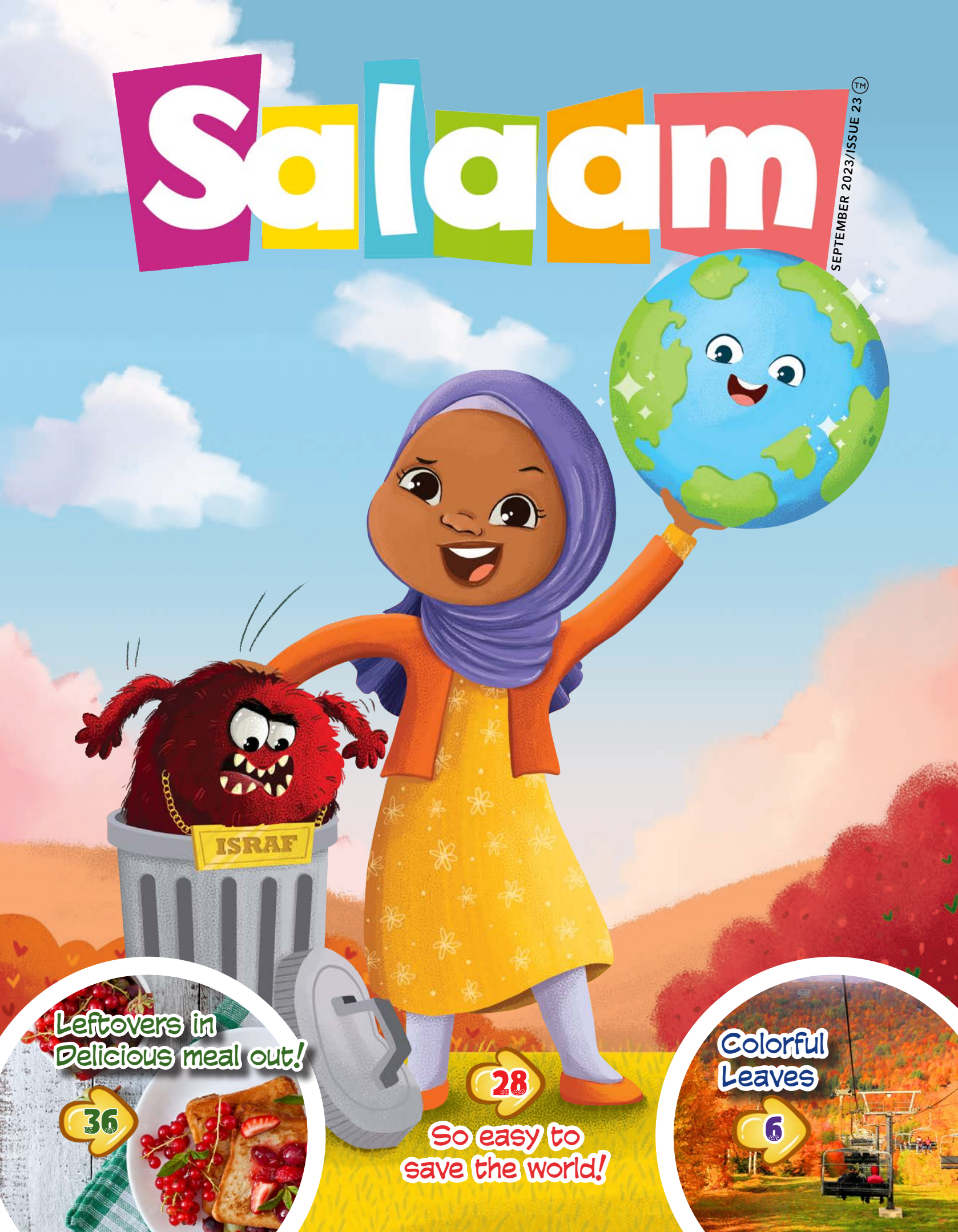
Salaam

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Cover by Huma Kaya

Salaam dear readers

Can you believe it? Summer is over and fall is around the corner. That means back to school for many of you, and I know you're probably feeling a mix of emotions about that. On the one hand, you're excited to see your friends and learn new things. On the other hand, you're probably a little bit nervous about starting a new year.

Whatever you're feeling, I hope you'll take some time to enjoy this special issue of our magazine. We have a lot of fun things in store for you, including:

- Articles about good manners and Islamic knowledge focusing on wastefulness and how we sometimes tend to waste food, electricity, and even time.
- Scientific articles about the natural world and how it reflects the Creator's greatness.
- Fun puzzles and games to keep you entertained.

We hope you enjoy this issue, and we wish you a wonderful start to the school year!

Wassalaam



ASIYA'S PEARLS
Al Nur

By Hannah Bayram

Art by Kadir Ozmen

After a week of rain and gloom, Saturday morning arrived, bringing much-needed sunshine with it. As Asiya peeled back her beautiful purple-laced bedroom curtain and swung open her window, she exclaimed, "Alhamdulillah for the sun and for the light!" She rushed to leave her house to meet her friends at the beach in search of pearls; something the girls did weekly.

Asiya raced over to the beach on her turquoise banana-seat bike, not realizing she had forgotten to change her unicorn pajama pants. Before she could even park her bike, she heard "salaam" from a distance. It was Safiya and Maryam, her two best friends.

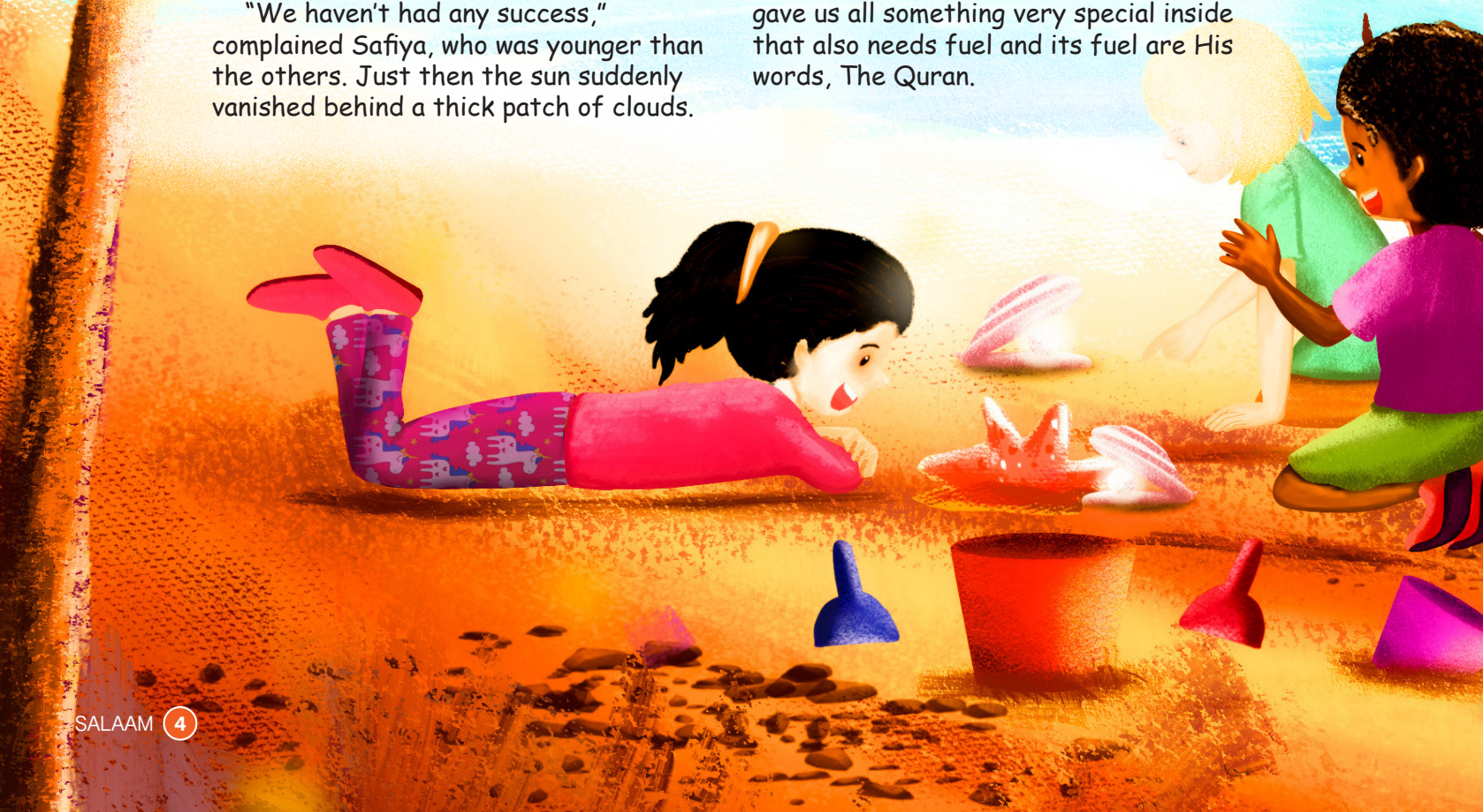
"We haven't had any success," complained Safiya, who was younger than the others. Just then the sun suddenly vanished behind a thick patch of clouds.

"Great! No pearls and now no sun," said Maryam as she threw down her bucket. Asiya knew the only thing that could turn this miserable moment into something amazing was the name of Allah and she knew just the name that could make it happen.

"I know both the sun and pearls are hiding from us but Allah is Al-Nur, The Light. He is the only One who can make things that we can't see visible to us. He can even take away the darkness around and inside us." Stunned, both Safiya and Maryam plopped down to learn more.

