



# Pleasantviewer

A PUBLICATION OF *Pleasant View School* VOLUME 6 ISSUE 3

December 2008 - January 2009/Dhul-Hijjah 1429 - Muharram 1430

## From the Principal's Desk

Dear Parents:

As-Salaamu Alaikum,

Welcome back! I too am excited to be back at PVS to complete a year that has thus far been phenomenal and full of many achievements.

Although I was out on Family Leave during the first semester, I kept in close contact with the school's events and activities. Our faculty and students have produced many outstanding events and activities of which we can all be proud.

One such event was the successful and awe-inspiring Hajj Fair presented both at the school and Masjid Al Noor. Audience took pleasure in the student's knowledge and demonstration of the Hajj rituals. Thanks to Ms. Khallida for embarking on this initiative to prepare our students, not only for the fair, but for the hajj journey all Muslims are required to take.

The end of the first semester was also punctuated by the Spelling Bee. This year's Bee was an overwhelming success as Kindergartners gave an impressive first time appearance. Congratulations to all the Kindergarten students and to Tehseen Khan, 5th Grade, who will represent our school at the upcoming annual Shelby County Spelling Bee. Special thanks to the coordinators and to our Kindergarten teachers, Ms. Wasima Hossain and Ms. Angela Winfrey.

Students received a head start to this year's science fair as the Middle School put on a fantastic Science Expo. Students conducted experiments for lower grades utilizing data collection strategies and the scientific process to prove a variety of theories. The gymnasium was abuzz with "oohs and ahhs" as the upper grades engaged and delighted the younger grades with eruptions, explosions, and polymer worms. This awesome event could not have been possible without the tireless efforts of Ms. Nura Elmagbari and Ms. Rafia Khatun. Special thanks to volunteers from LeMoyne Owens College who also helped to make the day a great success. Again, I am happy to be back with you and I look forward to working together toward the culmination of an exceptional year.

Warmest Regards,

Wesam Salem

## The Science Fair is Coming!

By: Lujain Albitawi

Ever wonder how things go fizz, bang or pop. Allah (SWT) gave man so many clues to what is in our world, but we just have to figure them out and what better place to start than at the Science Fair. Nearly everyone is preparing for it. Students are choosing themes and partners and getting their supplies for their projects. On the 18th of December there was a fantastic science expo which gave

kids some ideas about what projects they would like to do. I myself learned so much. For example, did you know that there is fake snow in diapers?! Did you know that there are magnets so strong they have forty pounds of pull and can pull metal out of a \$1 bill?! Did you know that if you pour water on "magic sand" it wont even get wet?! I found out about all of these things at

the science expo but if you missed it you can come to the science fair and check out some other great projects. The science fair will take place on Jan 14-16 in the PVS gymnasium. I for one am looking forward to seeing the students' hard and creative work soon. For more information go to the PVS website and click on the links. Hope to see you there!



### Special points of interest:

- Find out what's going on next semester, starting with the fantastic science fair.
- Did you know that preventative medicine is the best type of medicine. Find out more about the importance of cancer screening in this issue's Medical Corner
- Learn more about your PVS teachers and students on page 2 through "Profiles of PVS"
- Learn More about pumpkins in Kitchen Corner on page 3
- Need advice? Check of what Dear Muslimah has to say on page 4.

## PVS Holds Pep Rally to Honor Athletes

By: Anisa Dedovic

On November 6, 2008, the First Annual Pep Rally for PVS was held. Everyone was ecstatic. This was our way of showing our appreciation for the 2008-09 sports teams. Everyone was cheering, and got a lot of parents to come show their support. Br. Ibrahim Bell, who is also the coach, was announcing our MVP's and he gave trophies to the soccer players for their hard work. Samir El-Dahan was honored with MVP of the entire school. The U8 and U10 boys and girls were on a roll. They didn't lose a single game; every-

one was sure to show them how proud they were. Most of the soccer girls wore hijab. Therefore, not all of their games were refereed fairly, but they still managed to win most of their games. This pep rally wasn't just to show our appreciation for the soccer teams, but we were also there to cheer on our volleyball players. They did an amazing job in their tournament which was held during Ramadan. Even though the girls were fasting, they managed to play their hardest and win some of their games.

