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Ramadan Guide

رمضان مبارك

Best food

Health news

Know your rights

Children activities

Home buying tips

Investment tips

Community news, views



Ya Michigan

A WEEKLY DIGITAL BUSINESS MAGAZINE

2018 EDITION

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Celebrate RAMADAN

رمضان مبارك

Kroger congratulates the Muslim community on the beginning of the holy month of Ramadan. We wish you a joyous celebration, and we invite you to our stores for all of your Ramadan needs, including lentils, fresh fruits and vegetables, dates, olive oil, dried fruit and much more. Happy Ramadan and join us at the Kroger store near you.

كروجر يهنئ المسلمين بحلول شهر رمضان المبارك, ويدعوكم لزيارة محلاته لشراء جميع لوازمكم لهذا الشهر الكريم . نقدم تشكيلة واسعة من حاجيات شهر رمضان كالتمر والعدس وزيت الزيتون بالاضافة الى الخضار والفواكة الطازجة.





Ya Michigan

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Welcome

Yamichigan.com is the fastest growing digital business magazine in the Middle Eastern American Communities in Michigan, serving Wayne, Macomb, Oakland and Washtenaw counties.

Since 2012, we have focused our news delivery on cellphones and tablets. Our popular website features business, policy, real estate market, food and community news and information, and our effective e-newsletter reaches thousands of readers every Tuesday. We are proud of our services to the community, and we thank our sponsors for their support.

Thank you for your trust in Ya Michigan, and we ask you kindly to support us and work together to serve our communities. www.yamichigan.com.



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Ramadan Mubarak

From the Editor:

As we embark on the holy month of Ramadan, the Ya Michigan group would like to congratulate the different communities in Michigan and the world on the season of fasting, wishing everyone a safe and productive Ramadan experience. Ramadan begins around May 17 and ends around June 16, depending on the moon cycle.

We prepared this section to share the social and spiritual joy of the community during this holy month with Muslims and non-Muslims and to facilitate as much interaction as possible through print, online and face-to-face.

This year, we have expanded the guide to include a wide variety of valuable information and tips since most people keep the guide for months. We have also worked with several schools, featuring students of different ages, gender and background. We thank all the schools that worked with us, and the contributors who shared their thoughts and experiences. A special thank you to the sponsors who funded this project. Without their generous support, this guide could not have been possible.

We printed 5,000 copies for distribution in the community, and we will email an electronic version every week during the month of Ramadan for viewing and downloading. We are working with several organizations to

maximize our electronic reach to up to 32,000.

If you like additional copies, please call 313-819-0101. If you like to see an electronic version of the guide, please visit www.yamichigan.com

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Contributors include: Imam Ibrahim Kazorooni, Sayyid M. B. Kashmiri, Imam Mohammad Ali Elahi, Father George Shalhoub, Imad Hammad, Dr. Mohammad Ajjour, Productivemuslims.com, Dearborn Public Schools Superintendent Dr. Glenn Maleyko, Dr. Hoda Amine, Susan Carland, Universal Learning Academy, Dreamy Islamic Academy, Tom Rusco, Dearborn Police Department, and American Civil Liberties Union of Michigan.



Ramadan, the month of fast, peace, giving and mercy

What: Ramadan is the ninth month of the Islamic lunar calendar. It begins with the sighting of the new moon or at the beginning of the lunar month.

How: Fasting is a total abstinence from eating, drinking, smoking and sexual activities from dawn until dark. On the spiritual side, Muslims are asked to avoid immoral behavior and anger and show compassion.

Purpose: The intention of fasting is to develop spiritual consciousness, self-control and improvement of health by reducing or eliminating impurities from the body. It also includes becoming aware of the plight of the poor, hungry and sick. It is a month of spiritual awareness and of a high sense of social responsibility.

Who: All healthy Muslims must observe the fasting

season. The sick, travelers, children and others are exempted from fasting and can make up the fast at later days. Consult with your imam on the conditions of breaking the fast and whether your children should fast during these long summer days.

Components: Most Muslims wake up before dawn for suhoor to eat before the fast begins. They break fast with a meal at night and allocate time for prayers and supplications during the day.

End of Ramadan festival: At the end of the month, Muslims observe Eidul-Fiter, which is a Thanksgiving Day for Muslims for completing the month of fast and renewing their spiritual connection. It is a major holiday and it includes family gatherings, visitations, gifts and celebrations.



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RAMADAN KAREEM



The power of fasting

Through fasting, Muslims experience hunger and thirst, and sympathize with those in the world who have little to eat every day.

Through increased devotion, Muslims feel closer to their Creator, and recognize that everything we have in this life is a blessing from God.

Through increased charity, Muslims develop feelings of generosity and good will toward others.

Through self-control, Muslims practice good manners, good speech and good habits.

Through changing routines, Muslims have a chance to establish more healthy lifestyles and habits -- particularly with regards to diet and smoking.

Through family and community gatherings, Muslims strengthen social bonds in their own



communities and throughout the world.

Through restraint and devotion, Muslims strive to make the feelings and attitudes developed during Ramadan stay with them during their "normal" lives. That is the true goal and test of Ramadan.



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*Joe Bazzi and the entire team
at Byblos wish the community a
happy and safe Ramadan*

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Ramadan Greetings

Imam Mohamad Ali Elahi
of the Islamic House of Wisdom

"O ye who believe! Fasting is prescribed to you, as it was prescribed to those before you, that you may learn self-restraint." Quran 2:183

May the Lord Bless You in this holy month of Ramadan, the month of fast and forgiveness, mercy and giving.

The fasting season is an opportunity for the faithful to experience a spiritual revolution and develop a new discipline in their relationship with themselves, their Lord and fellow human beings based on piety, humbleness and courtesy. Fasting was meant to cleanse the heart from selfishness, greed, impatience and hypocrisy.

Fasting fosters appreciation for what we have and sympathy with those who are hungry and thirsty. Therefore Ramadan is about purification of the mind, heart and body. It's about experiencing a spiritual

energy, which provides healing and harmony and creates a stronger personal discipline, a stronger community and a stronger country.

Ramadan includes the Night of Power when the Quran was revealed to the Prophet Mohamad (PBUH). Muslims are encouraged to read the Quran during Ramadan and especially during the Night of Power, when many of the faithful retreat to mosques for prayers and meditations, asking the Lord for help and forgiveness. The Night of Power is an experience of sacred awe in some ways quite similar to what faithful Christians experience on Christmas Eve. The Quran includes the stories of Adam and Eve, Noah, Moses, Abraham, Mary and Jesus, all of which are told during the month of Ramadan.

I would like to take this opportunity to wish a happy Ramadan to the faithful. The Islamic House of Wisdom begins its daily services on Thursday evening and will continue until the end of Ramadan.

Everyone who seeks education about Islam is welcome.



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The power of prayers

For years now, prayers and meditation have been linked to many physiological benefits, but when prayer and fasting are combined, they improve the results. Here are some of the benefits:

- Relief of depressed mood
- Foreseeing and avoiding anger
- Improved decision making ability
- Heightening the facility to communicate with God and to meditate
- Identification with religious hierarchy
- Fewer physical complaints
- Higher sense of well-being for cancer patients
- Increased positive contributions from their cancer experience
- Improved mobility for Muslims with arthritis who prayed during the month of Ramadan
- Improved mental health

سوء الظن

ألم أعر على فأسى ، فإشتبهت بأن ابن جاري قد سرقه مني ، فشرعت بمراقبته.

فكانت مشيتيه ، مشية نموذجية لسارق فأس .

وكان الكلام الذي ينطق به ، مثل كلام سارق فأس.

وتصرفاته تفضح و كأنه سارق فأس.

فبت ليلى ساهراً حزينا أضناني التفكير مما جرى لي مع ابن جاري.

وبصورة غير متوقعة وبينما كنت أقلب التراب ، عثرت على الفأس !

وعندما نظرت الى ابن جاري في اليوم التالي من جديد ، لم يظهر لي

شيء .. لا في مشيته و لا في هيأته و لا في سلوكه يوحي بأنه سارق

الفأس ..

ليلة امس كنت أنا أكبر سارق !

فعندما اتهمت ابن جاري ظلماً ، سرقت أمانته و براءته !

وعندما بت في حزن و أرق ، سرقت يوماً من حياتي !

فى اوقات كثير تحكمتنا مشاعرنا و شكوتنا و ظنونا فنخطئ الحكم و

نسيء لمن حولنا .

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Maintaining athletic performance during Ramadan

The focus of Ramadan is clearly spiritual but you don't want to neglect your health and your exercise routine. The following are only recommendations to maintain athletic performance during Ramadan. Consult with your doctor before embarking on any programs.

Intense, even moderate, exercise while fasting is not recommended for the general population due to risk of dehydration and hypoglycemia.

There is lots of information available on the Internet about intermittent fasting and exercise. Most of this information is based on personal experiences and is anecdotal and sometimes refers to fasts where water intake is not limited, so be cautious in taking such advice.

Professional athletes are lean and have finely tuned fitness machines with optimal nutritional diets, support from experienced coaches and a career that depends on exercise. We don't. So save your training until after breaking the fast and always keep hydrated.

- The best time to do weights is between sunset and sunrise, after having broken the fast with a light meal and then eating again after training. You should reduce the duration and intensity of workout and keep hydrated.

- Cardio can be done after a light iftar or 1-2 hours after a heavier meal. Pre-suhoor is another possible workout time though perhaps only for the highly motivated. Too much cardio will increase the chances of muscle breakdown, so reduce the intensity, frequency and duration of the workout. Walk instead of jog if needed. A maximum of 30 minutes is still beneficial. Alternatively, if you are already used to high-intensity training, you could opt to do a 10 minute burst of high-intensity training.
- Use Ramadan to work on aspects of fitness you normally don't have time for: yoga for flexibility, Pilates for posture and core strength or tai chi for focus and balance.
- Only low-intensity physical activities like a gentle walk, gentle yoga or stretching, can be done 30 minutes before breaking the fast. Beginners and fitness fanatics alike may find this particularly re-energizing though be wary of going outdoors in the heat as you will already be dehydrated and low in blood sugars.
- If you do decide to exercise, do not put yourself at risk of injury or exhaustion by doing too much, too often. Ensure you have adequate sleep, be flexible, keep hydrated and stop when you need to. Consult your doctor before exercising.