"Is His light like a special light bulb?" asked Maryam.

"Not quite, but all light bulbs need electricity as fuel to light up a room. Allah gave us all something very special inside that also needs fuel and its fuel are His words, The Quran.





When our 'light bulbs' are fueled with Allah's words, we can light up more than just a room. It can make us and others stronger, better, and take away our confusions," relayed Asiya.

Just then the sun's beautiful light peeked through from behind the thick clouds, lighting up the beach for the girls to see a blackish-purple crusted oyster in the shallow waters beside their feet.

"This oyster was here this entire time but we couldn't see it. Al-Nur made it visible to us," cried Mariam.

"He also made Asiya's unicorn pajama pants visible," added Safiya. They were pretty goofy and brought a smile to their faces and in an instant their misery disappeared. Both the darkness around and inside of them was gone.

As they opened the oyster, they could see the shiny bright pearl within. Safiya shouted, "Looks like this oyster has something bright and special inside it like we do." They praised Allah and wrote Al-Nur on the pearl, adding it to their collection.

In the hope that they might be able to share their light with someone out there, they put a little note in a glass bottle and threw it out to sea. The note read, "Our Lord! Perfect our light for us, and forgive us. For You are truly Most Capable of everything."[Quran, 66:8]



FALLing in Love With the COLORFUL TREES?

By Sueda Bedir

Aren't we all mesmerized by the vibrant variety of colors? Remember when the sun shines after a long, hazy, rainy day and creates a vibrant rainbow with beautiful colors? You always dream of reaching it and touching the colors inside, don't you? When it's time for firecrackers, you want to take the first seat to see the spread of colors in the sky. Actually, the parade of ravishing colors happens every fall!



Discover Nature's Palette With Sky Lift

As the Fall season arrives, one of nature's most remarkable occurrences is when the color of the tree leaves transforms into different colors. Imagine taking a sky lift and witnessing leaves with eye-catching colors, varying from green, red, orange, purple, brown, yellow, and many more shades.

Do you ever wonder why leaves change color? Well, this process happens chemically and we cannot see the steps of the change with our eyes directly. Within each leaf, there are special chemicals which are known as pigments. These pigments can be compared to our tissues and cells inside the body, which allow us to continue living. The color change of the leaves may vary from region to region due to factors such as daylight hours and temperature. However, there are certain prominent pigments that are used in multiple theories to explain why they change color.

Let's check them out!

Green Starts the Routine

As we move through the mountain with the sky lift, there are lots of trees with different tones of green leaves. Chlorophyll is the pigment in charge of the green color in leaves, and it plays a significant role in photosynthesis, enabling plants to turn sunlight into energy.

Leaves produce their own green pigment when they receive lots of sunlight during their growing summer season. In this way, plants and trees continue to grow and remain healthy. On the other hand, during the fall season, the nutrients that support the stability of the leaves return to the tree, which marks the season change for the leaves.

Orange Arranges the Storage

Then where did most of the green leaves go? There are lots of orange ones from the sky view as well...Actually, the leaves are the same except they have a new pigment color now.

Carotenoids Provide a Bright Orange Color

In the fall, as nights become longer and temperatures get colder, chlorophyll diminishes, and carotenoids take the spotlight. Carotenoids can help the leaf balance the sudden disappearance of chlorophyll and often protect the leaves from emitting too much light to avoid damage. Also, in another way, carotenoids may include the xanthophyll pigment, which produces yellow and brown colors, to protect the leaf's capability for future seasons.

Red Where They Get Held

Then how about the red ones? Are they blushing and that's why they are red? Not really, but they might be red due to getting too much sugar. According to some hypotheses, when the leaves start to store too much sugar fluid inside their organism (as their veins close due to the cold weather), the color of the leaves shifts to red. Similar to how we pinch our fingertip and it turns red due to trapping our blood in a corner. Some other scientists also believe that the anthocyanin pigment might be absorbing ultraviolet light radiation (which is harmful to living beings) and that anthocyanins, similar to carotenoids, help protect the leaves and also help them retain their necessary nutrients.

Then as we view the beautiful colors through the lift, we can think about all the theories and miracles that happen to the leaves. And now, it is time to get off at the top of the mountain and explore the leaves up close. Some of the leaves might have multiple colors at once as the process of the leaf continues. I bet leaves have never been this entertaining before!



Brownie's Travel Diary

Voyage to Vietnam

By Meryem Celenli

Art by Elif Kandeniz

China

Vietnam

Laos

South China Sea

All aboard! Let's go and see beautiful Vietnam, shall we Salaam readers?

Basic Facts:

Capital: Hanoi
Population: 97.4 million
Official Language: Vietnamese
Official Religion: None
Currency: Vietnamese Dong

Vietnam is located in the Indochina Peninsula in Southeast Asia. It borders the countries Laos and Cambodia, and China up in the North.

Our First Stop Is Sapa Valley

Sapa Valley is home to hundreds of rice terraces. Farmers have been growing rice for centuries with their own traditional techniques. Farmers start harvesting in September. Sapa Town is also home to the Hmong people, who are an ethnic minority living within Vietnam. They speak their own language, have their own customs, and are originally from the mountainous regions of southern China.



Our Second Stop is Mỹ Sơn Sanctuary

These are a cluster of abandoned Hindu tower temples. These were believed to be constructed between the 4th and 14th century by the Champa Kingdom. It was known as the capital of the Champa Kingdom. It is now one of UNESCO's world heritage sites.



Fun fact

Vietnam is known as the home of the ducks. About 27 percent of the world's duck population lives in Vietnam.



My Son Sanctuary is mystical! Those stairs look steep! Make sure to bring a pair of sneakers and some sunscreen! I wonder what the Champa kings wore to climb these stairs?

Coffee smells incredibly tasty here guys!

Fun fact

Vietnam is the world's second largest coffee-producing nation. Brazil produces 40 percent and Vietnam produces 16 percent of the world's total coffee.



At the Ba Na Hills

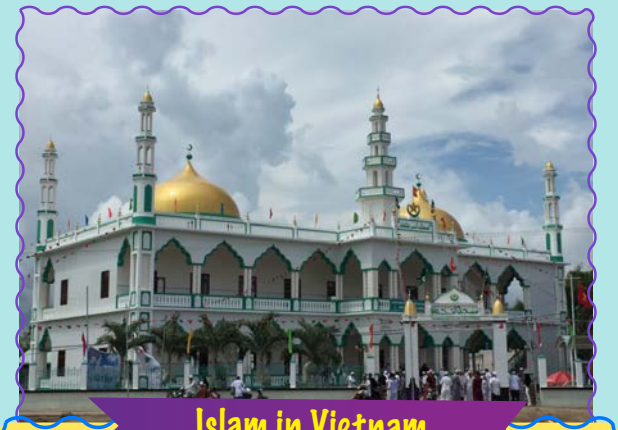
Ba Na Hills is an extraordinary amusement park—nothing like what you've seen before! Here you'll see the beautiful golden bridge which is held by two humongous hand statues. To get to the bridge, you have to go on the cable cars which bring you higher and higher up until you make it to the bridge! It also has several beautiful gardens and a huge Buddha statue.

Wooh! I really had to close my eyes on the way up, I haven't gotten over my fear of heights just yet! This is the coolest bridge I've seen yet! I do wonder whose hands those are though!



Fun fact

Due to the high vehicle taxes, Vietnamese people prefer to own motorbikes instead of cars. In 2013, Vietnam had 37 million registered motorbikes, compared to just 2 million registered cars.



Islam in Vietnam

Muslims are considered a religious minority within Vietnam, where it is believed there is a community of 76,000 Muslims within the whole country. There are seventy-nine mosques throughout Vietnam. Vietnam is also home to the Cham Muslims, who are an ethnic minority within Vietnam and also a religious minority. It is believed that Islam came to Vietnam in the 10th century. Mubarak Mosque located in 'An Giang' province is known as one of the oldest mosques ever built in Vietnam; it was constructed in the year 1750!

As for halal food, it can be found easily in the city of Hanoi, and there are also quite a few halal restaurants along with vegetarian options throughout Vietnam!

That's it for our trip Salaam readers! How beautiful Vietnam is!
Until next time...



MINDFULNESS TIME

CAN I CONTROL IT?

Hamza is excited about a weekend fishing trip with his father. He prepared everything to ensure a perfect outing. With the destination an hour away, he wanted everything to go smoothly. Hamza took the time to check the weather, inspect his fishing gear one by one, and even pack some snacks. Feeling fully prepared, he set off with high hopes for a great day.

However, upon arriving at the fishing spot, his excitement turned to disappointment as he discovered that the location was unexpectedly closed. Despite his careful planning and eagerness, an unexpected circumstance dampened his spirits.

Hamza's father, seeing his son's disappointment, suggested playing a game to help Hamza understand that they couldn't control everything in life.

Together, they drew two huge circles on the ground. In one circle, they wrote down the things they could control. In the other circle, they listed the things they couldn't control.



Can you help them categorize the conditions below?

Preparation for the fishing trip
Catching fish or not
My mindset
My actions
Weather conditions
Plan for next time
Fishing spot conditions
Behavior of others

I can control	I cannot control



As they completed the exercise, Hamza felt better, and together, they decided to embark on a new adventure and explore a nearby riverbank where they hadn't fished before. While it wasn't what they initially envisioned, they enjoyed exploring new territory, sharing stories, and bonding over the experience.

