



Pleasantviewer

A PUBLICATION OF *Pleasant View School* VOLUME 6 ISSUE 5

APRIL - MAY 2009 / RABI II - JUMADA I 1430

From the Principal's Desk

Dear Parents:

As-Salaamu Alaikum,

Since the inception of PVS, parents have played an integral role in its establishment and provided their unwavering support for its teachers and students. This year's PTO has exhibited that same kind of spirit and enthusiasm.

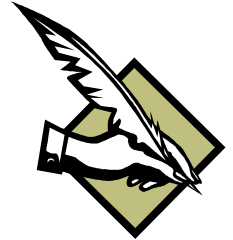
Thanks to their hard work and dedication, proceeds from the various fundraisers, enabled the school to:

- ◆ Renovate and repair restrooms
- ◆ Upgrade the Public Address system
- ◆ Sponsor the Annual Islamic Book Fair
- ◆ Purchase much needed classroom resources
- ◆ Coordinate a fun-filled field trip celebrating Eid Al-Adha
- ◆ Plan our Annual International Food Festival scheduled on April 25

To our partners in education, PTO officers and parent volunteers, we thank you for your tireless efforts and pledge to make our school the best haven for our children's development.

Warmest regards,

Wesam Salem



Earth Day 2009

By: The Earth Day Network

In Islam, Allah SWT teaches us that we must respect and take care of the earth and its resources and that waste is *haram*. The mass consumption of natural resources by humans, particularly the West, has led to drastic climate changes and permanent damage to our precious earth. Take the time to think about how you can help our earth become healthy again. Here is an article by the Earth Day Network about Earth Day 2009.

Earth Day 2009, April 22, will mark the beginning of The Green Generation Campaign which will also be the focus of the 40th Anniversary of Earth Day in 2010. With negotiations for a new global climate agreement coming up in

December, Earth Day 2009 must be a day of action and civic participation, to defend The Green GenerationTM's core principles:

A carbon-free future based on renewable energy that will end our common dependency on fossil fuels, including coal. An individual's commitment to responsible, sustainable consumption. Creation of a new green economy that lifts people out of poverty by creating millions of quality green jobs and transforms the global education system into a green one. Under the umbrella of The Green GenerationTM, thousands of events are currently being planned in schools,

communities, villages, towns and cities around the world. As in 2008, on April 19th Earth Day Network will celebrate Earth Day on the National Mall in Washington, DC, plus large-scale volunteer events in New York, Boston, Chicago, San Francisco, Seattle, Los Angeles, Denver, Austin, Atlanta, and DC in partnership with Green Apple Festival. We want to make Earth Day a time for meaningful change. Go to www.earthday.net to find an event near you and how you can help the earth.



Special points of interest:

- Learn more about the activities planned around the world for Earth Day 2009
- Did you know that there is good fat? Check out Medical Corner to learn more.
- We are getting closer to finding out if Princess Anastasia is still alive. Check it out on page 2
- Learn more about your PVS Teachers and students in PVS Profiles.
- Love strawberries, learn more about them in Kitchen Corner
- Make sure and check out Writer's Workshop to see how our very own Aseel Alqireem became a national winner!

Inside this issue:

Medical Corner: Fat and Cholesterol: What is Good and What is Bad

By: Dr. Ghalib Mannan, MD



Cholesterol - Cholesterol is a waxy, fat-like substance found in your body. It is needed for the body to function normally and is found in all cells of the body. Your body makes enough cholesterol for its needs. Cholesterol is carried in the blood in particles called lipoproteins. These particles are made up of cholesterol on the inside and protein on the outside. There are two main types of lipoproteins that are clinically important:

Low-density lipoproteins (LDL): (The bad guys) These are the major type of lipoprotein that carries cholesterol in the bloodstream to the body. These are the type that can lead to a buildup of cholesterol in the arteries and lead to heart disease. An excess of either total or LDL cholesterol in the blood is a risk factor for heart disease. Most of the excess cholesterol comes from diet. Cholesterol can build up on the artery walls of your body. This build up is called plaque.

