

Rehma Qazi

Faith in Action

The Islamic Foundation Ramadan free food distribution drive-thru

Martin Luther King Jr. once said, "Life's most persistent and urgent question is, what are you doing for others?"

Volunteering is one of the key things we can do for others, and it's not for money nor for fame or personal gain. It's just for the love of fellow humans. Alhamdulillah, Islamic Foundation School does a great job when it comes to charity work. Join us while we hear from the woman who started the initiative, our Islamic Foundation School Board member Shahla Chaudhry, as she answers a few questions we had for her.

1.) **What made you want to start this free food drive initiative?**

When the COVID-19 pandemic first started, we were all shocked when everything started to close so abruptly, including our schools, stores, and masjids. Once the lockdown commenced, many people were looking fearlessly for a way to help others. After all, it is a worldwide pandemic. On a smaller scale, communities around us chipped in and started to do small things for our neighbors. It started off as a small gesture, but MashaAllah, our community came together and helped with things such as collecting funds and packing boxes of food. Even during the long & hot Ramadan days, we had so many volunteers come out to help.

2.) **What was the most difficult part about putting this drive-thru together?**

The hardest part for me was coordinating so many moving parts, such as the virtual aspect, as well as trying to remain sensitive to people who lost their jobs or loved ones.

3.) **What experience did you have in respect to this particular community service project?**

Initially, it was shocking to see the lines that started to form hours before our first event! There were so many families, and they stretched across the street into our neighboring high school, Muslims and Non-Muslims alike. One person wrote a thank you note which touched my heart. The person said they usually resorted to using the food bank to get food supplies, but this time they were so happy to receive Indian food and have a bit of normality for their family. For Eid, many of the young volunteers wanted to do something special, so they



fundraised and made small goodie bags for kids. Many "thank you's" poured in, and the smiles on children's faces when they received the goodie bags was beautiful. Alhamdulillah!

4.) **What is your vision for Islamic Foundation in the upcoming years?**

I want to see younger volunteers come out; I want them to have the courage to bring an idea to full fruition. Kids have such pure hearts that create such good ideas. I really want those kids to see Islamic Foundation as their masjid and make a difference.

Watching this volunteering project unfold has been such an amazing journey, from seeing a mere idea come to mind to witnessing a project so beneficial to so many people. So far, with these drive-thrus alone, we have served over two thousand families. Over time, we have helped other communities as well, encouraging them to contribute by providing resources and support. We listen to feedback and try to improve at each drive. I have met some remarkable people that I am lucky to call friends now, simply by participating in a service project.

As you can see, there is so much "faith in action" going on at IFS! The future depends on what you do today, so make every step count. IFS hopes to make its future as bright as our faith. One important thing to take away is to act as if what we do makes a difference and get out there and do our best to serve others.

Ruqaya Atarchi

Women's History Month

IFS celebrates the history & fight for women's rights & recognition

By presidential decree, March is declared as Women's History Month. The month has been set aside to recognize the achievements of women in United States history. The celebrations originated in Santa Rosa, California. In 1978, the Sonoma County Commission on the Status of Women's Education Task Force organized and conducted a "Women's History Week" celebration. The organizers used the week of March 8th to correspond with International Women's days. The movement spread across the country as other states held their own celebrations. In the year 1980, an alliance of women's organizations and historians that was led by the National Women's History Project (currently known as the National Women's History Alliance) successfully lobbied to obtain national recognition. According to NWHM, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th as National Women's History Week in February 1980. Public law was passed in 1978 to designate March as *Women's History Month*. The yearly theme is chosen and published by the National Women's History Alliance. In 2021, the theme for Women's History Month embodies the theme of these difficult times. Due to the cancellation of several of the women's suffrage centennial celebrations planned for 2020, the National Women's History Alliance has decided to extend the annual theme for 2021 to "Valiant Women of the Vote: Refusing to Be Silent."

Important Figures



Suffrage, according to Alice Paul, was just the first step for women. She proclaimed in 1920, "To me, it's unbelievable that any feminist believes the battle for true freedom has been achieved. It's just the beginning."

As the first president of the League of Women Voters, Maud Wood Park not only aided female voters, but she also worked to found and lead the Women's Joint Congressional Committee, which urged Congress to pass bills advocated by women's organizations.



