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A WEEKLY DIGITAL BUSINESS MAGAZINE

EDITION NO.8
VOLUME: 1

May 2019



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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 بالإضافة الى الخضار والفواكة الطازجة. نتمنى لكم صياماً مقبولاً بالصحة والعافية





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.



Editor/ Publisher
Khalil Hachem



Section Editor
John Mulcahy

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From the editor

As we embark on the holy month of Ramadan, the Ya Michigan group congratulates the different communities in Michigan on the season of fasting, wishing everyone a safe and productive Ramadan experience. Ramadan begins around May 5 and ends around June 4, depending on the moon cycle.

This year, we are expanding the 2019 print edition to highlight the success of the community on different fronts and to include a wide variety of information and tips.

We thank our sponsors who helped fund this project. Without their generous

support, this guide could not have been possible. We also thank our contributors who shared their thoughts and experiences.

We have distributed 5,000 magazines in the community, and we will email an electronic copy 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 readers.

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

Sponsors include: Kroger, Dearborn Fresh Supermarket, Papaya Fruit Market, Care Pediatrics, Wayne County Treasurer Eric Sabree, Byblos Banquets, House2Home Inspection Services, Prime Lending, Hometown Group Realty, The Signature Group Realty, Palm Pharmacy, Infiniti One Group, Lava Lounge, Garden Foods Distributing, Fairlane Carwash, Venture Title Agency and Betsy's Bridal and Formal.

Contributors include: Dr. Mohammad Ajour, Productivemuslims.com, Dr. Hoda Amine, Susan Carland, Dearborn Police Department, online research and public information and John Mulcahy.



Yamichigan.com, a weekly digital business magazine, delivering news and information directly to your smartphone or tablet.

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In This Issue



The Middle Eastern American community in Michigan is very successful and has grown in numbers and strength. We have included faces of the community in this edition to illustrate its success. **Starting on Page 8.**



Ramadan is the month of fast, prayer, mercy and giving during which Muslims abstain from eating and drinking from dawn until dark. Health, nutrition and activity tips. **Starting on Page 36**



Sweets and thirst-quenching drinks during vary from country to another, but most people seem to agree on two popular drinks and sweets during the month of fast. **Page 41-46**



Although Ramadan is the month of fast, most Muslims spend more time preparing food and hosting family and friends during Ramadan than at any other time of the year. Here are some recipes for Ramadan **Page 39**



Insurance has become a new tax on home owners and drivers, and rates are rising very fast and in some case are out of control. Auto and home insurance tips while maintaining good protection. **Page 26 - 27**



Car maintenance is necessary but sometime is challenging for some of us. Tips to maintain your vehicle during the four seasons, including, tire rotation, AC check, oil change and other maintenance. **Page 29**



Mobile devices are invading homes and businesses, from doorbells that transfer images and videos, to smart lights and appliances. A guide on how to transform your home into a smart home. **Page 33**

Arab American Success

The Middle Eastern American community in Michigan is very successful and has grown in numbers and strength, climbing to more than a half million people in the four-county area.



Fadwa Hammoud, first woman solicitor general in Michigan

dilapidated strips into successful business districts, and have converted average houses into sprawling homes, tripling residential value and reviving neighborhoods.



Wayne County Circuit Judge Hilal Farhat

Recently, a large number of students have been accepted to ivy league schools, and the number of doctors, engineers, pharmacists and high profile professionals has reached a record high of more than 1,000.

A recent study estimates that Middle-Eastern Americans generate more than \$6 billion in salaries and contribute about \$200 million in taxes to the state of Michigan.

Nearly 4 million Americans trace their roots to the Middle East. They are found in every state, but more than two thirds of them live in just ten states: California, Michigan, New York, Florida, Texas, New Jersey, Illinois, Ohio, Pennsylvania, and Virginia. Metropolitan Los Angeles, Detroit, and New York are home to one-third of the population.



13th Congressional District Representative Rashida Tlaib

On the political front, they have help elect state house representatives, Rashida Tlaib as the first Arab-American woman in the U.S. Congress, and five circuit and district court judges, including recent appointee Hilal Farhat.



State Rep. Abdullah Hammoud

Gov. Gretchen Whitmer appointed local attorney Fadwa Hammoud as the first woman and the first Arab American to become a solicitor general in the state.

Several people are serving as county commissioners, city council members and board of education trustees.



Adel Mozip, recently appointed to the Dearborn Board of Education

Immigrants are entrepreneurs by nature, and Middle Eastern Americans are no different. Successful business districts stretch along Warren Avenue, Michigan Avenue, Telegraph Road, Ford Road, Dix Avenue and Seven Mile Road.

Private and charter schools are teeming with students. Civic and community organizations have reached more than 30. We are proud of the success of the community, and we will highlight some of that success in this edition under the title “Faces of the community.”

Michigan is distinguished by having the largest concentration of Middle Eastern Americans in one area. They have turned vacant and

Faces of the community

Passion for education fosters success for school founder, community

Children are the future of the community and several people have started schools and educational institutions in Southeast Michigan. Hamadeh Educational Services (HES) is one of those schools, providing a safe and rich environment for students to learn and break barriers.

The story of HES starts with its president and CEO, Mrs. Nawal Hamadeh, who founded the organization to provide top quality education services. Her passion and diligence led to the current four schools that HES operates in Dearborn Heights, Westland, Sterling Heights and Detroit.



HES founder, president and CEO Mrs. Nawal Hamadeh

HES employs about 400 people and enrolls 3,300

students, and the schools have been recognized as one of the top 15 schools in the state and have received numerous awards.

With more than 30 years of experience in education in the United States and abroad, the influence of Mrs. Hamadeh shines through HES in serving students.

“It all started with a dream...a dream to establish schools where students not only master academic skills, but also have a holistic learning experience for the mind, body and the soul,” Mrs. Hamadeh said. “The world is shaped in our classrooms.”

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Faces of the community

ACCESS: 47 years of helping to make the transition easy

Immigrating to a different country requires ample adaptation to culture, laws and norms, and ACCESS has been on the forefront of helping Arab Americans make that journey for 47 years.

Founded by a group of volunteers in 1971, ACCESS (Arab Community Center for Economic and Social Services) has helped Arab immigrants adapt to life in the United States.

Today, ACCESS is the largest Arab-American



Hassan Jaber
CEO and Executive Director



Maha Freij
CFO and Deputy Executive Director

community nonprofit in the United States. With 11 locations and more than 120 programs serving metro Detroit, ACCESS offers a wide range of social, economic, health and educational services to a diverse population.

