



# The Pleasantviewer

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## From the Principal's Desk

As-Salaamu Alaikum,

Our graduation ceremony this year highlighted another milestone in PVS success story-the second commencement for 8<sup>th</sup> grade. It was a blessing to see another group of 8<sup>th</sup> grade and KG students embark on another phase in their lives.

Dear Graduates:

It has been my duty and my pleasure to take great interest in you and your progress. Some of you I have literally watched grow over the past few years. It gave me pleasure and contentment to see you walk in the hallways, play in the gym, tackle math problems and navigate your way through reading books and stories. I pray to Allah (SWT) to grant you continued success and perseverance in your future endeavors.

Sometimes it is very challenging and sometimes difficult to leave a familiar place to unknown one. Like Christopher Columbus who feared the storms on his journey to find the New World. However, it is worthwhile considering how he prepared for the challenges which were ahead of him. He made sure his ships were sound and well made as well as manned by able and effective crew. Similarly, each one of you should be adequately equipped for the journey ahead which I pray we were able to provide you with the most needed tools.

Dear Parents:

Congratulations on your child's accomplishment. It has been our greatest privilege to be given this responsibility of teaching your child. We pray to Allah (SWT) that we were successful in this mission. You have been very supportive and cooperative which resulted in a very healthy and fruitful relationship between home and school that we will strive to maintain for years to come.

Have a wonderful Summer!!

Best Regards,  
Wesam Salem

## Our Final Newsletter!

By: Selma Dedovic

"The future stretches before me, waiting for me to create the work of art that will become my life." We all knew this time was coming; however, were we really prepared to leave the school we have known and loved for so long? I am talking on behalf of my fellow students in the 8<sup>th</sup> grade. Most of us have known each other since we could barely walk, we shared laughter and tears, and also memories we will never forget.

Our teachers we have had in the past, prepared us for the real challenges life will throw at us when we least expect it. We all have to face the sad fact that no one can really be prepared unless we face the challenges face to face and learn from our mistakes. We have created bonds that cannot be broken, and friendships that will last forever. So as we take on the new world and the challenges that follow, we would

just like to thank all the teachers that have helped us get this far and all the friends that encouraged us to go as far as we could go. This being our last edition of *the Pleasantviewer*, we would like to thank Ms. Wesam Salem for her encouragement and for believing in us for as long as we could remember, and as well as all the others that have helped us along the way.

### Special points of interest:

- Learn more about your 8<sup>th</sup> grade graduates on page 2 through "Profiles of PVS"
- Suffer from allergies? Read how you can get some relief in Medical Corner.
- Get a jump on reading. See how you can get your kids ahead of the game through the PVS Summer Reading Program. Page 3
- I scream, you scream, we all scream for ice cream! Make your own ice cream with this great recipe on page 3
- Need advice? Check of what Dear Muslimah has to say on page 4.

## Medical Corner: Seasonal Allergic Rhinitis By: Ghalib Mannan, MD

Although we are well into the spring season and enjoying the nice weather, many of us are also paying the price at this time of the year with symptoms of seasonal allergy or seasonal allergic rhinitis. Those who are suffering from this are all too familiar with its symptoms of runny nose (rhinorrhea), itchy watery eyes, sneezing and nasal congestion. Nasal congestion is prominent in children with allergic rhinitis and might be the only complaint.

As the name suggests it is an allergic reaction which is usually triggered by environmental agents, most commonly pollen from flowering plants. Seasonal allergic rhinitis is caused by inflammation of the nasal lining (membranes). This process is initiated because allergic individuals are genetically predisposed to producing a type of antibody called IgE when the individual is exposed to pollen or other allergens. This IgE which is present along the surface of the nasal lining then

attaches to cells called mast cells. The IgE causes these mast cells to release chemicals such as histamine. It is this histamine that causes the symptoms of allergic rhinitis. Complications of allergic rhinitis include allergic conjunctivitis (red itchy eyes), otitis media (middle ear inflammation), and sinusitis. Asthma is present in allergic rhinitis sufferers more often than expected and the two are often present in the same patient.

Treatment - There are several types of treatment depending on how severe the symptoms are. Some medicines are available over the counter.

Over the counter medicines-  
1) Anti- histamines – These drugs block the action of the chemical histamine described above. The widely available one is called Claritin 10mg taken once a day. It is

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# Profiles of PVS: Meet the Graduates

By: Nura Elmagbari

This year's graduating seniors have played an extremely important role in every issue of this year's *Pleasantviewer* and have left a positive legacy for other students to follow. In honor of the five amazing graduates, this issue's PVS Profiles will be dedicated to them. May Allah bless you all.