Photos retrieved from biography.com

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Aisha Haider

Antelope Canyon, Arizona

A sight to behold



The Antelope Canyon, located in Arizona in the American Southwest, is a hidden landmark filled with immense beauty that entralls all who visit it. The canyon itself is a slot canyon, formed from the amount of past weather patterns in the area. The flash floods and erosion that resulted from these weather conditions diminished over time. However, they left behind a wonder for sightseers today. The canyon is split into two main segments. The more extravagant division is known as the Upper Antelope Canyon, and it is about 660 feet in length. The Lower Antelope Canyon, despite being the less visited section, still remains popular for tourists. The entire canyon though, is breathtaking with its flowing interiors, polished walls, and exquisite hues from the Navajo sandstones. The Antelope Canyon's ancient and twisting passageways are definitely a site worth exploring through and through.

Suleiman Siddiq

Torpenhow Hill

Simple yet complicated

Have you ever heard of a place whose name is a combination of words that all mean the same thing? There are a few places with such titles. For example, there is the Sahara Desert. Sahara means desert in Arabic, making the literal meaning "The Desert Desert." There is also the River Avon. "Avon" is an Old English word that translates to river. There are several other locations in the world titled with synonymous terms, sometimes double or triple numbers of times. However, there is one specific place with four synonymous words in its name. Torpenhow Hill is a hill located in Torpenhow, England. "Torpenhow" comes from 3 different languages. "Tor-" is Old English for hill, "-pen-" is Old Welsh for hill, and "-how" is another Old English term for hill. When combined, they form the meaning "Hill Hill Hill Hill." How did this happen? When people from other places come for trade or conquest, they usually leave an influence on the name of the location. Over time, multiple groups left their mark on Torpenhow Hill, so when they were all combined, one long repeating name was created.



Rohingya refugees leaving Myanmar by boat; Many hope to find peace and security in other places. Retrieved from bbc.com / AP images

Hala Noureldin

Rohingya Muslims:

Oppression in the homeland

Miles and miles away from us, in the country of Myanmar, Muslims are suffering from immense discrimination. Starting all the way back in the late 1970s, this continues to plague the nation even today. For instance, in 2017, reports of renewed violence such as rape, murder, and arson reemerged. In response, Myanmar's government claimed that they were simply "carrying out a campaign to reinstate stability". This so-called instability seems to be the mere existence of Rohingya Muslims, many of which have fled their homes in search of sanctuary in places such as Bangladesh, Indonesia, Malaysia, and Thailand. The Rohingya Muslims are an ethnic Muslim minority group that government has refused to grant citizenship. Furthermore, the discrimination continues as they set restrictions on marriage, family planning, employment, education, and religious choice. Essentially, the Rohingya Muslims are landlocked within their own home.

Recently, a coup took place which resulted in the military having full control of Myanmar. This coup brought forth protests in order to try to stop this "reign of terror". Protesters from all different forms of life that have come together to try and stop this cruelty, only to have the military push back harder and instill things such as curfews and limitations on gatherings. As Islamic Foundation students, it's our job to strive to be educated on the occurrences all over the world. Especially those that revolve around our own Ummah. It's also our job to spread awareness and see what we can do to help. Take this as a little intro for an enormous issue. We as Muslims should at least lend a hand to our fellow brothers and sisters. Find out what you can do to help!

Fatimah Zahid

The Science of Headaches

Understanding a common nuisance

Headaches are something that everyone will face at least once in their lives, but what exactly causes them? Despite common belief, the brain itself isn't the one feeling pain. Instead, it's the muscles and blood vessels around the brain and neck that tighten, swell, or undergo other changes. This affects nearby nerves, causing them to send pain signals to the brain.

The most common headaches are tension or muscle contraction headaches. They occur when overstressed muscles in the head or neck compress against bordering nerves, often creating a mild but constant ache in different parts of the head. These headaches are caused mainly by infections, stress, dehydration, frequent electronic use, loud music, smoking, skipping meals, head injury, allergies, hormonal changes, vision problems, lack of sleep/changes in sleep patterns, certain medications, caffeine (where it can cause caffeine-withdrawal headaches for frequent

drinkers), fatigue, strong odors (perfume, fumes, or smoke), and certain foods (alcohol, aged cheese & meats, ice cream, chocolate, nuts, MSG, etc.). When these headaches do occur, the best treatment course would be to sleep as this allows the brain to relax and ease any strained muscles or blood vessels. Over-the-counter medication, like ibuprofen, can also be used if the headache is more profound or does not fade over time.