The agency has founded the Arab American National Museum, the National Network for Arab American Communities, and the Center for Arab American Philanthropy. ACCESS serves all Americans.

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Faces of the community

Charity at its best: House of condolence for everyone

Joe Bazzi and his brothers converted an empty church on Chase Road in Dearborn into the House of Condolences, which is open to people of all faiths and denominations to commemorate their loved ones free of charge.



**Joe Bazzi,
owner of
Byblos
Banquet in
Dearborn**

The church closed and the Bazzis embarked on the project to honor the memory of their late father, Hajj Jamil Bazzi, who passed away in 2014.

Located at 7350 Chase Road in Dearborn, the building is also known as the Hajj Jamil Community Center, with the main purpose of providing a place for families to mourn their loved ones without worrying about cost, Bazzi said.



Hajj Jamil Bazzi



The two-story building accommodates 400 people. It provides free services and offers ample parking spaces and a designated area for prayers and refreshments.

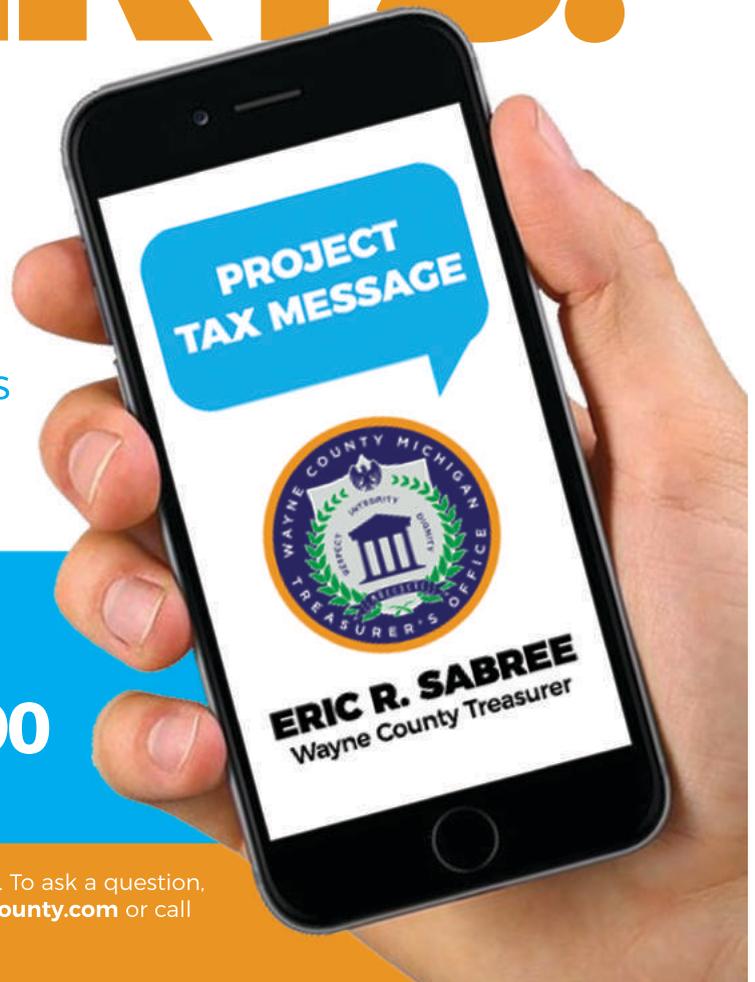
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Faces of the community

Best coffee in town: A long family tradition, with a Yemeni flavor

Coffee started in Yemen thousands of years ago, and no one knows that story better than Ibrahim Al Hasbani, owner of Qahwah House in Dearborn. His work is filled with passion, tradition and creation, brewing the best coffee in town.

Al Hasbani, who grew up in Yemen, worked with his family in the coffee business. He imports coffee beans from Yemen and brews a fresh cup for his customers in the United States with style and authentic presentation.

The Yemeni coffee I tasted was excellent: Freshly brewed medium roast coffee with cardamon and sugar, served in traditional Arabic coffee cups.

If you make it to the store, try the Yemeni tea that includes fine tea, milk, nutmeg and cardamon. Or you can sample the Yemeni latte, which is full of flavor and design and includes coffee, ginger, cinnamon and cardamon.

Drinking coffee at the Qahwah House is an experience by itself.



What: Qahwah House
Where: 6655 Schaefer Road, Dearborn, MI 48126.
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Faces of the community

HYPE Athletics: Sports with a safe environment for the youth

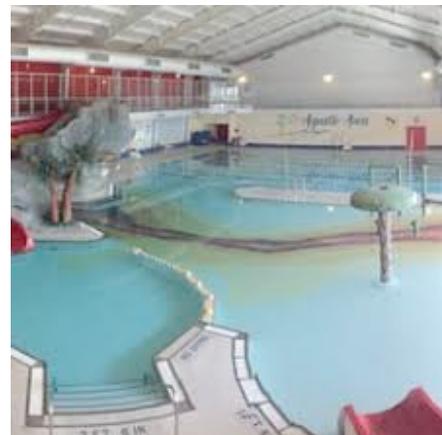
In January 2001, Ali Sayed mobilized young leaders, the business community, industry professionals and elected officials to support drug-free, violence-free and diverse programs that advocated for tolerance, unity and acceptance among the many races, religions and ethnicities of the region.



**Ali Sayed,
founder of
HYPE
Athletics**

Today, HYPE Athletics is a nonprofit, community-based organization, partnering with federal, state and local agencies, corporations, foundations and leaders to provide sport services and community programs.

Sports programs include basketball, volleyball, soccer, swimming, boxing, marshal arts, adult and youth leagues and youth camps. Community programs include Feed Detroit, Tutor Challenge, Youth and Adult Athletic Programs, Fitness and Health Services and Education with ACT / SAT Support, Career and Leadership Development, Mentoring, Life Skills, Drug Prevention and Homework



Assistance, Reading and Math Programs, Teach and Feed Green House Project and much more.

HYPE also offers a full workout gym, a lady’s only workout, vocational training, preventative health programs, summer camps and after-school programs.

It operates at two locations: 23302 Warren Avenue, Dearborn Heights, MI 48127 and 4634 Howe Road, Wayne , MI 48184.

Faces of the community

Saj Alreef: Baking a great recipe for bread and breakfast

In the old days, most families living in the countryside in Lebanon made their own bread on a concave oven called a Sajj. The bread is paper thin, and called markook bread. Skillful neighborhood women prepared hundreds of pieces every week for their families.

