



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Gracious, the Most Merciful



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The Rising Times aims to provide the latest news, tips, and advice through various sources by students for students. The Rising Times expresses students' opinions on school safety, health, and politics. A newspaper which envisions improving RSA student writing skills and engagement in current events and issues.

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Broadway: The Crucible

Before going to Broadway, our class read Arthur Miller's well known literary work, "The Crucible". The play explains historical events like witch trials in Salem, Massachusetts in 1692. This drama is an example of the unjust events that occurred due to the terrible lies that some young girls made up, which supposedly involved witchcraft. This was a difficult situation for the entire town because of the accusation of witchcraft toward innocent people. In *The Crucible*, Miller shows us several examples of major conflicts including man vs. society, man vs. man, and man vs. self-internal. Although we had background information about the plot, Broadway allowed us to understand the storyline from a different perspective. What stood out the most was the immense passion and hard work of the actors, actresses, and the theater staff did to make the show intensely enjoyable on such a small stage with limited resources. It was an amazing opportunity for us to go on this trip.

~Anonymous

WELCOME MSA TEAM!

The Greatest Invention

The greatest invention of all time was definitely sign language. In 1817, Thomas H. Gallaudet invented American Sign Language. Besides sign language, the Braille system was another legendary invention created by Louis Braille in 1824. These two inventions have changed the world for people with disabilities such as deafness and blindness. Without them, people with these certain disabilities had no way of communicating with anyone else.

Sign language had changed the world drastically by giving deaf individuals the opportunity to communicate with others. Because they can't hear or speak, it is difficult for them to express their

needs and what they're thinking out loud. Gallaudet has provided an invention that has changed lives for centuries. It didn't even take much thinking, he literally just made it up.

The Braille system was one of the most legendary and smartest inventions that has ever existed. By using tiny little dots and your fingers, if you can't see then you can use another one of your senses to be able to "read" something. It is one of the most beautiful inventions. I personally know a few people who are blind, and the Braille system is honestly one of the best things that has ever happened.

Without legends such as Braille and Gallaudet, people with disabilities who feel that they are outcasts don't have to feel bad about being blind or deaf, and don't have to deal with the struggle of not being able to communicate with someone or not being able to read and be educated.

~Mariam El Mansoury, 9th Grade

Accreditation Corner: The Time has Come

We have been working extremely hard for the passed two years for this day. Your teachers have spent countless hours working to accomplish a goal, the goal of meeting the MSA quality standards, and let's get one thing straight: we did it for you.

We did it so you can be proud of your school.

We did it so when you apply to college, no college can doubt the quality of your education because of the MSA seal.

We did it so that when we stand before Allah (swt) on the Day of Judgment, we can attest wholeheartedly that we did everything we possibly could to take care of the trust that was given to us by your parents.

This process serves as a reminder that you can achieve your dreams. Achieving your goal boils down to hard work and placing your trust in Allah (swt), and as Sr. Hala likes to say: "dreams are goals with deadlines". Don't be afraid of putting in the hard work that comes with making dreams come true.

~Sr.Ahlam Yassin



Spreading Dawah

Dawah is defined as an action through which you are inviting people, both Muslim and non-Muslim, to Islam and giving them a better understanding of it. An action as little as helping someone carry their bags can be considered dawah. All it is, is just expressing kindness toward others and in turn showing the true essence of Islam. In our project, my group members and I explored many different ideas for spreading dawah. What we all agreed on in the end was to visit a local library and host a small story time session for children. We read and acted out the story "Each Kindness" by Jacqueline Woodson, and followed it up with a small activity.

The biggest lesson I learned from this project was the importance of spreading dawah as a young Muslim. Allah says in Surat An-Nahl: 125: "Invite to the way of your Lord with wisdom and fair preaching, and argue with them in a way that is better. Truly, your Lord knows best who has gone astray from His path, and He is the best aware of those who are guided." This ayah tells us how essential it is for us as Muslims, to always think about spreading the knowledge of Islam and trying to educate others regarding it. It is indeed our job to do this and if we do not, we are not fulfilling our role as Muslims. This ayah applies to all people both male and female, young and old.