الدين حسن المعاملة

يحكى أن امرأة مرت على مجلس فقالت : من الفقيه فيكم ؟؟

فأشاروا إلى أحدهم

فقالت له : كيف تأكل ؟؟

فقال لها : أَسْمِي باسم الله وأكل بيمينني وأكل مما يليني وأصغّر اللقمة وأجيد المضغّة

فقالت له : وكيف تنام ؟

قال : أتوضأ وأنام على جنبي الأيمن وأقرأ وردّي من الأذكار

فقالت : أنت لا تعرف أن تأكل ولا تعرف أن تنام

فنظر لها مستغرباً !

وقال لها : إذاً كيف الأكل والنوم ؟

فقالت له : لا يدخل بطني حرامٌ ، وكل كيف شئت ، ولا يكن في قلبك غلٌّ على أحد ونم كيف شئت . وما أخبرتني به هو أدب الشيء ، وما

أخبرتكم به هو جوهر الشيء وحقيقته.

كثيرٌ من الناس يبالغ في مظهره من خنق عنقه بزرقة ميص وإطلاق اللّحى ولكنه لا يتحقق بالجواهر وما أدراك ما الجوهر؟ وأزيد لم ينبهر

المسلمون بمالبس الرسول الكريم ، ولا بمطعمه ، ولا بمشربه ، لكنهم انبهروا بعظيم أخلاقه ، وطيب سيرته ، وحسن أدبه ، ولين معاملته ،

فحولهم من أمة ترعى الغنم ، الى أخرى تقود الأمم ، فالدين حسن المعاملة!

Five healthy foods for Ramadan, easy and available

Dates contain a unique blend of glucose and fructose and have a very high potassium content (about 64% more than bananas). They have a nutrient called beta-D-glucan, which is a soluble fiber that has health benefits and can increase the feeling of fullness.



Raw, unfiltered honey contains many phytochemicals and flavonoids that can enhance health. Honey is very good for increasing energy. It is an excellent source of antioxidants and has anti-bacterial effects. Take 1-2 tablespoons daily.



Fish has positive effects on health. The fish oils EPA and DHA have been shown to improve brain function, enhance cardiovascular health, and reduce inflammation, among other things. Some of the best fish are cold water wild salmon, orange roughy,



deep sea cod, sea bass, ahi tuna, mahi mahi, and tilapia.

Figs contain key minerals such as calcium, iron, magnesium, and potassium. They are also a great source of fiber and can support healthy blood sugar levels.



Olive oil contains omega 9 or oleic fatty acids and has been shown to increase good cholesterol while lowering bad cholesterol. Look for extra virgin olive oil (cold-pressed). Cooking with it can lower some of its benefits. Add it to food after it is cooked.




The content of this article is for information purposes only. Please consult a physician before starting any nutrition, training, or supplementation program.


- Online research.


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Health benefits of fasting, medical and psychological

By Dr. Mohamed Ajjour M.D. FACC

Fasting offers many health benefits including:

- **Eliminating of toxins in the body:** Most processed foods contain additives, which may become toxins and are later stored in a form of body fat. By fasting, the fat is burned and the toxins are eliminated.
- **Resolving inflammatory response:** Fasting promotes the resolution of inflammatory diseases such as arthritis, skin diseases such as psoriasis, and bowel diseases such as ulcerative colitis.
- **Reducing blood sugar:** Fasting increases the breakdown of sugar, and reduces the production of insulin.
- **Increasing fat breakdown:** When the amount of sugar in the body is low, fat is broken down, which releases energy.
- **Correcting high blood pressure:** Fasting is a non-drug method to reduce blood pressure and the risk of clogging of the arteries.
- **Promoting rapid weight loss:** By fasting, the storage of fats in the body is reduced. However, fasting is not a good long-term weight loss strategy.
- **Boosting immunity:** A balanced diet along with the elimination of toxins and a reduction in fats as well as an increase in fruit intake could boost immunity.
- **Overcoming addictions:** Fasting plays a key role in helping addicts to reduce their cravings for nicotine, alcohol and caffeine, as well as other substances.

Pregnant women, nursing mothers, malnourished people, and individuals with heart, kidney or liver problems should consult their physicians before fasting.

Other Health Benefits include boosting the immune system by motivating the stem cells to promote regeneration of damaged tissues and promote healing of organs that may have been damaged by chemotherapy. It could also benefit elderly people who have poor health and are affected by various diseases by prompting the creation of

new white blood cells, regenerating the immune system.

Note: This article is intended for informational use only. This is not medical advice, and readers are urged to consult their doctors before fasting.

Other benefits of fasting

- It helps one to feel compassion for those who are less fortunate and underprivileged, since each day Muslims feel greater appreciation for what they have as a result of feeling hunger and thirst.
- It allows one to build a sense of self-control and willpower, which can be beneficial throughout life in dealing with temptations and peer pressure. Through fasting, Muslims learn to control their natural urges such as hunger and thirst, and thus are able to better resist temptations for things which are not necessary, such as drugs or other unhealthy or harmful substances and behaviors.

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Ramadan Greetings

Dr. Glenn Maleyko,
Dearborn Public Schools Superintendent

Around the world, and right here in our community, Muslims are prepared to begin the month of Ramadan. This month of fasting, charity and prayer is also a time of family gatherings and the sharing of meals. These activities strengthen one's faith but they also help to strengthen our community.

As Dearborn Public Schools superintendent, I'm very fortunate to have the opportunity to meet and connect with many people and organizations in our community. I enjoy sharing in the celebrations and appreciate the warm welcome I always receive.

Our district always has, and always will, embrace and champion diversity, equality and education for all. Our staff members, students, families and the community we serve all contribute to make up who we are as an educational institution. The sharing of our knowledge, skills, backgrounds and experiences

strengthens our schools, helps our community to grow and provides a solid foundation for tomorrow's leaders.

We are committed to student success and providing an open door to their educational and professional goals. This long-standing commitment is woven throughout our Mission Statement, values, policies, services, and daily practices.

More than 20,900 students attend the Dearborn Public Schools. Our students and their families represent the many cultures, nationalities and religions that make up the great city of Dearborn. We are proud to be part of a community where so many can practice their faith in freedom and with the understanding of neighbors. School is about learning and learning takes place at all times, not just in the classroom. Learning about other cultures, traditions and religions helps to bring us closer together as a community and strengthens us as a city.

Ramadan Mubarak.

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Ramadan Kareem

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Estate planning is for everyone, rich and poor

Most people think that estate planning is for rich people. It is not. Estate planning is for everyone. Islam mandates that you plan for the unexpected. Estate planning goes even further. It deals with your assets, your family, your wishes and your body. Here are some benefits to estate planning according to wealthcounsel.com:

Include instructions for passing on your values (religion, education, hard work, etc.) in addition to your valuables.

Include instructions for your care if you become disabled before you die.

Name a guardian and an inheritance manager for minor children.

Provide for family members with special needs without disrupting government benefits.

Provide for loved ones who might be irresponsible with money or who may need future protection from creditors or divorce.



Include life insurance to provide for your family at your death; disability income insurance to replace your income if you cannot work due to illness or injury; and long-term care insurance to help pay for your care in case of an extended illness or injury.

Provide for the transfer of your business at your retirement or in case of disability or death.

Minimize taxes, court costs, and unnecessary legal fees.

Be an ongoing process, not a one-time event. Your plan should be reviewed and updated as your family and financial situation, and the law, change over your lifetime. - Online Research

Habits of happy people, forget, forgive, give thanks

Are you happy? Can you increase your happiness?

Here are a few habits that, if you adopt them, will enhance your happiness.

Positive attitude is the number one cause of happiness. Having a positive attitude and smiling often will help you deal with life better and attract more people to you.

Be inspired by, not jealous of, those around you who are successful. Success is not a coincidence, and being inspired by others' success will propel you forward.

Don't play the blame game. Bad things happen to everyone. Take responsibility and deal with your problems. Besides, no one wants to hear bad stories.

Exercise blasts stress. Nothing conquers stress like exercise. It boosts your body and your mood and fosters positive energy.

Forgive and forget. It is sometimes not easy to forgive or forget, but forgiving means moving on and starting a new chapter in your life. You owe it to yourself. Life is too short.

Forget about the past. Some people remember years of sorrow. It only wrinkles their faces and hearts. Learn from your mistakes and move on.



Give thanks. Focusing on your sorrow makes you forget your blessings. Most likely you are a lot more blessed than you think, and all you need to do is to count your blessings. Draw a line on a piece of paper and put your blessings on one side and your sorrows on the other. You will be surprised that no matter how bad life is treating you, your blessings are at least twice as many as your challenges.

Keep smiling.

- Online research

If you are stopped by immigration or law enforcement officers, it is important that you cooperate, but you still need to know your rights. The ACLU provides the following information to help you understand your rights.

Regardless of your immigration or citizenship status, you have constitutional rights:

- You have a right to remain silent and can assert this right by stating: "I choose to remain silent."
- You have the right to refuse to consent to a search of yourself or your belongings.
- Ask if you're free to leave. If they say yes, calmly walk away.
- If you are taken into custody, ask to speak to an attorney immediately and assert your right to remain silent.
- Keep your hands where the police can see them.
- Do not run, resist or obstruct the police even if you are innocent or they are violating your rights.
- Do not lie or give false information, including about your immigration status.

If you are approached by immigration (ICE or CBP) on the street, in your car, or in other public spaces:

- U.S. citizens: You do not have to show proof of your citizenship or answer questions about where you were born or how you entered the country. You may choose to remain silent.
- Non-U.S. citizens: You should show your immigration papers to a requesting officer if you have them. If you do not have them, state that you want to remain silent. (Note: Separate rules apply at international borders and airports, and if you are on certain nonimmigrant visas, including tourists and business travelers. Please contact the ACLU for more information.)

If FBI agents ask to question or interview you:

- You have the right to refuse to be interviewed, even if they have a warrant.
- You have the right to speak with an attorney and have an attorney present before answering questions, even if you didn't do anything wrong.