The smell of freshly baked markook wafted through the neighborhoods as we walked to school or to the store, and generous neighbors would offer passersby fresh bread. The taste is heavenly, and it tasted better every time.

In America, a few people have ventured to make their own markook bread, but most people buy it from the store. A score of women make the bread at home and sell it to the various stores in the area.



But Talal Abbass, owner of Alreef Bakery is providing fresh markook every day. Located at 5902 Schaefer Road in Dearborn, Alreef Bakery produces some of the best markook bread and breakfast items in town. He said his bread is healthy, prepared by a handful of hard working women on the scene.

The variety includes plain bread, bread with zaatar, cheese, meat, veggies or other toppings for breakfast and lunch. All delicious, all great. His recipe is simple: Honesty, friendly service and generosity.

Saj Alreef: 5902 Schaefer Road, Dearborn, MI 48126

Faces of the community

Feeding the soul: ICA volunteers bake sweet aromatic cookies

Every Friday, the sweet smell of spices and freshly baked kaaks wafts through the hallways of the Islamic Center of America.

As the faithful file in for prayer, bags of golden kaaks await them for purchase. Kaaks are large sweet cookies, made with a variety of spices including anise seeds, cloves, nutmeg, cinnamon and sesame seeds.

Kaaks, also known as Kaak El Eid or Kaak El Abass, are traditionally made during the major Islamic holidays.



Volunteers at the ICA make thousands of cookies every year and sell them to the community to raise money for the mosque. It is a 50-year old tradition, and recipes are passed from one generation to another. Volunteers take pride in making the kaaks, and community members await the cookies every year.



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Faces of the community

Zaman International: Empowering the poor for a better future

Zaman International serves marginalized women, children and families by providing essential needs to empower them to break the cycle of poverty and propel themselves toward a better future.

The story of Zaman began in 1996 when Najah Bazzi, a nurse at the time, visited the home of a dying infant and witnessed the the hardship his immigrant parents endured.



**Najah Bazzi,
founder and
CEO of
Zaman
International**

The parents lived in absolute poverty. The family used a picnic cooler for a refrigerator to house the baby formula and the little food they had; they cooked on a portable propane stove; laundry baskets covered with cloth and towels served as a bed for the dying child and a flimsy hospital blanket kept him warm. The family had no money; they could not even pay for the burial of their infant.

Bazzi raised money from the community to pay for the burial, inaugurating the beginning of Plots for Tots, that later became Zaman's signature program, providing dignified burial for families who have lost a fetus or infant.



Bazzi then turned to the community to help the grief-stricken family with furniture, food, clothing and household goods. She later formalized her efforts and Zaman began.

Zaman started adding programs to help the poor, growing into a 40,500-square-foot building in Inkster. Programs include a mobile pantry, a crisis center, a resale shop, a community food

bank, a culinary arts training center and nutritional classes.

In 2018, Zaman distributed 170,400 pounds of food, collected 886,950 pounds of clothing, provided more than 7,750 hours of job skills and literacy instruction to more than 90 women, and gave 268 winter coats and 895 school supply-filled backpacks to local children.

Meanwhile, Zaman joined with 444 community partners and funded overseas relief projects bringing safe water and humanitarian relief to more than 431,900 people.

Zaman is a pillar in the community, helping the helpless and empowering the needy, under the leadership of Najah Bazzi. To help, call Zaman at 313-551-3994.



Faces of the community

ACC: Bridging the gaps for a better, stable community

Chaldeans are Aramaic-speaking, Eastern Rite Catholics with a history spanning more than 5,000 years dating back to Mesopotamia, which was known as the cradle of civilization and is the present-day Iraq.



**Dr. Haifa Fakhouri,
President
and CEO**

An estimated 160,000 Chaldeans call the metropolitan Detroit area home. They have created successful communities, contributing more than \$10.7 billion annually to Michigan's economy.

Over the years, the community has created several organizations to serve the influx of immigrants and help them adjust to their lives in the United States, including the Arab American and Chaldean Council (ACC), which was started by Dr. Haifa Fakhouri.

A graduate of Wayne State University, Dr. Fakhouri served as an advisor to the U.S. Agency for International Development and the United Nations as an international

consultant and developed a passion for helping new immigrants settle in the United States.

Dr. Fakhouri led a group of supporters and established the ACC 35 years ago. The ACC grew from a single office in downtown Detroit to 40 outreach offices and a multi-million dollar operation in the state.

Dr. Fakhouri's success working with immigrants positioned her for a \$36-million ongoing project to revitalize part of Detroit into an Arabic village.

The project includes art galleries, artisan shops, Arabic restaurants, a spice market and an old Souk model, fostering a vibrant commercial district that benefits the metropolitan Detroit area.

Dr. Fakhouri and the ACC have been very successful in helping immigrants settle in the Detroit area, bridging the gaps between the Arab-American community and the larger American community.

The ACC is located at 363 W. Big Beaver Road, Suite #300, Troy, MI 48084.

For more information, call the ACC at 248-559-1990.



Faces of the community

Dearborn Pizza: Home of the best marshooshi in town

If you have not had marshooshi from Dearborn Pizza, you do not know what you are missing. The dough is crunchy; the creme is pleasant, and the syrup is just right.

Marshooshi traces its origin to Bint Jbeil in South Lebanon. Dessert makers baked shredded dough, filled it with cream and soaked it with simple syrup.

Farid and Yahya Sleiman of Bint Jbeil mastered the dish and have been serving it for 20 years at Dearborn Pizza at 14406 W. Warren Ave., Dearborn, MI 48126.

Prices vary depending on the size and whether pistachio is used or not. If you have not had marshooshi, make your way to Dearborn Pizza this Ramadan. It makes a great gift.



For more information, call Dearborn Pizza at 313-846-9420.

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How to save on home insurance and maximize protection

Saving money on home insurance is just as important as saving on car insurance. The Michigan Department of Insurance and Financial Services (DIFS) publishes a booklet titled “Your Guide to Homeowners Insurance for Michigan Consumers.” The booklet is a good primer on subjects from types of policies and coverage to claim settlement and understanding rates and premiums. It is available online at: https://www.michigan.gov/documents/cis_ofis_03_homegd_74854_7.pdf

Several tips for reducing home insurance costs included in the booklet are the same as for reducing car insurance costs.

1. Shop around. You may be surprised at how much money you can save if you pick up the phone or go online to obtain quotes from several companies.