Over time, plaque can cause the arteries to become narrow, which is called atherosclerosis. A heart attack occurs when a coronary artery becomes completely blocked. A coronary artery can become blocked either by plaque buildup or by a plaque that ruptures or bursts which causes a clot to form.

High-density lipoproteins (HDL): (The good guys) These particles carry cholesterol back to the liver and remove it from the body such as from the arteries and helps protect you from heart attack and strokes. Therefore, high levels of HDL are good to have.

Triglycerides (fats) - Triglycerides are the most common type of fat in your body. They are a major source of energy. Like cholesterol, there are good and bad types of triglycerides. Dietary fat is essentially made of three kinds of triglycerides; saturated, monounsaturated and polyun-

Principal's Desk Earth Day 2009 Medical Corner: Good Fat vs Bad Fat	1
PVS Profiles: Medical Corner Cont. Did you know? Anastasia	2
Kitchen Corner Writers Workshop Simply Sarah	3
Dear Muslimah PVS Contest Sports News PVS News	4



Profiles of **PVS**:

Meet Ms. Safaa

Although this is Ms. Safaa's first year as a homeroom teacher, she has been an active volunteer at the school for many years as an Arabic and Islamic Studies teacher. Ms. Safaa graduated from the University of Memphis with a degree in English and Paralegal studies. She is also working on her Education degree as well. Ms. Safaa loves to spend time with her children. She has a grandson who attends Pre-K at PVS and is expecting a set of twin grandchildren very soon. We wish her all the best. Here is what else Ms. Safaa had to say.



Q: What is your favorite subject to teach?

A: I love to teach math and science because you get a lot of interaction from the children in these subjects as well as being able to do a lot of hands on activities such as labs in the science lab.

Q: What do you love most about teaching?

A: I love the interactions and relationships I have with my students. I love being able to encourage them to succeed and seeing them improve and that is a real treat.

Q: If there was anything you could have for your classroom what would it be?

A: I would love to have more computers because I feel that we are too far into technology and the further ahead the kids get the better.

Q: What do you feel is the most important thing to have as teacher?

A: I feel that if a teacher does not have the ability to connect to his/her students, they can not reach their or their student's potential. I honestly feel that a bored student is a bad student.

Q: Is there anything you would like to share with the readers?

A: I am very appreciative of the community support, especially to those who work tirelessly for the betterment of our children.

By: **Abdullah Abunasrah**

Meet Zaid Al-Yousef

Zaid is a third-grader at PVS who loves sports and spending time with his friends. He is originally from Palestine and is a big candy fanatic, especially sour dudes and extremes. We sat down with Zaid to learn more about him and this is what he had to say.



Q: What do you like best about PVS and what would you like to see change?

A: I love that all of my friends are here and that they all play sports after school with me. If I could change anything it would be the uniform. I wish that I could wear my own clothes to school.

Q: What do you do in your free time?

A: I go horseback riding. I also love to spend time with my family.

Q: What do you like to do with your family?

A: We like to sit around a fire and roast marshmallows and hotdogs and talk.

Q: What are your favorite color, food, movie, and subject in school?

A: I like red, I love tacos, James Bond movies because they are exciting, and I really like math because it is challenging and I am never bored.

Q: You were the third place winner of the Qur'an competition, how did that make you feel?

A: I was really excited and happy but I was hoping for first place.

Q: If you could meet anyone who would it be?

A: The Prophet Mohammed (pbuh) because he is the leader of the Muslim Umma.

Q: If there was anywhere in the world you could go where would it be?

A: Hawaii because I love the weather there and the ocean.

Medical Corner: Continued from Page 1

saturated. Research has shown that limiting saturated fat (the bad guys) and increasing mono and polyunsaturated fats (the good guys), can be beneficial. Omega-3 and omega-6 are two kinds of polyunsaturated fats that, if consumed in the right ratio, appear to be health promoting.

Blood Levels : Desirable or optimal blood levels for LDL are less than 100mg/dl ; 100-129 is near optimal; 130-159 is borderline high; 160-189 is high & > 190 is very high. Those with coronary artery disease should ideally keep LDL < 70 mg/dl.