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Schizophrenic (Poem)

Isn't it clear
Can you not see
What seems to be here
Is naught but a dream
A false apparition of reality
A terrible loss of sanity

Images are clear
They appear and disappear
Some are of happiness, and some are of fear
Strange voices are loud
They play in my ears

Telling me what to think
Telling me when to blink
They've brought me to my brink

I cover my ears
But I can still hear
The voices who tell me
That my end is near

I'm gasping for air
Pain too strong to bear
I tell them to stop
But they'll never care

~Maryam Edris, 11th Grade

Sweetness of Athan

The Athan has an amazing meaning behind it and by knowing its meaning encourages us to pray. Many people know the literal meaning but not the meaning behind it. Allahu Akbar, most people will think means Allah is greatest. However it means that Allah is greater than whatever you are doing. It is a call to come to Allah no matter what you are doing. After hearing this if you don't go to pray, your actions are saying that whatever you are doing is greater than Allah. Ash-hadu La ilaha ila Allah, I bear witness that there is no one worthy of worship except Allah.

Wa Ashadu Ana Muhammadur Rasullallah, I bear witness that Muhammad is the messenger of Allah. Hayya alas Salah, come to pray. When repeating after the Athan we don't say this instead, we say la hawla wala kuwata illa billa. Hayyaala l falah, come to success. We can't do anything without the help of Allah. We repeat after by saying la hawla walakuwata illa billa. Always repeat after the Athan, you will be rewarded. After the Athan, if we make dua it will always be accepted with the mercy of Allah.

Dua after listening to the Adhan/Call for prayer:

اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةُ الثَّابِتَةُ وَالصَّلَاةُ الثَّابِتَةُ
O Allah! Lord of this perfect call and of the regular prayer which is going to be established!

آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ،
Kindly give Muhammad the right of intercession and superiority

وَإِنِّي أَسْأَلُكَ بِهَا الْجَنَّةَ
and send him to the best and the highest place in Paradise which You promised him

Narrated Jabir bin 'Abdullah: Allah's Apostle said, "Whoever after listening to the Adhan says, 'Allahumma Rabba hadhihi-d-da' watti-tammati was-salati qalimati, ati Muhammadan al-wasilata wal-fadilata, wabi' athi maqaman mahmudan-il-ladhi wa' adathu', then intercession for me will be permitted for him on the Day of Resurrection". (Sun. [Bukhari, 1:588])

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How to Survive the School Year

Many of us have ups and downs during the school year, and there are little problems here and there that might irritate us, but it isn't hard to survive the school year. Here are some tips for how to survive that you can follow:

- **Rules:** Students get frustrated and angry with the school because they get in trouble. The reason they get in trouble is because they don't follow the rules. Recently rules are being broken, such as students not putting their shoes in their classrooms before Salah, or going to their lockers in between periods. If everybody performed the not-so-hard-to-follow rules, nobody would get in trouble.
- **Respect:** This is something that many students lack. The teacher is telling the student something, and instead of the student listening, they keep answering the teachers back. Have Respect! By listening to your teachers more often, I am sure you will avoid unwanted arguments. Respect others, and you will be respected.

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حقوق المرأة في الإسلام

كرم الإسلام المرأة وجعل لها مكانة كريمة في الأسرة والمجتمع. الإسلام يحترم المرأة وجعل لها حقوق كثيرة، أهمها المساواة في الإنسانية، وحق التعلم، حق العمل، حق التملك وحق الميراث.

والمرأة دورها مهم في حياة الأسرة. فهي الأم الحنون التي جعل الله دخول الجنة عن طريقها.

قال رسول الله " الجنة تحت أقدام الأمهات " والمرأة فرد مهم في المجتمع. فهي تحمل دور الممرضة والمعلمة والمهندسة والطبيبة. كرمها الله كثيراً في القرآن الكريم، وذكر أكثر حقوقها في سورة النساء فهي من المستضعفين في الأرض وقد أمر الله بحسن معاملتها وأكد حقها في الميراث كزوجة وأخت وابنة. وللمرأة أيضاً الحق في الموافقة على عروض الزواج احتراماً لرأيها.

إسلامنا يعطي المرأة المكانة المهمة في الأسرة ويعطيها حقوقها.

Everywhere, but Nowhere

What makes an identity? I wouldn't know since I don't have one. Appearing Hispanic, acting Arab, being Pakistani, and growing up American, I am at a four-way intersection with no green lights, stuck in the middle.

Sometimes being too much makes you lose focus.