## Medical Corner: Screening For Cancer In The Healthy

By Ghalib Mannan, MD

The diagnosis of cancer usually strikes fear in the hearts of patients and family members, due to its perception as an incurable disease leading to inevitable demise. However, several cancers are curable with treatment especially if they are detected early. The following is a summary of the 2008 guidelines from the American Cancer Society for the detection of certain common cancers. The recommendations are based on clinical trials or consensus expert opinion for people with average risk. People with high risk may need to start at an earlier age and need screening more frequently.

**Breast cancer** – Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health. Clinical breast exam (CBE) should be part of a periodic health exam, about every 3 years for women in their 20s and 30s and every year for women 40 and over. Women at high risk (such as strong family history) should get an MRI and a mammogram every year.

**Colon and rectal cancer** - Beginning at age 50, both men and women at average risk for developing colorectal cancer should use one of the screening tests below:  
Continued on Pg. 2



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## Profiles of PVS:

By: Anisa Dedovic and Rand Alqirem

### Meet Ms. Karen:



We all know and love our beloved librarian but did you know that she is a Runescape and Star Trek buff. Ms. Karen keeps herself very busy with all of her library duties but she is also the scout leader for the PVS Girl Scouts as well as the 5-8th grade Social Studies teacher. I asked her a few questions as well as asked her to tell us more about herself. This is what she had to say.

Greetings to everyone. For those who don't know me, my name is Karen Peaks Cushing. I am originally from Mississippi, although I have also lived in Blytheville, Arkansas; Long Beach, Mississippi; and Birmingham, Alabama. Yes, I was the type of child that could spend hours in the library. I would willingly read anything that had nothing to do with homework. I took my first college classes while I was in high school - Economics, Psychology and Trigonometry. My first degree is in Social Sciences; the next is in History; and my most recent one is a Master of Library Science from Florida State University.

I started working in libraries while I was going to college. I could go to work a few hours, then study a few hours in the same place. When I came to Memphis, I started working at the University of Memphis Library. From there I went to the Memphis Public Library. In 2005 I was offered the position of librarian at Pleasant View School. It was an incredible blessing, to have the opportunity to do something that I had always wanted - to build a library collection.

I have had an incredible amount of support from the teachers, staff, parents and students here at PVS. I have truly loved every minute of it. This year I have had the great honor of teaching Social Studies to grades five through eight. Each student is a gift, and I try my best to cover the material while getting them ready for their next big step into high school.

My greatest challenge is finding ways to make social studies relevant to the students, rather than having books with dusty pages. What is my dream library? It is the one that we are working on now, starting with the essentials needed to aid the curriculum of the school, while also having books that encourage students and staff to read for their own enjoyment.

### Meet: Sarah Aldosh



Sarah is a seventh grader at PVS who was born and raised in Memphis but is originally from Iraq. Sarah is a very sweet and soft spoken girl who is always smiling. She has two siblings and in her free time she loves to write stories and hang out with her friends. Sarah also loves volleyball, swimming and track-n-field. I got to talk to Sarah and asked her a few questions to help you get to know her better.

Q: How do you like it at PVS?

A: Its a good school, I have a lot of fun learning, and making new friends.

Q: What's your favorite subject?

A: I have two: Math and Language Arts.

Q: Is it any easier going to an Islamic school than to a public school?

A: It's much easier, because in the public schools they don't treat you the same. Since I wore hijab and I did not behave like them, I got picked on but here I feel happy and safe.

Q: Do you think Pleasant View School should have more grades?

A: No, I like it the way it is, I do not think we have enough room for more students.

Q: Do you wish to come here next year?

A: Yes, I love it here and cannot wait to see what we will do next year.

## Medical Corner Continued

1) Colonoscopy every 10 years, or flexible sigmoidoscopy every 5 years, or double contrast barium enema every 5 years, or CT colonography (virtual colonoscopy) every 5 years.

2) Testing for blood in the stool, such as fecal occult blood test (FOBT) every year, or fecal immunochemical test (FIT) every year, or stool DNA test (sDNA), interval uncertain. Colonoscopy should be done if any of the above test results are positive. People may need to start screening earlier or more frequently if they have increased risk factors such as strong family history, history of polyps, if they have ulcerative colitis or Crohn's disease or a known family history of hereditary colon polyp disease.

Ultimately, patient preferences and availability of testing will determine which test should be used.