If the police, FBI, or immigration officers come to your house:

- Ask them to show you a warrant:
- You do not have to let them into your home unless they have a warrant signed by a judge. Immigration officers (ICE) may have a document that says "warrant" or "warrant for

arrest of an alien." If the document is signed by an ICE representative, but not a judge, you do not have to speak with them or let them in.

- You still do not have to speak to them and may want to talk to an attorney even if the officers present a warrant signed by a judge. If you choose to speak with them, step outside your home and close the door (unless they have a search warrant to enter the home).
- An arrest warrant signed by a judge will allow them to enter if they think the person they are arresting is inside the home.
- A search warrant signed by a judge will allow them into specific areas or allow them to look for specific items listed on the warrant.

If you are returning to the U.S. at an airport or at an international border:

1- Customs officers can stop you at the border or ports of entry and search your belongings, even without any suspicion of wrongdoing. However, they cannot target you simply because of your religion, race, ethnicity, national origin, gender, or political beliefs.

- If you are a U.S. citizen and present a passport, you do not have to answer their questions, though refusing could result in a delay.
- If you are not a U.S. citizen and you refuse to answer questions, you may be denied entry. If you choose to answer questions, be truthful.
- You do not have to answer questions about your political opinions or religious beliefs or practices. You can request to see a supervisor.

2 - Customs officers may ask to search electronic devices such as laptops and cell phones. Whether officers have the authority to search these devices without any suspicion or a warrant is currently a contested legal issue.

- U.S. citizens: You may refuse to provide passwords or unlock devices. While doing so may lead to a delay, lengthy questioning and/or your device being held for further inspection, you cannot be denied entry.
- Non-U.S. citizens: You may be denied entry into the U.S. for not providing this information.

This information is not a legal advice. Some state laws may vary. Contact your local ACLU at <http://www.aclumich.org/> or (313) 578-6800.

Best food, eating practices for the month of Ramadan

For iftar: This is the time for rehydration. The best way to break fast is with dates and water. Dates have a very high level of potassium, a key hydration mineral and a special carbohydrate blend that enhances hydration along with a special blend of glucose and fructose for short- and long-term energy.

It is a good practice to break fast first and wait an hour before eating the main meal of iftar. At the same time, avoid fried food if you can and drink a lot of water.

One thing to remember is that by eating a small meal at night, you can cause your body to speed up metabolism, increase nutrient absorption and stabilize insulin and blood sugar level.

For suhoor, it is important to drink lot of water and eat a good blend of protein, carbohydrates and essential fat. Food for suhoor includes: egg white, chicken breast, oatmeal, cinnamon, bananas, raw dark honey, raisins or dates, fibrous vegetables and plenty of water. Consult your doctor for vitamins and other supplements.



Most people opt for a light snack for suhoor



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How to get your children to love and enjoy Ramadan

By Susan Carland

In Muslim countries, markets, streets, media and the general population foster an unmistakable sense of connection to Ramadan, but parents who live in western countries have always faced the challenge that there is little recognition of Ramadan outside their homes and it is difficult to excite the children and prepare them for this holy month. The challenge becomes more acute when parents try to compete with the activities of non-Muslim holidays.

Susan Carland published a story on the www.productivemuslims.com website, offering several ideas on how to get the entire family involved, fostering an opportunity for learning and sowing faith and tradition:

1- Buy Decorations: Decorations remind everyone who enters the home that this is a special time. Avoid balloons because they deflate within a few days, and choose something you can enjoy for a whole month. I purchased a range of colorful Chinese paper lanterns from my local discount store and strung them up in my living room. They were cheap, looked great, and were not the kind of decorations my kids automatically associated with other celebrations (such as tinsel for Christmas or balloons and streamers for birthdays). I also cover windows with Ramadan messages and drawings made with colored window chalk, and we have a special scented candle we light every night at Maghrib in Ramadan that changes color every few minutes. You know best what decorations will make your family happy, so go for it! Get everyone to help you decorate a day or two before the month starts, while blasting Ramadan anasheed.

2- Start a Ramadan calendar: Marking off the days of Ramadan is a lot of fun for kids. The simple calendar I made for my children (felt pieces glued onto a black board) has little pockets, where I put a note with either a sweet or a date for the kids. The notes have changed over the years based on the ages and knowledge of my children. When they were very small, the notes just said things like "Allah loves you so much!" and "In Ramadan, adult Muslims don't eat or drink anything from before dawn until sunset!" As they grew older, I put in more advanced lessons or Quran verses. Even when we have guests, I ensure

there are enough sweets or dates in the pocket for every child who visits. The children are not allowed to get the note or sweet until Maghrib time, as this helps create a sense of excitement for this time of day, even when they are too young to be fasting.



Please see children and Ramadan on page 19



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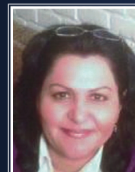


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"What is not started today, will never finish tomorrow."

Children and Ramadan From page 18

3- Plan Ramadan Goals: We all need a plan for Ramadan, otherwise it is easy for the month to whiz by without much change. Kids should be encouraged to have goals and parents should make sure they follow through.



For very little children, have them make three goals for the whole month; any more than that is just too much for little ones. The goals can be things like “learn a new dua,” “memorize three new surahs,” “fast for two hours once a week,” or “help mom every day.”

Slightly older children can benefit from more structure, and for that age I created a 30-page notepad to check off each day. This visual reminder gives them ideas of things to do each day, and also provides the satisfaction of not just ticking things off at the end of each day but of reviewing all they have achieved at the end of the month.

On the other hand, teenagers can benefit from a Ramadan diary: buy them a funky notebook or get a plain one and allow them to decorate it themselves. Tell them it’s for them to record not just their goals at the start, but their feelings, thoughts and prayers to Allah as the month continues. I do check them to see that they are writing in them regularly, but I never read specifics (I generally only flick through the pages), as privacy is important at this age.

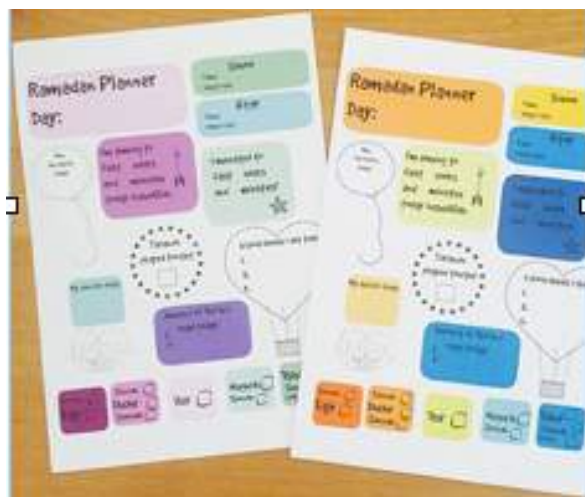
Keep any goals the kids have close to where your family eats or prays, and be sure parents and any elders who live at home have somewhere to write their goals too. Remind and encourage each other as the month progresses, and be sure to warmly praise children as they achieve or maintain Ramadan goals.

4- Get the kids to give sadaqah, offering to the needy: Teaching your children about sadaqah during Ramadan is one of the best ways to implement this

trait in them from an early age, as they learn the importance of charity and the need to share with those who have less than they do. Sadaqah extends beyond money. It includes: Baking cookies and sweets for others, donating books about Ramadan to schools and having the children contribute to a sadaqah box throughout the month and donate it before the eid either in the form of money, food or clothing.

5- Get crafty: Crafts are a fantastic way for your children to get excited for Ramadan; it allows them to express their creativity, learn and get messy at the same time! Have a look at my ideas for different Ramadan crafts for your children and get the whole family involved. Crafts could include:

- Ramadan placemats that include iftar or suhoor dua and let the children decorate them. This is a good way to help them memorize the dua.
- Good deed jars that include a big collection of good deeds to pick from every day.
- Date jars with decoration on the outside to give as gifts, which is a good way to instill in our children the tradition of breaking fast with dates.



6- Dedication tent: While children are too young to go to the mosque and isolate themselves for a few days or hours to concentrate on prayer, or what is called I’tikaf in Arabic, you can create a special area for them or set up a tent in the basement or one of the rooms to dedicate the space for prayers, reading the Quran or contemplation. It is not a place for playing games on the iPad.

Hope is real. Life is good. Live it and celebrate it

We have recently lost several young men and women in our community. They have lost hope and ended their lives whether through overdose or other means. Their departure has been a tragedy for them, their families and our community. Unfortunately, discussing this is still taboo in our community. We hope that changes soon.

And no matter what your issue is, listen to this:

We all have at least one reason to live, yet sometimes it's difficult to believe. We understand.

When we're feeling low, we need the help of others around us to help us understand and wrap our arms around our reason(s) to live.

Your reasons may be your family, your friends, a pet or your hobby. Whatever your reason to live is, that is the reason why you need to stay alive!

Your life is precious – there is nothing ever so bad that you have to hurt yourself or hurt anyone else. There's always a way forward.

We believe in YOU!

We're here to listen and to help as best we can. Your communication with us is confidential. We encourage you to give us as much background as you feel comfortable giving because the more we understand your situation, the more thoughtful and helpful our response to you will be.

You're not alone. Hold steady.

We're here for YOU!

Here are some great thoughts for today. Sometimes we are caught in circumstances that are beyond our control and working through it all can be so tough. We understand. But in the midst of all we encourage you to keep going and make every moment count.

Make Every Moment Count.



