



The Pleasantviewer

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NOVEMBER–DECEMBER 2007 / SHAWWAL–DHUL-QA'DAH 1428

From the Principal's Desk

Dear Parents/Guardians:

As-Salaamu Alaikum,

Eid Party:

Once again, the SGA has successfully accomplished one of their goals they set for this year. They were able to plan and execute a wonderful and exciting Eid carnival that students and parents are still talking about. We all enjoyed watching our children having a good time. Please join me in thanking all the students who opted to work at a carnival station so everyone else could enjoy the carnival. Many thanks to Ms. Nura Elmagbari, SGA Coordinator, and to all teachers and parents who extended a helping hand. Special thanks and appreciation for all PVS staff and students go to Br. Ibrahim Bell for his instrumental work and sincere dedication.

Auction Day Postponed:

The families who attended the event on Friday Oct 26 unanimously and gracefully supported the decision to postpone this event to a later date which will be announced soon.

The success of last year's event inspired teachers and students to even greater heights of creativity. This year's projects are exceptional and extraordinary. The projects will be displayed in the main office for your preview. Your support and encouragement are highly appreciated. Further details will be forthcoming, insha'Allah. Stay tuned!!

Warmest Regards,

Wesam Salem

Are you eating healthy?

The importance of a healthy diet for a healthy life: By Selma Dedovic



Healthy, ewh, I know that was probably the first thing that popped into your head. I mean come on, who needs vegetables and fruits when you have chips and soda. Well the truth is, we really do need it. Eating healthy is something most of us really don't enjoy, because we think "how can anything that is healthy taste good?" I mean, come on, let me guess, you would rather enjoy a nice frosty glass of cold soda instead of water, right? Well did you know that the average human body needs at least 8 (8 oz.)

glasses of water, 3-5 servings of fruits and vegetable and plenty of protein and vitamins every single day (see food pyramid on pg. 2). Wow, now that's a lot of food, but before you start freaking out, keep this in mind. The amount of food we eat varies from person to person. For example, the fruits and vegetables we should eat vary by age, gender and level of activity for everyone over the age of two. So the amount of fruit I should eat differs from how much fruit someone in Mrs. Jill's

Pre-K class would eat. None the less we all need to eat our fruits and veggies.

Here are some very important reasons why.....

- Cancer prevention, Vegetables and fruits are rich in antioxidants substances shown to provide protection against free-radicals (reactive substances that damage cells and initiate cancer) and other

Continued on Pg. 2

Special points of interest:

- Read all about it, great articles about healthy eating and our environment .
- Great recipes to try at home. Pg. 3
- Learn more about your teachers and students at PVS on page 2 through "Profiles of PVS"
- See who won the Eid decorating contests along with the winners from last issues "fun and games" competition.
- Looking for a good book to read? Check out the book review and *Simply Sarah* by Jameelah Wright on Pg. 4. Enjoy!
- Need to know the weather? You can find that and fun and games contests on page 4.

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Global Warming, What do you think?

By: Mariam Salem



When you hear the word global warming, what comes to mind? According to the National Weather Service, global warming (GW) refers to "an average increase in the Earth's temperature, which in turn causes changes in climate." A warmer Earth may lead to changes in rainfall patterns, a rise in sea level, and a wide range of negative impacts on plants, wildlife, and humans. When

scientists talk about the issue of climate change, their concern is about changes caused by human activities. This seemed interesting to me so I decided to see what my fellow students thought about this international crisis.

A few weeks ago I had the pleasant opportunity to visit a few classes and explain GW and what is causing it. After telling them that humans and their activities (pollution, littering, deforestation,

etc.) are the main cause, the students sat there with their eyes wide open wanting to hear more. What was clear following my short lecture about GW, was that the kids had no idea that if GW was to get any worse, there is a high probability that frozen areas such as Antarctica, the North Pole, Greenland, and other icy places will eventually melt.

Right then, a student raised her hand and asked "Don't the



Profiles of PVS:

By Aquil Muhammed

Meet Brother Gyasi:

In today's world, it seems difficult to find a teacher, who can truly make an impact on a student's life; spiritually, personally and academically. To me, in the seven years that I have been at PVS, Brother Gyasi has been and still is that teacher to me. This is why I have decided to interview him and find out more about the man behind the Islamic Studies textbook.



Brother Gyasi busy grading papers behind his desk.