Migraines are a more severe type of headache accompanied by recurring and throbbing pain. They can cause nausea and dizziness as well. Migraines are thought to be caused by chemical imbalances in the brain as well as some genetic factors and triggers such as stress, hormonal changes, skipping meals, ingesting certain foods, alcohol & caffeine, and weather changes. The treatment for migraines depends on their severity, frequency, and symptoms; however,

doctors can prescribe medication, acupunctural procedures, or herbal remedies, as well as lay out plans and techniques to help prevent migraines in the first place.

Commonly, headaches are a passing annoyance. However, they can also indicate that an individual may have some aspect of their lifestyle or health that requires attention. When such signs begin to show, we should take them as a warning and allow ourselves room to relax and focus on our health.



Headaches have various causes & can occur in many different areas of the head. We often experience pain behind the eyes, within the forehead, or at the temples. Such headaches may be the result of individual problems.



Sarah Ateeq

Fasting

Looking into the health aspect of Ramadan

Ramadan is the month in which the Quran was sent down to all mankind as guidance. In Ramadan, we fast from sunrise and don't eat or drink until sunset. Allah (SWT) intends to make it easy and not a hardship on you, so do your best to make your fasts perfect. One important way to do so is by keeping your fasts healthy. According to Afsah Moinuddin, who is a registered nutritionist and dietician, here are some foods you should eat in Suhoor: oatmeal, fruit salad, and eggs. For Iftar, you shouldn't eat too many oily foods because you may feel tired afterward and may not have enough energy for Taraweeh. The amount of salt in these kinds of foods may also make it difficult for you to stay in prayer for so long (for

example, you may get nauseous). Plus, greasy food should be avoided because the calories will quickly add up. Keep in mind that eating heavy at Iftar time may cause weight gain (because your body is not used to a sudden large meal in the evening), so have your meal in controlled proportions. You should also try to stay away from soda and eat fresh fruit or drink water to avoid dehydration. These were all tips to help your fasts be as smooth as possible. May we all have a wonderful Ramadan and may everyone's fasts go well, inshaAllah. Ramadan Mubarak to you all!

Sana Farooq

The Benefits of Exercise

Exercise is a crucial part of maintaining one's health. Oftentimes, people only see one benefit of exercising—losing weight. However, exercise can do so much more for our bodies than just that. It's important that we engage in physical activity so that our bodies can function properly, and we can experience as little disease and sickness as possible. It is also important that us students get physical activity given the situation that we are in; most of us are sitting almost all day. Remember that there are a wide range of workouts, sports, and fun physical activities you can engage in, so do whatever suits you and sparks your interest! Here are a list of benefits that you can gain by exercising:

1. Exercise improves memory and helps us to stay focused.
2. Exercising regularly creates confidence and better emotional stability by releasing stress.
3. It boosts our mental state by releasing endorphins, which create feelings of happiness and euphoria.
4. It reduces risk of heart disease.
5. It helps manage blood sugar and insulin levels, which reduces the risk for metabolic syndrome and diabetes.
6. Exercise improves our thinking, learning, and judgment skills.
7. It helps to strengthen our bones and muscles, reducing the likeliness of injuries and loss of bone density.
8. It can reduce our risk of certain cancers such as colon, breast, or lung cancer.
9. It allows us to sleep better.
10. Lastly, exercising can increase our chances of living longer!



Maaz Haque

Prepping for Ramadan 2021!

Making the most of the holy month

Ramadan, one of the most important months in the Islamic lunar calendar, is going to start in April, which means there is a very small amount of time left to brainstorm and plan for this blessed month. There are a multitude of wonderful good deeds that can be performed in Ramadan, but the intention to plan those actions must be made now. Ramadan is the month of fasting and an opportunity of spiritual connection to Allah (SWT), and every Muslim must strive to attain as much as possible from it.