## Selma Dedovic

Easily the happiest and friendliest student at PVS, Selma, always smiling, has grown from a toddler in daycare to be a beautiful young woman ready to enter the world confident and proud. Selma has had an unbelievable 8th grade year. She has contributed to every issue of this year's *Pleasantviewer*, has had her written work published in a national publication, led the Lady Panthers to the championships as the volleyball team captain and proved her leadership skills as secretary of the SGA. Selma's smiling face will be greatly missed at PVS, by the students and staff who absolutely adore her, but is ready to spread her wings and soar into new adventures.



## Aquil Muhammad

Aquil, who has also been at PVS since Pre-K, was the only boy in the eighth grade but was able to handle his final year at PVS with style and grace. Aquil lent his creativity to many issues of the *Pleasantviewer* and had a poem published in a national publication. An amazing athlete, student and friend, Aquil will be greatly missed, especially by the boys, who go to him for advice and leadership. Aquil has made us all proud through his success in academics (class salutatorian and math league co-champion), and his boyish charm and wise cracks will be greatly missed. Probably one of the most honest and determined students we have ever met. We know Aquil will be very successful in whatever he pursues.



## Mariam Salem

The self-proclaimed wall-flower is anything but! We have never seen or met a more gentle and sensitive young lady willing to help at a moments notice. Mariam has grown greatly this year, especially as the SGA president. Her accomplishments were many; however, none greater than her transformation from a "wall-flower" to an independent young lady. Mariam was active in many school events and contributed to every issue of the *Pleasantviewer* as well as having a poem and an essay published in a national publication. Mariam's love for life and the world will carry her very far in life, and her determination to make a difference separated her from your average teenage girl.



## Jameelah Wright

If you have enjoyed the *Pleasantviewer's* *Simply Sarah* this year, all the credit goes to this incredible young lady who is one of the most multi-dimensional people we have ever known. An artist, writer, and all-around wonderful person, Jameelah has astounded many people with her talents. One of the more reserved students, Jameelah lets her work do the talking (see poem below). As an avid reader, Jameelah has not yet met a book that she could not devour. She has had several of her poems published in national publications and will hopefully continue to create more wonderful *Simply Sarah* cartoons.



## Merisa Dedovic

This young lady has many amazing attributes to her but none more impressive than her dedication to hard work and loyalty. Merisa started at Pleasant View School during the third grade. While at the school, she has participated in many curricular and extra-curricular activities including writing for the *Pleasantviewer*, Math League, where she was co-champion, Student Government, as vice president, and Volleyball where she was co-captain. Merisa's drive and dedication to her studies and consistently improving herself translated to her Valedictorian award and will definitely will reflect on her success in life as a student, friend, and most importantly, a Muslim.



## Medical Corner: continued from pg. 1

cheaper, however to get the generic version of this called Loratidine 10mg (store brand) . These are available at Walmart, Walgreens or any other pharmacy. Special childrens' brands are available for this medicine.  
 2) If nasal congestion is present, Claritin is also available with a decongestant attached to it called Claritin-D ( 24 hour or 12 hour ). Also nasal congestion can be treated with other medicines such as Sudafed tablets or Afrin nasal spray . It is important not to use the decongestants for more than five days, however, due to a rebound effect after this period of time, making symptoms worse. 3) Cromolyn sodium nasal spray – this helps stabilizes the mast cells described above and prevents them from releasing histamine. However they need to be taken every 4-6 hours to

work but may be suitable for young children.  
 Prescription Medicines – Are needed when symptoms are more severe and not controlled by over the counter medicines.  
 1) Nasal steroid sprays – common ones prescribed are Flonase and Nasonex  
 2) Leukotriene receptor antagonists e.g Singulair tablets  
 3) Short courses of oral steroid tablets in very severe cases.  
 Allergy Shots - Individuals who respond poorly to optimal medical management are candidates for allergy shots or in medical terms called allergen immunotherapy. This produces a combination of effects in the patient's immune system which makes them less likely to have an allergic reaction when exposed to an allergen such as pollen.

## Internet Safety

By: Merisa Dedovic

In today's high-tech world, it is believed that many children spend, on average, 2-4 hours a day on the internet, with time increasing to 4-8 hours during the Summer months. Its very difficult for parents to know what their children are doing online because their children are usually on the computer alone secretly going on web-sites their parents wouldn't usually approve of.

