

Sarah Ateeq

Interviewing Mrs. Jaddi

A few questions for our middle school dean

1. What is the most difficult part about teaching for you? What's interesting is that the most exciting part about teaching is also the most challenging part: student individuality. Every student that I've taught in the past ten years has had their own unique set of interests, abilities, and personalities. This has led to each day being new and different. However, these differences also mean that I've needed to find ways to differentiate and accommodate to meet the needs of all my students. Constant research, utilizing data, and sifting through resources is how many teachers and I spend our weekends. It's challenging, but so worth the benefit it will inshaAllah bring to our students.

2. What made you want to become a teacher? Decades ago, when I was in elementary school, learning new concepts intrigued me. Practicing lessons on a crisp sheet of notebook paper with a sharp pencil was the highlight of my day. Homework never felt like a chore. Years after graduating from college and working in a completely different field, I realized that I yearned for the intrigue and excitement that I used to feel in elementary school. I wanted to pass on the same love I held for school to other students. By being a classroom teacher, my goal was to make a difference in a person's life. Not just in their classroom, but in their world. My desire was to teach life lessons that shaped a young person's life for the better.

3. As the new middle school principal, how do you feel? Taking on the position of Head of Middle School has been a very surreal experience. Talk about learning something new every day. Leaving the classroom has been challenging, but I hope to continue instilling the love of learning, exploring, and creating in the IFS student body. By communicating with parents, students, and instructors, InshaAllah I wish to provide all parties with the tools needed to succeed. Taking on this role has proven to me that teachers are undoubtedly some of the most amazing heroes in the world. Especially our teachers at IFS. They have heart, are dedicated, and most importantly, they believe in our students. May Allah continue to bless and support our teachers as we work together to educate our Ummah.

4. What's one subject you would like to teach or learn? I am a true believer that we need to learn something new each day. If given the opportunity, I would love to take a home decorating and organization class. My favorite Netflix shows have really gotten me interested!

Mahmoud Ibrahim

Bringing Black America to the Stage

Lorraine Hansberry and her journey

When the topic of equality in society is debated, many argue that political change is the best way to achieve that. This is a valid point; however, there is one aspect that is often overlooked. Edward E. Hubbard, diversity return-on-investment measurement expert and author, says, "one of the 'critical misses' occur when organizations fail to assess the entire culture system and infrastructure and processes surrounding the diversity and inclusion change process." In simpler words, one must examine societal and cultural roles in order to best assess and argue this point. This can be expressed through societal changes and trends within art and literature. An exceptional example of this can be seen in the work of Lorraine Hansberry, the first black playwright and the youngest American to win a New York Critics' Circle award. Through her Broadway production, *Raisin in the Sun*, Hansberry portrayed the view of a black family living in South Side Chicago in 1959, as well as the discrimination they faced and the obstacles they had to overcome because of their race.

Lorraine was born in Chicago, Illinois on May 19, 1930. After a successful career as a real estate broker, her father decided to move their family to a new house, which happened to be in a predominantly white neighborhood. However, they were soon ordered to vacate their new home based on a restrictive covenant signed by their neighbors, agreeing that only whites could live in the homes within that subdivision. The case was brought to court where it was ruled in favor of the covenant. Later, it was appealed and tried in the United States Supreme Court. Hansberry won this case, and the justices declared that if a party is not adequately represented in a previous class action, the judgment in the case is not binding on that party.

The unfolding of these events in her life seemed to have heavily influenced Lorraine, as the characters in her play found themselves in a similar situation. The story begins with the fictional family, the Youngers, moving to a white neighborhood in Clybourne Park. Shortly after, Mr. Lindner, a white representative from the "Clybourne Park Improvement Association," is sent to bribe the family to move out of the house. The story



Photograph by David Attie / PBS

highlights the fact that the Youngers aren't welcomed by their neighbors, simply because of their race. *Raisin in the Sun* showed the Broadway audience something they had never experienced before: the life of the unrepresented African Americans in their country. The storyline shows conflicts between African Americans and whites, and the way they had to adapt to a racist environment. Throughout a run of five-hundred and thirty performances, empathy began to grow for the minority group. The revolutionary theatrical production continued on to win four Tony awards and the New York Drama Critics' Circle Award for Best Play.

Despite not being a political figure, Lorraine proved to be a staple figure for the civil rights movement. Amongst the other activists she met was former attorney general, Robert Kennedy. Lorraine felt the need to test his position on civil rights. Her work with *Raisin in the Sun* was a focal turning point for the American theatre. Her previous progressive work was published on *Freedom*, the first black-owned and operated newspaper in the United States. Furthermore, her literary contributions allowed audiences to be exposed to a broader perspective and introduced them to persistent problems, despite progressive policies and opportunities. This "light bulb" moment of the majority is evident with the awards Lorraine Hansberry won, proving that the enlightenment she brought upon this subject influenced many hearts and minds all across America.