Start strategizing your Ramadan ahead of time, and become ready to act upon your plans. Br. Amir Saeed, a high school teacher from IFS who specializes in Islamic knowledge and Quranic research, recommends the recitation of the Quran every day for at least five minutes. While this recitation may be brief and only cover a single page, the daily commitment and drive to consistently read will surely excel in Ramadan. Many Muslims make the intention to complete a full recitation of the Quran in Ramadan through the recitation of a juz daily, and, while this may be a challenging task among all other responsibilities and daily tasks, a small daily commitment can easily allow Muslims to anticipate their upcoming recitation and boost self-confidence.

Ramadan preparation, however, is not only limited to Quranic recitation but many other deeds in general. Limit oneself from constant snacking and eating to train one's hunger tolerance. Reach out to Islamic organizations such as Zakat Foundation and ICNA Relief to find excellent service opportunities in which to partake. Talk to teachers and fellow classmates about their Ramadan plans to develop personal ideas. Review major Duas that are recited consistently throughout the blessed month. Watch Islamic content, including lectures from MercifulServant and Nasheeds from Awakening Music that can benefit oneself on the YouTube platform. Lastly, complete one good deed a day for a person beside oneself to slowly but surely make a positive impact in the world. These are all ways to maximize the benefits of the blessed month of Ramadan.

Laiba Hasham

Duas for studying

It's exam season! As Muslims, our first step in doing anything should be the remembrance of Allah and the seeking of his guidance through dhikr and du'as. Here a few du'as that will inshaAllah help you proficiently study and get that A+!

1. اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

1. "O Allah! There is nothing easy except what You make easy, and You make the difficult easy if it be Your Will."

2. اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَعَلِّمْنِي مَا يَنْفَعُنِي وَزِدْنِي عِلْمًا

"O, Allah! Benefit me with that which You have taught me and teach me that which will benefit me and increase me in knowledge."

3. رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

3. "My Lord, uplift my heart for me, make my task easy, and remove the dullness from my tongue so that they may understand me."

4. اللَّهُمَّ أَخْرِجْنِي مِنْ ظُلُمَاتِ الْوَهْمِ وَ أَكْرِمْنِي بِنُورِ الْفَهْمِ

"O Allah! Please bring me out of the darkness of doubt and favor me with the light of comprehension!"

5. اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلِّمْنِي مَا يَنْفَعُنِي

"O Allah! Make useful for me what you have taught me and teach me knowledge that will be useful to me."

6. اللَّهُمَّ إِنِّي أَسْأَلُكَ فَهْمَ النَّبِيِّينَ وَ حِفْظَ الْمُرْسَلِينَ الْمُقَرَّبِينَ

"O Allah! I ask you for the understanding of the prophets and the memory of the messengers, and those nearest to you."

7. اللَّهُمَّ وَفِّقْنِي فِي الْمُطَالَعَةِ بِحَلِّ جَمِيعِ مُشْكَلَاتِ الْمَسْأَلِ مِنَ الْكُتُبِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

"O Allah! And give me Tawfeeq to study and solving all the difficult problems through books. By Your mercy, O the best of the merciful ones."

Alina Sadat, Usmaan Siddiqi, & Zoya Farooqui

Book Recs & Reviews

All the Light We Cannot See

by Anthony Doerr

“Open your eyes and see what you can with them before they close forever.”

All the Light We Cannot See by Anthony Doerr is a Pulitzer Prize winning novel that focuses on the stories of two young individuals during World War II. Marie-Laure, a blind French girl, is forced to leave behind her home and seek refuge with her great-uncle in the city of Saint Malo. With her is an extremely valuable jewel, left behind by her father who worked at the Museum of Natural History in Paris. Separated, she must do what she can to protect herself and the secret she has been left with. Werner is a German orphan who discovers his talent for repairing technological apparatus after discovering an old rundown radio with his sister. He is then drafted into the military to use his skills to track down the Resistance. Bound by fate, Marie-Laure and Werner’s stories lead to their inevitable meeting, and their paths converge when Werner soon finds himself within the walls of Saint Malo. Through his writing, Doerr demonstrates how despite the cruelest of circumstances, there will always be those who try to show compassion for one another.

Packed with evocative language and a variety of characters, I, for one, found myself utterly absorbed in this story. It felt as though the novel had become a journey rather than a piece of writing, and I loved the sheer amount of development that the reader witnesses as they get further into the book. To my fellow historical fiction enthusiasts, this book is an absolute must-read.