For total cholesterol the desirable level is less than 200 mg/dl.

For HDL, less than 40 mg/dl is considered low. Greater than 60 is high (higher the better, since this is "good" cholesterol).

Normal blood triglyceride level is less than 150 mg/dl. High levels can increase the risk of heart disease.

Dietary Advice - Foods rich in polyunsaturated fats (good fat) are vegetable oils and fish oils (omega-3) and flax seeds (omega-3 & omega-6). These tend to lower blood cholesterol and blood triglyceride levels when consumed in moderation.

Foods rich in monounsaturated fats (good fat) include olive, canola, peanut and

sunflower oils. They may lower blood cholesterol. Doing all your cooking in these oils may, therefore, be beneficial to your health. Cut down on foods high in saturated fat (bad fat) and cholesterol such as fatty meats, butter, cheese, whole milk dairy products, egg yolks, shellfish, organ meats.

Eat more foods low in cholesterol and saturated fats and high fiber such as fruits, vegetables, whole grains and grain products, beans, peas, fat free and low fat milk products, lean meats, poultry without skin, fatty fish (omega-3) and nuts and seeds in limited amounts.

In any case, no more than 30% of total calories should come from fat, most of which should be in the form of the "good" monounsaturated or polyunsaturated fats.

Other Recommendations - 1) Do at least 30 minutes of physical activities on most or all days of the week. 2) Lose weight if you need to. 3) Medications, if necessary, such as Statins, Niacin, Fibrates and bile sequestrants (e.g. Quesstran).

Did You Know? The Story of Princess Anastasia Continued:

By **Lujain Albitawi**

For decades , those who knew the location of the grave kept quiet , for fear of the Soviet Government , and rumors arose that one or more of the children had survived. Several supposed that Anastasia had surfaced over the years . (Probably because of the fact that the name Anastasia means 'She will rise again') The most famous Anastasia was Anna Anderson.

On the night of February 17,1920 , less than two years after the murders in Ipatiev House , a woman jumped off a bridge in Berlin. She was rescued and taken to a hospital. She had no ID and refused to give her identity. She was sent to a mental asylum. There someone recognized her as Grand Duchess Tatania. When she was given a list of the tsar's daughters' names, she crossed out all except Anastasia. When one of Alexandra's ladies-in-waiting visited her , the woman hid beneath a blanket. The lady-in-waiting called her an imposter and stormed off. But there were some who believed the woman's tale ,and after her release in 1922 she lived on the charity of various sympathizers. Eventually, she explained her escape from the imperial's assassins. She had been bayoneted, she said, but she

survived because the soldiers' weapons were blunt. After the murders a soldier named Tchaikovsky saw that she was still moving. After the chaos of that night he rescued her. Anderson said he took her to Romania. Her story was confused, but it seem that at some point she might have married Tchaikovsky. After he was killed in a street fight, she gave birth to his son, who was placed in an orphanage.

The woman went to Berlin to seek out "her" aunt , Princess Irene, She reached the palace, but ,fearing that no one would recognize her , she didn't dare enter. Instead, she decided to commit suicide by jumping off the bridge.

Princess Irene did meet the woman eventually and denied that she resembled Anastasia. Yet Irene later cried about the meeting and admitted , "She is similar". Irene's son , Prince Sigismund , a childhood friend of Anastasia ,sent the woman a list of questions, Her answers convinced him that she was Anastasia.

In the 6th and final installment, we will find out if the Romanov line is still alive.

Writers Workshop

Written Works by Students of PVS



Kitchen Corner: By Maryam Owens

Strawberry Short Cake: There is nothing short about it!

Congratulations to Aseel Alqirem

for being chosen as one of the winners of the "Dear Mr. President" Letter Writing Contest. The contest was sponsored by Scholastic and Aseel's letter was chosen out of over 15,000 other entries. We are so proud of our student.