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Mahmoud Ibrahim

Texas, Energy Powerhouse of America, Goes Dark

Winter storm takes its toll

On the morning of February 15th, a malicious winter storm, dubbed Uri, began to pass over the country. The unprecedented freezing temperatures caused a sudden demand for electricity in order to power and heat the fragile infrastructures. However, energy producing systems were freezing up all across the state of Texas. "All sources of energy are underperforming in the extreme cold because they're not designed to handle these unusual conditions," says Jason Bordoff, former energy official under the Obama administration and director of Columbia University's Center on Global Energy Policy. Wind turbines are entirely frozen solid; in addition, natural gas and coal-fired power plants are unable to function with only frozen water available, making electricity production impossible. Not to mention, unlike most other states, Texas uses decentralized power grids, inhibiting possible power support via excess energy coming from neighboring states.

According to the US Energy Information Administration, Texas accounts for the most amount of electricity produced in America and is ranked number one in both crude oil and natural gas. A study conducted in 2019 revealed that Texas accounted for 29% of the country's wind powered electricity. Since the storm began, over 80 people have died from weather-related incidents in Texas. An adult and child have also died in Houston from carbon monoxide poisoning after trying to warm up inside their car. However, the problems go beyond freezing temperatures for the people of Texas. According to reports from state officials, in response to the pandemic crisis, more than 2 million doses of the COVID-19 vaccine have been administered in Texas. However, cold storages containing the vaccines are crashing due to the recent, widespread power outages. Officials are racing to distribute the remaining vaccines before they spoil and have tentatively held

off any future shipments. Sources say that once the power returns for the whole state, residents of Texas may have to face unfathomable power bills. Gold-Williams, the CPS Energy CEO, says that if Texas is willing to pay to prevent crises like this in the future, the cost would be much more manageable.



Icicles hanging off of a Texas highway sign as a result of the freezing temperatures. Photograph credits: Joe Raedle / Getty



The remains of Tapovan village in the Chamoli district after the flash flood. (Sajjad Hussain/AFP via Getty Images)

Fatimah Zahid

Disaster in Uttarakhand:

A catastrophic flash flood in Northern India

On February 7th, a devastating flash flood in the Indian region of Uttarakhand, took 49 lives, destroyed two hydroelectric dams, and left over 155 people missing. The cause of the flood has been determined with the use of satellite imagery, indicating that a crack in the side of a mountain caused a glacier to fall and accumulate debris on its way down. The collected ice and sediments would soon become a huge debris flow that would heavily demolish the Rishi Ganga power project near Raini village and the Dhauliganga hydroelectric dam project near Tapovan village. Many of the missing personnel were construction or dam workers from both projects, and members of the Indian Army,

India's Natural Disaster Response Force (NDRF), and Indo-Tibetan Border police are trying their best to locate them. Families of the deceased will be compensated four lakh rupees (about \$5,500 USD) for their loss. The areas had been hit with flash floods before, such as in 2013; however, these natural disasters seemed to have increased due to many different factors, such as an increase in dams on brittle lands, lack of disaster management plans for the majority of dams, and climate change affecting Himalayan ice. We will have to see what changes the Indian government will or will not try to implement to help prevent future flash floods.

Hudhaifah Sayoury

The GameStop Incident

When stock market history was changed forever

January 13th - January 27th, 2021 is a period of time that will stick in the minds of stock traders forever. Before we get into why, let's explain what owning a share of stock means. When you own a stock, you own part of that company. Don't get excited though; that means you only own a very minimal part of that company in units called shares. The value of shares are dependent on how well the company or economy is doing and how many people are buying shares. The better the company, the more valuable a share is. That's why a Tesla stock is now more valuable than someone's personal company that they're running out of their bedroom. In January, we saw a 1500% increase in the value of one share of GameStop stock. All of this was because a few Reddit users decided to make Wall Street investors that we know as the 1%, lose a great deal of their money by putting tens of thousands of dollars into GameStop stock. As a result, Wall Street investors suffered a tremendous loss. Because of this, the investors manipulated the market in after hours (with help from hedge fund managers) in their favor. The hilarious part of the whole event is that no person nor group in history has ever taken more money from the 1% than a bunch of Reddit kids did.

Maaz Haque

The Fight to Cure Cancer

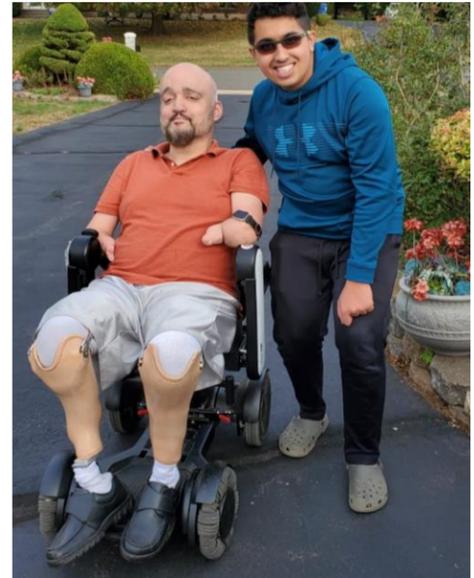
Working with the LLS

Cancer is one of the most ubiquitous diseases many people have been affected with. One of the leading organizations funding and conducting blood cancer research is the Leukemia and Lymphoma Society, or the LLS. The company's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families. They provide blood cancer treatments, produce new medicines and cancer therapies, and provide money to blood cancer patients. In fact, LLS funded over 60% of the blood cancer therapies used to treat other forms of cancer. The Leukemia and Lymphoma Society, to help increase their funds to accomplish these tasks, utilizes programs to help fundraise and distribute financial aid. One of their recent programs is the Students of the Year (SOY) program, in which exemplary students across the country engage in a national competition to build a multi-generational team and fundraise a large amount to fund blood cancer research. These exemplary students, or candidates, are nominated or chosen through