2. Increase deductibles. You may want to consider the largest deductible your budget can handle to lower your premium, but remember, in the event you make a claim, you will have to pay the deductible before you get any money from the insurance company.

3. Discounts. Companies may offer premium discounts based on factors that are likely to reduce losses or expenses. Each insurance company sets the amount of discounts it offers. Common discounts offered by many companies include:

- Paid in full discount. You pay your annual insurance premium all at once instead of in installments.
- Mature homeowner discount (age of maturity varies by insurance company).

- Claim free discount. This is discount for not making claims.

- Nonsmoker discount.

- New home discount.

- Credit-based insurance score discount. Improving your credit score could lower your insurance rate.

- Multi-policy discount. Buying more than one policy from the same company may qualify you for a discount.

- Protective devices smoke detectors, fire extinguishers, alarms and heavy duty locks.



You can find more tips on how to save money on home insurance from the Insurance Information Institute at <https://www.iii.org/article/how-to-save-money-on-your-homeowners-insurance>

DIFS also offers an online service to help you find auto or home insurance agents statewide at <https://difs.state.mi.us/locators?searchtype=InsCompany>

If you feel an insurance agency has illegally told you that you are not qualified for insurance, or if you have other disputes with an agency that you cannot solve by talking to them, you can call DIFS for help at 877-999-6442.



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During this *Holy Month* of

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Happy Ramadan

From Our Family To Yours



Faces of the community



Buying your first home: Here are some recommendations

The demand for housing in Dearborn and Dearborn Heights is very strong. More people are moving into the area, and the number of homes on the market is at a record low, creating a great seller’s market and putting pressure on buyers, especially first-time buyers.

Are you frustrated? Here are some tips:

1- Take care of the finances first. Make sure you can afford the home. Learn how to budget.

Talk to a mortgage professional and get pre-approval before your look for a house.

2- Hire a professional to guide you through your biggest investment. Online information can help, but it is general in nature and most of the time it is not accurate.

Hire a real estate professional you trust, someone who knows the market and knows the process. Buying a home involves a lot of hidden dangers and requires ample

legal work.

3- Select a neighborhood where you would like to live.

4- Agree with your spouse on what kind of a home you want: Style, flow and size.

5- Ask questions and understand every piece of paper before signing. Look for an agent who will keep you updated and provide you the information you need.

Remember: You drive that relationship.

Happy House Hunting.

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Faces of the community



Path to Serenity

Hajj Nasr Moussa enjoys the outdoors and has created one of the best back yards in the city.



A fire pit for night seatings. A gazebo for private gatherings and pathways and bricks throughout.

Managing the cost of auto insurance while ensuring protection

Car insurance is an important part of many people's budget. While rates for any individual or family can vary significantly, everyone can benefit from trying to get the best deal while still protecting his- or herself legally and financially.

"How to Reduce the Cost of Your Car Insurance," a booklet published by the Michigan Department of Insurance and Financial Services (DIFS), offers tips on how to reduce car insurance costs. The booklet is available online at [https://www.michigan.gov/doc](https://www.michigan.gov/documents/cis_ofis_ip201_25082_7.pdf)

[uments/cis_ofis_ip201_25082_7.pdf](https://www.michigan.gov/documents/cis_ofis_ip201_25082_7.pdf).

Some tips in the booklet are:

- Think about the cost of insurance before you purchase a car. Some models are much less expensive to insure than others.
- Shop around. All insurance companies do not charge the same amount. Call more than one company or agent to compare prices and coverage.
- Compare collision coverage choices. Collision coverage is not required by law and you can choose not to buy

it if you own your car outright (that is, don't owe money on it). But remember, if you don't have collision coverage and you have an accident, you will have to pay for repairs yourself.

- Increase your deductible. A deductible on your policy is the amount you agree to pay toward the cost of repairs before the insurance company has to pay anything. The bigger your deductible, the more you can save on premiums, but also the more you'll pay before receiving an insurance payout.

Please see page 27



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صيدلية النخيل



Insurance from page 26

- Ask your agent about coordinating your car and health insurance. If you can coordinate, your auto policy will pay only for costs that your health policy does not cover, and your car insurance premium will go down. Medicare, Medicaid and Medicare supplemental insurance policies are not eligible for such coordination.
- Ask about group policies. Many insurers offer lower rates to employees or members of certain organizations.
- Ask your agent about discounts. Many insurers offer discounts for safety devices or for having more than one type of policy with the same company. You may also be eligible for a discount if you have two or more policies with the same insurance company.
- Consider dropping some coverage not required by law, such as collision or comprehensive coverage on an older car, or uninsured motorist, car rental, or towing coverage. Before you do this, make sure you understand what it will mean in the event of an accident.

A good overall guide to buying car insurance is "Your Guide to Automobile Insurance for Michigan Consumers," also published by DIFS. The booklet is available online at: https://www.michigan.gov/documents/difs/Auto_Insurance_Guide_448003_7.pdf

الصديق الوفي

إنَّ الإنسان لا يكتمل وحده هناك أشياء تمنحه الاكتمال ومن أهمها الصديق، فهو قطعة من الروح تسكن داخلنا، يمنحنا الضياء إلى آخر النفق، يهدينا طريق الصواب، ولا يترك البؤس يعترينا ولا خيط حزن يقطع دربنا، إنَّه الخليل في المواقف الصعبة واللحظات العصيبة، إنَّه حياة جميلة لا يدركها إلاَّ الأصدقاء العظماء.

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

Faces of the community

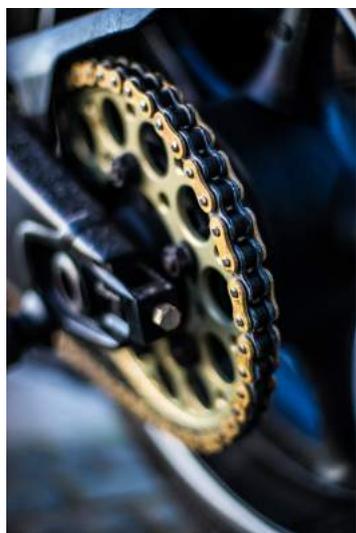
Consul General of Lebanon brings new energy to the community

Since her arrival into the community a few years ago, the Lebanese Consul General Suzan Mouzi Yassine has been very busy, participating in an array of events, bringing the community together to discuss important issues, such as education and the opioid crisis, moving the consulate from Detroit to Southfield, holding a successful film festival, facilitating Lebanese elections and raising her young family. Ms. Yassine has brought a new energy to a mundane job. We appreciate her efforts and dedication. We also appreciate the staff at the consulate who work very diligently to serve the community.