Having just shared a zesty dish of paella, a mix of rice and seafood that is seasoned with saffron and rosemary, with a friend, I saw an elderly woman approaching as I exited the restaurant, so I held the door open for her. When she began speaking to me in Spanish, I cut her off with the only phrase I knew: "No hablo Español." For the next two minutes, I stood there enduring a scolding; she chastised me for not speaking "my" language and not being familiar with "my" culture. To her, I was a disgrace for not even being able to understand "my" language.

Eating Hummus in the Arab dominated school I attended most of my life, I truly felt in and out of place. I picked up Arabic by talking to my friends and eventually became proficient through constant practice. I spoke and acted exactly how most Arabs would, however I wasn't an Arab. Had I not attended an Arab school I would not have picked up the culture and language. I was so close and in-sync with the culture but at the same time deep down I knew I wasn't one of them even if they accepted me.

Sipping a luscious mango lassi in Karachi, a man made fun of me for wearing nice clothes. I happened to be visiting Pakistan as I do every summer but the traditional clothes I was wearing happened to be made of very good quality. Instantly the man could tell I was from America since normal people don't wear that on a daily basis. Despite being Pakistani, speaking Urdu, and loving my heritage, I was an outcast in my own homeland. How can I blame them for doing so, I mean I wasn't born there.

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This is especially important considering current events . All the Islamophobia and negativity toward Islam should serve as a wakeup call to all of us as Muslims, and encourage us to work even harder to make a good name for our religion.

In my opinion, this was a very good idea for a midterm project, it is helpful not only in the work put into such a project, but it comes with many lessons and reminders. I personally now see more clearly how easy it is to play a part in society. Instead of doing nothing, there are tiny things that one can do that can make a huge difference. Eventually these small actions will become bigger and better, and produce great results. While performing this story in front of our audience, the children’s parents seemed very satisfied and all had smiles on their faces. This showed me how such a small action can be very effective. Even if we changed one person’s perspective toward Islam, and helped them go from having negative thoughts on it to positive thoughts, that is something we should be very proud of.

~Tahanee Musatafa, 11th Grade

How to Survive the School Year Continued

- **Work:** It’s not hard. You can be a poor test taker, but just by doing all of your homework, you can improve your grades enormously. Homework grades are underestimated. They are easy points that will boost your grade, so do them! Not only do the homework, but the work in general. Think of it like this. You are watching TV, and you are hungry. In order for you to eat, you have to stop the TV, get up, and walk to the kitchen to get the food. Then go back to watching the TV. Same with schoolwork. If you want to the best grades, you have to stop the unimportant thing, go do the work, then have your free time.
- **Bullying:** Kids are always being hurt throughout the school year, and in every school this happens. The bullies don’t realize the pain they cause to others. Please treat others the way you’d want others to treat you
- **Help:** If you see something not right, fix it. If you see somebody who needs help, help them. Instead of complaining about the things that bother you in school, help change it or improve it. Lend out a hand to others as well. If they are struggling with something, advice them. All of this helps develop a healthy school environment in terms of the people and the facility.

I hope you are able to benefit from these tips. These are just simple tips that can take you a long way.

**Trump Hits Rock Bottom:
A Short Story**

I don’t know what to do anymore. I’ve tried everything. And I mean EVERYTHING. I told them we need to get rid of immigrants, they cheered. I told them we need to watch all Muslims as suspected terrorists, they cheered. Heck, recently I’ve gone as far to say we should put the remainder of what’s left of the Native Americans in camps to replace the Mexicans we deported. Guess what? They cheered. I don’t know how things got to the way they are right now.

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The dua that we say after the calling of Athan has an amazing meaning to it.

Narrated by Jabir Ibn Abdullah, "Who ever after listening to the Athan says, O Allah, Lord of this perfect call and of the regular prayer which is going to be established, give Muhammad the right of intercession and illustriousness and resurrect him to the best and the highest place in paradise that you promised him, then my intercession for him will be allowed on the Day of judgment".

~Minahal Ahmed, 12th Grade

Matilda on Broadway

It was a wonderful Wednesday. I started out chatting on the bus with my friends Tayyibah and Tagreed. We were talking about how we thought Broadway would look. When we were finally there, I was amazed. There were a lot of people there. But good thing we were in front of the line! When we got inside, we had to go up a bunch of stairs. When we settled in our seats, we had to wait a little while until finally the lights came off and I could see clearly.