Now it's your turn

Think of a situation in your life where there are circumstances you can and can't control.

Fast Fashion Waste



By Refia Bilgic

Yes, your back-to-school outfit is cute but it could harm the planet. Let me explain how.

What is Fast Fashion?

When shopping with your friends and family, you might come across well-known stores selling trendy clothing at low prices. This is called fast fashion and it has become popular in recent years. While fast fashion has made new and trendy clothes more affordable, it has damaging effects on the environment.

What is the Problem?

To keep their prices low, fast fashion companies use cheap synthetic fabrics to create low-quality clothes. It's estimated that the average item of fast fashion is worn just fourteen times before it ends up as waste in a landfill. (1) Here are some shocking statistics to consider:

The equivalent of a garbage truck full of clothes ends up on landfill sites every second.

Nearly 10 percent of microplastics in the ocean each year come from clothing items.

Around 93 percent of workers in the fast fashion industry experience poor working conditions including low wages and long hours.(2)

About 2,700 liters of water are needed to make one cotton T-shirt, which would be enough water for one person to drink for nine hundred days. The fashion industry is responsible for about 20 percent of all global wastewater.



What Can You Do?

Here are some suggestions for you to rock a stylish back-to-school outfit while protecting the planet and making a positive impact on the fast fashion problem:

Buy less, choose quality: instead of constantly buying cheap and trendy items that quickly end up as waste, look for high-quality pieces that will last longer.

Care for your clothes: learn to fix small tears and buttons on clothes to make them last longer.

Support sustainable brands: look for clothing brands that care about the environment and use eco-friendly practices.

Swap clothes with friends: exchange clothes with friends to refresh your wardrobe without buying new items.

Sources
1.https://www.epa.gov/
2.https://www.nationalgeographic.com/

SCHOOL IN A JUNGLE?

Do you get bored of school? Do you not want to go to school anymore? Good news for youuuuu! There are forest schools everywhere!



Forest school is an outdoor education approach.

If you are in a forest school you are in nature.

Your school may take place in the woods, the forest, and even on the beach!

You can experience all the seasons outdoors, including the winter when it's at zero degrees.



You can examine plants, touch the animals and take many risks!



If you are a student in a forest school, get ready to:

- learn how to make a fire and use a knife
- explore honey and bees
- climb trees
- get wet in creeks
- do some seeding
- cook in nature
- touch animals

Who started forest school?

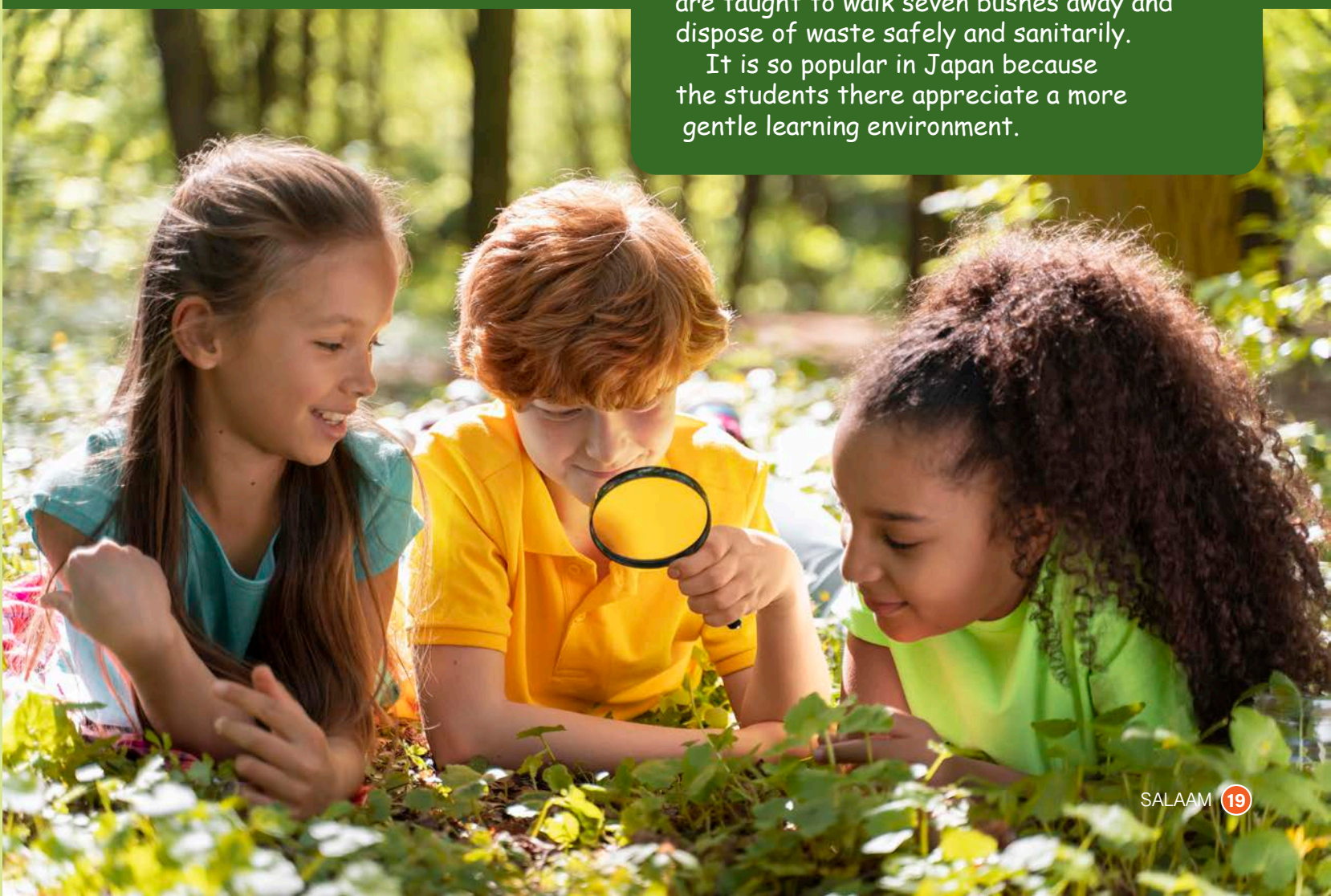
Scandinavians! These guys started the first forest school in 1952 in Denmark.

Now forest schools have been set up in Sweden, Germany, the United States, the United Kingdom, Australia, New Zealand, Canada, China, Japan, Italy, Malaysia, Switzerland, Spain, Israel, and Ireland. I think you can find one in your country or start one!



Did you know that in Sweden's forest schools, toilets are not provided—students are taught to walk seven bushes away and dispose of waste safely and sanitarily.

It is so popular in Japan because the students there appreciate a more gentle learning environment.



FIND THE DIFFERENCES

Alice, Brandon and Bushra having fun in the forest. Can you find 12 differences between the two pictures?





MY BEDTIME ROUTINE CHART

Craft Time

By Meryem Esma Turkkan



You need

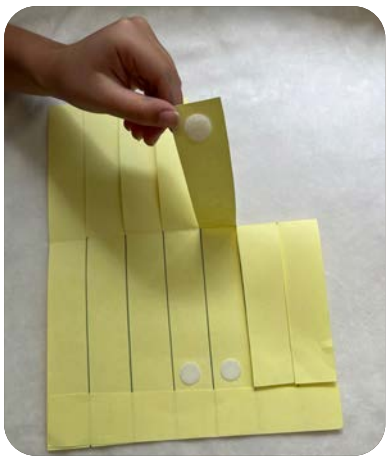
Paper
Scissors
Ruler
Pencil and markers
Fasteners



Step 1. Fold the paper in half and leave a little piece to write the heading. Make seven pieces for each part of the routine.



Step 2. Cut one side of the paper following the lines you drew with the ruler.



Step 3. Stick on the fasteners.



Step 4. Write one routine to each piece, such as brush your teeth, read a book, make dua, etc. Add some little drawings you want.



Step 5. Write done on the back of the paper.



Step 6. Add or change the list with yours and your family's choices.

Sleep tight my friend!

Every Star Shines Differently

Interview by Bahar Bilgic

Helping people is a big favor. Our prophet (PBUH) said, "Whoever helps ease someone in difficulty, Allah will make it easy for him in this world and the hereafter" (Tirmidhi). Ishak is a seven-year-old boy who set up fundraisers to help the kids who lost their homes and their parents during the massive earthquakes in Turkiye and Syria on February 6th 2023.

As Salaamu Alaikum Ishak! Can you tell us about yourself?

Alaikum salaam! I am Ishak Akarvardar. I am seven years old. I have a nine-year-old brother who has autism. I live in Manlius, New York. I do a lot of activities with my dad and my brother. I play soccer and baseball and do professional karate and horseback riding. I also do traditional Turkish shadow puppets playing and swimming.





MashAllah, that's a lot of activities! I wonder what made you go into action with helping people in need, Ishak?

After I heard and saw a lot of people hurt under the rubble during the Turkiye earthquake, I was extremely sad. I was especially sad about the kids who lost their moms, dads, siblings and homes. I talked to my mom about how I felt and asked how I could help when I was so far away from them. I asked if we could adopt all the kids who lost their moms and dads or if we could buy them homes. My mom said both were not possible; however, she said, I could speak with my friends, teacher and the principal about what happened and how big this earthquake was then ask them to help me set up a fundraising campaign.



How did your school respond back to this?

