



*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.

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### Muslim Persecution in Xinjiang

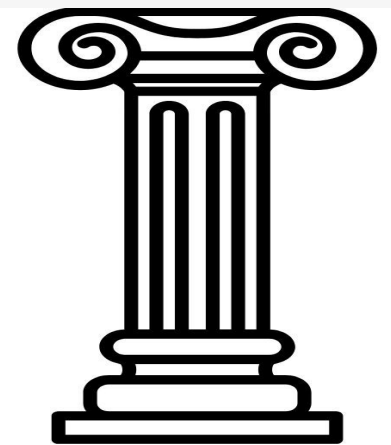
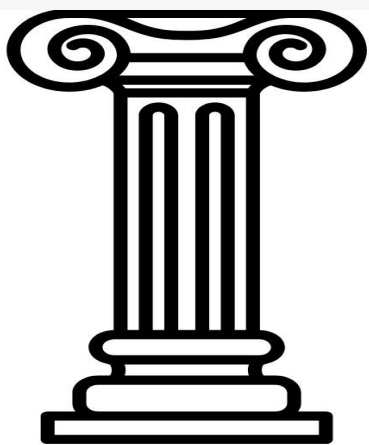
#### The Rising Times Article

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Many incidents paved the way for China to launch its so-called "Strike Hard Campaign in opposition to Violent Terrorism" in Xinjiang in 2016. At the same time, Chen Quanguo was appointed the Communist Party leader of Xinjiang. Chen grew to be notorious for overseeing the ethnic crackdown in Tibet and enforced comparable methods against Xinjiang's Muslims. Purported to be in the title of stopping violence, separatism, and none secular extremism, China has banned lengthy beards, names.

Non-government col-down and it became il- television. Devout motivated to drink al- vour pork. The authori- ramped up surveillance to dystopian levels, for started wearing smart facial recognition sci- if an individual had registered address. All Uighur had been itors. Reports of Uighur prisoned for attempting also surfaced. People working towards their gious content material 2017, criminal arrests



leges had been shut legal to not watch state Muslims had been even cohol, smoke and de- ties simultaneously degrees and protection example, police officers glasses hooked up with ence that could inform strayed far from their motors belonging to tracked with GPS mon- being stopped and im- to leave the U.S. have are detained for overtly religion, or having reli- on their phones. In in Xinjiang accounted

for 21 percent of all arrests in China, in spite of it being home to only 1.5 percent of the population. Gay McDougall, a member of the United Nations Committee on the Elimination of Racial Discrimination, stated for the duration of a review of China's human rights final month that China is turning Xinjiang into "something reminiscent of a massive internment camp, shrouded in secrecy, a type of no-rights zone". communist China and praising the president. Those who disobey reportedly are a concern to torture such as solitary confinement, deprivation of meals and water and sleep, and even water-boarding..

*Nuralhoda Elsaïd, 12<sup>th</sup> grade*

## A Synopsis of Trump in the News

Within the past couple of days, Donald Trump's name has been the hottest topic in the news. Most of you are probably saying to yourself, "When is he NOT in the news?", but this time it's for doing something stupider than he normally does. That may be hard to believe but considering the justifiable, extreme consequences that may result, and are resulting from what he did would prevent anyone with half a brain from doing the senseless thing that he did. He sent airstrikes and killed Iran's top general, Qasem Soleimani. Before anything, to simplify what a top general really is, it's a position that converts to what a vice president is in the United States. So all that really matters- it's someone with lots of power and earned respect in his country. So killing one isn't the most rational or ideal thing to do... especially to a country like Iran, which globally ranks as having the 8th most powerful and destructive weapons ready to be fired. Now, everyone has a justification for their own actions, no matter how cruel those actions were. "So what was Trump's?", you, along with many ask. It was a direct response to the death of **ONE** American contractor at an Iraqi military base, which was "**POSSIBLY** caused by Iranian-backed militias". The keywords are in bold and are also capitalized because they deserve to be given the amount of emphasis that needs to be put on them showing how obviously clear it is that Trump's response was extremely irrational.

Taking an innocent life isn't something that should ever be justified or overlooked. Yet, firstly, the American contractor's death which was caused by airstrikes at the military base was one that was caused by an unknown source. It's only assumed that it was an Iranian backed militia in charge because of rising tensions between Iraq and Iran, but no evidence whatsoever. That in itself should be enough for the commander in chief of the most powerful and influential country in the world that serves as a global example to many other nations, to know not to react disproportionately. Secondly, though it's a harsh truth, responding to the murder of one of your citizens by sending airstrikes at the leader "allegedly" in charge of the murder is irrational. In politics, there's no such thing as an eye for an eye, and if there was, Trump and every single other one of our leaders who definitely have blood on their hands would have the same fate, but they don't because that's not how politics goes. So all together we can ultimately say that the airstrikes sent were irrational, disproportionate, very extreme; oh, and one more thing.. VERY problematic. Who knows what can lead from killing a powerful leader of a country with one of the strongest arsenals who's list of allies includes Russia and China; two countries who globally ranked top 5 amongst countries with the strongest arsenals. What it can definitely lead to is war, and the leader of the Iranian Revolutionary Guard vowed "harsher revenge soon" on the United States.