It was a funny beginning. There were people dancing and singing, “my mommy says I’m a miracle!” Hah, that was funny! They showed us how Mrs. Wormwood got Matilda (and she was NOT excited!). The show went on and on, it was pretty long. The last part was my favorite. Mr. Wormwood finally said “daughter” to Matilda (trust me, it’s a big deal because he kept calling her “son” nonstop).

The show was a blast. When we got on the bus, I was kind of sad that it was over. I sat next to Tayyiba and I just kept on talking about how amazing the show was, and THAT was our Broadway trip!

~Layan Ahmad, 3rd Grade



Applying as an Asian to college. Lived in 9 different towns. Passing as a Hispanic or an Indian when I walk on the street. Falling under the stereotype of becoming a doctor like many from the Indian subcontinent. Born and raised, as an American but am not considered one by looks. In the melting pot of the world I am melting and morphing into an abomination of cultures with no real purpose, no real identity.

No matter how close my ties are to the place I never seem to fit in. No matter how close I may feel to the country I never belong. I don’t belong in the country I was born in. I don’t belong in the homeland where my parents lived. I don’t belong with the ethnicities of my friends and school. And I definitely don’t belong in the urban area of my previous school. I want a place that’ll let me grow as the morphed individual who I am. I want to be in a place that will let me be everything I am without telling me what I should be. I want to be an American born, Pakistani raised, Arab-morphed Hispanic. I can’t help and guide the world without understanding my identity first. I can’t go back and help the poverty in Pakistan without asserting my identity. I can’t fix American education without knowing my place in America. I can’t go back and help the Latino community in Union City without knowing where I belong in their community. I can’t help the image put on Arabs due to the attacks by terrorists without embracing the community first. At this moment I am all of these people but I am none; for reasons I don’t know, I feel that college will broaden my horizons to truly understand my self...till then I’ll try my best despite...despite not knowing who I am.

~ Ibraheem Mirza, 12th Grade

Henna By Aqsa

Henna is a type of temporary tattoo that dyes the skin for several weeks. Henna was first used in ancient Indian culture and remains popular to this day in many countries. Henna is made from the dried leaves of the Mignonette tree, which are ground to dust and then made into a paste by adding essential oils. The paste is placed into a cone or bag that closely resembles those used by cake decorators. It’s applied to the skin in intricate designs and as it dries and hardens it begins to fall off leaving behind an orange tint. Designs made from henna are completely free form and have no specific meaning and are meant for the sheer beauty of the art with no religious or cultural meaning.

The henna tattoo can consist of nearly any pattern or series of patterns and the more elaborate the design the more exotic and sensual it is. Henna is made primarily of several different design styles, which include flowers, paisley designs, intricate lines, shading and doily designs. Ever since I was young, I've always had a keen interest in the art of henna. I was fascinated by the way my mother would make dazzling prints on my hand instantly. It was amazing how she knew exactly what design to make and where to put it. After studying her hand motions and patterns I decided I was skilled enough to make my own. The first few tries weren't successful but I was determined, by the fifth try I had done it. I made my very first flower. :)

To see more of my work visit my Instagram page: @_hennabyaqsa_

Contact Info: axakhan1452@gmail.com



I started this whole thing out as a PR stunt. It was supposed to be a big joke to bring me more money. I didn't expect the American people to be THAT stupid. I mean I never thought we were smart in the first place but this, this is just rock bottom. Everyday I gain more and more supporters and I have to constantly sit in my thinking corner to think of more nonsense to feed these people. I don't want to be president. I just wanted money to keep my stomach big and my toupee shiny, not have an army of supporters who are weirdly all related to each other. I sat down on my couch made of bacon and sobbed stuffing the furniture in my mouth. What was supposed to be an innocent prank made me into the world's most hated person. Man, do I wish I was a boy scout again hiding sausages under my pillow and being scout of the month by snitching on the other kids. Good times. Suddenly I heard a knock on the door. I wiped my tears on some bacon and went to open the door. There she stood. My best friend/arch rival, Hillary Clinton.

"Hey Donald, can I come in?" she stood there with another one of her fake smiles. By this time she did it so much she was used to it.

"Sure, have a seat." She sat down on my favorite bacon couch. Guess I was forced to sit on the normal gold plated leather couch.

"So Hill, what brings you here?"

"Oh just wanted to check on things, wait, what's that" she pointed to my stomach. On top lay a half-eaten piece of bacon.