They were really happy and delighted to support my campaign. I spoke with my teacher first then the principal to help me raise money for the kids who were affected by this big earthquake. The principal handed me the microphone and let me make an official announcement to start fundraising at my school. From there, this fundraising grew in all the schools in our district. Our district has three elementary schools, two middle schools, and one high school. All the money raised was sent to UNICEF.





MashAllah! What did the kids get with the money you raised for them?

This money was sent to a Turkish nonprofit organization in Turkiye and they bought kids bikes and taught them how to ride bicycles. These kids never had bikes in their lives, and they were very happy with their presents. Seeing them riding their new bicycles made me very happy and emotional. If anybody wants to donate, readers can look up the organization "Umut Dali Projesi" on social media: @umutdaliprojesi

This organization gives kids new shoes and clothes for both Eid every year.



What made you want to do another fundraiser?

Well, I felt like the first fundraiser wasn't enough. Also, I wanted to see what happened with the money we raised but it was not possible with UNICEF. That's why I set up another fundraising campaign outside of school. With my mom's help I made a video and urged people to help and donate to the link I opened in the Turkish Philanthropy Fund's (TPF) campaign page. I collected around $2500, and with that money kids got something they would really like.





What are you most proud of?

I have two things I am most proud of.

First: my brother and I decided not to celebrate our birthdays with parties and presents. Instead, we share our birthday cakes with kids in Turkiye who have never had cakes in their lives. This makes us very happy. We send money to a Turkish organization called "Pastamizi Cocuklar Uflesin" (Let Kids Blow Our Birthday Candles), that takes birthday cakes and presents for us and delivers it to the kids. You can find them on social media @pastamizicocuklaruflesin.

We do the same thing when we are invited to birthday parties. All the kids I know in the US have everything most kids in the world don't have. So, donating their birthday presents to an organization is more meaningful than buying them presents that they might not like, or they will play with a few times then throw away. When I showed them their birthday present photos, they all loved their gifts.

Second: I am so proud of helping my nine-year-old brother with autism when my parents are busy. In a way, I am his older brother teaching him the skills he needs and showing him how things are done to make his life easier. I love my brother a lot.



What are your dreams for your future?

When I grow up, I want to be a soccer player like Lionel Messi and Cristiano Ronaldo and I want to make enough money and share my wealth with the people in need. I heard Ronaldo saying, "Since when I was young, I have always learned, 'If you give, God will give you double'. Since I started to do that, everything has become better and better in my life..."

Lastly, is there anything else you would like to say to Salaam Readers?

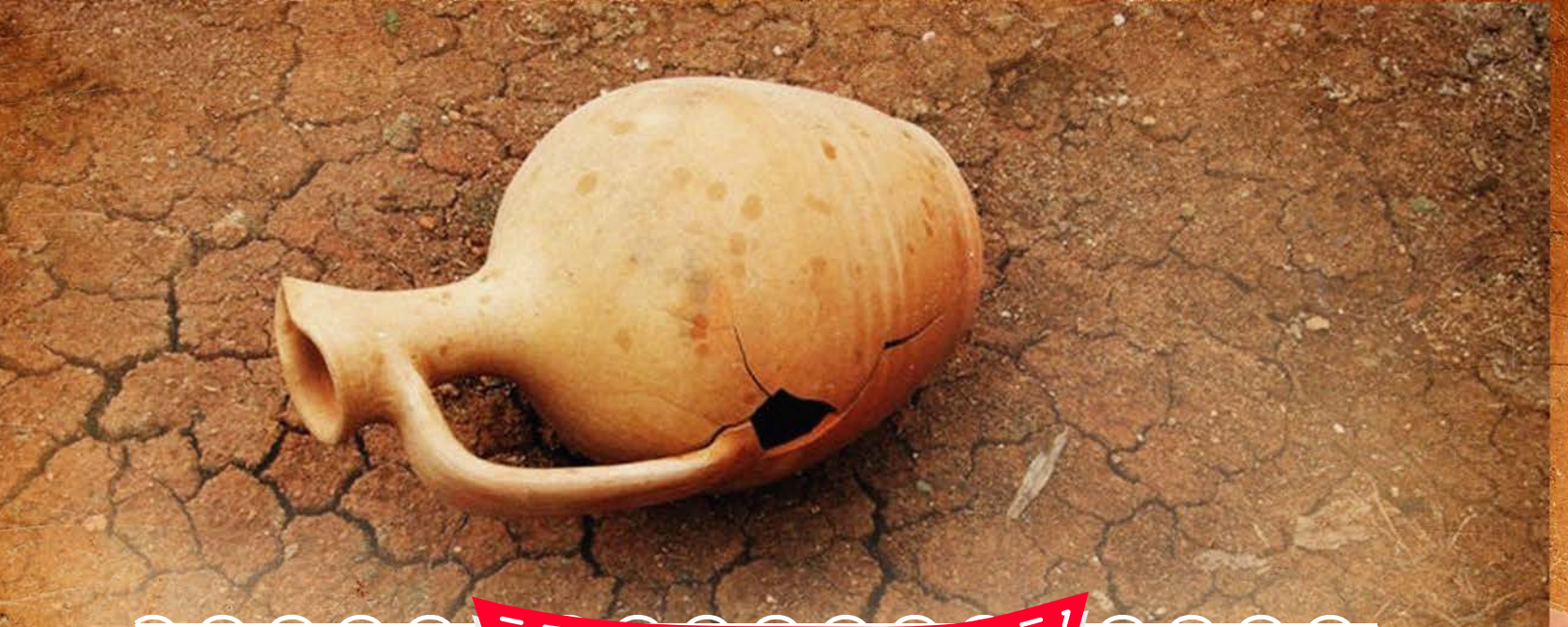
I'd like to say to Salaam readers we are all stars, and every star shines a little differently. We are never too small or too young to accomplish something big. We have the power to change the world one small nice thing at a time that will one day make a big difference.





Thank you Ishak, it was amazing to meet with you!

Thank you. I had fun. InshaAllah we can meet again!



My Beloved Prophet

He Was Not Wasteful

By Esra Nur Sula

AD 628, Medina

Farwah was so excited to learn more about the new religion, Islam, every day. The prophet was explaining every single detail to the sahabah, correcting their mistakes with patience, with his calm demeanor. Her uncle Sa'd was one of his best friends, which Farwah was always proud and happy about. Whenever she had a question, Uncle Sa'd would give her the answer. Of course, there were also times when her uncle didn't know the answers either. Whenever that happened, he would say "That's a great question, Farwah, I will ask this to RasulAllah." Uncle Sa'd was a man of his word, and never forgot to keep his promise. He would always ask and return with the answers quite quickly. Farwah loved this characteristic of her uncle.

Today, Farwah stopped by Uncle Sa'd's house as usual. The old and small brick house's wooden door was slightly ajar, revealing Uncle Sa'd, as he worked on repairing a big broken clay pot. Once he had carefully completed sticking the parts back to one another, he left it to cool, and turned to Farwah with a smile "Welcome my dear, how does it look?" he asked her.

"Much better than before, Uncle Sa'd," Farwah replied.

Uncle Sa'd laughed loudly, "Ha haa,

absolutely," he said.

Uncle Sa'd took the water pitcher that he would typically use for wudu, and walked to the stone floor surface at the other corner of the room, turned his back to Farwah, and kneeled slowly. At the same time, the sound of a knock on the door resounded through the room. Farwah opened it. Her eyes sparkled with joy when she saw the beloved prophet directly in front of her. "Salaam my sister," he said with a beautiful smile on his face.

"Wa alaikum salaam, ya RasulAllah" exclaimed Farwah. Farwah felt that he was the most beloved person in her life. She gazed at him with adoration and love, desiring to jump and hug him, but feeling too shy to do so. Uncle Sa'd, who was performing wudu in deep silence had not heard the door, nor noticed the presence of the blessed guest yet.

Farwah and RasulAllah sat together on a big old yellow pillow without talking. RasulAllah was watching his friend, Uncle Sa'd. Uncle Sa'd was pouring the water with one hand and performing wudu while reciting duas. When he finished washing his feet, he was almost half wet from top to toe. He turned back around and faced them in surprise.

"Salaamun alaikum, ya RasulAllah, welcome!" he cried and stood up immediately.

"Wa alaikum salaam, my brother," RasulAllah smiled. "Sa'd, what is that israf?" he asked right away.

"Do you mean the water?" Uncle Sa'd asked, surprised. "Can there be any israf in wudu?" he added. Farwah was also confused by RasulAllah's warning.

"Yes, even if you are on the bank of a flowing river," RasulAllah answered.*

"Ohh..." exclaimed Farwah and Uncle Sa'd. They were both surprised. Even if you have a full river of water, you should use only the amount that you need. Wow! Farwah had realized a deep meaning of wastefulness in her heart. They both smiled at RasulAllah with love and adoration.

After a while of silence, "Let me bring some fresh goat milk and dates!" cheered Uncle Sa'd.

"Yesss!" exclaimed Farwah, full of joy.

**Ibn Majah, Sunan, "Taharah 48"*



Say NOOO to Israf









"Why is it bad to waste things like food, toys, or time when I can just get more?"
Nuria, 9, AZ

What is Israf?