Heartless

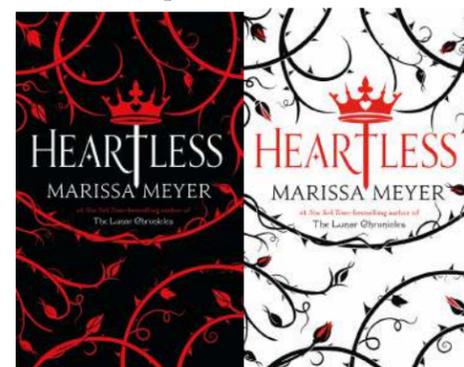
by Marissa Meyer

“Off with his head.”

The foul-tempered Queen of Hearts, known for her role in Alice in Wonderland, is one of the most notorious villains in popular works of fantasy. What remains a mystery is her origin story; Just how did the Queen of Hearts become, well, the Queen of Hearts? *Heartless* by Marissa Meyer offers readers an answer to this very question. Catherine, an avid baker and the daughter of a noble, is well recognized throughout the kingdom of Hearts for her splendid and delectable treats. Despite her family’s status, she cherishes her dream of opening a bakery of her own one day. When the King of Hearts requests her desserts for an upcoming ball, Catherine sees the perfect opportunity to pursue her fantasy. However, her world takes on a sudden twist when she meets the mysterious Joker, Jest, at the ball. In the following days, the relationship between the two only grows, but her love is put to the test when she discovers that she is to marry the King of Hearts, simple-minded and cowardly. Catherine is determined to live her life and

find love on her own terms. Unfortunately for her, the world is not always so merciful. The land of Hearts is filled with dark magic and chaos, and Catherine soon comes to realize the cold, hard truth: dreams don’t always come true.

Throughout the story, we see the dramatic shift in Catherine’s personality, and not necessarily for the best. The hardships and betrayals she must face leave a great scar on her once carefree attitude. The fantasy elements to the story also added to the unique charm of this novel, and the chemistry between Catherine and Jest made the emotional aspect all the more heart-wrenching.



(Left to right) Hardcover and paperback covers of *Heartless* by Marissa Meyer; 2018 Edition



Promotional poster for *Attack on Titan: The Final Season*, licensed and distributed by MAPPA Co., Ltd

Amina Ali

Attack on Titan: *The final season*

The first season of *Attack on Titan*, based off the manga by Hajime Isayama, was released in 2013. Years later, fans brace themselves for the conclusion of the outstanding and beloved series. On December 6th, 2020, Studio MAPPA released *Attack on Titan: The Final Season*. As the name suggests, it is the fourth and final season of the immensely popular anime. Upon its release, the final season quickly became the number one watched series in the USA. The hype surrounding the series birthed countless new fans, having given into the urge to finally pick up the show. Switching production studios was definitely a change no one anticipated. Many applauded

Alina Sadat

MANGA & MANHWA THIS MONTH’S PICK:

Yona of the Dawn

Princess Yona is the daughter of the King of Kouka. She lives a sheltered life in the castle, oblivious to the outside world. However, one fateful day, Yona is forced to flee the castle alongside her guard, Hak. The two set out to find the Four Dragons who served Yona’s ancestor, the Crimson Dragon King, and seek their protection. With their help, Yona plans to rebuild her kingdom and take back her crown. But first, she must learn what it means to be a warrior.



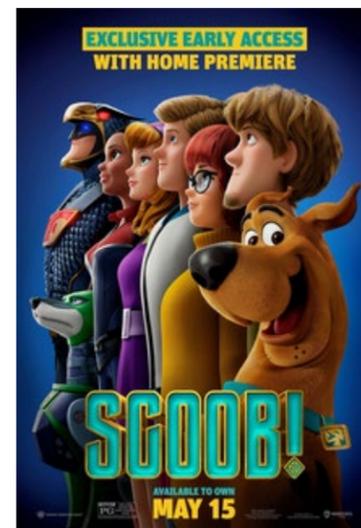
Volume covers 1 & 2 of *Yona of the Dawn*, written and illustrated by Mizuho Kusanagi

Sarah Ateeq

Movie Rec of the Month: Scoob!