In LIFE:

- Find a passion and pursue it.
- Fall in love. Dream big.
- Drink and eat healthily.
- Spend quality time with good friends.
- Laugh every day.
- Don't dwell on the past or over-anticipate tomorrow.
- Live in the moment. Enjoy now. Be optimistic. Expect great things to happen.
- Travel. Broaden your horizons.
- Learn more. Be creative.
- Spend time with people who are positive and encouraging.
- Make the most of opportunities when they arise. Don't procrastinate as you may miss the boat.
- Love with all your heart.
- Never give up. Do what you love to do.
- Be true to who you are.
- Make time to enjoy the simple things in life.
- Spend time with family. Forgive even when it's hard. Life's too short for stuff.
- Smile often. Be grateful.
- Be the change you want to see in the world. Live it.
- Follow your dreams.
- Try new things. Work hard.
- Don't be fearful. You can achieve much more than you may realize.
- Don't count the minutes. Count the laughs.
- Embrace positive change. Trust in yourself. Believe.
- Be thankful. Be nice. Be happy.
- Live for today.
- And above all...MAKE EVERY MOMENT

فَوْضُ أَمْرِكَ لِلَّهِ فِي كُلِّ شَيْءٍ

- أَنْ تَنْتَبِهَ أَيُّهَا الْمُؤْمِنُ، إِلَى أَنْ تَسِيرَ الْكَوْنُ شَيْءٌ فَوْقَ مَسْتَوَى إدراكك .. فلا تشغل نفسك به ودعه لخالفه يسيره كما يشاء .. وفق علمه وحكمته.

- فَإِذَا رَأَيْتَ أَحَدًا تُصِيبُ بِالْإِحْبَابِ وَلَمْ تَفْهَمْ الْحِكْمَةَ مِنْهَا فَلَا تَيَاسُ وَلَا تَتَذَمَّرَ .. بَلْ ثِقْ فِي تَدْبِيرِ اللَّهِ، فَهُوَ مَالِكُ هَذَا الْمُلْكِ وَهُوَ خَيْرُ مُدَبِّرٍ.

هي أَكْثَرُ السُّورِ الَّتِي تَحْدُثُ عَنْ الْيَأْسِ.

- قَالَ تَعَالَى:

**فَلَمَّا اسْتِيسَا مِنْهُ خُلُوصًا نَجِيًّا (٨٠)*.

**وَلَا تَيَاسُوا مِنْ رُوحِ اللَّهِ .. إِنَّهُ لَا يَبِيسُ مِنْ رُوحِ اللَّهِ إِلَّا الْقَوْمُ الْكَافِرُونَ (٨٧)*.

حَتَّى إِذَا اسْتِيسَى الرَّسُلُ وَظَنُّوا أَنَّهُمْ قَدْ كُذِّبُوا جَاءَهُمْ نَصْرُنَا (١١٠).

- وَكَأَنَّهُمَا يَقُولُ لَكَ أَيُّهَا الْمُؤْمِنُ:

• إِنَّ اللَّهَ قَادِرٌ .

• فَلِمَ الْيَأْسُ؟

إِنَّ يُوسُفَ رَغِمَ كُلُّ ظَرْفِهِ الصَّعْبَةَ، لَمْ يَبِيسَ وَلَمْ يَفْقِدِ الْأَمَلَ .. فَهِيَ قِصَّةُ نَجَاحٍ فِي الدُّنْيَا وَالْآخِرَةِ:

- فِي الدُّنْيَا: حِينَ اسْتَطَاعَ بِفَضْلِ اللَّهِ ثُمَّ بِحُكْمَتِهِ فِي التَّعَامُلِ مَعَ الْمَلِكِ، أَنْ يُصْبِحَ عَزِيزٌ مِصْرَ ..

- وَفِي الْآخِرَةِ: حِينَ تَصَدَّى لِمَرْأَةِ الْعَزِيزِ وَرَفَضَ الْفَاحِشَةَ وَنَجَحَ ..

لَقَدْ نَزَلَتْ هَذِهِ السُّورَةُ فِي عَامِ الْحَزَنِ عَلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ فِي أَشَدِّ أَوْقَاتِ الضِّيقِ وَهُوَ عَلَى وَشَكِّ الْهَجْرَةِ وَفِرَاقِ مَكَّةَ ..

هَذِهِ السُّورَةُ كَمَا قَالَ الْعُلَمَاءُ

مَا قَرَأَهَا مُحْزُونٌ إِلَّا سُرِّي عَنْهُ. تَوَلَّى اللَّهُ أَمْرَ يُوسُفَ،

فَأُحْجِجَ الْقَافِلَةَ فِي الصَّحَرَاءِ لِلْمَاءِ .. لِيُخْرِجَهُ مِنَ الْبُرِّ!

ثُمَّ أُحْجِجَ عَزِيزُ مِصْرَ لِلأَوْلَادِ .. لِيَتَبَنَاهُ!

ثُمَّ أُحْجِجَ الْمَلِكُ لَتَفْسِيرِ الرُّؤْيَا.. لِيُخْرِجَهُ مِنَ السِّجْنِ.

ثُمَّ أُحْجِجَ مِصْرَ كُلُّهَا لِلطَّعَامِ ... لِيَصْبِحَ عَزِيزُ مِصْرَ.

إِذَا تَوَلَّى اللَّهُ أَمْرَكَ .. هَيَّا لَكَ كُلَّ أَسْبَابِ السَّعَادَةِ وَأَنْتَ لَا تَشْعُرُ فَقَطْ قَلْبُكَ بِصَدَقِ {وَأَفْوُضُ أَمْرِي إِلَى اللَّهِ}.*

فَقَطْ فَوْضُ أَمْرِكَ لِلَّهِ فِي كُلِّ شَيْءٍ...فِي هَمِّكَ...فِي صَحَّتِكَ...فِي أَوْلَادِكَ...فِي احتِجَاجَاتِكَ المَالِيَةِ...وَتَأَكَّدُ أَنَّ اللَّهَ مَعَكَ. إِذَا حَفِظْتَ أَمْرَهُ.

سُورَةُ يُوسُفَ نَزَلَتْ فِي عَامِ الْحَزَنِ .. هِيَ السُّورَةُ الْوَحِيدَةُ فِي الْقُرْآنِ، الَّتِي تَقْصُ قِصَّةَ كَامِلَةٍ بِكُلِّ لِقَاطَاتِهَا .. لِذَلِكَ قَالَ اللَّهُ تَعَالَى عَنْهَا: *أَنَّهُ سَيَقْصُ عَلَى النَّبِيِّ (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) "أَحْسَنَ الْقَصَصِ"*.

وَهِيَ أَحْسَنُ الْقَصَصِ بِالْفِعْلِ كَمَا يَقُولُ عُلَمَاءُ الْأَدَبِ، وَخَاصَّةً الْمُتَخَصِّصِينَ فِي عِلْمِ الْقِصَّةِ .. فَهِيَ تَبْدَأُ بِحِلْمٍ، وَتَنْتَهِي بِتَفْسِيرِ هَذَا الْحِلْمِ ..

مِنْ الطَّرِيفِ أَنْ قَمِيصَ يُوسُفَ:

- اسْتَخْذَمَ كَأَدَاةٍ بَرَاءَةٍ لِإِخْوَتِهِ .. فَدَلَّ عَلَى خِيَانَتِهِمْ.

- ثُمَّ اسْتَخْذَمَ كَأَدَاةَ بَرَاءَةٍ بَعْدَ ذَلِكَ لِيُوسُفَ نَفْسَهُ مَعَ امْرَأَةِ الْعَزِيزِ فَبَرَّاهُ.

- ثُمَّ اسْتَخْذَمَ لِلْبَشَارَةِ .. فَأَعَادَ اللَّهُ تَعَالَى بِهِ بَصَرَ وَالِدِهِ.

نَلَاظُ أَنْ مَعَانِي الْقِصَّةِ مُتَجَسِّدَةٌ .. وَكَأَنَّكَ تَرَاهَا بِالصَّوْتِ وَالصُّورَةِ .. وَهِيَ مِنْ أَجْمَلِ الْقَصَصِ الَّتِي يُمْكِنُ أَنْ تَقْرَأَهَا وَمِنْ أَبْدَعِ مَا تَتَأَثَّرُ بِهِ ..

لَكِنَّا لَمْ تَجِءْ فِي الْقُرْآنِ لِمَجْرَدِ رَوَايَةِ الْقَصَصِ .. وَهَدَفْنَا جَاءَ فِي آخِرِ سَطْرِ مِنَ الْقِصَّةِ وَهُوَ:

(*إِنَّهُ مَنْ يَتَّقِ وَيَصْبِرْ، فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ*)

فَمُحَوَّرَ الْقِصَّةَ الْأَسَاسِيَّ هُوَ:

- ثِقْ فِي تَدْبِيرِ اللَّهِ.

- اصْبِرْ.

- لَا تَيَاسُ.

الْمُلَاحَظَةُ أَنَّ السُّورَةَ تَمْشِي بِوَتِيرَةٍ عَجِيبَةٍ .. مَفَادُهَا أَنَّ الشَّيْءَ الْجَمِيلَ، قَدْ تَكُونُ نَهَايَتُهُ سَيِّئَةً وَالْعَكْسُ..!

- فَيُوسُفَ أَبُوهُ يَحِبُّهُ، وَهُوَ شَيْءٌ جَمِيلٌ، فَتَكُونُ نَتِيجَةُ هَذَا الْحُبِّ أَنْ يُلْقَى فِي الْبُرِّ!

- ثُمَّ الْإِلْقَاءُ فِي الْبُرِّ شَيْءٌ فَظِيلٌ .. فَتَكُونُ نَتِيجَتُهُ أَنْ يُكْرَمَ فِي بَيْتِ الْعَزِيزِ!

- ثُمَّ الْإِكْرَامُ فِي بَيْتِ الْعَزِيزِ شَيْءٌ رَائِعٌ .. فَتَكُونُ نَهَايَتُهُ أَنْ يَدْخُلَ يُوسُفَ السِّجْنَ!

- ثُمَّ أَنْ يَدْخُلَ السِّجْنَ شَيْءٌ بُشْعٌ .. فَتَكُونُ نَتِيجَتُهُ أَنْ يَصْبِحَ يُوسُفَ عَزِيزُ مِصْرَ!