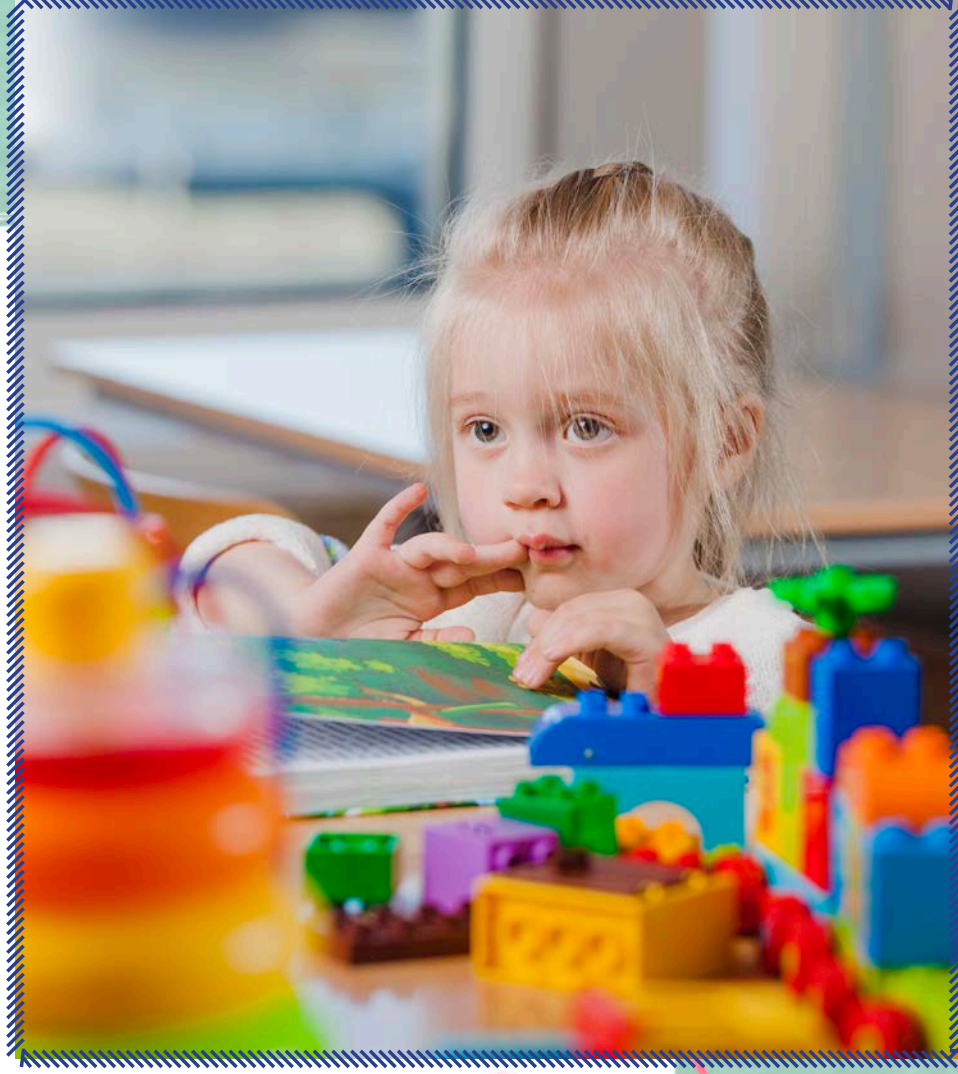
In Islam, israf means being wasteful or extravagant and using more than we need. It's like filling up your plate with so much food that you can't finish it, and it has to be thrown away. That's not good, right? But why? Let's find out!

Wasting means not being thankful

Allah (SWT) loves those who are thankful and use His gifts wisely. When we waste things, we're not being thankful for the bounties Allah (SWT) has given us. That means we are not appreciating them. By not wasting and giving charity to others, we stay thankful to Allah (SWT) for everything He gives to us.

In the Qur'an, Allah (SWT) says "...and eat and drink and do not be extravagant; surely He does not love extravagant people." [7:31]

Wasting what Allah (SWT) gives us removes the barakah of what we have. Barakah means Allah (SWT) has blessed it by making it plentiful and making it continue for a long time, or enabling it to grow with time.



Do we waste something other than food?

Yes! We can also be wasteful with other things like time, money, and even our health!

Do you ever spend a whole day watching TV, then realize you didn't do your homework or play outside with friends? That's wasting time.

Maybe you spent all your money on a toy that you don't even play with that much. That's wasting money.

Staying up too late and feeling tired the next day? That's wasting health.

Allah (SWT) gave us time, wealth, and our bodies. We need to protect what He gave us and use it wisely in ways that would please Him. By using your time for good and taking care of yourself, you would show your love and respect for Allah (SWT).

Wastefulness vs. Mindfulness

Be grateful

Remember, Allah loves those who avoid israf and use His blessings wisely. So, let's try to be mindful, thankful, and avoid wastefulness in everything you do!

Make a plan

When it's time to eat, only take as much as you can finish. Remember, you can always get more if you're still hungry.

Share what you have

Do you have toys you no longer play with? Instead of leaving them in a box, you could share them with other kids who would love to have them!

Save and spend wisely

If you get an allowance or Eidi money, think before you spend it all at once. Maybe you could save some for something you really want, or to give to charity.



Try to follow these four principles in your life and reduce waste. Each of our steps, even the smallest ones, can make a big difference!

Now You Think

What are the things you waste in your family? What are things you can be more mindful about? Ask your parents about their strategy for avoiding waste!

I can't wait to hear your thoughts, my friend. Email your answers to salaam@salaammagazine.com

Wastefulness is when we use or consume more than we really need. Islam teaches us to appreciate Allah's blessings and use resources responsibly. In Islam, gratitude is encouraged, and wastefulness is discouraged. Also, wastefulness is behavior that goes against the Sunnah of the Prophet Muhammad (SAW). To be responsible Muslims, let's find out in which area you waste the most and choose the best solution for yourself.



Reducing Waste and Living Mindfully

Art by Arzu Sula

Waste Of Food

Islam emphasizes the importance of not wasting food. When we have leftover food that we don't eat and throw away, it becomes waste.



- Take only what you can eat
- Ask if anyone else wants to eat or save leftovers
- Give leftovers to animals instead of throwing them away

Waste Of Money



Spending money on things we don't need or buying too much of something can be a waste. It's important to be smart with our money and consider whether or not we need something before buying it.

- Before you buy anything, ask yourself if it's a need or a want
- Not buying unnecessary clothes and toys
- Making handmade gifts instead of buying ones



Waste Of Water

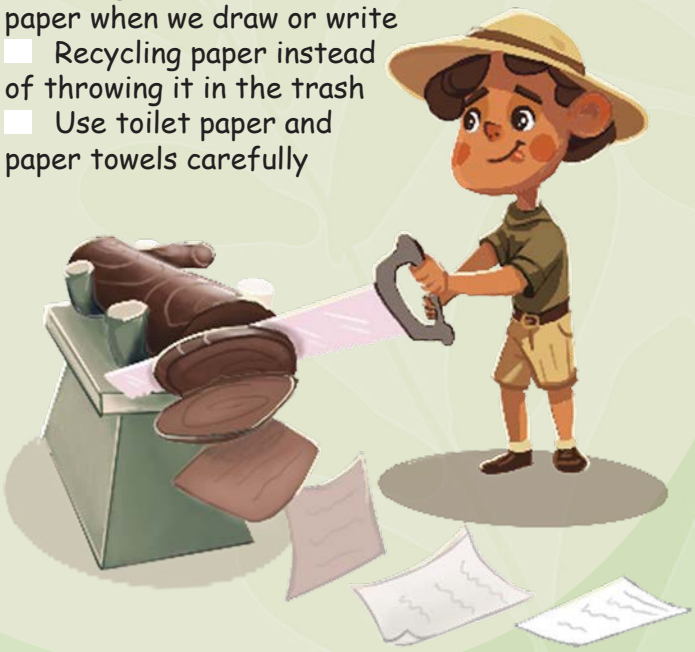
Water is a precious resource and it is limited so we should use it wisely.

- Turn off the tap when you're not using it
- Take shorter showers
- Watering the flowers instead of pouring water out of bottles

Waste Of Paper

Trees are the main source of paper. When we use more paper than we need or throw away paper that can still be used, it becomes waste.

- Using both sides of the paper when we draw or write
- Recycling paper instead of throwing it in the trash
- Use toilet paper and paper towels carefully





Waste Of Electricity

Electricity is energy that powers our homes and devices. Leaving electronics plugged in when we're not using them or leaving the TV on when we're not watching it wastes electricity.

- Turning off lights when they are not in use
- Unplug things when you're not using them
- Limit screen time

Wasting Time

Spending too much time on things that don't really help us or make us happy. Spending too much time on screens, delaying, and putting off doing important tasks are examples of time-wasting.



- Do outdoor activities
- Read books or spend time with family and friends
- Develop hobbies that bring you joy and help you grow

Make Your Homemade Thermometer!

EREN'S LAB

By Eren Ay

Salaam everyone! Are you ready to dive into some scientific fun? Join us on an exciting journey as we explore the world of temperature with our homemade thermometer project. Get ready to measure up, learn something new, and have a blast with this hands-on experiment!

Getting Ready

- A clear, narrow glass or plastic bottle with a narrow neck
- Water
- Rubbing alcohol
- Food coloring (optional)
- A straw
- Modeling clay or playdough
- A marker
- A ruler or measuring tape
- A small container or bowl
- Hot water and ice (for calibration purposes)



Let's get started!

Fill the narrow bottle one-third full with water and rubbing alcohol, optionally adding food coloring for better visibility.

Insert the straw vertically into the bottle, ensuring it touches the liquid without reaching the bottom.

Seal the area around the straw's opening with modeling clay or playdough to prevent air escaping.