For all my mystery-comedy and Scooby-Doo fans, allow me to introduce you to *Scoob!* *Scoob!* features a big cast of popular actors such as Zac Efron (High School Musical series), Gina Rodriguez (Ferdinand), Will Forte (Cloudy with a Chance of Meatballs), Mark Wahlberg (Instant Family), and many others!

The movie starts off by showing us how Scooby met his best friend Shaggy and the rest of the gang, who quickly become one of the top mystery agencies solving and unmasking bad guys. That is, until one day Scooby and Shaggy are abducted by a spaceship that turns out to have their favorite superhero, Falcon Fury, and they go on an adventure with him and his dog all while fighting crime. As a Scooby-Doo fan, this movie made me laugh and was quite entertaining. 10/10 recommend!



Official promotional poster for *Scoob!* (2020), licensed & distributed by Warner Bros. Pictures

Eyub Taha

This Month in Sports

Football

Bears sign Andy Dalton:

With many Chicago fans itching for more rumors of Russel Wilson signing on to the Bears, the Chicago Bears had other plans. The Bears signed former Bengals and Cowboys QB Andy Dalton to a one year, ten million dollar deal.

Basketball

March Madness:

March Madness took off with many upsets. These upsets ranged from an 8 seeded Loyola beating a 1 seeded Illinois to a 15 seeded Oral Roberts cruising into the Sweet 16. With the list of teams narrowing down to those who have proved fit for the madness, the favorites to win the National Championship are still Gonzaga, followed by Baylor.

NBA:

In the NBA, the Chicago Bulls managed to squeeze in a blockbuster trade by trading a few players and two first-round picks for the former Orlando Magic's All-Star center, Nikola Vučević.

Soccer

Champions League:

Meanwhile, in soccer, the list of teams that remain in the Champions League has been narrowed down to 8. Among them are European Giants, Liverpool, Bayern Munich, PSG, and Manchester City. These teams will battle it out all the way until May 29th where the champion will be determined in Istanbul.

Photo: Nikola Vucevic of the Orlando Magic shoots a three-pointer against Jeff Green of the Brooklyn Nets in the first half at Amway Center on March 19, 2021 in Orlando, Florida. (Photo by Julio Aguilar / GETTY IMAGES NORTH AMERICA / Getty Images via AFP)



James Hobson (AKA the Hacksmith) and the first working, retractable lightsaber, created by him and his company, Hacksmith Industries. Photo: Guinness World Records

Suleiman Siddiq

Hacksmith Industries

Turning fiction into reality

Have you ever wondered if it was possible to make the same tech that superheroes have in movies, like Batman's grappling hook or Iron Man's helmet, maybe even a lightsaber? Hacksmith Industries, a small engineering company, makes these items as well other similar ones! They make real-life, awe-inspiring, working replicas of fictional tech and post their process on YouTube. The company's CEO, James Hobson, started his YouTube career in 2006, only beginning to build his projects and other immaculate replicas in 2013. His first-ever project was a pair of wolverine

claws, and after that he would go on to make various other small projects throughout the years. Through his time on YouTube, he collected a large team of over 30 people. Some of his most popular projects have been his working plasma lightsaber, a Captain America shield, and various parts from Iron Man's suit, such as his arc reactor, repulsors, and helmet. These are their still ongoing project, the power loader from *Aliens*. Seeing all of these fictional things being made into real, working, replicas brings me joy and excitement for what is yet to come.

Anonymous

Genshin Impact

Setting the bar high

While there have been countless new games released in the past year, *Genshin Impact* has quickly become one of the most popular online RPG games worldwide. Initially released on September 28th, 2020, the game gained tens of millions of downloads in a matter of months and has also acquired the largest Discord server in history. The real question is, why? There are a multitude of reasons for this, including the rich animation, the vast, fantastical world, and the challenging-yet-entertaining power system. In addition, it has regular updates and a great deal of options & content. One other factor that makes *Genshin Impact* so remarkable is that it represents a category of games that is generally ignored past mobile: gacha games. Gacha tends to face a lot of backlash from the gaming community, and *Genshin Impact* is one of the only gacha games to gain such popularity in mainstream media in the past few years.