LLS staff or former candidates. Last year's SOY candidate, Layla Hedroug, nominated me as this year's candidate, and now, I represent our Islamic Foundation School in the LLS's Students of the Year program. I also have a personal connection to cancer within my family. My uncle Usman Haque currently has chronic myeloid leukemia, and he takes a daily pill to repress the leukemia from becoming acute, or lethal after a certain amount of time. He was diagnosed in 2011 when he visited his doctor after feeling sick for some time. His white blood cell count was six times higher than what it should naturally be at the time, indicating his disease. After many years, he has become much more healthy, as his white blood cell count has decreased back to the normal range and his condition has significantly improved. I recently made a video about him and his struggle against cancer, which can be viewed using the link below <https://www.youtube.com/watch?v=McNa3Owmuqw&t=54s>. Organizations like the Leukemia and Lymphoma Society have helped him acquire his cancer treatment by helping to make the expensive pill more affordable.

As a candidate in the LLS's Students of the Year program, I am currently leading a fundraising campaign. The 7-week campaign began on January 23rd with an initial goal of \$20,000. I am happy to inform you that my fundraising campaign team, Haques and Friends vs. Cancer, met this initial goal Alhamdulillah just 3 weeks

into the campaign, and we are planning to strive beyond it InshaAllah! I am going to keep pushing and fundraising for the LLS through the end of the campaign on March 13th. Every dollar counts towards crucial blood cancer research to help countless patients facing similar struggles like my uncle. I would greatly appreciate your support for my campaign with a generous donation, which can be made using my personal fundraising page. The link is <https://events.lls.org/chi/illinoisSOY21/mhaque>. Your donation goes directly to the Leukemia and Lymphoma Society. May Allah bless the campaign and my countless supporters for their generosity.



Tahira Bhatti

Medical Inventions in 2020

1 - Since March of 2019, UPS has conducted test trials on drone deliveries of medical supplies between two hospital branches in Raleigh, North Carolina. In October, the FAA (Federal Aviation Administration) gave its approval to expand over 20 hospitals nationwide over the next two years. The drone is equipped to deliver urine, blood, tissue samples, drugs, and other medical essentials from one hospital to another. The drone delivery system can be an essential addition to the medical field because it allows for air travel in case of emergencies. Now, if there was a buildup on the highway and an ambulance was stuck in traffic, a drone can efficiently and safely supply the EMTs and paramedics with essential items to keep the patient alive.

2- Type 1 diabetes is a disease that affects over one million Americans nationwide. Ten years ago, Doug Melton, a Harvard biologist, began his research on making replacement beta cells to produce insulin using stem cells. In 2014, he co-founded Semma Therapeutics, and from there, he developed his technology. Not soon after, a small implantable device was created that helped hold replacement beta cells while releasing glucose and insulin and blocking out immune cells. This device allows for patients with type 1 diabetes to eat, drink, and live their life utterly unrestrained from their disease.

3 - Coronary heart disease is when there is plaque buildup in the arteries, allowing for little blood flow—this affects over three million people per year. Patients suffering from heart disease are found to be challenging to diagnose and can be at risk of getting misdiagnosed. In some cases, patients may not be diagnosed until weeks later, and others may have to go under invasive tests that are later found unnecessary. A technology called HeartFlow Analysis started getting rolled out by the NHS as early as December of 2019. It captures data from a CT scan and transforms it into a 3D model of the patient's heart. By doing this, doctors can see any arterial blockages as well as the impact of blood flow. With this, patients can be diagnosed quicker and more accurately than performing an angiogram, which is the standard test performed when a patient is diagnosed with heart disease. Now, if doctors want to confirm if a patient has heart disease, they call for a CT angiogram which is then uploaded to HeartFlow and transformed into a model of the patient's coronary arteries and sent back to the hospital. This allows for doctors to accurately move ahead with their diagnostic or select which procedure to perform to help the patient.

Sana Farooq & Juwairiyah Ahmed

Easy Healthy Recipes: Oatmeal pancakes



Oatmeal pancakes are the perfect breakfast if you're looking for something healthy, delicious and filling. This recipe is easy to follow and perfect for satisfying your sweet tooth!