Draw a temperature scale on the bottle's side using a marker.

Calibrate the thermometer by noting the liquid's position in hot water (maximum temperature) and ice water (minimum temperature).

Dip the straw into the substance or environment you want to measure.

Record the liquid's level in the straw and use the scale to determine the temperature.

Enjoy measuring temperatures with your homemade thermometer!





Think About It

To measure how hot or cold something is, we use thermometers. Allah (SWT) has created this universe and given us many senses to measure and feel the differences, and He gave us logic, mind, and ability to invent tools to measure in the universe.

As we measure the distance from the Earth to the Moon, how fast our heart beats, how deep the oceans are, the temperature of our body, humidity, and many other things we realize Allah (SWT) better. We understand how He created everything in a perfect ratio and in a beautiful, smart, and perfect way. So, when we use tools such as, scales, rulers, telescopes, microscopes, and thermometers to measure something, always be grateful for these tools and think about Allah (SWT), who has created everything with perfect measurement.





How Can I Put Leftovers to Good Use?

Leftover food is always making us think about wasting it or reusing it. Here are two recipes for you to make the most of leftover bread and rice. You will be surprised when you taste the new version of leftovers.

Ask an adult for help!

French Toast

Ingredients

- 4 large eggs
- 1 cup milk
- 1 teaspoon sugar (optional)
- 1 teaspoon cinnamon
- 2 tablespoons butter (for the pan)
- 8 to 10 slices bread (preferably stale or day-old bread)





Instructions

- Begin by gathering all the ingredients to make the delicious French toast.
- In a wide, shallow bowl or pie plate, crack the eggs and whisk them.
- Take a pan and spread a thin layer of butter on it. Place the pan over medium-low heat.
- Dip each slice of bread, one at a time, into the bowl or plate containing the whisked eggs. Allow the bread to soak up the egg mixture for a few seconds, then carefully flip the slice to coat the other side.
- Transfer the egg-coated bread slices to the preheated pan. Cook slowly until the bottom turns a beautiful golden brown. Then, flip the slices and cook the other side. The cooking time may vary depending on the thickness of the bread, but it typically takes only a few minutes per side.
- Once the French toast is cooked to perfection, serve it hot with butter and syrup, your favorite fruits, or any other preferred toppings.

Cheesy Rice Balls



Ingredients

2 cups leftover rice
1/4 cup grated Parmesan cheese
1/4 cup shredded mozzarella cheese
1 egg
1/2 cup bread crumbs
2 cups vegetable oil
Salt, black pepper and your choice of seasoning or spices

Instructions

Combine the leftover rice, Parmesan cheese, mozzarella cheese, egg, salt, black pepper, and any desired seasoning or spices in a bowl and mix them all.

Take portions of the mixture and roll them into ping-pong ball-sized balls. Roll each ball in the bread crumbs until coated evenly. Place the coated rice balls on a separate plate.

In a pan, heat two cups of vegetable oil over medium heat.

Carefully place the rice balls in the hot oil, ensuring not to overcrowd the pan. Fry the rice balls until they turn golden brown.

Once fried to perfection, remove the rice balls from the oil using a slotted spoon, and place them on a paper towel-lined plate to absorb any excess oil.

Feel free to get creative with the seasoning and spices to suit your taste preferences.

Serve the cheesy rice balls warm, and enjoy!



AM I WASTEFUL OR MINDFUL?

Art By Omer Ozmen

Paper Towel

If you spill a little water on the table, do you:





☐ Unravel the entire roll to wipe up that tiny spill?

☐ Only take as many paper towels as you need to clean up the mess?

Paper

Paper is produced from trees. When you use paper, do you:





☐ Use it however you want, just to crumple it up and throw it away for fun?

☐ Use it carefully and responsibly?

Toys

In a toy store, you see shelves filled with all kinds of amazing toys. Do you:





☐ Buy every single toy you see?

☐ Choose toys that you genuinely love and will play with often?

Food

When it's time to eat your favorite foods, do you:



☐ Grab heaps and heaps of food, piling your plate up until it's overflowing?



☐ Take as much food as you can fit in your tummy?

Water

When you brush your teeth, do you:





- [ ] Use the water as if it doesn't have an end?
- [ ] Remember water has limits and use it wisely?

Time

Time is a precious resource we should value. Do you:



- [ ] Use it for nothing?



- [ ] Use it wisely?

Video Game

Video games can be super fun and exciting. Do you:





- [ ] Play video games all day without taking breaks?
- [ ] Keep balance and do other activities too?

Clothes

You have a wardrobe filled with amazing clothes. Do you:





- [ ] Buy every trendy item you see?
- [ ] Choose clothes that you really need?

COLORFUL AUTUMN

How are these pictures the same ?



How are they different?





Who Do These Beautiful Eyes Belong To?

Look at the eyes of these animals. Which pretty creatures do these eyes belong to?



.....



.....



.....



.....



.....



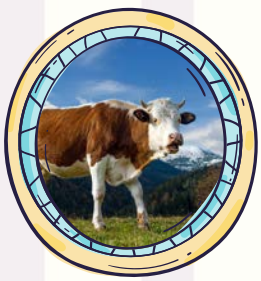
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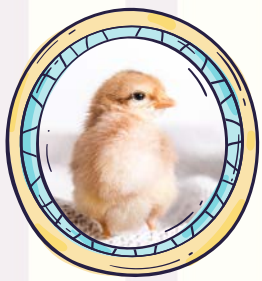
Find the right family

Can you find the parents of the baby animals?


















FRESH
apple
$4.10
Pear
$3.20
Carrot
$2.50
PUMP



Salaam Fall Fun

Art by Huma Kaya

Like many people, Fall is Zeeshan's favorite season because of the colorful leaves and cool breezy weather, but mostly for the fun fall festivals. Today, Zeeshan drives his wheelchair to the flower stand first. The red African daisies smile at him and grab his attention right away. Zeeshan loves it so much.

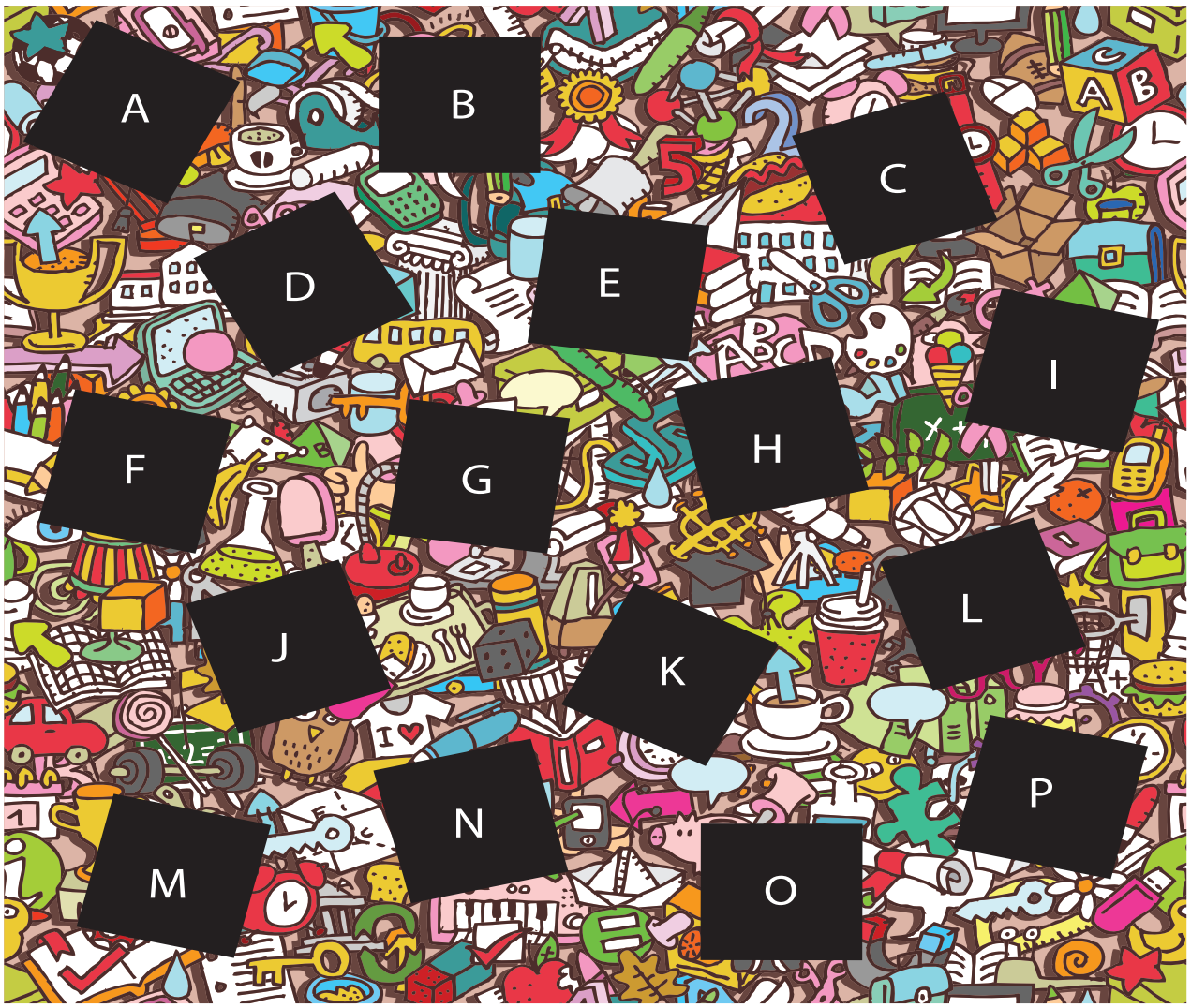
At the festival, he enjoys every corner. Let's have fun with him:

- Find six hidden objects in the picture.
- How many animals can you see in the festival?
- The corn maze is the best of the festival for everyone. Start on the Corn Maze banner and find the exit.
- Kids have so much fun on the horse cart. Color it as you wish.
- Can you match the same pumpkins in the pumpkin field?
- Inayah and her mom want to buy one pound of apples, one pound of pears, and two pounds of carrots. Her mom has only $20 cash left. How many dollars does the seller give back to her?