Kids today like the fact that you can find anything on the web, chat with anyone, and find what ever you need. Most kids and their parents do not necessary understand the risks involved with the internet and do not see it as threatening at all, until it's too late. It is nearly impossible to keep your kids off the internet due to the fact that the internet is so readily available.  
**Continued on page 3**

## Just Thought I Would Say....

By: Jameelah Wright

Some kids who grew together thought of remembering forever. A place where their thoughts and dreams could always be found and seen. One by one, this group of five, chose each a page for their lives. Feelings and personalities into a thing of one. The purpose of this act, not only for fun. Then those kids went their way, maybe to see it another day. But time and time again passed each day, till not months, but years had drifted away. Then others found this book long afterward, and discovered not mere signs, but a multitude of words. Within the passing time others had graced it with lines, of defeats and challenges, awaiting and growing. The things they knew and those still learning. But a special page marks the making. Thin book, its fate of bearing. Tucked away on a page, were small words of five, and the words that each had been hopefully written

"To Keeping Our Year Alive."



**Internet Safety: continued from page 2**

By: Merisa Dedovic

The best thing to do is to talk to your kids and inform them of the threats that lie in waiting. When your child enters a chat room they think they are talking to a person their age and that has the same interests, but what they don't know is that the person on the other side may be an internet predator who intentionally tries to get information out of unsuspecting children with the intent of hurting them. The person on the other screen may come off as a sweet and lovable person, some one you can trust, this way, when they ask for personal information or documents like phone numbers, pictures or addresses, your child doesn't feel threatened or scared and they give them out. Knowing this is a threat, why are children allowed on the internet without supervision? There are certain ways of protecting your child and keeping track of where they go, but these things aren't very user friendly. The best thing a parent can do is sit down and talk to their child. You might think that what you're saying to your child is just going to be ignored, but every child likes it when their parents take the time to tell them what they don't want them to do and what they do want them to do. This can make your relationship with your child a lot stronger, it might allow them to open up with you more and most importantly, it can keep them safe.

**Pleasant View School Summer Reading Program**

By Mrs. Karen Cushing, Librarian

This summer, there will be 2-week classes designed to promote reading during the summer months. This program is **free** but seating is limited and students will be taken on a first come/first serve basis. After the initial 2 weeks, there will be an Internet Summer Reading Program, based on the Accelerated Reader™ Home Connect system. We have access to over 100,000 Accelerated Reader™ tests, giving students' broader reading choices. This system allows the parent to follow their child's progress by e-mail. Parents may sign up their students using the registration form, or by e-mailing me directly at [Karen@pleasantviewschool.com](mailto:Karen@pleasantviewschool.com). Required information includes student's name and grade, as well as the parent's name and contact information. The following courses are available from May 26, 2008 – June 6, 2008.

Beginning Readers	9:00 – 9:45
Independent Readers	10:00 – 11:00
Chapter Book Readers	11:00 – 12:00
Accelerating Readers	12:30 – 1:30

**Kitchen Corner: Vanilla**

Simply the most popular flavor in the world

After saffron and cardamom, vanilla is the world's next most expensive spice. Vanilla came from Mexico, where it is still grown today. Vanilla was used by the Aztecs for flavoring their royal drink *xocolatl*- a mixture of cocoa beans, vanilla and honey. The famous explorer Cortez brought vanilla back to Europe in the sixteenth century, after observing Montezuma drinking the drink mixture. It has many other uses including perfumes, cigars and liqueurs. Europeans prefer to use the bean, while North Americans usually use the extract. Although considered a "plain" flavor, vanilla is the most popular flavoring in the world.



**Vanilla Ice Cream**

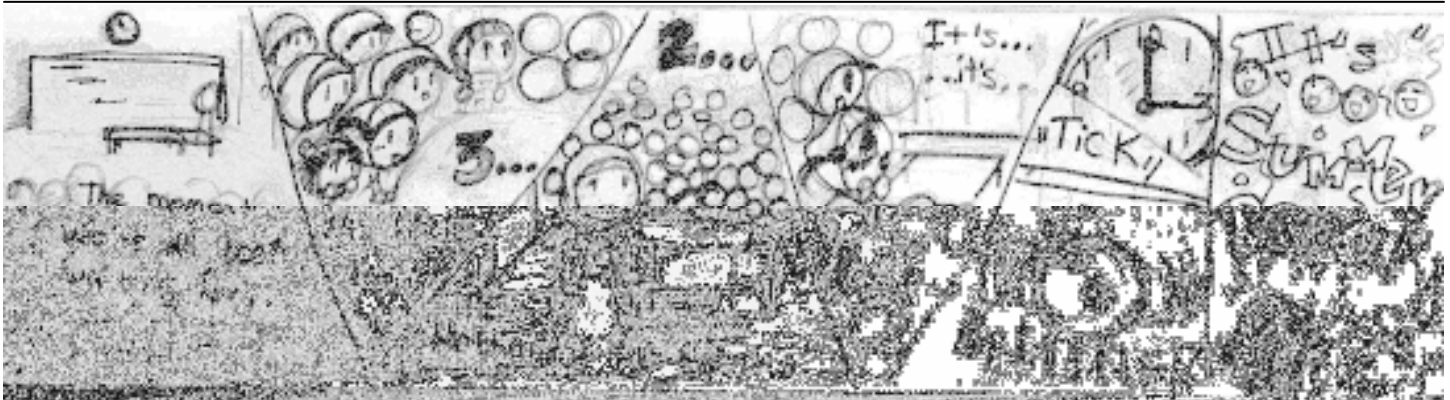
- 1 cup milk
- a pinch of salt
- 3/4 cups sugar
- 1 vanilla bean
- 5 egg yolks
- 2 cup heavy cream
- A few drops of vanilla extract