"Donald, be honest, have you been emotionally eating again?" She was always the sharp one! I looked down at my stomach and started sobbing again.

"I don't know what to do with my life anymore, I never wanted any of this. All I wanted was to sit on my bacon couch eating Twinkies and watching the gun show. None of this president stuff." She then walked over to me and put her hand over my shoulder.

"What if I told you I can get you out of presidency?" I stopped crying and looked up.

"How?" She walked back to the couch. "Donald, do you really think I spit out all those lies because I so care about this country? Please, you know me better than that. Only a couple of decades ago I didn't even support gay marriage." I was confused, yet intrigued.

"Then why are you running?" She took a piece of bacon out of the couch and chewed.

"Let's just say I have a debt to collect. So what do you say? You help me get payback. I help you get out." I looked down at my stomach then back at her, down at my stomach, then back at her again. The giant crowd of idiotic followers did make me feel pretty powerful I had to admit, I wasn't sure.

"Oh, and I'll also give you the rights to the McDonalds food chain." Without a hesitation I stood up and said yes.

"Let's do it." She grinned a new smile, it wasn't a fake one this time, it was a sinister vengeful one.

"Just what I like to hear, well when you're ready meet me after the next debate. She then walked out the door taking a piece of bacon with her. I went to the couch and pulled out some bacon for myself. I picked up my toupee and turned on fox news.

"It's time to make the AMERICAN great again."



~Ali Jamil, 10th Grade

Tech News

With all the new gadgets and phones being released, it can be hard to decide which phone, tablet, computer, laptop or smartwatch would be the best for you to own. Therefore, I have taken the liberty to evaluate the latest and greatest products, and if I may personally say, some of these should be purchased as soon as possible.

Apple:

Apple is greatly known for its annual convention in which it unveils the newest products it has to offer. In the cellular field, came the new iPhone SE. "A big step for small" is claimed as its motto and doesn't seem that impressive. The 4 inch phone comes with the same look and specs as the iPhone 6 and 6s rather, it seems to have its appearance leaned more toward the iPhone 5S. Its capabilities and core processing systems run at the same speed of the iPhone 6S. It also includes the same Touch ID but does not include 3D touch as the iPhone 6S does.

At only \$399 it is a pretty good deal. But it comes with 16GB memory which could be a drawback.



Frankly, the best as- iPhone SE is the price. pretty good deal. But comes with 16GB could be a drawback.

There was also the new iPad Pro, but that's the exact same as the old one, just a smaller size. A major detail that I noticed was Liam, Apple's revolutionary recycling machine. It can recycle up to a million old iPhones in one day and has been in the making, behind doors for 2 years. Few Apple employees knew about its existence, which brings up the question, what other secrets Apple hiding?

Another key topic mentioned at the Apple event was the controversial headline of Apple vs. FBI. It was made clear by Apples CEO, Tim Cook, that Apple will not be helping the FBI in cracking the San Bernardino terrorist's iPhone. Whether you agree with it or not, we'll just leave it at that.

Samsung:

Samsung also unveiled many innovative products as well. Let's start with the Samsung Galaxy S7 and the Samsung Galaxy Edge 7. They're both water resistant, meaning they can sustain up to 30 mins in 5 feet of water and be completely unaffected at all. They both have expandable memory, even though Samsung phones has a beautiful design which feels when held in your hand. They both have AMOLED display, which looks stunning, especially in photos. They also offer wireless charging and have Samsung Pay, similar to Apple Pay, which can be used to pay at numerous places. Unlike the iPhone SE the price is a negative aspect of this phone at \$699 for S7 and the S7 edge at \$779.



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Aside with Samsung's Galaxy there is also the curtain raising of the Gear VR. Now this I must say is pretty cool. It's a virtual reality which seamlessly connects to your phone and allows you to immerse yourself in an entirely new world. By simply attaching your phone you allow yourself to be swallowed into an entirely different world. Although you may look weird to others, movies, games and other apps have an entirely different experience when being paired with the Virtual Reality headset.

Lenovo

Now this tablet is just incredible. The new Lenovo Yoga Tab 3 Pro has a QHD screen, immersive audio and epic battery life. Sounds like a regular top of the line tablet, right? But what this tablet packs is a genius integrated projector which turns any room into a theater, with a few taps. The tablet is provided with an AnyPen that feels great when scribbling on the screen, being adjusted with the metal kickstand. It also has 18 hours of battery life and 49 hours of standby time. Coming from the #1 PC Company, it surely does satisfy.