Ingredients:
 1/3 cup oats
 1 banana
 1 egg
 1/4 cup milk
 1 tsp Pumpkin or cinnamon spice
 1/2 tsp of vanilla extract

Directions

1. Combine all ingredients and blend them.
2. Pour the batter onto a lightly greased pan as you would with normal pancakes.
3. Cook the pancakes on a medium low heat for about 2 minutes on each side until golden brown.
4. Top with your favorite toppings!

this recipe makes about 4-5 medium sized pancakes

Yogurt Parfaits

Ingredients:
 1 cup granola
 1 cup of strawberries
 1 cup of blueberries
 3 cups of vanilla yogurt

Directions

- 1) Place about 1/3 cup of yogurt at the bottom of a glass
 - 2) Place granola on top of yogurt and then fruit on top of the granola
 - 3) Repeat layering process until satisfied
- Enjoy!

Zoya Farooqui

‘Atā Ibn Rabāh

The slave who became a teacher to kings

‘Atā Ibn Abi Rabāh was an Ethiopian who was born a slave to a lady in Makkah. As a child, he showed much interest in learning. For that reason, he divided his time into three specific parts. One-third of his time would be devoted to his duties as a servant to his mistress. The second portion he set aside for worship, and the final one-third was for learning whatever knowledge he could from the former companions of Prophet Mohammad (SAW).

The Makkan lady later set him free, impressed by his dedication. This gave ‘Ata the opportunity to spend his hours in the Sacred Mosque of Makkah. He learned and then taught, both with compassion and devotion. The sheer amount of knowledge and piety that ‘Ata possessed gained both the attention and respect of many rulers and the general public. There is even a report stating that a man as renowned as ‘Abdullah ibn Umar expressed his surprise that the people of Makkah

would seek out religious advice and guidance from other individuals when there was a man like ‘Ata Ibn Abi Rabah in their midst.

In ‘Ata’s presence, even some of the greatest Muslim Caliphs showed great humility. Once, in Makkah, the Umayyad Caliph Sulaiman ibn ‘Abdul-Malik went to the Sacred Mosque with his sons to listen to ‘Ata’s teachings. His sons asked him who this man was, and the Caliph replied, “This was ‘Ata Ibn Abi Rabah,” and then continued, “My children, seek knowledge. For through knowledge and learning, the humble becomes great, the fool becomes wise, and slaves become superior to kings.”

‘Ata Ibn Abi Rabah went on to live about one hundred years and performed Hajj no less than seventy times. May Allah bless his soul and grant him only the best in Paradise.

Afrah Zahid & Sarah Ateeq

Duas for Strengthening Faith

Creating connections with Allah and strengthening one’s Iman is a very important aspect of being a Muslim. Here are simple duas to bring us closer to doing just that:

1. رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Lord! Let not our hearts deviate (from the truth) after You have guided us and grant us mercy from You. Truly, You are the Bestower.

2. اللَّهُمَّ تَبِّئْنِي واجْعَلْنِي هَادِيًا مَهْدِيًا

O Allah! Make me firm (in faith), guide me, and make me a means to guidance.

3. رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Lord! Forgive us our sins and our transgressions (in keeping our duties to You), establish our feet firmly, and give us victory over the disbelieving folk.

4. اللَّهُمَّ قَوِّنِي فِي دِينِي

O Allah! Strengthen me in my religion

5. رَضِيْتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا. (ثلاثًا)

I am pleased with Allah as a Lord, and Islam as a religion and Muhammad peace be upon to him as a Prophet. (3x)



Zayyan Zubairi

Hadith Jibreel

Narrated by Abu Huraira (RA):

One day while the Prophet (ﷺ) was sitting in the company of some people, (The angel) Gabriel came and asked, "What is faith?" Allah's Messenger (ﷺ) replied, 'Faith is to believe in Allah, His angels, (the) meeting with Him, His Apostles, and to believe in Resurrection.' Then he further asked, "What is Islam?" Allah's Messenger (ﷺ) replied, "To worship Allah Alone and none else, to offer prayers perfectly to pay the compulsory charity (Zakat) and to observe fasts during the month of Ramadan." Then he further asked, "What is Ihsan (perfection)?" Allah's Messenger (ﷺ) replied, "To worship Allah as if you see Him, and if you cannot achieve this state of devotion then you must consider that He is looking at you." Then he further asked, "When will the Hour be established?"

Allah's Messenger (ﷺ) replied, "The answerer has no better knowledge than the questioner. But I will inform you about its portents:

1. When a slave (lady) gives birth to her master.
 2. When the shepherds of black camels start boasting and competing with others in the construction of higher buildings.
- And the Hour is one of five things which nobody knows except Allah.”
- The Prophet (ﷺ) then recited: "Verily, with Allah (Alone) is the knowledge of the Hour--." (31. 34) Then that man (Gabriel) left and the Prophet (ﷺ) asked his companions to call him back, but they could not see him. Then the Prophet (ﷺ) said, "That was Gabriel who came to teach the people their religion." Abu 'Abdullah said: He (the Prophet) considered all that as a part of faith.