الْهَدَفُ مِنْ ذَلِكَ:



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الوكيل الشرعي للمرجعية الدينية العليا في أمريكا الشمالية

أن ترسل بطاقة تهنئة بحلول شهر رمضان ويوم العيد السعيد الى جميع أقبائك وأصدقائك دونما استثناء، وحاول تناسي الماضي مهما كان لتفتح صفحة جديدة في حياتك.
أن تدع عدداً من أصدقائك على كاسة شاي أو قهوة، وادع عالم دين كفوء لمناقشة أمور رمضان كعقيدة وفقه ومسائل حياتية تهم الشباب واليافعين.
أن تقيم صلاة الجماعة بأهلك وأسرتك بسبب شهر رمضان لعلها تكون سنة حسنة لما بعد الشهر أيضاً.
أن تتلوا القرآن الكريم مع بعض أفراد أسرتك، فإنها فرصة لتقارب النفوس ولتصحيح القراءة لبعضنا البعض، ولتعطير أجواء المنزل بالروح القدسية.
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Dreamy Islamic Academy

Hannah Zahriyeh



My family celebrates Ramadan by making decorations the day before we start fasting. Each day,

we wake up before dawn to eat suhoor, which is breakfast. After that, we go back to sleep and later wake but don't eat until sunset. Throughout the day as we fast, we have a chance to feel with others in the world who do not have the blessings that we have.

In the evening, my mom cooks a meal and special treats. We wait for our family members to come over and we break our fast together. We eat, pray and spend time with one another. One of my favorite things about Ramadan is getting together with extended family.

After dinner, I make *wudu* and put on my hijab and I pray. Before I go to sleep I say *alhamdulillah* and I feel thankful for what I have.

Leen El-Haik



Let me introduce you to one of my favorite months, Ramadan. I will tell you about some of my family's traditions. During Ramadan, my family and I fast to feel what poor people feel.

Sometimes when we go the masjid, we give zakat (charity) to needy people. At the end of the day, my mom cooks a meal for us to eat. When we hear the athaan (call to prayer) at sunset, we say

bismillah and start to eat. We break our fast with dates and milk like the Prophet Mohamad did.

After the last day of Ramadan, we celebrate a holiday called Eid El Fitr. We exchange presents and give money to each other. I love Ramadan, it's one of my favorite times of the year.

Asiya Hammad



The month of Ramadan in my family means that we fast from dawn to sunset. When I fast, I think about the poor. Thinking about the poor inspires me to give charity.

In Ramadan, I get together with my extended family. My family always comes over in Ramadan and they teach me a lot more about Islam.

After the 29th or 30th of Ramadan, it's time to celebrate another holiday called Eid. I love Eid because it's the best holiday ever created. I never forget about how special Ramadan is to me because all of my past sins go away.

Ramadan Greetings

District Court Judge David Turfe

Ramadan Mubarak. Peace be upon all of you.

Ramadan is a very special time of year. It is unique in that you hate to see it come and you hate to see it go. The great holy month of Ramadan is not just about self-restraint from eating and drinking from sun up to sun down. It is a yearly reminder to self-diagnose ourselves on how we have been living throughout the year. We should utilize this time to concentrate on the important factors that not only will carry over on a day to day basis but in the hereafter as well. Ramadan allows us to reunite with our family every night while reinforcing our religious obligations that sometimes get lost in the daily grind of life. This is a great time of year for our youth to step back and reflect on where they are, where they are going and where they want to be in

the future. The days and especially the nights of Ramadan are great opportunities for all of us (especially our youth) to seek guidance from Allah and to thank Allah for providing the avenues for all of us to be successful in this life. There are no words to describe the significance of the great nights of power except that it is the perfect opportunity for us to humbly kneel before Allah and sincerely pray to give thanks for what has been provided to us. We are all human, and we all make mistakes. We should all take advantage of this great month of Ramadan and take the time to ask Allah to minimize and forgive us of our mistakes and keep us all on the straight path. Ramadan also reminds us to constantly pray for peace, health and well-being to our family, friends, neighbors, and all of mankind. Inshallah this Ramadan brings peace and tranquility to all of you and your family. Congratulations to all.

Universal Learning Academy

Sukayna Hojeije



Ramadan is a special time for me because my family spends a lot of time together. We all help prepare dinner (probably

and then sit down to break our fast together. It's usually kind of quiet for the first ten minutes of eating and then my dad usually begins a conversation about something having to do with Ramadan. We talk about people around the world, we talk about what it means to be a good person, and we talk about how thankful we are to live in a safe and clean environment with plenty of food and water. I'm always thankful for the things I have, but for some reason the month of Ramadan has a more powerful way of reminding me.

Zayn Hojeije



The crescent moon has been sighted
And families begin to prepare
For a month of reflection and charity
And spirituality through the power of prayer
As we break bread with our loved ones,
It becomes quite clear
The blessings that have been bestowed upon us
Day after day, and year after year
We are reminded of the needs of the less fortunate
Out of our wealth we search to find
Meaningful ways to give back to others
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Ramadan Greetings

Imam Ibrahim Kazerooni
of the Islamic Center of America

Ramadan, the month of becoming most deeply conscious of God.

"O'You who believe, the fast has been enjoined upon you as it was prescribed to those before you so that you may become deeply conscious of Allah" (2:183)

As the holy month of Ramadan begins, Muslims are reminded of their spiritual responsibilities during this month. The Holy Quran points to this by stating that the ultimate goal of the fasting should be "taqwa." The word "taqwa" is derived from the root "waqaya," which means "to safeguard," "to ward off" or "to abstain" and has been used in all these senses in the Quran. In the Quranic sense it may be defined as "heeding the voice of one's conscience in the awareness that one is accountable to God."

The Muslim fast is not meant for self-torture. It is meant to provide a platform for higher spiritual elevation. Because the instinct for food, drink and other habitual activities is strong in the animal nature,

temporary restraint from all these will enable the attention to be directed to higher issues, such as prayers, acts of charity and contemplations.

The Quran links *taqwa* to belief in God and regards its attainment as one of the objectives of serving God (2:21). Those who prefer the short-term advantages of this world are often contrasted with those who have *taqwa*. What is significant, though, is the way the Qur'an links *taqwa* to social interaction and concern for others, such as sharing, fulfilling covenants and, especially, kindness. According to the Quran, commitment to God's people is an inseparable part of a commitment to God. However, this does not imply that the two commitments are identical; a Muslim is, in the first instance, someone who has submitted to God in social and personal sense. The Quran emphasizes the need for a community and individuals deeply centered on *taqwa* who will carry on the prophet's task of transformation of their societies. We must strive during this holy month to be mindful of our Godly responsibilities as much as our duties to the fellow human beings.

Wishing Everyone A Happy Ramadan

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Home Improvement Tips

Here are several simple and cost effective tasks that home owners can do to improve their homes

Courtesy of Tom Rusco, president of House2Home Inspection Services

Exterior

- Clear the roof of any debris so that it will drain properly. If there are missing shingles, have a roofing company replace them.
- Clean the gutters of any debris.
- Check for proper grading and drainage. Add soil to any depressions or negative slopes next to the foundation. Proper grading will help prevent water penetration into the basement or substructure.
- Trim the shrubs and bushes away from the home to prevent wood destroying insects and damp areas damaging the house.
- Check siding for cracks, gaps and deterioration.
- Brick work – fill cracks, “tuckpoint,” with mortar or silicon caulk.
- Wood – paint any exposed wood.
- Vinyl/aluminum – reseal or caulk any damaged or moved siding.
- Dewinterize exterior faucets.

- Test electrical circuit (GFCI's).

Interior

- Check the attic for any roof leaks. Take pictures of any issues.
- Test smoke/fire/carbon monoxide alarms.
- Check the ceilings for any signs of water intrusion such as water stains or bubbling paint.
- Check basements for water penetration or dampness.
- Check basement walls for cracks. Take yearly pictures to determine if the cracks are getting bigger.
- Test ground fault circuit interrupters (GFCI's).

Mechanical

- Reset circuit breakers in the electrical service panel.
- Change furnace filter.
- If the heating, ventilation and air conditioning system is older than 15 years, consider having it serviced by a licensed HVAC technician.
- Test the sump pump operation.

For more information, you can reach Tom at 888-848-0202, or at www.house2homeinspections.com or our email address: info@house2homeinspections.com.

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Real Estate: Home buying and selling basics

Buying a home is one of the biggest financial investments you will make in your life and the core of the American Dream. Selling a home is an equally important financial transaction. Both require knowledge in marketing, real estate, contracts and finance. Unless you are proficient in

all of these areas, do not buy and sell real estate on your own. Sale by owner leads to financial and legal disasters in most cases. Find a good real estate professional to represent you.

While there are thousands of websites that are offering information on how to buy or sell a home, they are all general in nature and do not deal with your specific situation. They will also confuse you. If you buy and sell real estate on your own, you are taking a risk, sometimes a very costly risk. A real estate professional addresses your specific concerns and minimizes the risk.

Statistics show that most "For Sale By Owner" homes sell for less than market value. Working with a real estate professional gets you more money for your property and saves you the hassle of showing the property, negotiating a price, qualifying buyers and doing the legal paperwork.

Buyers should think about this: In general, you do not save money if you buy a home on your own. After all, you do not pay a commission and you get to work with a professional who will help you find a suitable home, negotiate a good price and represent you during the public and private inspection and the closing process.

Find a professional real estate agent today.

Working with a real estate professional helps you find the right home for you, saves you time and money, helps you shop for a mortgage and gives you representation every step of the way from the first signature until you get the keys.



The advertisement features a woman with long brown hair, smiling, wearing a black blazer and a brown necklace. She is positioned in front of a large, two-story stone house with a gabled roof. The background is a bright blue sky with white clouds. At the top, there is a graphic of pink and red flowers with the text "Happy Spring!" in a red, cursive font. Below the flowers, the word "VENTURE" is written in large, white, block letters, and "TITLE AGENCY" is written in smaller, white, block letters below it. The entire advertisement is framed by a thin red border.

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Beating bad breath

Fasting can cause the mouth to become dry and could produce bad breath. Dr. Ali Sobh recommends the following:

He said bad breath can result from poor dental health habits and can be made worse by the food we eat. Foods with strong odors, such as garlic and onions, could produce bad breath, and flossing and brushing could help minimize the effects. Dr. Sobh recommends brushing and flossing regularly to remove food remains and minimize bad breath. He also recommends visiting the dentist at least twice a year to keep teeth and gums healthy and avoid tooth decay.