Official cover art for Genshin Impact, designed and distributed by miHoYo Co., Ltd.

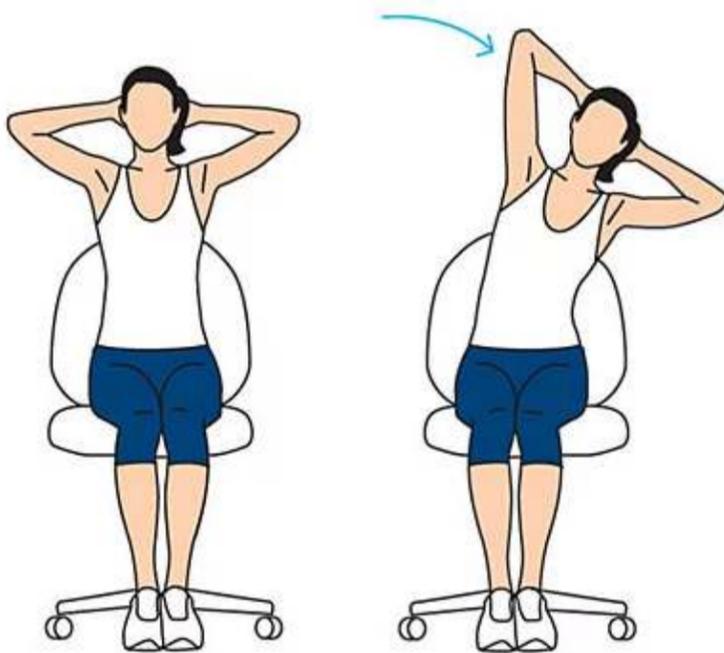
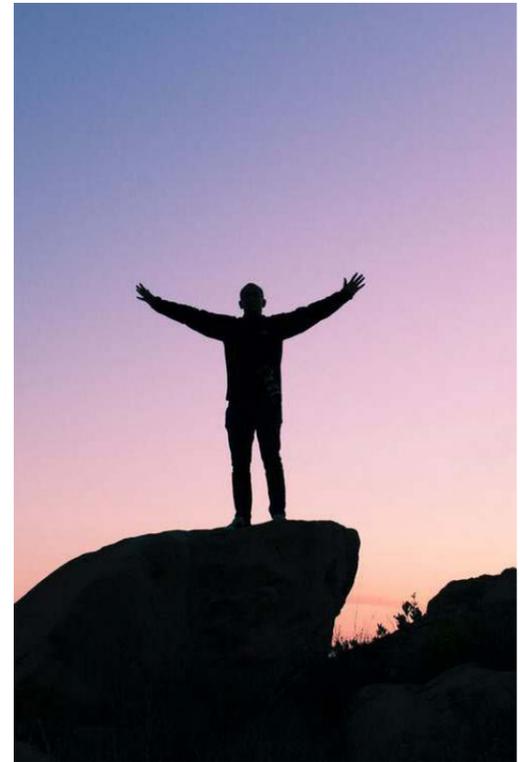
Aini Asif, Sana Farooq, Laiba Hasham, & Zainab Raheem

Self Development

How to Be More Confident

Confidence plays a key role in self development. It alters how people see you and grabs their attention when you are speaking. It's important to note that confidence isn't just about being able to talk in front of a large group or loving to be the center of attention. Rather, it is the ability to have self-respect, which in turn will allow for easy regulation of emotions as well as self-security. If you have a positive outlook and high self confidence, it will allow you to get out of bad mindsets quickly without weighing you down for a long period of time. Here are some tips to improve your confidence!

1. Good posture! Hold your head up high like the important person you are! Don't slouch, shoulders back, and remember that you're amazing!
2. Try not to use words such as "like" or "um" very often, to show you are sure of what you want to convey!
3. Don't mumble! Speak with clarity.
4. Own up to your mistakes and see them as a learning opportunity.
5. Don't be afraid to ask questions! It shows that you're paying attention.
6. Make eye contact when you're talking with someone! It shows that you're genuinely interested in what the other person is saying.
7. Build a mindset in which your feelings are independent of what others think and say.



A visual demonstration of what side crunches look like. Photo credits : Jason Lee

Afrah Zahid

Side Crunches

A simple exercise to do while sitting...