(Sahih al-Bukhari, Book 2, Hadith 43)

Alina Sadat & Usmaan Siddiqi

Book Recs & Reviews

Market of Monsters trilogy
by Rebecca Schaeffer

"I'm not responsible for your choices, Nita. You chose to be what you are."

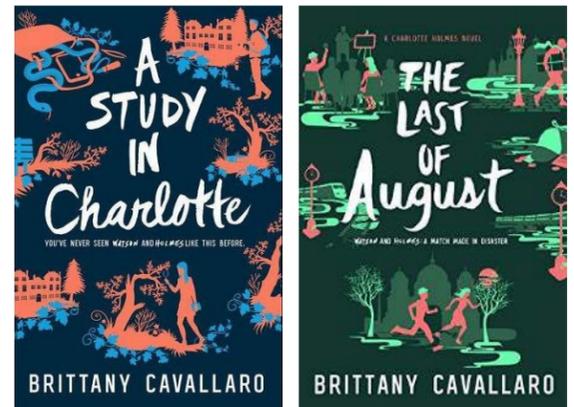
This series was absolutely bone-chilling and thoroughly surprised me. While YA horror fiction is often lacking, the *Market of Monsters* trilogy was quite the exception. Anita, a seventeen-year-old South American teenager, is the daughter of a black market dealer who sells the body parts of supernatural beings. Anita dissects these bodies almost like a hobby, working directly under her mother, but her life takes on a sudden twist when she is betrayed. A strange premise, isn't it? While I was quite dubious when I first read about this series, it certainly met my expectations. Perhaps one of the most interesting aspects of this series is the way Schaeffer blurs the line between good and evil. The twisted actions of the main characters lead the reader to one question: "Are they the good guys or the bad guys?" To those of you who enjoy these kinds of characters and a bit of gore and intense action, go ahead and check out the first book of this series, *Not Even Bones*.

Charlotte Holmes series
by Brittany Cavallaro

"The two of us, we're the best kind of disaster. Apples and oranges. Well, more like apples and machetes."

The *Charlotte Holmes* series, written by Brittany Cavallaro, follows the extravagant escapades of Charlotte Holmes and Jamie Watson, descendants of the iconic duo, Sherlock Holmes and James Watson. The pair solve a multitude of crimes, from a modern college campus to the street pubs of Berlin. They often find themselves in precarious situations, but their synergy and quick-thinking prevail. Throughout the series, Cavallaro's experience in poetry is exemplified through her powerful use of language and imagery. With relatable and engaging characters, this series is addictive, to say the least. Jamie is the perfect complement to Charlotte; while Charlotte is sardonic, witty, and unpredictable, Jamie is a grounded fallback to her impulsiveness. Cavallaro creates an atmosphere that is both chillingly realistic and fantastically imaginative. She

implements dark and scarcely touched-upon topics in her writing while also incorporating humor and wholesome friendship. However, some criticism that I have to offer is that there is a great deal of "teen angst" and anxiety associated with the plot. It can be rather frustrating for those readers who want a definitive outcome once the novel has been brought near completion. Despite this, whether you enjoy the mystery genre or not, this makes for a phenomenal and entertaining book series.



Cover art for books #1 and #2 of the *Charlotte Holmes* series. Illustrated by Dan Funderburgh and designed by Katie Fitch.



Official promotional poster for *Akudama Drive*, licensed and distributed by Studio Pierrot and Too Kyo Games.

Alina Sadat

Akudama Drive:

A fresh take on cyberpunk-dystopian fiction

The cyberpunk-dystopian genre of anime is often overlooked and much less appreciated than others. However, the new series *Akudama Drive* might just be the greatest anomaly to ever appear in the cyberpunk scene. From its top-tier animation to its elaborate plot, this series is a refreshing change from what you normally see in the anime world. Set far in the future in a dystopian Japan, several high-ranked criminals called "Akudama" are sent by an anonymous client to rescue a fellow criminal named "Cutthroat" from execution. Tempted by the prize money they are offered, each of the Akudama set out to complete the job. However, upon his rescue, they find that the job was in fact part of an even larger scheme: an insane heist. While the premise may seem like nothing out-

Amina Ali

MANGA & MANHWA THIS MONTH'S PICK:

Who Made Me a Princess?

Athanasia de Alger Obelia is a pitiful princess who, in an unfortunate chain of events, met her demise at the hands of her father, the Emperor. These events take place in a fictional story called the Lovely Princess...it is just a story right? After waking up in the body of that very same Athanasia de Alger Obelia, a young girl must cleverly use deception and quick thinking to win the Emperor's favor and escape her ill-fated demise.



Official art for *Who Made Me a Princess?* illustrated by Spoon.

Sarah Ateeq

Movie Rec of the Month: Dolittle

Looking for a good comedy film? Well then, allow me to introduce you to *Dolittle*. This movie brings back beloved favorites such as Robert Downey Jr., Tom Holland, Selena Gomez, and more to the screen. Set in 19th century England, the movie revolves around John Dolittle, a veterinarian who spends his days in the company of his exotic animals and wife, Lily. Due to an unfortunate incident, Dolittle is forced to shut down his business until one day, news arrives that the Queen of England has fallen ill. Upon hearing this news, Dolittle and his array of furry friends set out on a journey to find the cure with surprise guests to help him along the way. With talking animals, chilling suspense, and witty humor, this adventure will have you filled with anticipation one second, and then roaring with laughter the next.