Here are some recommendations to minimize bad breath during Ramadan. If bad breath and bad taste persists, see your medical doctor because this could be a sign of health issues.

- Eat healthy food.
- Clean your tongue.
- Brush your teeth normally during Ramadan.
- Floss, use mouthwash or a Siwak.
- Remember to drink plenty of water.

Ramadan Greeting

Father George Shalhoub

The Basilica of St. Mary, its clergy and parishioners share in your joy as you begin this journey of fasting and reconciliation during the holy month of Ramadan, when the hearts of men and women, through prayer and supplication, return to God to recognize and see God's face and the glory of His image and likeness in all human beings.

We are called to do, "whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things." (Philippians 4:8)

Only in these virtues God appears to us and accepts our fast as He says to all, "Well done My people!"

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Safe Driving Tips

It takes only seconds for an accident to happen and your life could change forever. Recently, we have lost several young people from our community, and we asked the Dearborn Police Department to share with us a few tips on how to stay safe behind the wheel.

Stay focused

Paying complete attention to driving is a lot easier than it sounds. Try to avoid the following behaviors, and if you must do any of these tasks, pull over in a safe, well-lit area before doing so:

- Talking on a cell phone (even hands free).
- Texting.
- Taking notes or surfing the Internet.
- Interacting with your passengers.
- Handling the radio. Let a passenger control the radio or if you are alone, set your iPod to shuffle and don't touch it.

Drive defensively

Just because you avoid texting or similar activities while you are behind the wheel doesn't mean you're avoiding distracted driving altogether. Driving defensively is a huge part of avoiding auto accidents.

- Avoid gawking at car accidents on the side of the road.
- Always check your rear view mirrors.
- Stay alert to construction zones and changing traffic.
- Allow enough time for other drivers to see your turn signal.

Lead by example. Your teen will mimic your driving behaviors.

- Discuss your teen's responsibilities when driving a car or riding as a passenger.
- Extend the period of supervised driving to closely monitor skills and behaviors.
- Give your teen practice driving on unfamiliar roads and in unfamiliar driving conditions.
- Coach your teen on what to do in potentially dangerous driving situations like poor weather conditions, rough roads, heavy traffic and running off the road.
- Enforce the teen passenger restrictions and the teen curfew law.
- Reduce nighttime driving for the first few months your teen has a license.
- Be sure your teen is well rested before driving.
- Ask your teen questions and be ready to listen.

The 5 Keys to Safe Driving

1. No cell phone use or texting while driving
2. No extra passengers
3. No speeding
4. No alcohol and/or drugs
5. No driving or riding without a seat belt



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Let's turn out to vote, it's our fundamental civic duty to

By Imad Hamad, AHRC Executive Director

Ideally, all American citizens would register and vote.

It is not possible to exaggerate the importance of the right to vote. Voting is important at the local, state and national level. The people that we elect make laws that bind all of us and set the policies for our communities, states and nation. It is important to have a say in the process. In fact, on the citizenship exam there is a question on the most important right that American citizens have and the answer is the right to vote. In a democracy, there is nothing more important than voting. No one should have doubts about this reality.

The 2018 elections, both the primary elections in August and the general election in November, are of great importance and making the right choices by electing the right candidates is crucial to our present and future. The active participation of all Americans will help shape our nation. In order to preserve and advance human rights for all Americans, we must elect candidates who are committed to this value.

I urge all citizens to cast an informed vote. Election day is our opportunity to participate in the democratic process. Learn about the candidates and their stances on key issues of concern and interest, especially their positions on human rights, diversity and social justice. Low turnout in elections, especially in the primaries, should be unacceptable to all of us. We should encourage our friends and families to vote.

Democracy is not a spectator sport. Many elections are decided by the narrowest of margins. If you don't vote, you are not part of the democratic process. Indeed, there are a number of good candidates for office in the primary elections this year. We should spare no effort in seeing that the best people are elected. By not voting, we compromise our basic rights voluntarily and we help others to compromise them further.

Let's vote and make a difference in the present and in the future.

On a different note, on behalf of the American Human Rights Council, its staff and board, I wish all Muslims around the world a blessed Ramadan.

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Domestic violence is a serious problem: Get help if you need it!

Dr. Hoda Amine, PHD, LMSW, DCSW
Director of Violence Intervention Program

Domestic violence is a learned behavior and is a serious problem in the U.S. and in many countries of the world. Domestic violence incorporates all forms of violence in a household shared by members of a family and their relations. The most dramatic impact of such acts is on women.

- Domestic violence is not only physical abuse or the threat of physical abuse such as hitting, pushing, kicking, slapping or choking, but also:
- Sexual violence or threats of sexual violence.
- Emotional or psychological abuse, such as name calling or putdowns, making someone feel that they are going crazy or that they are a burden on the perpetrator.
- Stalking, such as excessive calls, texts or emails, monitoring daily activities, or using technology to track a person's location.
- Financial abuse, such as withholding money, ruining credit, or stopping a partner from getting or keeping a job or going to school.
- Claiming male privilege, such as by making major decisions without consulting with a partner, acting like the master of the house, or dominating a submissive partner.
- Threatening to kill oneself or partner or using intimidation or isolation.

There is no specific gender, race, social-economic status, age or religion of an abuser. However, they often have common characteristics such as:

Having been battered or having witnessed family violence.

1. Having low self esteem.
2. Having a history of an explosive temper, triggered by minor frustrations and fighting.
3. Usually having a dual personality (e.g., selfish and generous, mood swings, charming or exceptionally cruel).

4. Having a great capacity for self-deception.
5. Seeing a mate or partner as a symbol and being possessive, jealous and controlling.
6. Having rigid expectations of marriage and being unwilling to compromise.
7. Having superficial relationships with other people and being very secretive and non-transparent.
8. Using many abusive tactics to obtain power and control.

Domestic violence affects everyone in the family, especially children. The signs of how children are affected may differ depending on how they perceive, decode and interpret the experience. Children may suffer emotionally, behaviorally, physically, socially and cognitively.

Women stay in abusive relationships due to family obligations, poor self-esteem, lack of financial support, language barriers, lack of extended family support, religious values, and fear of the unknown.

In order to stop the violence, you must take a few steps:

Consult with trusted family members, religious leaders, legal advisors, or a counselor to be empowered and make objective decisions.

Once you are ready to take action, make sure to establish a support system, consult with a women's shelter, and attend support groups for battered women to regain support and confidence to move forward.

Where to get help

Here is a list of affiliated agencies that provide assistance and interventions:

Resource Center on Domestic Violence:
Child Protection and Custody, [800-527-3223](tel:800-527-3223)
First Step shelter in Wayne County,
[888-453-5900](tel:888-453-5900)
ACCESS mental health [313-945-8138](tel:313-945-8138)

Athletes with disability are an inspiration for all

I recall reporting a story in Florida about a group of young, physically challenged students playing softball. The image of one player who had no hands has never left me. A bacterial infection had taken away his hands but did not dampen his spirit. He curled the ball against his chin and threw a curve ball. He was very effective and also was fearless diving for bases. He had a spark in his eyes that said he could conquer anything.

I saw that spark again in Shaquem Griffin's eyes in April when the one-handed football player was chosen by the Seattle Seahawks on the third day of the 2018 NFL Draft at the AT&T Stadium in Arlington, Texas.

Griffin, whose twin brother, Shaquill Griffin, also is a cornerback for the Seattle Seahawks, was born with a congenital birth defect that affected his ability to use his left hand and it was later

amputated when he was a child because of extreme pain, People magazine reported.

Congratulations to Shaquem on his draft, and we are all moved by his humbleness. He has requested that everyone not concentrate on his disability. We owe it to Shaquem to treat him like a person and focus on his accomplishments and ability to play football.

Shaquem is not the first athlete with a disability to play professional sports. A recent Google search revealed a long list of athletes who conquered their physical challenges to play professional sports, including basketball and baseball players, runners and swimmers, among others. They all inspire us and have taught us a lot about courage and strong will. I look forward to seeing Shaquem in the Super Bowl and cheer him on along with and the rest of the athletes.

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Ten tips for financial stability and easy retirement

We all want to save money, but few of us really do. Financial experts recommend we start saving immediately, even a small amount, and most importantly, they encourage us to teach our children the value of saving and financial planning.

Here are some simple tips to help you start saving as outlined in Forbes magazine:

Ask why money is important to you: The answer to this question will guide you on every financial planning decision. If it is for vacationing, you need to save for it. Do not use credit. If it is for retirement, you also need a plan to meet your goals.

Successful businesses make five-, 10- and 20-year plans: You should, too. If you do not have definite plans, make a guess at what you will need and plan for it.

Act on it: It is not enough to think and plan. You need to initiate your plan and put it into action.

Think of budgeting as a tool for awareness: Most people budget to spend more or justify spending, but we should budget to turn around bad spending habits.

Save as much as you reasonably can: You are meant to enjoy life and if you are making good money, you

should enjoy life, but the more you save, the better off you will be in the future. It is as simple as that.

Buy enough insurance: Most people buy too much life insurance and it becomes a burden on them. Buy life insurance to replace economic loss, not emotional loss.

Pay off debts: We often like to borrow, but the cost of debts can be very high, affecting every aspect of our lives. Pay off as many debts as possible.

Invest wisely: While high risk investments are tempting because of their possible high return, it is important to remember that you are gambling with your money. Do not take too much risk. Divide your investment into different baskets and yields.

Consult with a financial advisor: I know you are smart, but financial planning is a profession and a financial advisor can set you on the right track, help avoid pitfalls and give you good advice that is not based on emotions.

Remember, financial planning is for the long term: Make financial goals and stick to them. This will give you and your loved ones the financial stability you deserve.

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Ramadan Goals

Ramadan is the month of renewal and training; the month of strength and discipline, and no improvement would take place and be sustained without setting goals and following them. Here are some goals on different subjects for an easier start, and you can add your own or modify.