~Hassan El-Said , 10th Grade

"Mamba Out"

No one who watches the NBA, can imagine how the league would be without one of the best players to ever play the game. Kobe Bryant joined the NBA right after high school in the year 1996, before we were even born, and kept playing until this year at an unbelievably high level. Some say he's better than Michael Jordan. Some say he's better than LeBron. And some just say he's the best to ever lay hands on a basketball. Whatever your opinion on him is, Kobe Bryant, "The Black Mamba", was an unstoppable scoring machine. From 1996-2016, it was a journey. Just yesterday he was the "youngest player in the NBA", but walked on the court like he owned the place. Kobe broke many records as well. Teaming up with another Lakers legend, Shaquille O'Neal, Bryant won three consecutive titles in 2000, 2001 and 2002. He won another two in 2009 and 2010. Bryant has been on five U.S. national basketball teams, helping lead them to gold medals in the 2008 and 2012 Olympics. In 2014, Bryant surpassed Michael Jordan for third on the all-time scoring list. He ranks behind Kareem Abdul-Jabbar (38,387) and Karl Malone (36,928). In 2005-06, Bryant dropped 81 points against the Toronto Raptors, the second most points scored in a single NBA game behind Wilt Chamberlain's 100-point game in 1962. This all lead to April 13th, Wednesday night. The final game. To honor Bryant's career, the Lakers have gone all out, inviting his former teammates to the Staples Center, erecting giant screens outside the arena bearing his image, and bringing in Red Hot Chili Peppers bassist Flea to play the national anthem, according to the Los Angeles Times.

"The game is going to be a 'zircus' — a zoo and a circus," said Lakers publicist John Black, according to newspaper. The Laker's were facing the Utah Jazz in the Laker's closing night. The ticket's for this game and the Warrior's record breaking 73 wins were the most expensive for any regular season game. But the Laker's game was definitely more emotional. Watching Kobe play his final game touched everyone. But watching him score an outstanding 60 points made the game breathtaking. No one went out the way Kobe did. With every shot he scored the fans jaws dropped and screamed with joy. Kobe was a once in a life time player, and there will never be someone like him again.

~Abdelkareem Ramadan

Bulls of 1996

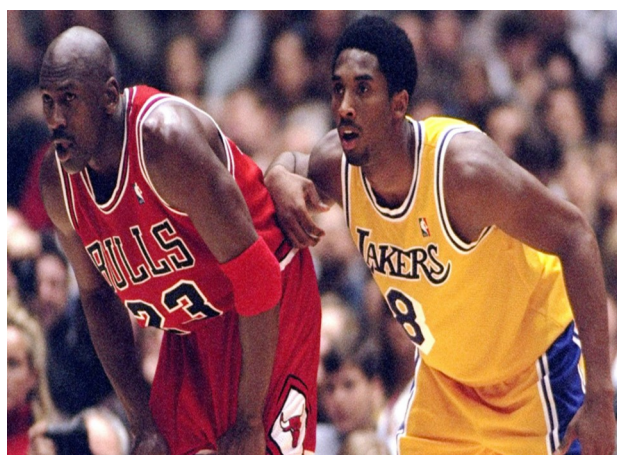
Many people nowadays are fascinated with the current NBA players and consider them some of the best in the League. This includes players like Russell Westbrook, Derrick Rose, LeBron James, James Harden and the most noticeable, Stephen Curry. The Golden State Warriors (GSW) won the 2015 Playoffs and currently have the highest stats. They are 67-15 and their win/loss percentage is .817%. Although this is impressive and there is no doubt that this team is amongst the greatest, lots of people believe that they could defeat one of the greatest teams of all time, 1996 Chicago Bulls who Stats went 72-10 in 1996. I believe Chicago would defeat the Golden State Warriors.

This would surely be a tough game, but who would really win? Well for starters, let's look at the roster. Chicago Bulls Stat Leaders consisted of Michael Jordan, Dennis Rodman and Luc Longley. Golden States' Stat Leaders are Stephen Curry, Draymond Green, and Andrew Bogut. Stephen Curry has 30.1 PPG, Michael Jordan had 30.38 PPG. Draymond Green has 9.6 RPG while Dennis Rodman has 14.9 RPG. Lastly Andrew Bogut had 1.7 BPG while Luc Longley had 1.4 BPG. So for the most part Chicago had more skilled Stat Leaders. I believe they would help bring the team to victory.