Official promotional poster for *Dolittle* (2020), licensed & distributed by Universal Pictures.

Aini Asif, Sana Farooq, Laiba Hasham, and Zainab Raheem

Self Development

2 Week Self Development Challenge

Self-development isn't something that happens overnight; it's an ongoing journey! However, implementing certain habits even for a brief period of time can bring us closer to the best version of ourselves. Doing challenges like these allow us to become mentally and emotionally strong and may change our outlook on life. Habits don't form in one day, so if you want one to stick, then remember to be consistent! Don't forget that everyone has different preferences so keep the habits that you see fit for yourself!

Day 1: Try to drink a liter of water to keep yourself hydrated throughout the day!

Day 2: Start off the day by writing down 5 things you are grateful for.

Day 3: Wake up a little bit earlier to cook yourself a healthy breakfast!

Day 4: Read Quran for at least 10 minutes and pray an extra *nafl* prayer.

Day 5: Read a couple of chapters of your favorite book!

Day 6: Meditate for at least 5 minutes, and sort out your thoughts.

Day 7: Have a no-social media day, unplug and focus on yourself!

Day 8: Go to bed a little earlier than you normally would. Try not to go on any electronic devices for at least 20 minutes before you sleep.

Day 9: Declutter and reorganize your workspace!

Day 10: Turn on an audiobook while you get ready for the day.

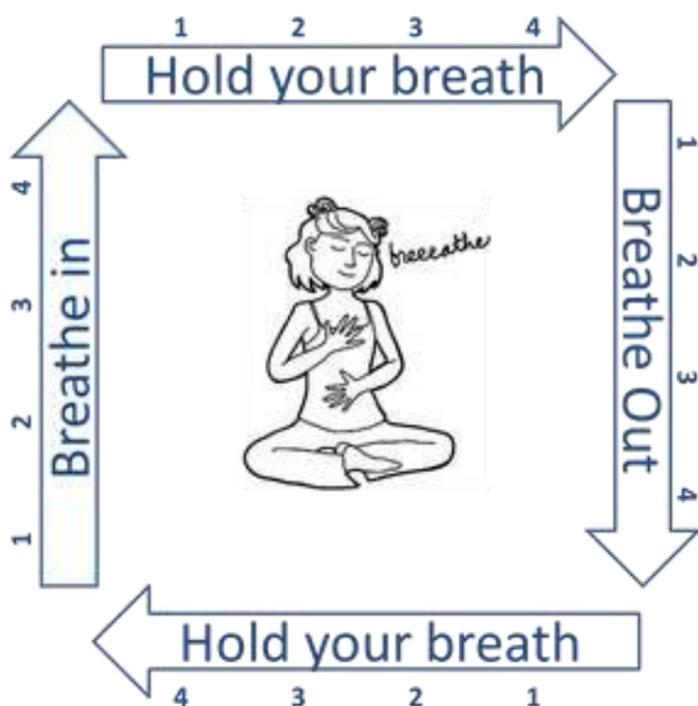
Day 11: Don't snooze your alarm! Get up and out of bed right away to avoid a stressful morning.

Day 12: Do something to channel your inner creativity! Paint, bake, sketch, whatever you want!

Day 13: Get your body moving! Do a workout, go for a run, or even just some yoga.

Day 14: Text a friend you haven't talked to in a while.

How did it go? Email us about your experience and any more ideas at ifsadvicecolumn@gmail.com



A diagram of square breathing, also known as box breathing. The term "square breathing" comes from the four steps of the technique. Each step focuses on one of the four aspects of breathing. Together, they form a "square." Picture retrieved from www.discoverisinging.co.uk

Rehma Qazi

Square Breathing

An ideal way to calm your nerves

Do you ever feel anxious when you're about to take a test? I have a technique for you. This exercise will activate your body's relaxation responses and allow the respiratory system to function correctly and efficiently. This technique is called "square breathing!" Before starting, make sure that you are sitting in a position in which your breath can flow easily. The best way to do that is to sit in a chair with your back straight and supported and both of your feet on the ground. If you can't do that, then you can

also sit down in a meditation position or simply lay down on the floor. Once you have that down, you're ready to begin! First, breathe in through your nose and count till four. Then, hold your breath and count till four again. After that, breathe out through your mouth and count till four. Finally, hold your breath and count till four one last time. Repeat this same process three times and you'll instantly feel yourself calming down so you can ace that test!

Anonymous

Advice Column

Any good study tips or productive study habits?