1- **RAMADAN**: The first things that come to mind about Ramadan include:

- Variety of food, iftar, suhoor
- Hardship, thirst, hunger
- Spirituality, avoiding sins
- Gatherings with friends and family, Quran and prayers

2- **GOALS**: For this Ramadan, I have identified the following:

- Be God fearing and increase piety
- Build my character
- Work toward perfection
- Increase my spirituality & purify my soul
- Be positive and display the best of morals

3- **PRAYER**: To improve my prayer, I have decided the following:

- Improve concentration
- Understand its meaning
- Perform extra prayers at night
- To be punctual for Friday prayer
- Increase my prostrations

4- **QURAN**: To improve my relationship with the Quran, I have decided the following:

- Read the whole Quran at least once
- Memorize a few chapters
- Learn to recite the Quran correctly
- Understand its meaning and ponder its verses

5- **DUA**: To be closer to Allah, I have decided to recite the following:

- Daily dua for Ramadan
- Dua after prayers
- Supplications for iftar
- Dua from Quran and narration
- Dua with tears

6- **HEALTH**: For a better health, I have decided the following:

- Quit smoking
- Control my eating and sleeping habits
- Select fruits & vegetables over fatty foods
- Exercise to keep fit

7- **KNOWLEDGE**: To acquire more knowledge, I have decided the following:

- Read Islamic books
- Attend Islamic lectures
- Start a study circle or Quran translation program
- Visit through Islamic websites

8- **VIRTUE**: To enhance my morals, I have decided to work on the following:

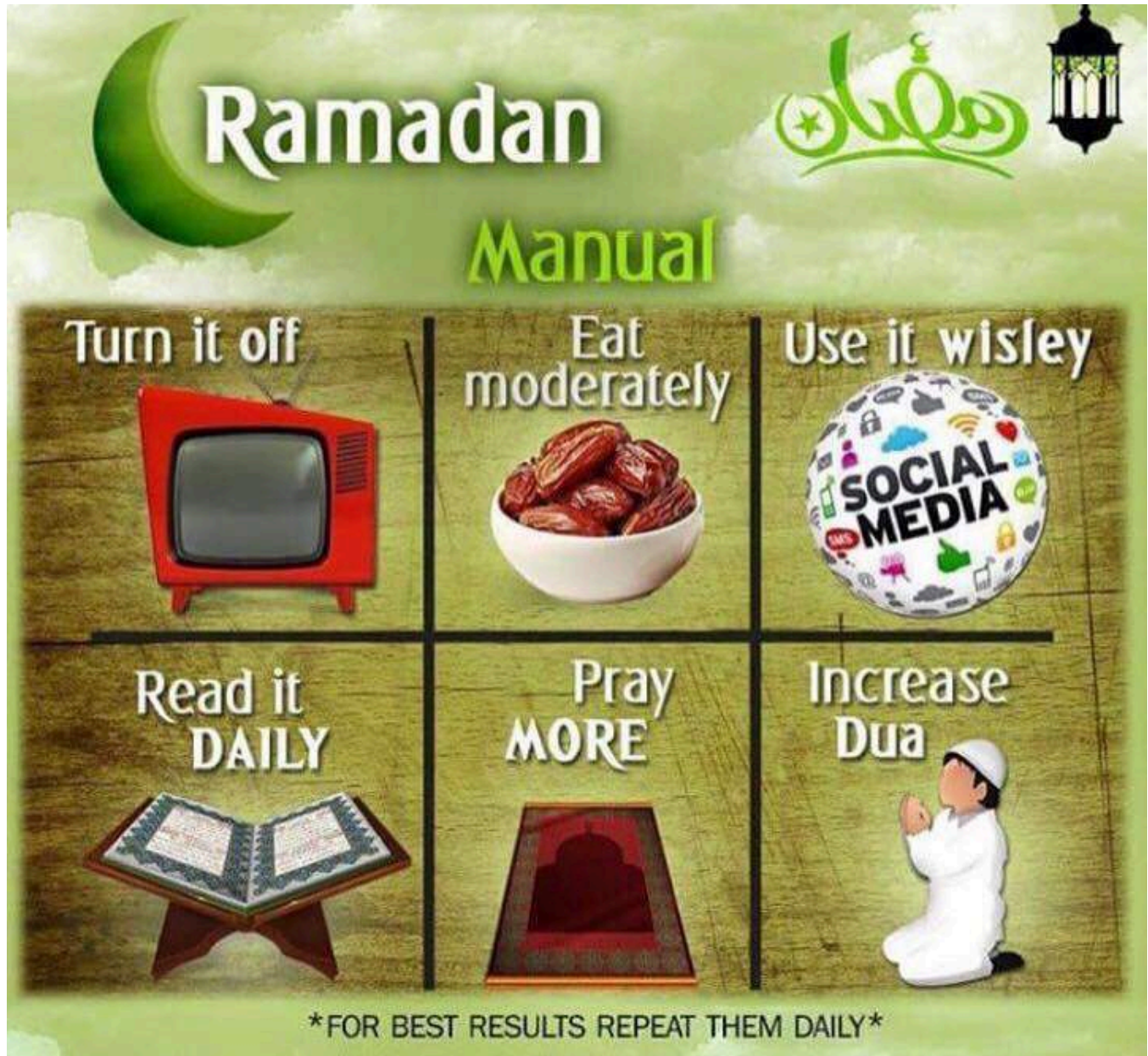
- Invite others for iftar
- Being kind to relatives
- Help my neighbors
- Lighten the burden of others
- Give alms to the poor
- Respect my elders

9- **SIN**: I have decided to avoid the following sins:

- Speaking ill of others, backbiting
- Losing my temper
- Spending too much time on social media
- Forwarding forbidden materials via social media
- Vain talk and telling lies

10- **NIGHT OF POWER**: To take advantage of the Night of Power, I have decided the following:

- To increase worship during the last 10 nights of Ramadan
- To seek forgiveness for past sins
- To ask for guidance for the future
- To increase dua for everyone



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Ramadan Greetings

Ramadan, a delight I always cherish

By *Bahzad Ballout*

I began observing Ramadan when my determination became more than a forkful and my parents felt nearly certain that I could withstand a day's adventures without food or water. Questions about dizziness or the onset of headaches loomed large on my mind, but resistance for me wasn't futile, due in whole to repeated reassurances that grew progressively shriller. As a guy in middle school, I felt ready to tackle the challenges of sacrificing Eggo waffles or a drink of Starbucks' hot chocolate. Weakness and stomach pains would not stop me from what I set out to accomplish. On that day, an appreciation for the hardships of fasting developed, with other lessons about the process slowly accruing throughout seventh and eighth grade.

Though I knew only one or two students observing the month's fast, I never felt uncomfortable enough to stop. Neither my instructors nor peers discriminated against me or were hostile in any way. Apart from the occasional question about why I wasn't eating, everyone understood my religious views.

I've come to realize how beautiful this understanding can be, whether in relation to Ramadan, Easter, kwanza, or Hanukkah. I always make it a point to say a hearty merry Christmas or a thank you whenever someone wishes me the same. My father once made a remark that stuck with me and came to engender more respect for my religion: Islam takes kindness and courtesy into serious consideration, no matter one's faith. The greatest aspect about this knowledge is that it extends far past our religion, which makes belief in the humanitarian cause the most predominant of all.

One of the difficult hurdles for me during those two years wasn't the weakness I felt but those unbidden and fantastical cravings that snaked through my thoughts. This, of course, reinforced the idea of the struggles that those less fortunate confront on a daily basis, in addition to what we have and enjoy—a point that most of us tend to overlook. To fast for the first time was to gain a perspective that grew and continues to widen even now. Kindness and care, the statement goes, regularly surface during holidays.

The concern and attention that parents give to their children, however, never need occasion to make themselves known. Ramadan has taught me the importance of this compassion, a fact that's just as heartwarming as that sweet cup of coco. In the end, I happened to find delight Beyond Starbucks and the wonders of syrupy goods. It's a delight that I'll always cherish, since it gives us a glimpse of who we really are.



Stroke first aid recommendations

Courtesy of the Mayo Clinic

Several people in our community of different ages have suffered a stroke recently. A stroke occurs when there's bleeding into your brain or when blood flow to your brain is blocked. Within minutes of being deprived of essential nutrients, brain cells start dying, according to the Mayo Clinic.

The Clinic staff have published a first-aid guide on stroke that we find very helpful:

Seek immediate medical assistance. A stroke is a true emergency. The sooner treatment is given, the more likely it is that damage can be minimized. Every moment counts.

In the event of a possible stroke, use F.A.S.T. to help remember warning signs.

- **Face.** Does the face droop on one side when the person tries to smile?
- **Arms.** Is one arm lower when the person tries to raise both arms?

- **Speech.** Can the person repeat a simple sentence? Is speech slurred or hard to understand?
- **Time.** During a stroke every minute counts. If you observe any of these signs, call 911 or your local emergency number immediately.

Other signs and symptoms of a stroke, which come on suddenly, include:

- Weakness or numbness on one side of the body, including either leg
- Dimness, blurring or loss of vision, particularly in one eye
- Severe headache — a bolt out of the blue — with no apparent cause
- Unexplained dizziness, unsteadiness or a sudden fall, especially if accompanied by any of the other signs or symptoms

Risk factors for stroke include having high blood pressure, having had a previous stroke, smoking, having diabetes and having heart disease. Your risk of stroke increases as you age.

Is body weight training as effective as strength training?

Courtesy of the Mayo Clinic

Yes. Body weight training — using only your body weight for resistance — can be an effective type of strength training and a good addition to your fitness program. The resistance training effect you get from using your body weight can be as effective as training with free weights or weight machines.

The Department of Health and Human Services recommends incorporating strength training exercises of all the major muscle groups into a fitness routine at least two times a week, and at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

To use your body weight in strength training exercises, try exercises such as squats, lunges, abdominal crunches, pushups, pullups or step-ups. Keep movements smooth and controlled. Strengthen the opposing muscles, such as the chest and back muscles, and strive for muscle balance.

Once you can easily do 12 to 15 repetitions of a particular exercise, try alternative forms of the exercise to give you more resistance or challenge. For example, you might start out doing a wall pushup, if a classic pushup is difficult. To make this exercise more challenging, try a modified pushup. A modified pushup is similar to a classic pushup, but you keep your knees on the ground during the exercise. Once you can comfortably do a modified pushup, try doing a classic pushup.