Brother Gyasi was born in Washington D.C and grew up in Memphis where he graduated from East High School in 1992. He accepted Islam at the age of 16, in the 11th grade. Unlike most teenage boys who worry about their first car or what teams are playing against each other in the NFL, Brother Gyasi did something amazing. He packed his belonging and headed off to discover his future. He started out at the University of Houston for 1 year where he studied chemical engineering, but that was not enough for him. Something was missing, so he moved all the way to the other side of the world, where he attended the University of Medina, in Medina, Saudi Arabia. Seven years after, with a wife and four children, Brother Gyasi graduated from the College of Dawah and Islamic Theology. Shortly after, he returned to Memphis where, among other things, he began teaching here at PVS. In terms of his role at the school, he says that the most exciting thing about teaching is "having the opportunity to impact students' lives for the better and to have the opportunity to shape the future for students." Brother Gyasi also shared with me that he would like to see higher enrollment, a recreation center, and a high school on P.V.S campus. He also hopes that his students become more religiously conscious and wants to see them succeed in their lives religiously and secularly. In addition, when I asked him how he would like to be remembered twenty years from now, Brother Gyasi replied, "I want to be remembered as a person who was dedicated to uniting and educating the Muslim Umah." I have no doubt that this is exactly what he will be remembered for. Thank you for all you do.

Meet Huda Salem

Huda is eight years old and is in the 3rd grade. She enjoys playing with her sisters Mariam, Farah, Maya and her friend Surraya. So I decided to ask her a few questions to get to know more about her and what she likes.

Q1. What do you like about the school?
Ans: Recess, because it is fun.

Q2. What don't you like about the school?
Ans: Doing class work because it's too much and I have no time to do fun stuff.

Q3. If you could change one thing about the school, what would it be and why?
Ans: The uniform, because I would like to see more color.

Q4. How long have you been in the school?
Ans: Since daycare, which is about 5 years.

Q5. What was your favorite year at Pleasant View School and why?
Ans: When I was in 1st grade because we did a lot of fun things.

Q6. If you could be any animal in the world, what would you be and why?
Ans: I would be a cat because they are cute and soft.

Q7. If you could visit anyone past or present, who would it be and why?
Ans: Prophet Muhammad, because I want to learn from him.

Q8. If there is anything you would like people to know about you, what would it be?
Ans: I am smart, nice, I love to read and I love to play.



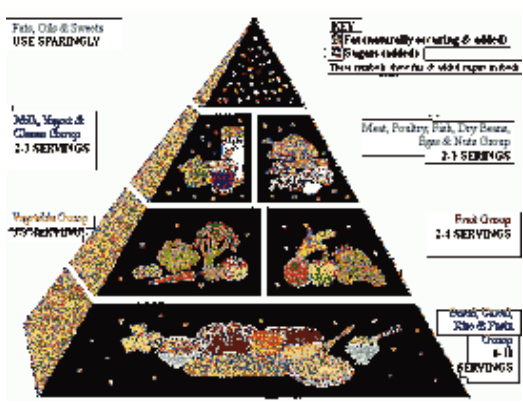
Eating Healthy, Continued from Pg 1.

photochemical that help to detoxify cancer-causing substances

- Fruits and vegetables help avoid diabetes. Fruit and vegetables seem to raise blood sugar less than other foods that contain simple carbohydrates, and their fiber content slows the absorption of sugar into the blood.

- Eye protection, Eating more vegetables and fruits may lower your risk for two of the most common causes of adult blindness: cataracts and macular degeneration. Scientists link this protection for the eyes with antioxidants like vitamin C and certain carotenoids.

Now, knowing all of the benefits of fruits and vegetables, along with a well balanced diet, would you think twice before saying no to your mother when she tells you to eat those carrots you stashed under your plate? I hope so, because staying healthy means eating healthy for a healthy life. For some healthy recipes please look at the section "Kitchen Corner" by Maryam Owens. There she has many healthy recipes that I am sure you will all enjoy to the fullest.



Global Warming, Continued from Pg. 1

penguins live in icy places?" When I said yes, the entire classroom echoed with gasps and a student exclaimed "Penguins are going to die!" This was humbling to me because at that moment these children made the connection about our actions and the survival of our planet and those who inhabit it.



After the gasps faded, I gave each student an index card asking them to write down their thoughts and opinions on global warming. I got positive feedback and many misconceptions. Some of the students' concerns were only about the penguins! However, many students' opinions were really concerning global warming and their causes, and how we can prevent them. We were hoping that if someone would like to donate items to help us recycle, such as big garbage cans, plastic bins, or money so that we at PVS can help make a difference and the earth a better place to live.. If you want to donate anything of any kind to help us start our recycling program please contact our teacher Mrs. Nura at nura@pleasantviewschool.com. Thank you!