Take care of your vehicle, it will not let you down

We depend on our cars everyday, and simple maintenance whether we do it ourselves or having done by professional can protect our investment and ensure reliability. Here are some tips from online research to take care of your vehicles:



Spring

1. Replace snow tires with non-snow tires. Rotate all-season radial tires.
2. Check and if necessary replace windshield wiper blades.
3. Clean your car's underbody and check for signs of rust, especially around bumpers and wheel wells.
4. Listen for brake noises such as grinding, chatter or squeals. Ask your mechanic to

determine the amount of wear on brake pads and drums.

5. Check all fluids and fill as necessary.
6. Take out and wash all floor liners. Vacuum and clean the carpets.

Summer

1. If your air conditioning system is not blowing sufficient cold air, have the system examined by a qualified technician.
2. Flush and refill the cooling system at the interval specified by your car's manufacturer. Check the condition of drive belts and accessory hose clamps. Never remove a radiator cap until the engine has cooled.
3. Change your oil and oil filter at the interval recommended by your car's manufacturer.
4. Replace other filters such as the air, fuel and cabin PCV filters as recommended, more frequently in dusty conditions. Attend to difficult starts, rough idling, stalling and diminished power problems.
5. Replace worn wiper blades. Washer fluid formulated for summer aids in bug removal.

6. Inspect all lights and replace any burned out bulbs. Periodically clean insects from all lenses.

7. Clean corrosion from battery posts and cable connections. Make sure all connections and hold-down hardware are secure.

Fall and winter

1. Make sure you have plenty of windshield washer fluid, and buy fluid formulated especially for winter use.
 2. Make sure the heater and defroster are in good working condition.
 3. Have your car's exhaust system checked for leaks, and the trunk and floorboards examined for small holes.
 4. Consider getting snow tires for maximum traction and safety.
 5. Carry emergency gloves, boots, blankets, flares, a small shovel, sand or kitty litter, tire chains and a flashlight. Put a few "high-energy" snacks in your glove box.
- This material is for information only. We recommend that you consult with a mechanic if you are not familiar with safety procedures for car maintenance.**

Faces of the community

Nizam Pastry: Arabic sweets with passion and superb taste

From Baklava to cakes and cookies, Nizam Pastry is a feast for the eye and the stomach.

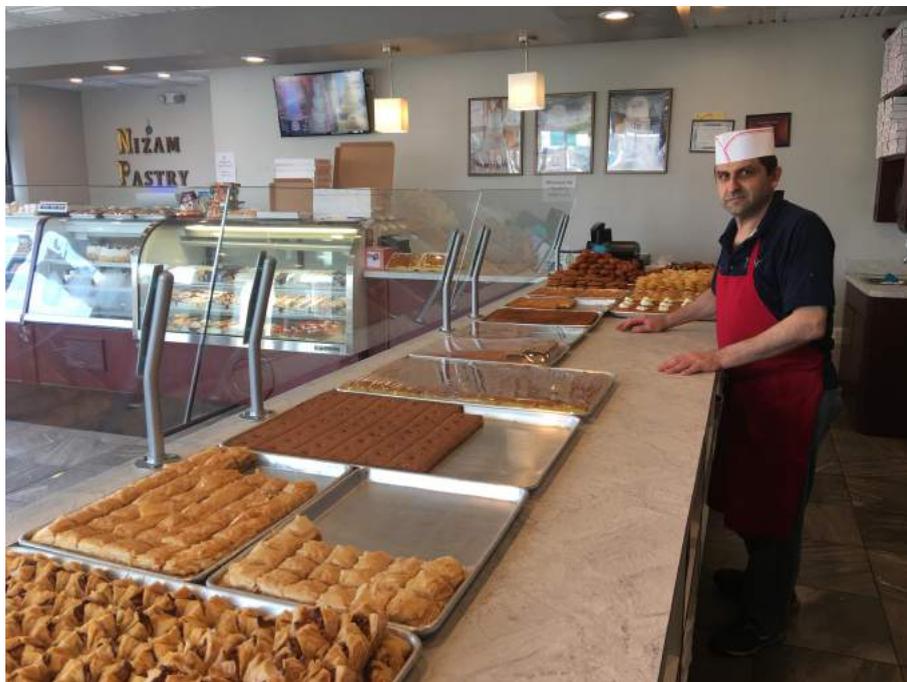
Though known for the best Arabic sweets in town, owner Ali Nizam's specialty is wedding cakes. He crafts every one with the precision of a jeweler and the hands of an artist. The result is a cake to remember for a special occasion.

The secret to his work is experience and the ingredients, he said. Using good ingredients yields excellent products, he said.

Like many immigrants who own pastry stores in Michigan, Nizam learned the craft in his native land, in his case in Lebanon in 1992. He honed his skills and developed a following in the Dearborn area for cakes and Arabic sweets.

For Ramadan, he focuses on the traditional Ramadan sweets, such as kellige, and Katayaf among other items.

Kellige is fried pastry with creme and katayaf is fried or baked dough similar to pancake dough and stuffed either with walnuts or special creme. Whatever you order at Nizam Pastry, whether for a simple treat or for a special occasion, you will be happy.



**Nizam Pastry is
at 6620 Schaefer
Road, Dearborn,
MI 48126.**

**For more
information call
(313) 703-1111**



فَوْضُ أَمْرِكَ لَلَّهِ فِي كُلِّ شَيْءٍ

- أَنْ تَنْتَبِهَ أَيُّهَا الْمُؤْمِنُ، إِلَى أَنْ تَسِيرَ الْكُونُ شَيْءٌ فَوْقَ مَسْتَوَى إِدْرَاكَكَ .. فَلَا تَشْغَلْ نَفْسَكَ بِهِ وَدَعِهِ لِخَالِقِهِ يَسِيرُهُ كَمَا يَشَاءُ .. وَفَقِ عِلْمَهُ وَحِكْمَتَهُ.

- فَإِذَا رَأَيْتَ أَحْدَاثًا تُصِيبُ بِالْإِحْبَابِ وَلَمْ تَفْهَمْ الْحِكْمَةَ مِنْهَا فَلَا تَيَأَسْ وَلَا تَتَذَمَّرْ .. بَلِ ثِقْ فِي تَدْبِيرِ اللَّهِ، فَهُوَ مَالِكُ هَذَا الْمَلِكِ وَهُوَ خَيْرُ مُدَبِّرٍ.