*Yusef Haddabah, 11th grade*



## US Declares Israeli Settlements Legal

Israel and Palestine have been in a conflict of territories for decades. This conflict led the UN to split up the land, even though the Arabs were living in Palestine at the time and have been for years.



The rule is that Palestinians can not own land in Israel territory and the same for Israelis, but they made settlements in Palestinian territory. This by all the laws should be illegal, but countries turn a blind eye to it. This neglectful behaviour to the violation of international law reaches its climax when America declared that the settlements are not illegal. US Secretary of State, Mike Pompeo said the status of the West Bank was for Israelis and Palestinians to negotiate. He then said that the settlements are not illegal even though the UN made a law stating they are. "After carefully studying all sides of the legal debate," Mr Pompeo told reporters, "the United States has concluded that "the establishment of Israeli civilian settlements in the West Bank is not, per se, inconsistent with international law". Trump went on to agree with what Pompeo said. This goes against everything the USA supposedly stands for, As muslims and Arab we should speak up against this act of anarchy.

*Qasem Alkhatib, 10th grade*

## Study Skills

When it comes to studying, it's all about finding the right balance between concentration, understanding, and rest. I for one have struggled in the past with studying for exams, whether it's because retaining the information was difficult or studying last minute. No matter how well you do on exams, learning a new tip or two can make a drastic change. It's all about studying smarter, not harder.

Before opening your books and notes, **it's important you are in a comfortable study space, away from distractions, being able to focus more.** Some of us need everything completely tidy and organized in order to concentrate, while others thrive in a more cluttered environment. **Think about what works for you, and take the time to get it right.** Going over handwritten notes before reading text passages from a textbook, can help retain the information faster. **Handwritten notes engage more of the senses, because the brain is more active, so the learning process is enhanced.** Reviewing old exams may also give you some insight on what to expect on your next exam.

**Get together with friends for a study session is known to be another effective study option.** You may have questions that they have the answers to and vice versa. As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself as well. **Using visuals is a major game changer, especially if you are a visual learner.** Being able to watch videos and PowerPoints, can be more effective to retain information to someone than making flashcards. It is extremely important to remember to take a few breaks in between. While you may think it's best to study for as many hours as possible, this can actually be counterproductive. If you were training for a marathon, you wouldn't try and run 24 hours a day. Likewise, studies have shown that for long-term retention of knowledge, taking regular breaks really helps. As a final tip, remember that being well hydrated is essential for your brain to work at its best, as well as getting a proper sleep and breakfast, especially on exam day.

*Fehmieh Mansour 11th Grade*

## Super Bowl Predictions/Odds

We are one round into the playoffs and 4 teams have been eliminated, which are the Eagles, Patriots, Bills, and Saints. One of the most interesting Wild Card rounds that we've seen. Full of good games and surprises, I'm pretty sure that everyone thought the Patriots would've made it, same with the Saints, two of the top 5 Super Bowl contenders. So now we are heading into the Divisional Round with 8 teams remaining. The AFC has the Titans, Chiefs, Ravens, and Texans, and the NFC has the Vikings, Packers, Seahawks, and 49ers. I'm going to start with my predictions for the AFC. Titans @ Ravens. If your going to Baltimore it's not easy trying to get a win, in fact the Ravens are near undefeated at home with a 7-1 record. They have the best offense in the league and a top 10 defense you can say top 5. They have the MVP in Lamar Jackson, who is one of the most amazing QBs we've seen in a while. He is a Running Back and a Quarterback in one. Having over a 1,000 yards rushing and passing, throwing for the most TDs, and most rushing yards ever for a QB. He is the reason why the Ravens are winning this game, he's been unstoppable throughout the season and made the #1 defense in the NE Patriots look terrible, and beat (arguably) the second best defense and team in the league in the 49ers. My score prediction for this game is 28-10 Ravens. I'm not gonna get to specific for the Texans @ Chiefs game. I think we all know who is going to win. Patrick Mahomes may have taken a step down from last year but he had an injury. The Chiefs defense has gotten a lot better and will win the game 37-17.

**Abdallah Alkhatib**

**8th grade**

The AFC Championship game, Chiefs @ Ravens. Really interesting game because we saw the Chiefs beating the Ravens in the regular season but we could see that the Ravens are a lot better than we all thought and got better since the game and lost only one more game after that. I think the Ravens will win this one just because of their unstoppable offense and will be too much for the Chiefs and Lamar will ball out. Ravens also have an amazing defense which will also help them get over the edge and will win an amazing game. My score predictions is 35-31 Ravens. Other than that its a fairly even game and it will go down to the last throw but Seattle is taking this one 31-28. Now we have Vikings @ 49ers. We all know what a surprise the Vikings had against the Saints and probably have all the confidence in the world, but the 49ers are just too powerful for the Vikings and have home field ad-



vantage so they will win the game 27-13. Now the Super Bowl, Raven vs 49ers. These teams played in the regular season with the Ravens winning 20-17 which was one of the best games of the year, and I feel like we will have a familiar sighting and being a nail-biter with the Ravens becoming SB champs. Lamar Jackson playing like he was all year with the defense being so good it feels unfair but you give where credit is due and the Ravens deserving this one. My SB score predictions is 27-24 Ravens. Lamar Jackson becoming SB MVP and regular season MVP. The Ravens have a 2-1 odds winning and the Niners have 7-2. These are my Playoff predictions; it's going to be good games all the way through.