Haiku Poems

by Pre-K Studnets

Curious George is in the jungle
The man has a hat
George fell off the boat
Deen Yousef, PreK I

The jungle is green
A tiger runs fast
It is sunny
Haneen Abbas, PreK II

Curious George is a monkey
He is very curious
the man with the yellow hat
caught George
Hilal Kocak, PreK I

A tiger runs fast
The jungle, it is sunny
A lion runs fast
Laila Amzian, PreK II

George went in the water
George is in the jungle
The man has a yellow hat
Maryam Ahmad, PreK1

A tiger runs fast
The jungle is green
It is sunny
A lion runs fast
Aisha Ahmed, PreK II



Strawberries actually have any extremely interesting past considering it is seen as such a simple fruit. The name Strawberry was derived from the berries that are "strewn" about on the plants, and "strewn berry" eventually became "Strawberry". A very interesting fact is that they are not berries or fruit at all, but enlarged ends of the plant's stamen. Strawberry seeds are on the outer skin, instead of in the inner berry, There are about 200 seeds per berry.

The berries are non-fat and low in calories, rich in vitamin C, potassium, folic acid, fiber, and vitamin B6. Over history the strawberries have been used in medicines. They have been used for sunburn, discolored teeth, digestion, and gout.

Strawberries were served at medieval state events, they symbolized prosperity, peace, and perfection. The most famous public eating of strawberries is at Wimbledon each year, when strawberries and cream are consumed between tennis matches by properly attired English. It is also known that Russian empresses (Such as Princess Anastasia) also loved them.

American Indians allegedly invented Strawberry shortcake, mashing berries in meal to make bread the colonists enjoyed--but they must have used wild strawberries since strawberries have been cultivated in America only since 1835. The Hoveg variety was imported into Massachusetts from France in 1834 The Fraser clan in Scotland derived its name from French immigrants named Strawberry (Fraise) who came with William the Conqueror in 1066. There are references to the strawberry as far back as ancient Rome. For a great recipe idea, that I love try this recipe for strawberry shortcake and I guarantee it will be a hit with anyone.

Ingredients:

- 1 1/2 pounds strawberries, stemmed and quartered
- 5 tablespoons sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 1 1/2 cups heavy cream

Whipped Cream, recipe follows

Directions

Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes.

Preheat the oven to 400 degrees F.

Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl. Add heavy cream and mix until just combined. Place mixture in an un-greased 8-inch square pan and bake until golden, 18 to 20 minutes.

Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.

Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.



Simply Sarah

by: Jameelah Wright 2009©





DEAR MUSLIMAH.....

Prom is coming up and two of my friends told me that they are sneaking out to go. They want me to join them but I will not. I keep trying to explain to them that it is haram but they tell me that they are going alone and will not dance with anyone. I don't think they will be able to sit and watch. Should I tell their parents.

Sincerely,

Not going to prom

Dear Not Going,

First and foremost I want to commend you for your strength and honesty. One of the biggest issues that Muslim teenagers have to deal with in this country is peer pressure, especially when it comes to favorite American pastimes such as prom, concerts, dating, etc. My advice to you is simple. You are doing the right thing by advising your friends that what they are doing is haram. Not only will they be participating in a haram activity, but they will also be lying to their parents, leaving their homes without permission, and putting themselves in danger of getting involved in a situation which may lead to more haram. I would have a trusted adult speak to your friends. Perhaps not the parents at this time, but a youth counselor at your local Masjid or the Imam. If that does not work, perhaps the best course of action would be to inform the parents through the trusted adult whom you have already spoken to and pray to Allah that it will help your friends realize that favorite American pastimes, as mentioned above, are not what make a good Muslim. It is fighting the urge to participate that does. May Allah make it easy for you and please feel free to contact me again if you need anything else.

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@pleasantviewsschool.com

Animal Adventures

How many animals can you find?