**Cervical cancer** - All women should begin cervical cancer screening about 3 years after marriage, but no later than 21 years of age. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test. Beginning at age 30, women who have had 3 normal Pap test results in a row may get screened every 2 to 3 years. Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may stop having cervical cancer screening. Women who have had a total hysterectomy (removal of the uterus and

cervix) may also stop having cervical cancer screening.

**Endometrial (uterine) cancer**- The American Cancer Society recommends that at the time of menopause, all women should be informed about the risks and symptoms of endometrial cancer, and strongly encouraged to report any unexpected bleeding or spotting to their doctors.

**Prostate cancer** - Both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) should be offered annually, beginning at age 50, to men who have at least a 10-year life expectancy. Men at high risk (African-American men and men with a strong family history of one or more first-degree relatives [father, brothers] diagnosed before age 65) should begin testing at age 45. Men at even higher risk, due to multiple first-degree relatives affected at an early age, could begin testing at age 40.

For most other cancers there are no specific screening methods to date that have been proven to be both efficacious as well as cost effective for widespread routine use. For any health concerns it is always best to speak to your physician.

## Did you know ?? The Story of Princess Anastasia (Continued From Volume 6 Issue2)

By: Lujain Albitawi

In the last issue we left off with Anastasia was the youngest , most intelligent , and most mischievous of the tsar's daughters . She was an excellent mimic and enjoyed pranks and practical jokes . Anastasia's childhood playmate , Tatiana Botkin described her as "lively and rough ... roguish ." Her cousin Princess Xenia described her as "frightfully temperamental , wild and rough. " Years later Tatiana Botkin and Princess Xenia met Anna Anderson . Both believed that Anderson was Anastasia .

But Anastasia had a gentle side . She was kind to her dogs and brother . One of her dogs , Shipka , who died of a brain disease , and Jemmy , a spaniel who died with the imperial family . Few people outside the family knew that Alexei suffered from hemophilia a disorder in which blood doesn't clot properly , causing internal bleeding . The smallest bump could cause Alexei agony , so he wasn't permitted to play active games .

Anastasia had light brown hair (sometimes described as reddish blonde hair) and blue

eyes . Like her mother and sisters she was a beauty , although as a teen she became overweight . She shared a bedroom with her sister Maria , whom she dominated . Their room adjoined Olga and Tatiana's . The girl's quarters were separated from their parents. They were raised relatively simple, bathing in cold water , sleeping on hard camp beds . The beds went with them everywhere , even to Germany where the girls visited their uncle Ernst . They slept in these same beds until the night they died. Above is an actual portrait painted of the princess not long before she disappeared.



**Writers Workshop**

Written Works by Students of PVS



**Kitchen Corner: By Maryam Owens**

Beautiful Pumpkins

**I Am The Teacher!!!**

**By: Aisha Darboe - 4th Grade**

How would you feel if the teacher comes to the class one day and says, "Today I decide I will take a break, so, will you volunteer to teach in my place?" I might jump up and say yes! But at the same time I want to sit down as stiff as a stone and say no. I have many students around me convincing me that I should do it, so I agree. When I say yes I realize right then and there, "what have I done." As soon as my teacher leaves I might just jump out of my seat and say, "let's have a party!" But, I am the teacher now, not the student and I realize the importance of being a teacher. I go and check the teacher's lesson plan book, and write down everything that the students have to do on the board. I know I will be hearing some students groaning behind me, but I know what I have to do. I am their teacher now and not their friend. After I write everything down, I'll explain to them how to do it, and then check their work when they are finished. But, if some students are still not done with their work, I will make sure they get the help they need. When they are finally done, I will allow them to have snack time. I will also be full of relief when I find out it's my break time too. Now is the time that I can think of what the students will do next. Since I am now acting too grown-up to remember what we do everyday, I will ask the students. Come to think of it the students have class with their other teacher now which means I get another fifteen minutes of break! So, now I realize how hard it is for teachers to keep up with dates, and times. I think I have time to relax when I remember that the teacher always checks the books and gets things ready for the next class during her free time. But, I decided that I wouldn't since I was still a student, and I had a right to play and have fun. I decided that I'll make the next class, math as easy as cake. So, I hurried off to the classroom and wrote down a couple of multiplication problems on the board. When I was writing them down I could hear many students behind me whispering things like, "isn't that so easy" or, "what has gotten into her she's giving us second grade work." But, I just continued writing as if I hadn't heard one word they said. Right after they finished their other class I told them, "get started with your work because I know you guys already know what to do." They did their assigned work as quickly as possible, and as soon as they finished, I waited for a while and thought of the plan I had made. I was really getting tired of acting older than I was and I knew that being a teacher was one of the most difficult jobs in the world. So, as I wanted to do from the beginning, and knew the students were waiting for it, I screamed, "let's have a party!" the students went wild, and I did the same. I was so grateful to know the day was almost over. I now got a slight glimpse into what the day in the life of a teacher was and I was sure glad to just be a kid. I was just so eager to be a student again that I was literary jumping up and down happy that my day as the teacher was over and I could be a kid again. Now for some cake.