Ugh, studying. This is a problem area for a lot of students and something that many people dread doing, but with a few good habits and techniques, studying ends up not being so bad! To start off, always make sure you know what you have to study. It helps to make a small notes sheet and narrow down the material from PowerPoints or the textbook. Oftentimes, there's a lot of material to study and review for tests, so taking some extra notes on the content helps us sort through which topics we feel confident in, and which ones we may need to focus on. We'd also recommend getting rid of any and all distractions around you (and yes, this includes your phone). This will help improve your focus and allow you to get the most benefit from the material you're studying. Another good study tip is to manage your time and get organized. Grab all your materials, put away any distractions, declutter your desk, and just...start. Honestly, sometimes the hardest thing is just getting started. But once you start, you get into the zone, and it's not so bad! While studying, make sure you aren't just reading the information, but also understanding and absorbing it into your brain. Take a short 5 minute break whenever you need one, so that you have time to actually retain the information you learned. We also find it helpful to go over everything or most of the material first, and then go back and reinforce topics you are not too confident in. This way, you will not get frustrated as easily while trying to understand one topic. If motivation is your problem when it comes to studying, we find it helpful to set up a rewards system! For example, for every lesson that you study from a chapter, allow yourself to eat a small piece of chocolate. Just try not to make the reward something you will get lost in, like allowing yourself to watch a YouTube video. Remember, different methods work for different people so do what works best for you!

Eyub Taha

This Month in Sports



Tom Brady, Tampa Bay Buccaneers' quarterback, holding the Vince Lombardi trophy following the Buccaneers' victory at the Super Bowl. Credits to Ben Liebenberg / Associated Press

Football:

-Buccaneers-Super Bowl 55 Champions:

Super Bowl 55 was a heavyweight duel between the 2 best teams in the NFL this past year, the Tampa Bay Buccaneers and the Kansas City Chiefs. The Super Bowl was held in Tampa and for the 1st time in history, a team in the Super Bowl had home-field advantage. Tampa Bay and Kansas City were battling out in a defensive show early on. However, the Tampa offense was too much for the Kansas City defense to handle. The Kansas City offense couldn't produce anything either due to the Buccaneers' elite defense. The Tampa Bay Buccaneers went on to win the Super Bowl by a score of 31-9, a devastating loss to Patrick Mahomes and the Chiefs.

-Free Agency Heating Up:

With the NFL season over, Free Agency officially begins. Many rumors, trades, and signings have already begun to take place. Among these signings is JJ. Watts signing with the Arizona Cardinals after the Texans cut him early this offseason. Another Texan, QB Deshaun Watson, is repeatedly requesting that the Texans trade him as he isn't pleased with their management. However, the Texans show 0 interest in sending him elsewhere. Another QB that has recently stirred rumors is Seattle Seahawks QB Russell Wilson. Wilson reportedly was angry at the lack of protection given to him by his offensive line. Wilson stated that the 4 teams he would prefer to go to IF he were getting traded would be the Raiders, Saints, Cowboys, and the...Bears. With Allen Robinson's likely exit this offseason, a powerful offensive leader like Russell Wilson might be what Chicago needs.

Basketball:

In the NBA, the Philadelphia 76ers, Brooklyn Nets, and Milwaukee Bucks continue to battle it out for the top seed in the East, while Utah has a firm lead over the Los Angeles Lakers and Clippers in the West. The Bulls are currently fluctuating between 6th and 10th place as the race for the playoffs intensifies as we approach the second half of the NBA season.

Soccer:

With the first leg of the UEFA Champions League round of 16 completed, there were many upsets against European powerhouses that will try to be overcome in the second leg, later on in March. Among these was Barcelona's 1-4 loss against a Kylian Mbappe led PSG, and a 2-1 win by Porto over Juventus.

Mohammad Masoud

Gaming

What's new?

Crossplay Updates

IGN (video game and entertainment website) has reported that all multiplayer games (that are playable on multiple consoles) will add crossplay in their upcoming updates. These games include Destiny 2 which is rumored to be coming in May 2021.

Apex Legends Season 8

Yes, Apex just launched a new season. I've been playing it recently and it's actually quite fun. Although the new map is still a bit buggy, it has a nice futuristic theme to it. The new character, Fuse, also has many useful abilities, and I've personally been able to add him to my squad without a problem.



Official graphics for Apex Legends Season 8, published by Electronic Arts.



Mohamed AbdelSalam

Chess tips & tricks

Using castling to up your game

Chess is a game of strategy and pattern recognition. The objective of the game is to checkmate the other player. You checkmate your opponent by attacking the other player's king till the king has no more spaces to move to and there are no ways to get out of the checkmate. The game starts off by both players developing their pieces forward and perhaps trying to castle. Castling is a term in which a person brings his/her king to safety by clearing the space between the king and the rook. Using one move would move the king two spaces to right or left (whichever way you decided to castle) and bring the rook by the king. However, this

could only occur if, and only if, the rook you are using to castle hasn't moved, the king hasn't moved, there are no pieces between the king and the rook, and there are no opponent pieces that are preventing you from castling. As can be seen there are many expectations that have to be reached before castling. For that reason, most players decide to castle their king early in the game when there are no threats and he/she has developed their pieces forward freeing up the space between the rook and the king.