WHERE ARE MY SCHOOL ITEMS?

School has started! Find the missed pieces in the picture.




1


2


3


4


5


6


7


8


9


10


11


12


13


14


15


16

A-...
B-...
C-...
D-...
E-...
F-...
G-...
H-...
I-...
J-...
K-...
L-...
M-...
N-...
O-...
P-...



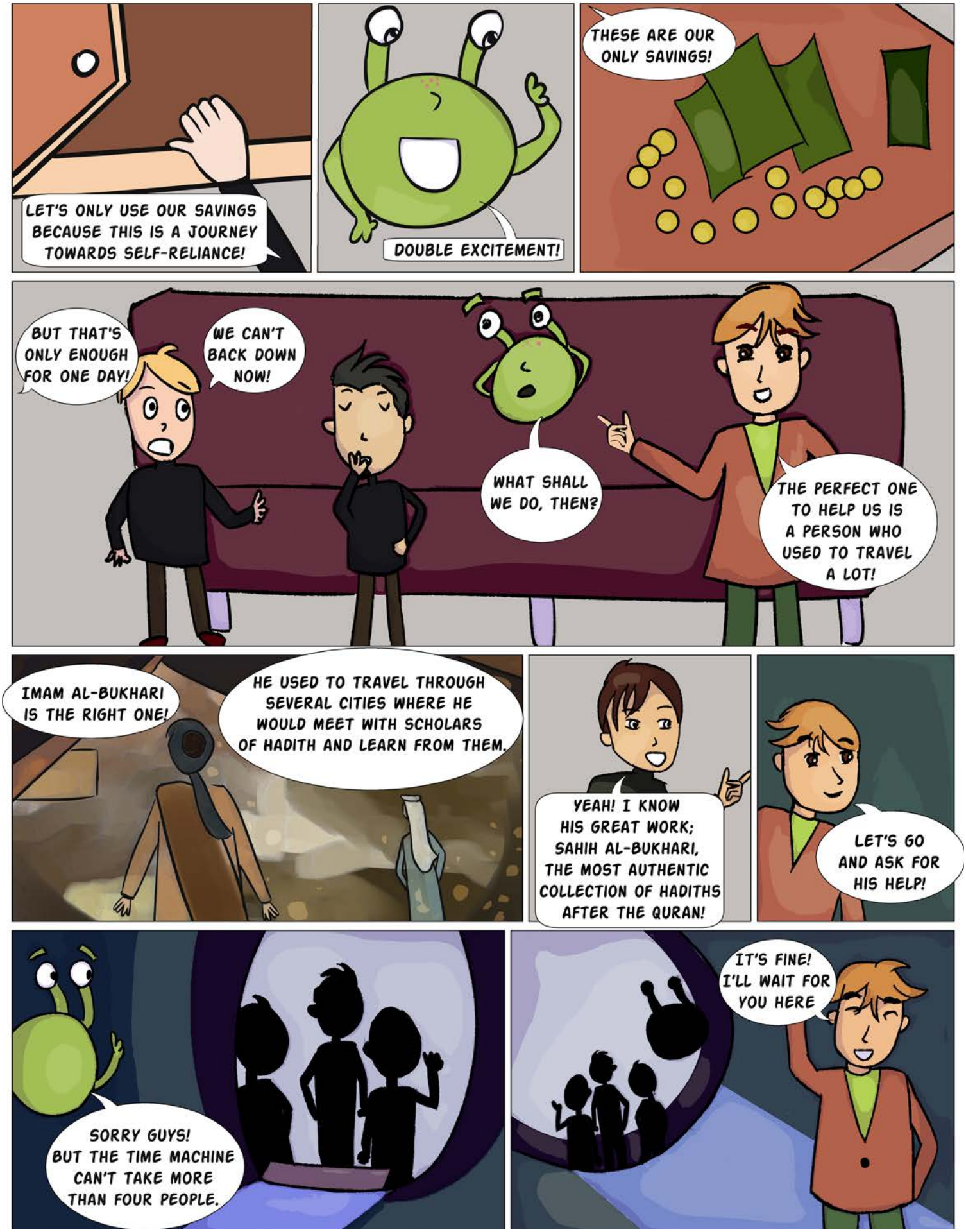
Solve the math questions. Write the correct words above the solutions. At the end you will find a beautiful hadith of our beloved Prophet (PBUH) .

3+2	(without)
100-99	(drink)
8+2	(clothes)
4-1	(pride)
100-91	(wear)
75-68	(extravagance)
10-4	(eat)
1+1	(charity)
45-34	(give)
24-16	(and)
10-6	(or)

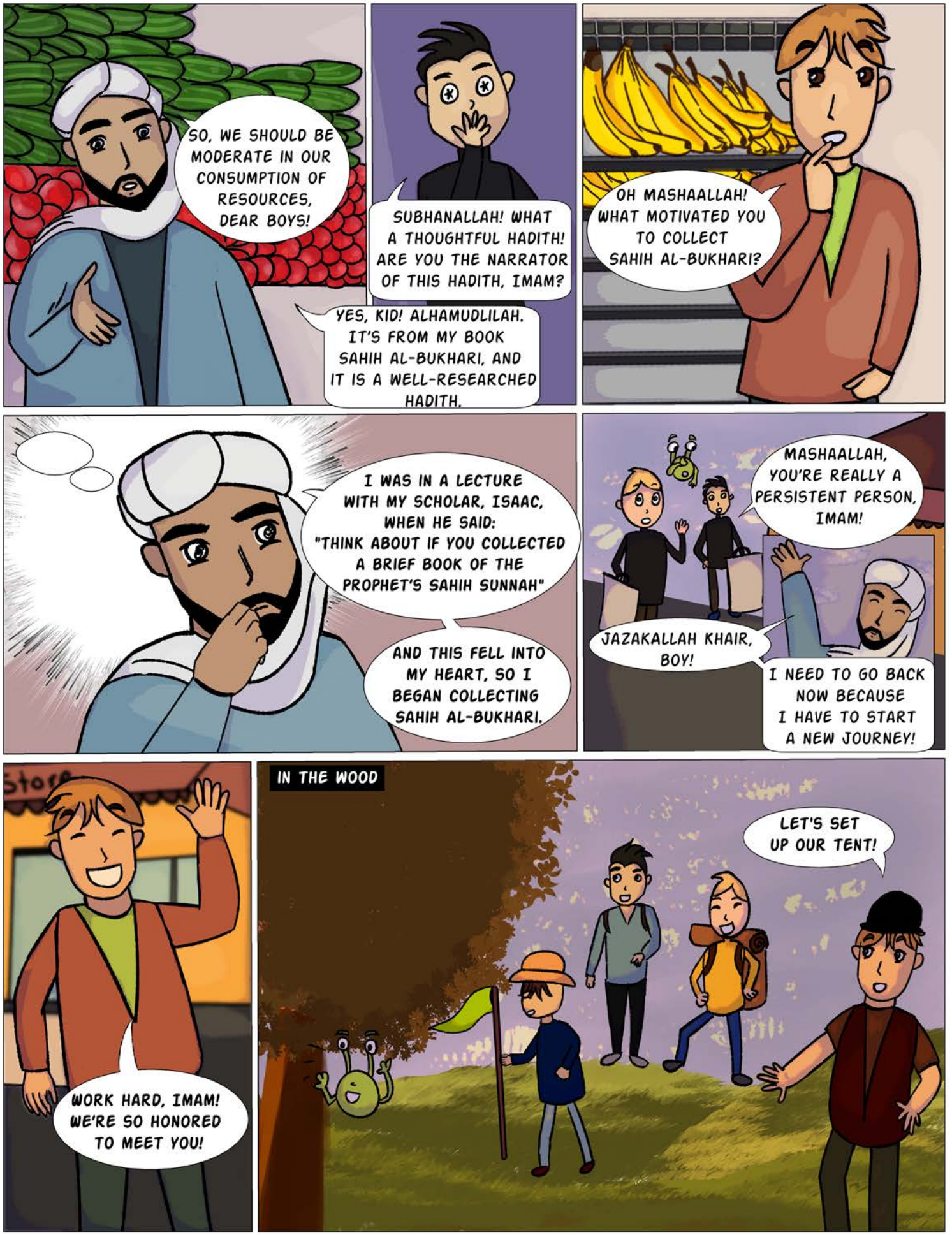
____	____	____	____	____	____
1	2	3	4	5	6

____	____	____	____	____
7	8	9	10	11


Tarik & Rogy
Outdoors Journey
STORY
AYA YAHIA
NAIIERA WAGEEH
ART
NAIIERA WAGEEH
SO CAMPING BUILDS YOUR CHARACTERS, DEARS
IT GIVES YOU CONFIDENCE AND SELF-RELIANCE.
YOU SHOULD DEFINITELY TRY IT!
ARE YOU THINKING THE SAME THING, TARIK?
YEPPP! I MEAN WHY DON'T WE TRY!
AND THIS IS THE PERFECT WEATHER FOR CAMPING!
WHAT A GREAT IDEA!
LET'S MAKE USE OF THE UPCOMING HOLIDAYS AND GO ON ADVENTURE!
LET'S CAMP FOR 3 DAYS THEN?
DID YOU SAY "CAMPING"?
I'M IN!


