woman walks in claiming the office was hers. Then this so-called teacher was heard saying "Why are they in my office? Who told them to come in here?" Another person answered, "They're praying." She then stated that she believed in Jesus and with that she was going to interrupt their prayer. "I believe in Jesus, so I'm interrupting the floor," she said. She blows a whistle and attempts to walk through them as they are praying, which causes her to nearly step on one person's hand. The person who posted the video on TikTok wrote: "I literally don't even believe what happened to me is real. I'm still shook.". A media representative reached out to the student who posted the video to find out more information but did not receive a response in time for publication. In the comments section of the video, the person also wrote that he had asked two teachers if they could pray. "They allowed us into the room that we were in, everything was fine until she walked in.". She kept complaining and kept walking through them while they were praying, not caring where she stepped or who she stepped on, her main concern was stopping them from praying. The school responded saying "At Franklin, we do not tolerate discriminatory behavior in any form. While we do not discuss personnel matters, we can share that the teacher in question is no longer a member of the Franklin Academy staff.". It is clear that the school does not side with this teacher and fired her right away.

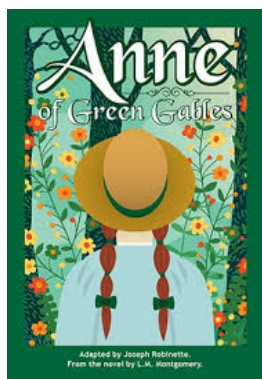
Salma's Book Reviews

Salma Elsherif Lopez, 11th

Book: Anne of Green Gables
 Genre: Novel, Classic Literature, and Fiction.
 Author: Lucy Maud Montgomery
 Interest Level: Grades 4-7
 Reading Level: Grades 4+

Anne of Green Gables is a unique and captivating tale in which every element is beautifully described. It tells the story of Anne, an orphan child who is adopted by a family and is quite talkative to the point where it gets her in trouble sometimes. Anne is scarred by her past, yet she holds out hope for a better life. Her imagination has and continues to help her in her struggles. Anne became the girl who everyone stared at, not because of her red hair, but because of her weird and interesting personality, as she would tell Marilla. As I said before, this book is an amazingly well-written story that I would recommend to everyone to read.

This is one of the most amazing books I've ever read. The novel Anne of Green Gables transported me to a place of serenity and adventure at a time when I most needed it. This book is full of beauty and hope, as well as a perspective on life that is practically gone in today's society. Moreover, the story is so strong and ambitious that it makes you want to go out and seek beauty and artistry. This book lit a fire in me that never went out, inspiring me to grow as a person and never lose my childlike imagination. Every girl, I believe, should read this book at some time in her life since it teaches humility, ambition, and inventiveness, all of which can transform lives and teach the importance of perseverance.



RSA's Art Corner!

Rising Star Academy's, very own artists showing off their talent!



By: Ameerah Khan, 10th

This dead tree symbolizes all the hungry, the starving, the malnourished people in the world. The people in Palestine, Yemen and everywhere else. The people that are so poor they live out on the streets begging daily for the help of others.