Another logical point of view is to see who Golden State Warriors was defeated by and compare them to the Bulls. If the Bulls are better or equal then they should technically have the ability to defeat them. In 2015 GSW lost to 15 teams, the best of them are the Spurs (62-20), Nets (44-38), and Pacers (56-26). The Bulls did much better than these teams, therefore they should be able to beat the Warriors even if it will be a very competitive and tough game.

After all of the statistics I showed, I proved my perspective on why the 1996 Chicago Bulls would beat 2015 Golden State Warriors. Although GSW are a great and powerful team, Bulls are just too skilled, they are one of the teams in NBA history that gave life to the game. If it wasn't for them who knows how the NBA would currently be. For me this isn't surprising because when it comes to anything in sports, nothing dominates the OGs.

~Abedallah Darwish, 11th grade



Get Fit!

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. People may look at jogging, callisthenic workouts, and cross fitness as a way to increase your stamina and physical shape for show. What they don't understand is that fitness filters your cardiovascular muscles and conditions it to last longer and to work efficiently. Working out and conditioning your internal organisms are scientifically proven to extend your life. Conditioning your body and eating healthy will stop fat from surrounding the pancreas which will prevent diabetes, this will also stop plaque from building up in your arteries and that will decrease the risk of getting heart disease and cholesterol. Exercising at least four times a day is guaranteed to force the functionality of your spinal cord and the muscles surrounding it to withstand greater pressure for a longer period of time as you age. Being in shape doesn't come by just working out, it's a process that consists of self-discipline and a healthy diet. A healthy diet may consist of foods that contain carbohydrates, proteins, saturated fats, Vitamin D, and calcium. Brown rice may be used for carbs, red/white meats for protein, broccoli for vitamin D, and orange juice for calcium. Eating right is 70% of the whole cycle! The right amount of food and nutrients can lead to healthy skin, a longer life, maintenance of brain cells, and a healthier heart. As you can see, fitness should be a major part of your life because it can completely develop and change your life. Taking care of my body and joining the fitness world has taught me many things such as: self-discipline, consistency, and dedication. It also helped keep my body and health going. Knowing what your body is capable of can surprise you. It changed my life and I wanted to share my story so that others may experience it and understand the value of fitness.

~Amr Eldaly , 12th Grade



GET FIT

Attention The Little and Junior Panthers are back

- Little Panthers Club begins: Saturday: April 23rd for 1st -4th Grade Boys 9:00-10:30AM at Washington Elementary School. All members must bring their own basketball. Cost: \$40 (includes basketball member jersey) Six-Week Program
- Junior Panthers Club begins: Saturday: April 23rd for 5th -8th Grade Boys 10:45-12:15PM at Washington Elementary School. All members must bring their own basketball. Cost: \$40 (includes basketball member jersey) Six-Week Program



Activities for All

Spring

FDZXOZWQMAYNMGGPARAILL
 GUNLSEUBQPIQEYFCQSGKCKJ
 GQZRSWDIWL DSEEDOJPWLRP
 LILACQDRXAIHXAI PKRGIWI
 ZACRDWADSNUFJQXKTINMTC
 KYHQCJSSLTBOBWARMNUQFN
 OTEZYOB RUCBEESDYNGAQDI
 OBRZUSIECRBQTEYDLBAQGC
 LJRNTGRTSOJJ CAYWWRQOWT
 MJYEYPTUFPPILSYPUEDZY
 KGBBKRHRISLSITESLAAKYP
 EYLJQQDNGOUMIEPKIKJSLJ
 ATOTYOAOFRRFRGRTNNBSGLX
 HPSJYCYLOKAPRILFOOLPMT
 TXSWKFLOWERSBLOOMDMDLD
 HBODIBEARSAWAKEGMOPFEQ
 JBMPTGRSACHNSHEWGGREEN
 FOODMARCHNEWLEAYESUKGK
 BUDDHASBIRTHDAYBOGGLESW

flowers bloom	birds return	green
April Fool	cherry blossom	Easter
March	bees	Buddha's Birthday
May	seed	Spring break
plant crops	warm	lilac
bears awake	new leaves	picnic