	R	M	A	D	I	L	L	O	M	M	A	S	D	G
G	X	R	B	F	L	A	M	I	N	G	O	Y	T	Y
H	C	E	G	Q	E	E	Z	N	A	P	M	I	H	C
J	V	S	M	O	U	S	E	N	R	N	Q	L	R	M
U	B	D	T	M	L	M	J	J	E	B	W	K	C	N
T	N	Z	R	H	O	R	S	E	E	C	E	J	O	B
O	M	A	Y	L	K	N	A	I	G	O	A	T	N	V
S	N	A	K	E	N	D	G	L	B	W	T	G	D	S
T	S	U	M	A	T	O	P	O	P	P	I	H	O	H
R	K	Q	U	B	S	R	C	O	O	V	Y	F	R	E
I	Z	P	I	V	A	W	D	O	C	S	U	D	E	E
C	J	E	O	E	H	G	M	P	X	T	E	S	W	P
H	H	O	B	E	S	B	O	E	Z	C	I	A	Q	J
H	G	I	P	R	K	J	O	Q	P	E	O	P	D	K
J	F	U	M	B	A	T	S	H	O	Y	R	O	R	U
B	D	Y	K	W	U	T	E	J	I	E	P	I	A	Y
S	N	O	I	L	J	E	Y	U	G	T	V	U	Z	T
E	D	T	J	E	H	D	H	I	K	J	C	Y	I	R
G	S	R	T	R	R	U	T	N	A	H	P	E	L	E
M	B	N	H	T	F	F	M	M	J	N	S	T	B	G

LIZARD	SEAL	GOAT	SHEEP
ARMADILLO	ELEPHANT	MONGOOSE	SNAKE
BEAR	HIPPOTANUS	MOOSE	TIGER
CHIMPANZEE	HORSE	MOUSE	ZEBRA
CONDOR	LION	OSTRICH	COW

International Food Festival

Come join the PVS Family and PTO for a fun filled day of delicious food and fantastic company. Bring your money and your appetites because there will be yummy food from all over the world. See you there!

Calendar of Events

April 15-17

Hadith Competition

April 20-25

TCAP Tests

April 25

International Food Festival

11:00am-4:00 pm

April 27

Progress Reports Issued

April 29

Field Day

May 8

Abbreviated Day

8:00-12:00

Graduation Ceremony

6:30pm- 8:00 pm

May 15

End of 6th reporting period

Last day of classes

May 18

Report Cards Issued

The Pleasantviewer

ADDRESS COMMENTS TO:
SGA@pleasantviewsschool.com



Help our outdoor classroom garden grow. Please contact the PVS office or Ms. Nura to see how your efforts can help make the PVS garden beautiful. We need your help.

Sports Beat

PVS Panthers



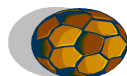
Here we go again.....We are starting another exciting season of soccer and it is running rampant at PVS. Coach Bell expects another great season and with the way the teams look, the Panthers should have no problem repeating last season's success.

Congratulations to the PVS ladies for another impressive showing at their last tournament! Keep up the good work.

Have plans for the summer? Join the PVS summer camp and sports programs. For more information contact the PVS office or Brother Ibrahim Bell for more information.

Don't forget to come out and support the students on field day. Lots of fun activities and competition to keep everyone entertained.

Go Panthers!!!



PVS Contests: Answer the following questions per your age group and win a prize! Please submit all answers via e-mail to: SGA@pleasantviewsschool.com by May 5, 2009. Winners will be chosen at random from the entries with the correct answers.

Pre-K-2: What is the Muslim Arabic word for God?

3rd-5th Grade: Which prophet fell in a well as a child and was considered the most beautiful human on earth?

6-8th Grade: Which prophet did not have a mother and father, and which prophet did not have a father?

Adult Group: 1. What is the name of the companion of the Prophet who raced horses and beat them? 2. Which prophets are referred to as Kareem (giving) son of Kareem, son of Kareem, son of Kareem (Give the name of all four in order)? 3. What is the name of the companion of the Prophet who died during war and was washed by the angels?

Congratulations to the following winners of the Pleasant Viewer Contest: Pre-K-2 (Sarah Shotwell, Gr. 2), 3-5th Grade: (Taqwa Ayesh, Gr. 3), 6-8th Grade: (Sarah Aldosh, Gr.7), Adult Group: (Aisha Mohammed-Community Member)

For previous questions and answers please visit the newsletter page at www.pleasantviewsschool.com