## Interesting facts

The creature that kills the most people every year isn't snakes, sharks, or even other humans — it's the mosquito.

-What makes mosquitoes so dangerous? They carry devastating diseases. The worst is malaria, which kills more than 600,000 people every year.

Most laughter isn't because things are funny.

-Our laughter isn't necessarily a response to humor. Less than 20 percent of laughter comes after jokes, according to neuroscientist Robert Provine; the rest is a reaction to regular statements and questions like, "How have you been?" The laughter helps form social bonds since people who laugh together grow closer.

Singing reduces anxiety.

-Singing floods your brain with endorphins and oxytocin which relieves stress and improves your mood.

It rains diamonds on Saturn and Jupiter.

-10 million tons of diamonds can be inside these two planets combined. These diamonds can melt under extreme pressure and temperatures, which leads to the formation of liquid diamond raindrops.

High heels were first designed for men.

-In the 10th century, men in Europe adopted the now-gendered fashion choice of heels to make it easier to ride their horses.

Honey doesn't spoil. You could feasibly eat 3000 year old honey-

-It's acidity, its lack of water and the presence of hydrogen peroxide work in perfect harmony, allowing the sticky treat to last forever

Sleeping too much is just as detrimental as not sleeping enough.

-Getting good sleep, in the right amount, can make a big difference in how you feel. Too little or too much sleep can increase your perception of fatigue.

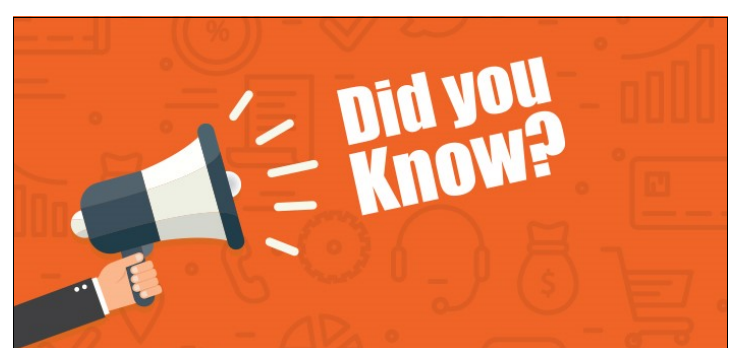
It takes a person 66 days to form a habit.

-If you want to be better about reading more quran or eating healthier make a conscious effort to do it for 66 days, after which it will become a habit and will be easier to persevere (this also works for breaking habits).

Spending more money on others makes you happier.

-Our brain has an in-built reward system that sends out oxytocin to make us feel better when we do positive things for others, including spending money on them.

**Fehmieh Mansour, 11th grade**



# Spirit Week

November 18 -21 was Rising Star Academy's spirit week! This special week allowed students to have fun and express themselves by dressing up for a theme everyday.



Monday: each class agrees on a color that they all wear

Tuesday: pairs decide to match



Wednesday: each class picks a sports team they'd like to represent

Thursday: each student picks a character from a book or movie they'd like to represent



Friday: Each student gets to represent their heritage

Art Corner



By: Mae Alkhatib 5th Grade



By: Bidour Elsaid 3rd Grade

## 3-Ingredient Dessert Recipes

### 1) Nutella Brownies

\* Ingredients:

- 1 cup (8oz/240g) Nutella
- 2 eggs-
- 10 tablespoons all purpose flour

\* Instructions:

1. Mix all 3 ingredients in a large bowl until they are combined. Batter should be thick and shiny.
2. Line a 2 inch deep 8 x 12 baking tray with parchment paper. Pour the batter into the tray. Then bake at 350oF for 20-25 minutes.
3. Remove from the oven and allow to cool down.



### Peanut Butter Cookies \*gluten free\*

\* Ingredients:

- 1/2 cup sugar
- 1 cup (8oz/225g) peanut butter
- 1 egg

\* Instructions:

1. Preheat your oven to 350° F and line a large cookie sheet with parchment paper.
2. In a large bowl stir all three ingredients together until smooth.
3. Using a tablespoon measure scoop out 2 tablespoon of cookie dough and roll into a smooth ball then place on- to the tray about 1 inch apart.
4. Press down with the back of a fork and then press again from the opposite direction to form a criss-cross pattern.
5. Bake in the oven for 15-20 minutes. Remove cookies from oven and let them cool down.



Hope you try and love these 2 easy and delicious recipes!

*Manel Boualdja, 11th grade*