Anonymous

Poetry:

I Still Cry

You are sitting there
In my dreams
I can't run to give you a hug
If I do I know you'll leave
I feel your icy blue eyes watching me
Something that made me feel so cold before
now brings me warmth
Your glasses that frame your face so perfect
Your blond hair short how you like it
You didn't want to cut it short when you finally
could
You don't like being told what to do
I stay in my dream remembering and
reminiscing
You get up and walk towards me
You embrace me and I feel safe
Say it will be okay
I miss you, I just want to feel safe
Why did you give up a fight you had already
won
You were so close they said you could come
home
But you didn't
I sit here wondering what life would be like if
you hadn't left
I don't like thinking that you lost rather than
you let it win

Am I wrong for not moving on?
Am I wrong for not being happy anymore?
I haven't been since you left
I have to fake a smile whenever they try to
make me laugh
But I haven't truly smiled since before you
were there
Sitting in that bed
You hate hospitals
You hated the smell of hand sanitizer
because it brought you back
Did I make your life harder?
Did I hurt you when I argued?
I'm sorry we fought before you left
I'm sorry if it hurt you to see me upset
I'm sorry people compare me to you when
I can never be as good
I'm sorry that it hurts me when people do
I hate that I remind them of you
I hate that they cry when they see me
That they try to shelter me when I don't
need to be
I'm ok I have to say I'm ok or they will
look at me with pity
I hate when they look at me like that
And I am so sick of crying
I can't stand it when I do

Innocent people are dying and it's been over a year
We still visit you
Not as often as I want
But we do, I swear
I don't want to talk to when we do
So I'll just ask you here
Are you disappointed in me?
Am I making you proud?
I swear I'm trying
Whenever we visit I cry
It's not the fact that I miss you
Though I do
But the fact that you should be there in those situations
That's what a mom is for
To comfort you
To raise you
To love you
I wish I could stop time and not be afraid to tell you
how I felt that day
How I was scared
And I still needed you
How it hurt to see the strongest person I know like
that
I never get to tell you how I feel
But Mom, I still cry

Student Art Pieces



Hand sketch by
Tahira Bhatti.
Traditional
pencil sketch
(top) using *The
Creation of
Adam* by
Michelangelo
(bottom) as
reference.



Beach & sea painting by Laiba Hasham. Traditional painting on sketchbook paper.
Design sketch by Amina Ali. Digitally drawn on Procreate.

Our Newspaper Staff

Thank you for your hard work!

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For any questions or concerns, please don't hesitate to reach out to us at ifsnewspaperclub@gmail.com. Thanks for reading, and don't miss out on our next issue for more exciting news!

"Journalism is the only thinkable alternative to working."

-Jeffery Bernard

Mohamed AbdelSalam & Inaaya Fatani

Did you know?

- The letter "Q" is the only letter that doesn't appear in a U.S state name.
- An Octopus could lay up to 200,000 eggs at a time.
- It is illegal to own just one guinea pig in Switzerland.
- If you lift a Kangaroo's tail off the ground it can't hop.
- Only 5% of the Ocean has been explored.
- A lion's roar can be heard up to 5 miles away.
- Blue whales eat about half a million calories in just one mouthful.
- No number before 1,000 contains the letter "A".
- Under black light, bananas can glow blue.
- Bees can fly higher than Mount Everest.
- Instagram, Facebook, and Twitter are banned in China.
- Crocodiles can't stick their tongue out.
- Paraskavedekatriaphobia is the fear of Friday the 13th.
- March 20th is known as Snowman Burning Day.





About the Authors

Some of IFS' most talented students

A special thank you goes out to our incredibly hardworking Islamic Foundation School students that are the heart and soul of The Charger. The amount of work they've put in order to get this issue together has been incredible. Without them, our newspaper wouldn't be what it is today. In light of that, we want to take this opportunity to thank our writers for their contributions.

Mahmoud Ibrahim, a junior here at IFS, who wrote "Bringing Black America to the Stage", as well as the piece on Texas going dark.

Hudhaifah Sayoury, a soon to be graduate from IFS, who wrote about "The GameStop Incident."

Fatima Zahid, a sophomore here at IFS, who wrote about the catastrophic flood that hit Northern India.

Maaz Haque, a dedicated student here at IFS, who wrote about his contribution to the fight to cure cancer and how you can contribute as well.

Tahira Bhatti, a sophomore here at IFS, who wrote about the innovative medical contribution of 2020.

Sana Farooq & Juwairiyah Ahmed who worked together in order to share simple and healthy recipes with the Islamic Foundation High School student body.

Zoya Farooqui who dedicated her time to shine a little light on 'Ata Ibn Rabah in order to broaden the student body's collection of Islamic stories.

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Eyub Taha, Mohammad Masoud, and Mohamed AbdelSalam who took their own passions and wanted to share them with the Islamic Foundation High School student body.

Last but not least, Tahira Bhatti, Mohamed AbdelSalam, Inaaya Fatani, Laiba Hasham, Amina Ali, and our anonymous writer who contributed to the making the "Creative Arts & Activities" page.

- Sincerely, Your Editors-in-Chief