What a Story!

A Book Review By: Jameelah Wright

The Wolves In the Walls

Written by Neil Gaiman and Illustrated by Dave Mikeean



Into a 'tail' of mystery and hair-raising sounds we meet Lucy. Lucy can hear wolves hustling, bustling, crinkling, and crackling in the walls of her old house, where her family lives, but no one believes her. Her mother says its mice, her brother says its bats, and she seems to say what everyone else is saying. "If the wolves come out of the walls, its all over." Lucy remains convinced as is her beloved pig-puppet, that the dreaded day would arrive, and her worst fears are realized when the wild wolves truly do come out of the walls. Now with Lucy and her family forced back to the place where the wolves once roved, in their very own walls, Lucy makes a horrible discovery....her pig-puppet is missing!

Finally, through her own determination, and the help of her family, they come up with a creative, witty plan. Will they fight back to get their home from clever and impish foes, or will they surrender to the dark pits of their old home's walls as the wolves had? And what are those new noises in the walls?

To find out what Lucy and her family planned and the hilarious conclusion to the story, check out your local library for the book, "The Wolves In The Walls" by Neil Gaiman and Dave Mikeean, and suggest it to our school library. Your sure to have a 'HOWL' of a time reading it!

This book would be great for kids of all ages and is a simple, satisfying taste for the super-weird and unnatural in the older kind. Little kids may compare themselves to the young frightened girl hearing noises in the wall or even noises that you hear so often at night when trying to sleep. And the surprises that happen are so exciting and funny! All in all, the Wolves In The Walls is definitely a book to look out for!

Kitchen Corner

By: Maryam Owens

Ginger, The spice of life



Ginger consists of the fresh or dried roots of the Zingiber officinale. The ginger family is a tropical group especially abundant in Indonesia and Malaysia, consisting of more 1200 plant species in 53 genera. The genus Zingiber includes about 85 herbs from East Asia and Australia. Ginger, both fresh and dried, has become popular in the U.S., mainly as a spice, tea, medicine and aromatherapy. Major world producers of ginger are Fiji, India, Jamaica, Nigeria, Seirra Leone, and China. American imports come from China, several Caribbean Islands, Africa, Central America, Brazil, and Australia. Ginger is now commercially cultivated in nearly every tropical and subtropical country in the world with arable land for export crops. While most ginger is imported, it is believed that the best type is the organic ginger grown on a limited scale in Hawaii.

Historically speaking, ginger has been cultivated for thousands of years in both China and India, but its exact origin is still unclear. It reached the West at least two thousand years ago where it was recorded as a subject of Roman tax in the second century after being imported via the Red Sea to Alexandria. Ginger was known to be present in England before the Norman Conquest, as it is commonly found in the 11th books. By the 13th and 14th centuries it became familiar to English palates, and next to pepper, was one of the most popular spices. An interesting fact that I found was that a pound of ginger was then priced equivalent to that of a sheep making it very expensive yet highly desired. For a great recipe using ginger check out page 4.

What a Ride! By. Merisa Dedovic

The season for the PVS Lady Panthers Volleyball team is sadly over but for the first time in the history of the school, they finished second in the League being slightly edged out by Houston Middle. The Lady Panthers fought hard and almost came out on top and gave them the motivation to take it all the way next year. Sadly, this was the last season for many senior Panthers. In the last game, the seniors

were cheered on by everyone, which helped them to rally and win against Lausanne. This was the last time they were going to be called Panthers and the last time they would ever be able to play a game with the rest of the team. But, that doesn't mean the Panthers will quit. They have a very strong team with a winning attitude. This all wouldn't be possible if the Panthers didn't have the coach that they

have. If it wasn't for Br. Ibrahim Bell the Panthers wouldn't be inspired to compete and be part of the volleyball team. The Panthers Volleyball team is proud to call him their coach. Sure the season has ended for some but this is just the beginning for others.



Simply Sarah

by: Jameelah Wright © 2007





DEAR MUSLIMAH....

I have a bully problem. My parents tell me I am not allowed to fight or yell at anyone who makes fun of me but it is really making me mad. What should I do?

Troubled

Dear Troubled,

Experts believe that nearly 75% of school-aged children are or have been bullied. Being bullied at school or anywhere else for that matter is a serious situation. No child should ever feel that his or her safety, physically, emotionally or both is ever in danger. If the students who are bullying you are not stopped than the behavior will only continue to get worse. You parents make valid points, especially as Muslims, we should never fight unless we truly have to. Here are my suggestions for you.