هِيَ أَكْثَرُ السُّورِ الَّتِي تَحَدَّثُ عَنِ الْيَأْسِ.

- قَالَ تَعَالَى:

**فَلَمَّا اسْتَيْأَسُوا مِنْهُ خَلَصُوا نَجِيًّا (٨٠)*.

**وَلَا تَيَأَسُوا مِنْ رَوْحِ اللَّهِ .. إِنَّهُ لَا يَبِئْسُ مِنَ رَوْحِ اللَّهِ إِلَّا الْقَوْمُ الْكَافِرُونَ (٨٧)*.

حَتَّى إِذَا اسْتَيْأَسَ الرِّسْلُ وَظَنُّوا أَنَّهُمْ قَدْ كُذِّبُوا جَاءَهُمْ نَصْرُنَا (١١٠).

- وَكَأَنَّهُا تَقُولُ لَكَ أَيُّهَا الْمُؤْمِنُ:

- إِنَّ اللَّهَ قَادِرٌ .
- فَلِمَ الْيَأْسُ؟

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

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

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

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

هَذِهِ السُّورَةُ كَمَا قَالَ الْعُلَمَاءُ:

مَا قَرَأَهَا مَحْزُونٌ إِلَّا سُرِّيَ عَنْهُ. تَوَلَّى اللَّهُ أَمْرَ يُوسُفَ،

فَأُحْوَجَ الْقَافِلَةُ فِي الصَّحْرَاءِ لِلْمَاءِ .. لِيُخْرِجَهُ مِنَ الْبَيْتِ!

ثُمَّ أُحْوَجَ عَزِيزٌ مِصْرَ لِلأَوْلَادِ .. لِيَتَبْنَاهُ!

ثُمَّ أُحْوَجَ الْمَلِكُ لِتَفْسِيرِ الرُّؤْيَا.. لِيُخْرِجَهُ مِنَ السِّجْنِ.

ثُمَّ أُحْوَجَ مِصْرَ كُلِّهَا لِلطَّعَامِ ... لِيُصْبِحَ عَزِيزٌ مِصْرَ.

إِذَا تَوَلَّى اللَّهُ أَمْرَكَ .. هِيََا لَكَ كُلُّ أَسْبَابِ السَّعَادَةِ وَأَنْتَ لَا تَشْعُرُ فَقَطْ قَلْبُكَ بِصَدَقِ *وَأَفْوُضْ أَمْرِي إِلَى اللَّهِ.*

فَقَطْ فَوْضُ أَمْرِكَ لِلَّهِ فِي كُلِّ شَيْءٍ... فِي هَمِّكَ... فِي صَحْتِكَ... فِي أَوْلَادِكَ... فِي أَحْتِيَاجَاتِكَ الْمَالِيَةِ... وَتَأَكَّدْ أَنَّ اللَّهَ مَعَكَ. إِذَا حَفِظْتَ أَمْرَهُ.

سورة يوسف نزلت في عام الحزن .. هي السورة الوحيدة في القرآن، التي تقص قصة كاملة بكل لقطاتها .. لذلك قال الله تعالى عنها: *أَنَّهُ سَيُقْصَى عَلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) "أَحْسَنَ الْقِصَصِ"*. وهي أحسن القصص بالفعل كما يقول علماء الأدب، وخاصة المتخصصين في علم القصة .. فهي تبدأ بحلم، وتنتهي بتفسير هذا الحلم ..

من الطريف أن قميص يوسف:

- اسْتُخْدِمَ كَأَدَاةِ بَرَاءَةٍ لِأَخُوْتِهِ .. فَدَلَّ عَلَى خِيَانَتِهِمْ.

- ثُمَّ اسْتُخْدِمَ كَأَدَاةِ بَرَاءَةٍ بَعْدَ ذَلِكَ لِيُوسُفَ نَفْسَهُ مَعَ امْرَأَةِ الْعَزِيزِ فَبَرَّاهُ.

- ثُمَّ اسْتُخْدِمَ لِلبَشَارَةِ .. فَأَعَادَ اللَّهُ تَعَالَى بِهِ بَصَرَ وَالِدِهِ.

نلاحظ أن معاني القصة متجسدة .. وكأنك تراها بالصوت والصورة .. وهي من أجمل القصص التي يمكن أن تقرأها ومن أبدع ما تتأثر به ..

لكنها لم تجيء في القرآن لمجرد رواية القصة .. وهدفها جاء في آخر سطر من القصة وهو:

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

فمحور القصة الأساسي هو:

- ثِقْ فِي تَدْبِيرِ اللَّهِ.

- اصبر.

- لَا تَيَأَسْ.

الملاحظ أن السورة تمشي بوتيرة عجيبة .. مفادها أن الشيء الجميل، قد تكون نهايته سيئة والعكس!..

- فَيُوسُفُ أَبُوهُ يَحِبُّهُ، وَهُوَ شَيْءٌ جَمِيلٌ، فَتَكُونُ نَتِيجَةُ هَذَا الْحَبِّ أَنْ يَلْقَى فِي الْبَيْتِ!

- ثُمَّ الْإِلْقَاءُ فِي الْبَيْتِ فِي فَطْيَعٍ .. فَتَكُونُ نَتِيجَتُهُ أَنْ يُكْرَمَ فِي بَيْتِ الْعَزِيزِ!

- ثُمَّ الْإِكْرَامُ فِي بَيْتِ الْعَزِيزِ شَيْءٌ رَائِعٌ .. فَتَكُونُ نَتِيجَتُهُ أَنْ يَدْخُلَ يُوسُفُ السِّجْنَ!

- ثُمَّ أَنْ دَخَلَ السِّجْنَ شَيْءٌ بَشِعٌ .. فَتَكُونُ نَتِيجَتُهُ أَنْ يَصْبِحَ يُوسُفَ عَزِيزٌ مِصْرَ!

الهدف من ذلك:



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Faces of the community

Looking great at First Impression Hair Salon in Dearborn

Toufic Choucair is more than a hair stylist; he is an artist and a genuine member of the community. Visiting his shop on Chase Road every month for a hair cut is a treat.

He greets you with a smile and a warm hug and makes you feel that you are the most important person in the world. He always has interesting stories to tell and nutrition, gardening and cooking tips to share.

When it comes to styling hair, he does not miss the smallest hair. You leave his place looking good and feeling better. His shop is one stop for style, connection and a friendly chat.