THE END!!!

We have all seen pumpkins but how much do we know about these large orange fruits. That's right, pumpkins are fruits because they grow out of a flower. Many people think they are vegetables but in reality they are not.

The word pumpkin originates from the word pepon, which is Greek for "large melon." The French adapted this word to pompon, which the British changed to pompon and later American colonists changed that to the word we use today, "pumpkin." The origin of pumpkins is not known, although pumpkins are thought to have originated in North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 B.C., were found in Mexico.

When ripe, the pumpkin can be boiled, baked, steamed, or roasted. Often, it is made into pie, various kinds of which are a traditional staple of the Canadian and American autumn and winter holidays. In South Asian countries such as India, pumpkin is cooked with butter, sugar, and spices in a dish called kadu ka halwa. In Australia, pumpkin is often roasted in conjunction with other vegetables. In Japan, small pumpkins are served in savory dishes, including tempura. It is clear that this fruit has many uses and is loved around the entire world. Check out this delicious recipe for pumpkin pie and see what you think.



**Pumpkin pie - Ingredients**

- 1 (8-ounce) package cream cheese, softened
- 2 cups canned pumpkin, mashed
- 1 cup sugar
- 1/4 teaspoon salt
- 1 egg plus 2 egg yolks, slightly beaten
- 1 cup half-and-half
- 1/4 cup (1/2 stick) melted butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger, optional
- 1 piece pre-made pie dough
- Whipped cream, for topping

**Directions**

Preheat the oven to 350 degrees F.

Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges together to make a pretty pattern. Put the pie shell back into the freezer for 1 hour to firm up. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or dried beans (about 2 pounds) and place it in the oven. Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.

For the filling, in a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined. Add the sugar and salt, and beat until combined. Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, and ginger, if using, and beat until incorporated.

Pour the filling into the warm prepared pie crust and bake for 50 minutes, or until the center is set. Place the pie on a wire rack and cool to room temperature. Cut into slices and top each piece with a generous amount of whipped cream.

**Simply Sarah**

by: Jameelah Wright © 2009





**DEAR MUSLIMAH.....**

I am 14 years old and I am home-schooled. I want to go to normal school but my parents do not think I will be safe or that I will become a bad Muslim. How do I let them know that I can be trusted and take care of myself.

Dear Trustworthy,

I get questions all of the time from kids just like you who feel that a decision made by their parents was not something they agreed with. Well, my answer usually is the same every time... as much as you may not believe it, your parents really do know what is best for you and if you asked them, I am sure that they would tell you that they have complete faith and trust in you but they may not have faith in the school that you would be attending. I do not know where you live but my first question would be, why do they feel that the school system you are at is bad and is there an option for going to an Islamic school? Personally, I am a huge proponent of home-schooling if, and only if, the child is in an unhealthy environment where he/she is not getting a good education, may have constant negative influences and/or may be physically in danger. I am an even larger proponent of attending an Islamic School if there is one available in your area. If there is one, I would encourage your parents to let you attend it because it is very important to have some level of healthy socialization in your life. This can be achieved even when home-schooling but may not be as easy. If there is no Islamic school near you, talk to your parents about why they do not want you to go to a traditional school and try to understand their position. If you take the time to listen, and weigh the pros and cons of being home-schooled, I really believe that you would be able to make the most of your situation. Once again, I cannot emphasize the importance of keeping an open relationship with your parents and talking to them about anything that may be bothering you. I hope this answers your question but if it has not please feel free to write.