-Ignore the bully. Pretend you didn't hear him. Don't even look at him. Walk right past him if you can.

-Don't cry, get angry, or show that you're upset. That's the bully's goal. Don't give him/her the satisfaction. Even if you're feeling really hurt, don't let it show.

-Respond to the bully evenly and firmly. Example: "No." "That's what you think."

If you can, turn a comment into a joke. Example: The bully says, "Stupid outfit!" You say: "Thanks! I'm glad you noticed."

If you're being bullied again and again, there's one "Most Important Thing" you should do: Talk to an adult. Start with your parents. It's not "rattling". It's asking the people who love you to give you help when you really need it.

If the bullying happens at school, make sure your parents discuss it with a school official, not with the parents of the bully.

Make it clear to the adult that you are really upset by what's going on. This is especially true if the bullying is "verbal bullying." Many adults don't take verbal bullying seriously, but the truth is, this is the kind of bullying that can hurt the most.

Hang in there and most of all, Ask Allah SWT for guidance and strength to deal with all of your daily challenges. Until next time.

-Muslimah

Dear Muslimah tries to give Islamic and real-world advice to young people looking for guidance. If you need advice please send your questions to:

dearmuslimah@pleasantviewschool.com or place your questions in her mailbox located at the school.

P	I	Z	Z	A	O	B	I	S	M	A	L	L	A	H
S	S	A	N	I	D	A	M	P	L	L	N	U	N	V
C	L	Q	L	L	E	P	S	R	D	H	S	O	G	D
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I	V	N	U	H	L	I	T	R	H	O	A	Q	A	E
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ADAM, ALHAMDULIALLAH, ALLAHUAKBAR, ANGEL, ARABIC, BISMALLAH, FALL, ISLAMIC STUIES, JESUS, MADINA, MASJID, MATH, MECCA, MUSSA, NUH, PIZZA, PROPHET, QURAN, SPELL, READING, SCIENCE, , SPRING, SUMMER, TAJWEED, WINTER

Can you find all of these words? Look hard, they may not be as easy as you think.



INGREDIENTS

- 2 cups sifted all-purpose flour
- 1 tablespoon ground ginger
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup shortening
- 1 cup white sugar
- 1 egg
- 1/4 cup dark molasses
- 1/3 cup cinnamon sugar

Grandma's Best Cookies

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.
3. Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.
4. Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.

Calendar of Events

November 2

Abbreviated Classes
Parent Teacher
Conferences



November 14

Coffee-With-Principal (8:00 - 8:45 am)

November 21-23



Fall Break (No School)

December 8

School Update Meeting (12:00—1:00 pm)

December 19

End of the 3rd Reporting Period

December 20-January 4

Winter Break (No School)

The Pleasantviewer

ADDRESS COMMENTS TO:

SGA@pleasantviewschool.com

PVS Contests:

PVS Quiz Contests: Answer the following questions per your age group and win a prize! Please submit all answers via e-mail to: SGA@pleasantviewschool.com or via mail (Attention SGA, 1888 N. Bartlett Road, Memphis, TN 38134) . A winner will be randomly chosen on Nov. 15 from the entries with the correct answers.

Grade PreK-2 : Who was the first and last prophet of Islam?

Grade3-5 : During which war was Prophet Mohammad's (PBUH) uncle, Hamza, killed?

Grade 6-8: Name three wives of Prophet Mohamed other than Khadija & Aisha.

Adult Group: Parents and Teachers:(3 questions)

1. Who was Omar Ibn Khattab (the companion of the Prophet, RAA) referring to when he said, "If you have this person in your army you will never have to retreat"?
2. Which of the Prophet's wives did he divorce, but then returned, because angle Gabriel came to him and said, "Allah Commands you to return her because she is Sawama, Quama (Fasts the day and prays through the night)"?
3. Which Khalifa, while giving a khutba (sermon) in Arabia, had a vision of an ambush by a Kafir (non-Muslim) army against Muslim forces in Iraq and was able to warn the general of the ambush by saying, "Ya Saria, Al-Jabal Al-Jabal" (General, the mountain, the mountain)"? Saria was able to see this Khalifa on the mountain top in Iraq even though the Khalifa was in Arabia.

Last Issue's Winners:

PreK-2: Tasneem Hassouneh. Gr. 3-5: Mohammad Gyasi. Gr.6-8: None
Adult Group: Ms. Faten Hassouneh