The salon is at 5070 Chase Rd, Dearborn, MI 48126



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Making your home smart: Stay on budget and have a plan

I sell homes for a living, and every time I enter a home with smart technology, I become more comfortable with the idea.

We started with the lights, including smart lights in most of the house. The benefits include controlling them remotely and saving energy.

Then we turned to heating, changing our thermostat, saving ample dollars on our monthly power bill. Also, a new technology is available to allow you to monitor fire hazards and carbon monoxide.

For security, I consulted with one of the free evaluation services, and they recommended replacing the doorbell with a ring. It has been a great addition to the house, allowing us to monitor delivery, the mail and unwanted solicitors. There are a lot of gadgets on the market when it comes to cameras and security, and experts recommend sticking to what

you really need to avoid spending a lot of money or complicating your life.



To control access to the house, we are currently surveying different locks that are wifi and bluetooth compatible without the addition of services or equipment. This technology is still developing, and hopefully by the time you are ready to install it on your house, you will find a better selection.

When it comes to vacuuming and smart trash cans, there are several products on the market, offering benefits and

limitations. Select the one that best suits the design of your house.

Smart technology is evolving, and new products are hitting the market every day. Keep in mind that there are devices that would allow you to make existing devices smart without replacing them.

The most important thing is to make sure you have a plan and buy products that are compatible to simplify your life and save money.



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Faces of the community

Zam Zam Bakery: Fresh daily bread, the Iraqi way

If you are looking for fresh bread every day, Zamzam Supermarket and Bakery on Chase Road in Dearborn is the place.

Zamzam is an Iraqi market and it offers an array of products including Iraqi flat bread and Sammoon. The market also offers fried or baked fish and other delicatessen selections. My favorites are kaymar and date molasses. Kaymar is made of cow milk and tastes like cream, and date molasses is heavenly to use instead of syrup.

The market is located at 5817 Chase Rd; Dearborn, MI 48126



	<p>Khalil Hachem -Your local real estate expert The Signature Group Realty 313-819-0101</p>	
<p>23420 Ford Road, Dearborn Heights, MI 48127</p>		

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



Khalil Hachem -Your local real estate expert
The Signature Group Realty
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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 abstention 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 or not.

Components: Most Muslims wake up before dawn for suhoor to eat before beginning the fast.

They break fast with a meal at night called iftar 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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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.



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.



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.



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 the food is cooked.



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,



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:

1. **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.
2. **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.
3. **Reducing blood sugar:** Fasting increases the breakdown of sugar, and reduces the production of insulin.
4. **Increasing fat breakdown:** When the amount of sugar in the body is low, fat is broken down, which releases energy.
5. **Correcting high blood pressure:** Fasting is a non-drug method to reduce blood pressure and the risk of clogging of the arteries.
6. **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.

7. **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.
8. **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.

Psychological benefits

- Feeling hunger and thirst every day for a month fosters compassion for those who are less fortunate and underprivileged.
- 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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Favorite Ramadan dishes filled with nutrients and tradition

For as long as I remember, it has been a tradition for my family to prepare split lentil soup, fatoush and dates for breaking the fast during Ramadan every day. After a little research, I found that has been a good and healthy tradition:

Dates are rich in fiber, natural sugar, magnesium, potassium and other necessary key nutrients.

In some countries, they offer yogurt and honey to break the fast along with dates, and it is delicious.



Starting iftar or dinner with soup helps to replenish the fluids lost while fasting during the day, and soups are a rich source of vitamins and minerals which are essential to our body. Fatoush, which includes a variety of hydrating vegetables, helps digestion and keeping the skin healthy.



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, can produce bad breath, and flossing and brushing can 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.

Getting your children to enjoy Ramadan

Getting children to enjoy Ramadan is a challenge. Here are some tips:

- Make it festive: Buy decoration
- Start a Ramadan calendar
- Plan Ramadan goals
- Get the kids to give to the needy
- Get crafty and involve the kids
- Enjoy Ramadan and set an example
- Plan special time for the eid
- Read the Quran, memorize a chapter
- Learn Arabic, reading and writing
- Cook together and help serve the food



أفكار عملية .. حاول إنجازها في شهر رمضان

سماحة السيد محمد باقر الكشميري

الوكيل الشرعي للمرجعية الدينية العليا في امريكا 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 تدعُ 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. أن تكون حلقة وصل بين من انقطعت صلاتهم وروابطهم بسبب حب الدنيا وابتلاءاتها، فشهر رمضان تتغير فيه النفوس وتكون على استعداد للصالح والاصلاح. وقد ورد في الحديث الشريف "صالح ذات البين أفضل من عامة الصلاة والصيام". أن تساهم في التعريف عن دينك ومعتقدك لجيرانك واصدقائك من غير المسلمين بتقديم طبق طعام أو حلو أثناء الافطار لتشعره بشعائرك الاسلامية مع بطاقة تعريف بالاسلام والصيام بشكل شفاف وبسيط.

Most popular thirst-quenching drinks during Ramadan

When it comes to thirst-quenching drinks during Ramadan, Qamar Eddine and Jallab are two of the favorite drinks during the fast season.



Qamar Eddine is basically made out of dried apricots. Syria is famous for producing the best Qamar Eddine, especially the city of Damascus. It is very simple to make. Most Middle Eastern markets sell dry sheets of Qamar

Eddine. Cut them to pieces and add warm water. Add sugar to desired sweetness and serve cold or room temperature. Qamar Eddine is rich in Vitamin A, calcium and iron. It tastes lovely, and it is very refreshing, especially after fasting all day long.



Jallab is a fruit syrup made mostly out of dates. Some jallab includes grape molasses. It is sold at most Middle Eastern stores. It is diluted to desired thickness and served cold with raisins and pine nuts.

Photos: Online research

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.