LET'S ONLY USE OUR SAVINGS BECAUSE THIS IS A JOURNEY TOWARDS SELF-RELIANCE!
DOUBLE EXCITEMENT!
THESE ARE OUR ONLY SAVINGS!
BUT THAT'S ONLY ENOUGH FOR ONE DAY!
WE CAN'T BACK DOWN NOW!
WHAT SHALL WE DO, THEN?
THE PERFECT ONE TO HELP US IS A PERSON WHO USED TO TRAVEL A LOT!
IMAM AL-BUKHARI IS THE RIGHT ONE!
HE USED TO TRAVEL THROUGH SEVERAL CITIES WHERE HE WOULD MEET WITH SCHOLARS OF HADITH AND LEARN FROM THEM.
YEAH! I KNOW HIS GREAT WORK; SAHIH AL-BUKHARI, THE MOST AUTHENTIC COLLECTION OF HADITHS AFTER THE QURAN!
LET'S GO AND ASK FOR HIS HELP!
SORRY GUYS! BUT THE TIME MACHINE CAN'T TAKE MORE THAN FOUR PEOPLE.
IT'S FINE! I'LL WAIT FOR YOU HERE


BUKHARA, IN THE YEAR OF 830
WHERE DID YOU BOYS COME FROM?
WE COME FROM THE FUTURE, IMAM! WE NEED YOUR HELP
SUBHANALLAH! YOU'RE COMING FROM THE FUTURE TO MEET ME?
YOU CAME JUST IN TIME! I WAS ABOUT TO TRAVEL!
YES, IMAM! WE NEED YOUR WISDOM THERE, CAN YOU COME BACK WITH US?
TRAVELLING TO THE FUTURE! WHO COULD REFUSE SUCH AN OPPORTUNITY!
BACK TO PRESENT TIME
Store
SO YOU WANT TO GO CAMPING, BUT YOUR SAVINGS ARE NOT ENOUGH.
HMM, THAT'S A TON OF ITEMS, FUTURE GUYS! YOU DON'T NEED ALL OF THAT!
WHAT DO YOU MEAN, IMAM?
MODERATION IS THE KEY! YOU DON'T NEED ALL THIS UNNECESSARY STUFF.
THIS IS A WASTE OF MONEY, BOYS.
Choclate
Biscuit
Chips
apples
Bread
Cheese
Milk
Camping Stuff
THIS SEEMS REASONABLE!
THE PROPHET (PBUH) PASSED BY SA'D WHILE HE WAS PERFORMING ABLUTION, AND HE SAID, "WHAT IS THIS WASTAGE, O SA'D?" SA'D REPLIED, "CAN THERE BE ANY WASTAGE IN ABLUTION?" THE PROPHET SAID,"YES, EVEN IF YOU ARE AT A FLOWING RIVER."


SO, WE SHOULD BE MODERATE IN OUR CONSUMPTION OF RESOURCES, DEAR BOYS!
SUBHANALLAH! WHAT A THOUGHTFUL HADITH! ARE YOU THE NARRATOR OF THIS HADITH, IMAM?
YES, KID! ALHAMUDLILAH. IT'S FROM MY BOOK SAHIH AL-BUKHARI, AND IT IS A WELL-RESEARCHED HADITH.
OH MASHAALLAH! WHAT MOTIVATED YOU TO COLLECT SAHIH AL-BUKHARI?
I WAS IN A LECTURE WITH MY SCHOLAR, ISAAC, WHEN HE SAID: "THINK ABOUT IF YOU COLLECTED A BRIEF BOOK OF THE PROPHET'S SAHIH SUNNAH"
AND THIS FELL INTO MY HEART, SO I BEGAN COLLECTING SAHIH AL-BUKHARI.
MASHAALLAH, YOU'RE REALLY A PERSISTENT PERSON, IMAM!
JAZAKALLAH KHAIR, BOY!
I NEED TO GO BACK NOW BECAUSE I HAVE TO START A NEW JOURNEY!
WORK HARD, IMAM! WE'RE SO HONORED TO MEET YOU!
IN THE WOOD
LET'S SET UP OUR TENT!


TIGHTEN IT UP!
OH, NOT TOO.... MU--CH!!!
IT'S YOUR FAULT, TARIK! YOU DIDN'T TELL ME HOW MUCH I SHOULD STRETCH IT!
SERIOUSLY?
LET'S TRY AGAIN, GUYS!
AND FINALLY!! WE'RE REAAADY!

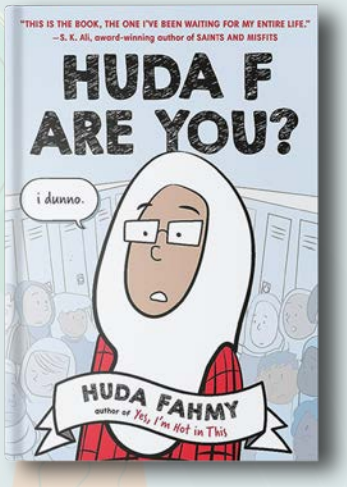

SUBHANALLAH! LOOK AT ALL THESE RED LEAVES!
I WONDER WHY LEAVES CHANGE THEIR COLOR IN FALL!
I THINK IT'S BECAUSE THEY ARE GETTING READY TO FALL OFF THE TREE AND GO TO SLEEP FOR THE WINTER.
WHAT'S FUNNY ABOUT THIS?
IT'S NOT BECAUSE THEY GO TO SLEEP, ROGY! IT SEEMS THAT YOU'RE THE ONE WHO WANTS TO GO TO SLEEP, HAHA!
WHY, THEN?
THIS HAPPENS AS DAYS START GETTING SHORTER AND THERE IS LESS SUNLIGHT IN FALL.
SO THE LEAVES TURN THEIR COLOR FROM GREEN TO RED AND ORANGE BECAUSE OF THE LACK OF LIGHT.
I DIDN'T KNOW THAT! THAT'S FASCINATING!
WHOA! SUBHANALLAH!
I'M SO SLEEPY
ME, TOO! IT WAS A LONG DAY!
SLEEP SOUNDLY FOR TOMORROW'S ADVENTURE, BOYS!



BOOK RECOMMENDATIONS

What A Waste?

By Jess French
The Earth is our one and only resource for life. Water, air, soil, animals, and many other resources are all limited. We have to use them all wisely and produce less litter to keep our planet clean and healthy. Wasting is killing the Earth and living creatures, and changing the balance of the systems on it. With this book, you will discover the facts about the waste we produce, where it goes, recycling, and much more. A great book for children aged five to twelve.



Huda F Are You?

By Huda Fahmy
Huda F Are You? is a well-written, funny graphic novel that encompasses the experience of Muslim American people in high school. While the main character is in high school, this book is fit for readers of all ages thanks to its easy-to-read text, pictures, and easygoing humor that makes the book flow.

Answers

Where are my school items?
A-5, B-11, C-10, D-8, E-6, F-3, G-12, H-9, I-15, J-2, K-4, L-13, M-16, N-14, O-1, P-7

Who Do These Beautiful Eyes Belong To?
Owl, dolphin, horse, vulture, wolf, bear

Find the Hadith
Eat, drink, give charity, and wear clothes without extravagance or pride.
Ibn Majah

Salaam Fall Fun
2. 13 Animals 6. $7.70



GIVE FUN MAGAZINES TO REFUGEE CHILDREN!



The manager and officers were amazed by the rich content and the quality of Salaam Magazine. The OACES manager, Ms. Lia said, "The refugee families need these resources a lot. There are many families here. This is such amazing work and a precious organization. Thank you so much for doing this."

Thank you everyone, for making this project real with your generous donations.

We will be giving updates on this donation project through our Instagram page and the link,

https://gofund.me/0460dd5d

Let's put a smile on every child's face together and help support the future of this country!

Salaam, my friend

We have great news for you! Salaam Magazine organized a donation project that started on June 20th for World Refugee Day. It aims to help refugee children feel more at home by giving them copies of the fun and interesting Salaam Magazine, through OACES (Office of Adult and Career Education Services), Rochester International Academy, and Rochester Catholic Charities.

Our original pricing for each magazine is $12. For this campaign, we will be donating the magazines at $10 apiece, giving $2 of support for each magazine to be donated.

For every $10 donated, you will be gifting a wonderful magazine to an expectant refugee child, supporting the minority populations in your country, helping them feel more at home, and increasing the diversity in your community. The lack of diverse resources in the US can be very alienating to young refugees from other countries. Salaam Magazine is a resource that will make them feel more welcome and accepted, due to its embracing and representation of all cultural, religious, and racial populations. Our goal is to donate six hundred magazines through the duration of this project.

The first donations have been delivered to OACES where many refugees have ESSL and career training classes.





SALAAM SHOP

Purchase yours: www.salaammagazine.com











Salaam Magazine is a quarterly magazine aimed for kids age

6-12

Yearly subscription to Salaam Magazine is only $45 including shipping in the US

(It includes 4 issues)



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