With school online due to the pandemic, students spend a lot of time sitting at their desks and staring at their screens, which could lead to health issues in the long run. This leads to a lack of exercise that one would normally get from walking to and from classes, going up and down stairs, and exercising during gym class. For that reason, here is a simple exercise that can be done while sitting in front of a desk. The exercise, known as the side crunch, is done by placing both hands on the back of your

head and pressing your elbows back. This helps open up your lungs by expanding the chest area. Once your hands are in this position, bend towards your waist. Do this on both the right and left sides of your body to complete the entire exercise. This is an excellent and simple way to get some physical activity while attending classes, studying, and doing homework.

Anonymous

Advice Column

How should I deal with a to-do list that never seems to end?

First of all, good job keeping a to-do list! We find it super helpful to write everything down, not to mention you'll feel super organized afterwards. With the busy lives we lead, it's easy to forget each and every task we must accomplish daily. One great tip is to prioritize the things on your to-do list. Write things that are more important, or need to be done faster, first. You could put it in order, with the most important things in the beginning of the list and the least important at the bottom, or put a star next to the tasks you need to get done first with a bright colored pen. Also, be sure to include the dates and times you must accomplish the task by. For example, if you have a major school project, write down the date it's due, and which times each day you'll be working on it. By prioritizing the items on the to-do list, you're more likely to get more things done. Also, this ensures you finish important things first, before moving on to others.



Anonymous

Singing:

Tips to Improve Your Vocal Skill

For vocalists, there's lots of things we need to pay attention to when singing. That includes breathing, strength, resonance, control, projection, and various other things. So the question is, how do you work on these aspects of your voice? Here are a few tips:

- **Hydration:** Drinking water is extremely important for the vocal cords. To maintain a healthy voice, make sure to drink lots of water on a daily basis (not only before practice or performing; you should maintain long-term hydration). Avoid caffeine if you can!
- **Proper breathing:** While this is difficult to explain in simpler terms, you should engage your diaphragm when inhaling and exhaling. This means that you should feel the air going into your lower lungs area, and your stomach area expanding rather than your chest. Make sure to breathe deeply and evenly and that your shoulders are not rising or bunching up when you inhale. To better understand this concept, watch visual & auditory demonstrations.
- **Warm-ups:** Warm-up exercises vary from singer to singer. Some common ones include lip trills, five-note scales (ascending & descending), arpeggios, pitch glides, humming, and yawning. Look into different kinds of exercises, and practice whichever ones you think might benefit you the most.
- **Fixing vowels:** Believe it or not, the way you pronounce things can affect your ability to properly hit and/or sustain notes (basically how you pronounce sounds like 'ee,' 'eh,' 'ah,' 'oh,' and 'oo'). To better understand this concept, watch visual & auditory demonstrations.
- **Look for signs of strain.** This includes throat pain, scratchiness or hoarseness, difficulty projecting your voice, etc...
- **How to avoid strain:** Sing songs that suit your range and style! This is extremely important because straining to hit notes right off the bat can really take a toll on your voice. If there is a song that you want to sing but it's too high or low for you, go ahead and adjust the key to fit your voice. In addition, don't overwork your voice and give yourself proper breaks.
- **Maintain proper posture while singing.** Slouching or anything of the sort can make it more difficult to sing, so make sure your back and shoulders are always straight and aligned.
- **Confidence is key!** For me, this was, and still is, one of the most difficult things to tackle. Being confident in your voice is very important in order for you to improve your singing. Fear of failure and others' opinions often poses a major obstacle for many young singers.



IFS Student Art Pieces



Succulent-themed March bullet journal by Sana Farooq



Landscape painting on canvas by Noora Azeez

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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

Did you know?

1. The first person convicted of speeding was going eight miles per hour.
2. The "M's" in M&Ms stand for Mars and Murrie.
3. Cotton Candy was invented by a dentist.
4. The dot over the letters "i" and "j" is called the tittle.
5. Australia is wider than the moon.
6. The heart of a shrimp is located in its head.
7. Venus is the only planet that spins clockwise.
8. On Saturn and Jupiter, it literally rains diamonds.
9. The Japanese word 'Kuchi zamishi' is the act of eating when you're not hungry because your mouth is lonely.
10. Baby rabbits are called kits.