Please see page 43

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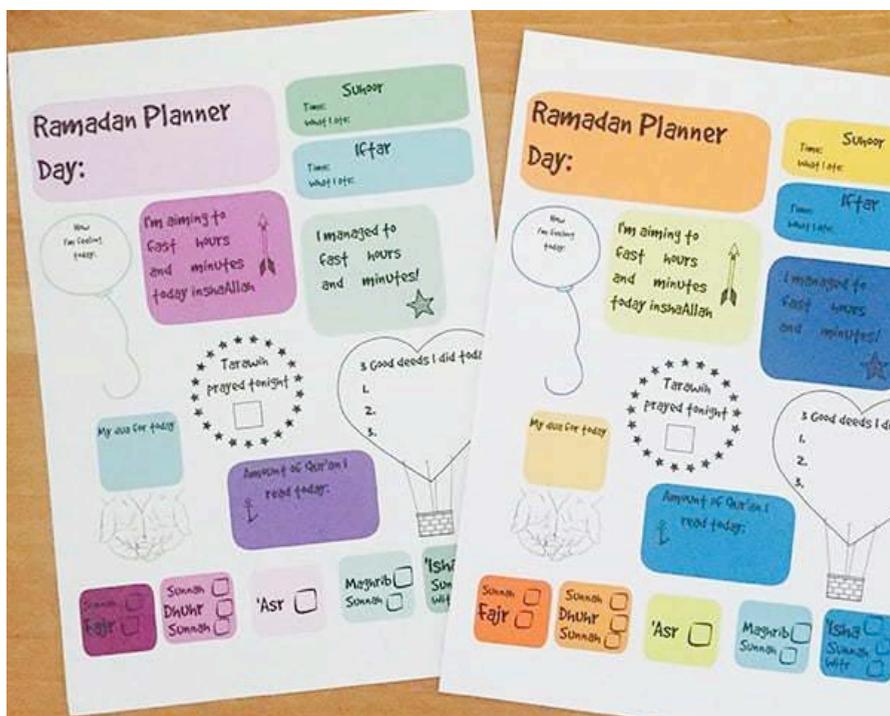
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Children and Ramadan From page 42

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.



3- 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.

4- 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.

Sohoor, important part of Ramadan, recommended for all

Some people skip sohoor, or the early meal before the fast begins during Ramadan. I like a good hearty sohoor. My neighbor, who is from Egypt, suggested something Fava beans for sohoor in keeping with the Egyptian tradition. I tried it last year and it worked great, and it now has become part of my daily sohoor, with some modification.



The original dish calls for cooked Fava beans, dressed with garlic, lemon juice and garnished with chopped parsley, tomatoes and olive oil. But for Ramadan, she recommended I skip the garlic to avoid dehydration and the urge for water.



Freshly backed bread and homemade waffles and fruit.

Ramadan Goals

Ramadan is the month of renewal and training; the month of strength and discipline, and no improvement can 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

Ramadan Desserts

Most people serve desserts after breaking the fast in Ramadan. Katayef and Kellage are two of the most popular desserts in the Middle East.



Katayef is similar to pancakes and are stuffed with either walnuts or cream. They can be either fried, baked or served raw with simple syrup.



Kellage is a similar dough to pancakes but fluffier. It is stuffed with a special cream and traditionally fried with butter and immersed in simple syrup.

Photos: Online research



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RAMADAN 1440	الأوقات الشرعية للصلوات اليومية لمدينة ديترويت الكبرى وضواحيها Prayer times for the Detroit Metropolitan Area	شهر رمضان ١٤٤٠
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Day اليوم	Ramadan رمضان	May / June أيار / حزيران	Imsak الإمساك	Fajr الفجر	Sunrise الشروق	Dhuhr/Asr الظهرين	Sunset الغروب	Magrib/Isha المغربين	Events المناسبات	
Mon	الأثنين	1	6	4:29	4:44	6:21	1:29	8:38	8:57	
Tue	الثلاثاء	2	7	4:27	4:42	6:20	1:29	8:39	8:58	
Wed	الأربعاء	3	8	4:25	4:41	6:19	1:29	8:40	8:59	
Thu	الخميس	4	9	4:24	4:39	6:18	1:29	8:41	9:00	
Fri	الجمعة	5	10	4:22	4:37	6:17	1:29	8:42	9:02	
Sat	السبت	6	11	4:20	4:36	6:16	1:29	8:43	9:03	
Sun	الأحد	7	12	4:18	4:34	6:14	1:29	8:45	9:04	
Mon	الأثنين	8	13	4:17	4:32	6:13	1:29	8:46	9:05	
Tue	الثلاثاء	9	14	4:15	4:31	6:12	1:29	8:47	9:06	
Wed	الأربعاء	10	15	4:13	4:29	6:11	1:29	8:48	9:07	يوم وفاة السيدة خديجة الكبرى (رض)
Thu	الخميس	11	16	4:12	4:28	6:10	1:29	8:49	9:08	
Fri	الجمعة	12	17	4:10	4:26	6:09	1:29	8:50	9:09	يوم المواخاة بين المهاجرين والأنصار ومواخاة النبي لطي (ع.س)
Sat	السبت	13	18	4:08	4:25	6:08	1:29	8:51	9:10	
Sun	الأحد	14	19	4:07	4:24	6:07	1:29	8:52	9:11	
Mon	الأثنين	15	20	4:05	4:22	6:07	1:29	8:53	9:12	ذكرى ولادة الإمام الحسن المجتبي (ع)
Tue	الثلاثاء	16	21	4:04	4:21	6:06	1:29	8:54	9:14	
Wed	الأربعاء	17	22	4:02	4:20	6:05	1:30	8:55	9:15	ذكرى معركة بدر الكبرى
Thu	الخميس	18	23	4:01	4:18	6:04	1:30	8:55	9:16	ليلة القدر الأولى، ليلة جرح الإمام علي (ع)
Fri	الجمعة	19	24	4:00	4:17	6:03	1:30	8:56	9:17	
Sat	السبت	20	25	3:58	4:16	6:03	1:30	8:57	9:17	ليلة القدر الثانية، ليلة شهادة الإمام علي (ع)
Sun	الأحد	21	26	3:57	4:15	6:02	1:30	8:58	9:18	
Mon	الأثنين	22	27	3:56	4:14	6:01	1:30	8:59	9:19	ليلة القدر الكبرى
Tue	الثلاثاء	23	28	3:55	4:12	6:01	1:30	9:00	9:20	
Wed	الأربعاء	24	29	3:53	4:11	6:00	1:30	9:01	9:21	
Thu	الخميس	25	30	3:52	4:10	6:00	1:30	9:02	9:22	
Fri	الجمعة	26	31	3:51	4:09	5:59	1:31	9:02	9:23	
Sat	السبت	27	1 June	3:50	4:09	5:59	1:31	9:03	9:24	
Sun	الأحد	28	2	3:49	4:08	5:58	1:31	9:04	9:24	
Mon	الأثنين	29	3	3:48	4:07	5:58	1:31	9:05	9:25	
Tue	الثلاثاء	30	4	3:47	4:06	5:57	1:31	9:05	9:26	يثبت الهلال شرعاً بالرؤية المعتمدة الشرعية وليس بالتوقعات الفلكية

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