1. Heat the milk, salt, and sugar in a saucepan. Split the vanilla bean lengthwise and scrape the seeds into the milk with the tip of a paring knife. Add the bean pod to the milk.
2. Stir together the egg yolks in a bowl and gradually add some of the warmed milk, stirring constantly as you pour. Pour the warmed yolks back into the saucepan.
3. Cook over low heat, stirring constantly and scraping the bottom with a heat-resistant spatula until the custard thickens enough to coat the spatula. Strain the custard into the heavy cream. Rinse the vanilla bean and put it back into the custard and cream to continue steeping. Chill thoroughly, then remove the vanilla bean and freeze in your ice cream maker according to the manufacturer's instructions.

**Simply Sarah**

by: Jameelah Wright © 2008





**DEAR MUSLIMAH.....**

What a year! The time has passed so quickly that I have not really had a chance to reflect about all of the wonderful people I have met through e-mails and letters. I wish that I could have posted all of your questions in the *Pleasantviewer* but due to obvious time and space constraints, I was not able to. But alas, there is always next year Insha'Allah.

I thought that I would use the last issue of the 2007-2008 school year and give some general advice to those amazing five graduates who will be leaving PVS after many years of attending this school; Selma, Merisa, Mariam, Jameelah and Aquil.

All of you will face challenges and obstacles that you must defeat using your faith and intelligence. Prophet Mohammed (PBUH) said that a Muslim should be Kayasoon-Fattan (alert and aware). Always know where you are and where you have been. Never set foot anywhere that you know Allah (SWT) would not be pleased with and always remember that no matter where you are, Allah is watching. Stay strong in your iman (faith), pray your prayers and keep Allah Almighty in your heart always. Choose your friends wisely and never follow blindly. Always ask questions if you want answers and never, ever give up in whatever you do. When the world pushes you to your knees, you are in the perfect position to pray. Life is not about starting races, it is about finishing them.

Most importantly, remember where your roots are and know that everyone at PVS will always be here for you if you need anything, and if you need advice, I am only an e-mail away.

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**

# Muslim Community Summer Camp

**Pleasant View School**



Please register at PVS  
1888 N. Bartlett Rd.  
Phone: 901-380-0122

## ACTIVITIES

- Islamic Studies
- Computer Classes
- Qur'an Recitation
- Sports
- Reading Skills
- Field Trips



June 9-July 2  
July 7-July 18  
Monday - Friday  
9:00 a.m. to 2:00 p.m.  
Ages 5-18 yrs

**\$200 per student\*** (\$20 discount per additional child\*\*)  
\* Includes lunch but not field trips  
\*\* Minimum per child is \$180

### PVS Information and Calendar of Events

PVS Summer Office Hours

#### Calendar of Events

June 9th-July 2 and July 7th-July 18th

Muslim Community Summer Camp

July 21-August 1st (Monday-Friday 9:00am-2:00 pm)

Book Store open

Friday August 1st, 6:00-8:00 p.m.

New Parent Reception

Monday August 4th

First Day of Classes

Friday August 8th, 7:00-9:00 p.m.

Back to School Night



**PVS Contests:** Congratulations to all of this year's *Pleasantviewer* contest winners. The winners from issue 5 each won a gift card to Incredible Pizza. Enjoy

**Last Issue's Winners:** Khaled Alqirem (Pre-K), Fathima Darboe (5th Grade), Rand Alqirem (6th Grade) Titugne Ahmed (Community Member) Congratulations!!!!

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

The

**Pleasantviewer**

ADDRESS COMMENTS TO:

SGA@pleasantviewschool.com