Until next time,

-Muslimah

**Dear Muslimah tries to give Islamic and real-world advice to young people looking for guidance. All names are kept strictly confidential. If you need advice please send your questions to:**

[dearmuslimah@pleasantviewschool.com](mailto:dearmuslimah@pleasantviewschool.com)

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Amra	Angela	Enaya	Summer	Tasha
Faten	Fatima	Ibrahim	Tracy	Wasima
Jill	Jennetta	Karen	Teresa	Suha
Khalida	Laily	Nargis	Wesam	Safaa
Nura	Nebbiha	Nariman	Zemen	Sada
Rafia	Razia	Rehana	Suhair	Rubina
Riffat	<b>Can you find all of the PVS Staff and Faculty?</b>			

**Calendar of Events**

- January 5**  
Beginning of Second Semester
- January 7**  
Report Cards Issued
- January 9**  
Report Card Award Ceremony
- January 14-16**  
Annual Science Fair
- January 19**  
Abbreviated Day 8:00-12:00
- January 26**  
Progress Reports Sent Home
- February 3**  
TCAP Writing Assessment
- February 13**  
End of 4th Reporting Period

**Sports Beat: Fathima Darboe**

**Panthers Win the Championships!!!!**



The school is abuzz with excitement as the Panthers bring home not one but two champions from the soccer season. The U8 and U10 soccer teams brought home the gold winning their respective divisions. Coach Bell said that the kids worked really hard and fought hard to win. Many thanks go to Coach Bell for his tireless dedication to the PVS sports program and without him the teams would not have achieved such an impressive accolade. What's next for the PVS Panthers you ask? Come down and see for yourself what PVS has to offer.

Other exciting news in sports is the expansion project which, when completed successfully Insha'Allah, will give PVS a brand new soccer field, tennis courts and basketball courts. Also, there will be a track around the field which will allow for a track and field team. Can you imagine all of the new opportunities that will come from the expansion? I for one cannot wait! Please support PVS by making your donation for the project. If you need more information please speak to the PVS office staff. See you on the field.

**Congratulations!!!**



Congratulations to 5th grader **Tehseen Khan** for winning this year's PVS Spelling bee. She will represent PVS in the regional spelling bee and if successful will advance to nationals. We will all pray for your victory. We would also like to congratulate **Khalid Muhaimin** for winning the 1st-2nd grade spelling bee and **Wisal Boudaoud** from Ms. Wasima's class for winning the Kg. Spelling Bee.

**Congratulations** to **Lujain Albitawi** for being selected as the Garden Design Contest winner. Her drawing will be used as the basis for the garden project that will be placed in the back of PVS. We all look forward to seeing the garden come to life.

**Office Corner**

All parents who have past due accounts are urged to pay in full or stop by the office to make payment arrangements no later than Jan 15th, 2009. In the event any parents fail to do so, his or her child(ren) will not be allowed to return to PVS.



**The**

**Pleasantviewer**

ADDRESS COMMENTS TO:  
[SGA@pleasantviewschool.com](mailto:SGA@pleasantviewschool.com)

**PVS Contests:** Answer the following questions per your age group and win a prize! Please submit all answers via e-mail to: [SGA@pleasantviewschool.com](mailto:SGA@pleasantviewschool.com) by **February 1, 2008** or in person to Ms. Nura. Winners will be chosen at random from the entries with the correct answers.

- Pre-K - 2nd Grades:** In which direction do we pray?
- 3rd - 5th Grades:** Which tribe did Prophet Mohammed (pbuh) belong to?
- 6th - 8th Grades:** What is the name of Prophet Mohammed's (pbuh) four daughters and did any of them have children? If so who and what were their names?
- Adult Group: 1.** Prophet Mohammed (PBUH) said that there are two types of blood and two types of dead animals that are halal to eat. What are they? **2.** Who was the first person that Khadija (RAA) told about the Prophet Mohammed's (pbuh) revelation? **3.** Which Nabee died on the wings of an angel between heaven and earth?

**Congratulations to last issues winners: Pre-K-2nd: Nermeen El-Dahan (Kg), 3rd-5th: Taqwa Ayesh, (4th Grade), 6th-8th: Fathima Darboe (6th Grade), Adult Group: Fatima Nur (Community Member),**

For previous questions and answers please visit the newsletter page at [www.pleasantviewschool.com](http://www.pleasantviewschool.com)