School is almost over

www.bogglesworldesl.com

School is Almost Over

School is almost over

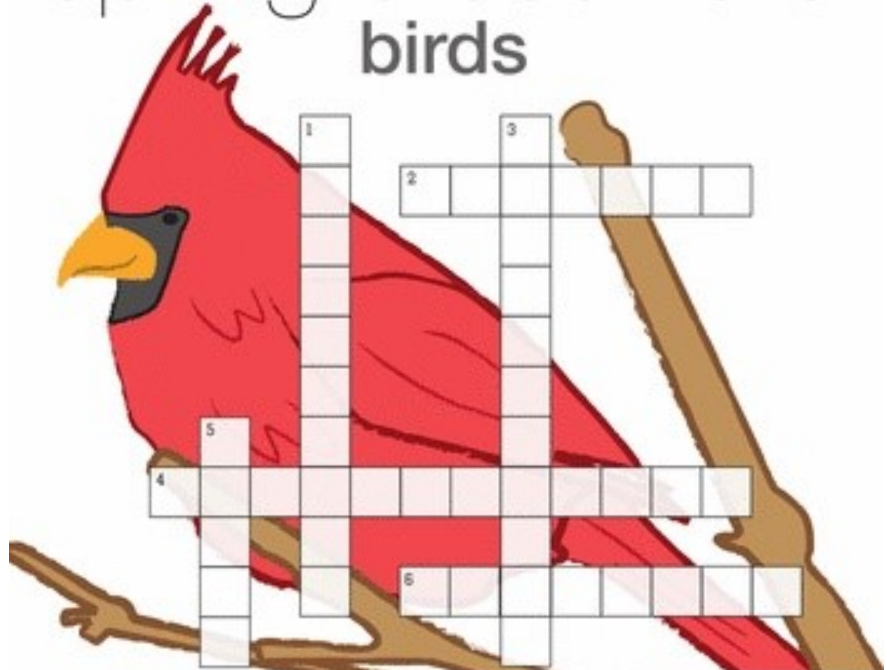
School is almost out
Its time to shout!

No more testing, school work, home-work, and studying.
After all that acing.

A summer coming our way.
We'll swim in a bay.

Spending time with friends and family.
See Ya next year!!!
Good bye for now!

spring crossword birds



Across
 3. A blue bird with a crest on its head.
 4. These birds are known for mimicing the sounds of other birds.
 6. A red bird with a crest of feathers on its head.

Down
 1. This bird pounds its beak into wood to find insects.
 2. Small birds that eat nectar.
 5. A bird that typically has a red breast.

Word Bank

Robin Woodpecker Bluejay Hummingbirds Mockingbirds Cardinal

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Q.1. What goes up, but never comes down?

Q.2. Where does Friday come before Thursday?

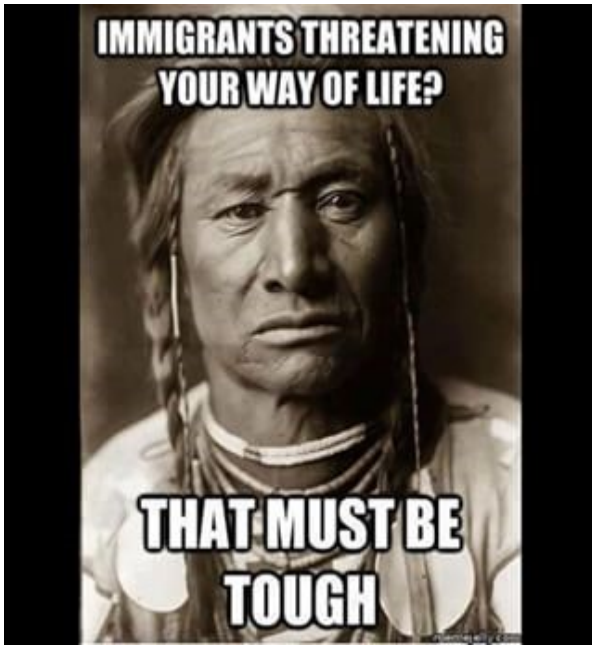
Q.3. What has a bark, but no bite?

Q.4. How many letters are there in the alphabet?

Q.5. What can you catch but not throw?

Q.6. What game do cows play at parties?

Answers:
 1. Your Age, 2. In Dictionary, 3. A Tree, 4. Eight A.L.P.H.A.B.E.T., 5. Cold, 6. Mooosical Chair.



Why did the wa take a nap?

و ن

Because it was After-noon!