Many different types of body weight exercises can be performed to work all of the major muscle groups. And body weight exercises can be done anywhere, using no extra equipment, at no extra cost to you. But remember to use proper form and technique throughout each body weight exercise in order to get the most benefit and to avoid injury. And remember to take at least one day off between exercising each specific muscle group, in order to give your muscles time to recover.

فضل شهر رمضان

Benefits of of Ramadan

السيد مهد الامين

شهر رمضان واحة من واحات الله الظليلة في صحراء الأيام القاحلة، فسحة من الأمل، مائدة من موائد الرحمن الكثيرة، ومناسبة إلهية عظيمة للتزود من خير زاد الدنيا للآخرة، أكبر قدر من الزاد، من الطاعات والحسنات والاجر والثواب ليوم لا ينفع فيه مال ولا بنون إلا من أتى الله بقلب سليم.

وهو إنعطافة مهمة في حياتنا لإعادة ترتيب أيماننا وأولويات حياتنا، وهو تغير كلي في منهاج حياتنا شهر الفرص والأعطيات الإلهية العظيمة. فلننتهزها ولنستغلها فرص مسخرين ومحولين كل ساعة منه إلى عمل صالح نمحو فيه ما علق بنا من درن الأيام والشهور السابقة وننزل عن ظهورنا ما احتطبناه فيما احتطبنا ونحن نلثث ونكدح بحثاً في فتات الدنيا وحطامها غير عابئين بحلال أو بحرام.

وشهر رمضان يركز فيه الضوء على مساحة وحيز هامين من مسيرة حياتنا ويشرف عليها الله عز وجل من عليائه فاتحاً لنا فيها أبواب جنانه وموصداً عنا أبواب نيرانه ومصفداً عنا الشياطين.

وينادي مناديه عند كل فطر: هل من سائل فأعطيه سؤله هل من تائب فأتوب عليه هل من مستغفر فاغفر له، أَللَّهُمَّ أعطي كل منفق خلفاً وأعط كل ممسك تلقاً.

قال الله تعالى: وَسَارِعُوا إِلَى مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ أُعِدَّتْ لِلْمُتَّقِينَ {أل عمران/133}.

نسعد بحضور شهر رمضان المبارك وأن نكون بين رحابه، لكنه كما يأتي ينصرم، فأيامه ولياليه المباركة تنقضي، وكذلك تنقضي أيام العمر، وشهر رمضان من أفضل أيام العمر.



فشهر رمضان شهر التوبة والإنابة فمن لم يغفر له في شهر الله هذا ففي أي شهر يغفر له.

من سنن شهر رمضان وآدابه

الإكثار من تلاوة القرآن والدعاء والاستغفار. أما قراءة القرآن فيها يرقى المرء في الجنان، حيث قيل إن للجنة درجات بعدد أي القرآن فيقال لقارئ القرآن إقرأ وارق، كلما قرأ آية رقى درجة.

وأما الدعاء فيدفع به البلاء، وكثرة الاستغفار تمحو الذنوب.

ويستحب الاجتهاد في ذلك في شهر رمضان والتفرغ لها، والتصدق، وفعل المبرات التي يرجى منها ثواب الله تعالى. واستعمال الجوارح في الطاعات وكفها عن المعاصي. وحب الناس لبعضهم هو الأساس في حب الله فلا ندعي محبة الله، ونحن نبغض أو نعادي أو نأذي خلقه، لا بل إن محبة الله تتجلى في محبة الخلق وذلك مصداق قول الإمام زين العابدين عليه السلام "أَللَّهُمَّ اجعلني ممن أحبك في جميع خلقك". وترك التنازع والتحاسد وكف الأذى ولزوم الصمت إلا بالدعاء والذكر والتلاوة. وغض الطرف عن محارم الله تعالى. واجتناب سماع اللهو بل جميع المقال الذي لا يرضاه الله، بل شغل اللسان بتلاوة القرآن، وتمجيد الله والثناء عليه وعلى رسوله وآله الطاهرين، وترك المجالس التي يصنع فيها ما يسخط الله تعالى، فكما يعظم الله عز وجل فيه ثواب الطاعات كذلك يعظم فيه العقاب على المعاصي. فاجتهدوا عباد الله في أداء حق هذا الشهر عليكم، وانتهزوا فرصة قد لا تتكرر، فإن الشقي الشقي من حرم غفران ربه في هذا الشهر. ونسأل الله أن يتقبل الأعمال وأن يعطي الكثير على القليل، وآخر دعوانا ان الحمد لله

السيد مهد الامين.

Sharing kindness can make you healthier & happier

Courtesy of the Mayo Clinic

Can simply sharing kindness on a regular basis help your health? Research says yes, in more ways than you might guess.

You've heard the uplifting stories: Passersby dropping scads of cash into charity collection buckets or anonymous donors paying off hospital bills for strangers. And people helping victims during storms and natural disasters. These acts of kindness make everybody feel good.

There's a science behind that phenomenon called "loving kindness." And research shows that learning and practicing loving kindness can profoundly affect your attitude, outlook and even your health.

Better yet, you can rewire your brain to be more present and kinder to others, giving your mood a daily boost. These three simple practices will help get you started.

1. Loving-kindness meditation (LKM)

LKM is a quiet, contemplative practice that focuses thought on your heart region and encourages warm, tender thoughts, possibly about a loved one. In one study, people who practiced LKM an hour a week felt greater positive emotions — love, contentment, joy — while interacting with others.



Documented health benefits of practicing LKM include:

Reduced pain and tension from migraines
Reduced symptoms of depression
Possibly slowing the aging process. Studies have found that women who practice LKM have longer telomeres, which are like little end-caps on your DNA. Shorter telomeres have been associated with faster aging.
Maybe the best news is that even small doses of LKM can help. One study found that a 10-minute session of LKM increased feelings of social connection and positive feelings toward others.

2. Acts of kindness



This one's so simple: Intentionally set a goal to be kinder to others. Express sincerely felt kindness to a co-worker. Make a special effort to extend kind words to a neighbor. Hold the elevator for someone or take time to help a loved one.

As you spread your kindness, you might just experience what research has confirmed: Generosity can be contagious.

Why? The act of helping others actually activates the part of your brain that makes you feel pleasure. It also releases a hormone called oxytocin that helps modulate social interactions and emotion — the higher your oxytocin levels, the more generous you may be.

Food for thought: Reportedly, one person in Winnipeg, Manitoba, picked up the tab for the next car in line at a coffee-and-sandwich drive-through. This inspired the next person to do to the same. The chain continued for an astonishing 226 customers!

Seems like research supports the Golden Rule: Do unto others as you would have them do unto you. The kinder you act toward others, the better you will feel.



3. Focus on gratitude

Do you feel grateful for the good things in your life? If not, it's time to start.

Researchers have found that feelings of thankfulness can help improve sleep, diminish fatigue, increase confidence and even lessen depression. One way to increase your feelings of gratitude is to start journaling.

Keeping a gratitude journal — just writing down things you're grateful for — has been found to actually improve biological markers that indicate heart health. Don't want to carry a notebook? There are plenty of phone apps that can help you express gratitude or share happy moments. Like anything else, engaging in loving kindness gets easier with practice. Try thinking positive thoughts about people in your life. Write down the things you're grateful for this week. Set aside 10 minutes to meditate. You may just find a happier, healthier you.



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RAMADAN 2018		الأوقات الشرعية للصلوات اليومية لمدينة ديترويت الكبرى وضواحيها Prayer times for the Detroit Metropolitan Area						شهر رمضان ١٤٣٩
رمضان	أيار/حزيران	الامساك	الفجر	الشروق	الظهر	الغروب	المغرب	منتصف
Ramadan	May/June	Imsaak	Fajr	Sunrise	Dhuhr	Sunset	Maghrib	Middle of the Night
1	17	4:10	4:26	6:09	1:29	8:50	9:09	12:37
2	18	4:08	4:25	6:08	1:29	8:51	9:10	12:37
3	19	4:07	4:24	6:07	1:29	8:52	9:11	12:37
4	20	4:05	4:22	6:07	1:29	8:53	9:12	12:37
5	21	4:04	4:21	6:06	1:29	8:54	9:14	12:37
6	22	4:02	4:20	6:05	1:30	8:55	9:15	12:36
7	23	4:01	4:18	6:04	1:30	8:55	9:16	12:36
8	24	4:00	4:17	6:03	1:30	8:56	9:17	12:36
9	25	3:58	4:16	6:03	1:30	8:57	9:17	12:36
10	26	3:57	4:15	6:02	1:30	8:58	9:18	12:36
11	27	3:56	4:14	6:01	1:30	8:59	9:19	12:35
12	28	3:55	4:12	6:01	1:30	9:00	9:20	12:35
13	29	3:53	4:11	6:00	1:30	9:01	9:21	12:35
14	30	3:52	4:10	6:00	1:30	9:02	9:22	12:35
15	31	3:51	4:09	5:59	1:31	9:02	9:23	12:35
16	1	3:50	4:09	5:59	1:31	9:03	9:24	12:35
17	2	3:49	4:08	5:58	1:31	9:04	9:24	12:35
18	3	3:48	4:07	5:58	1:31	9:05	9:25	12:35
19	4	3:47	4:06	5:57	1:31	9:05	9:26	12:35
20	5	3:46	4:05	5:57	1:31	9:06	9:27	12:35
21	6	3:46	4:05	5:57	1:32	9:07	9:27	12:35
22	7	3:45	4:04	5:56	1:32	9:07	9:28	12:35
23	8	3:44	4:04	5:56	1:32	9:08	9:29	12:35
24	9	3:44	4:03	5:56	1:32	9:08	9:29	12:35
25	10	3:43	4:03	5:56	1:32	9:09	9:30	12:35
26	11	3:43	4:02	5:56	1:33	9:10	9:30	12:36
27	12	3:42	4:02	5:56	1:33	9:10	9:31	12:36
28	13	3:42	4:02	5:56	1:33	9:11	9:31	12:36
29	14	3:42	4:02	5:56	1:33	9:11	9:32	12:36
1	15	3:42	4:01	5:56	1:33	9:11	9:32	12:36

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