In the Name of Allah, the Most Gracious, the Most Merciful

الرَّحِيمَانِ الرَّحَمُنَّ ﻣَنْ فِي اﻟْأَرْضِ ﻣَنْ فِي اﻟْشَّمَاءِ

“The merciful will be shown mercy by the Most Merciful. Be merciful to those on the earth and the One in the heavens will have mercy upon you.” Al-Tirmithi

LOCK-INS

Middle School Girls: Nov. 5th
Middle School Boys: Nov. 12th
High School Girls: Nov. 19th
High School Boys: Dec. 3rd
On October 11, 2021, President Biden issued a proclamation concerning Indigenous Peoples’ Day. This is the first instance in which a United States president has recognized the federal holiday.

As stated in the proclamation: “On Indigenous Peoples’ Day, we honor America’s first inhabitants and the Tribal Nations that continue to thrive today. I encourage everyone to celebrate and recognize the many Indigenous communities and cultures that make up our great country.”

Indigenous Peoples’ Day is celebrated in honor of Native American contribution and resilience. Since the beginning of American colonization, Indigenous people have been victims of assimilation, genocide, and broken promises from the Federal Government. Examples include Indian boarding schools (eg. Carlisle Indian School), Indian wars (eg. Sand Creek Massacre in 1864), and broken treaties (eg. Treaty of Fort Laramie in 1868). These examples are only a few when taking into account the many struggles of Indigenous people.
INDIGENOUS PEOPLES' DAY

Although Columbus Day is still recognized as a federal holiday celebrated on the same day, October 11, the history behind Christopher Columbus’s so-called “discovery” of the Americas should not be dismissed. Columbus introduced disease to the Natives, enslaved them, and dispossessed them from their homes while settlers stole the Indigenous people’s lands, claiming it as theirs.

The reparations that Indigenous Americans deserve are innumerable and have not been given to them. However, the proclamation of Indigenous Peoples’ Day is a step forward in American history. There is still, however, much advocacy to be done in an attempt to make amends with the Indigenous peoples and repair the horrors that afflicted them throughout history.

To learn more about the proclamation given about Indigenous Peoples’ Day, visit https://www.whitehouse.gov/briefing-room/presidential-actions/2021/10/08/a-proclamation-indigenous-peoples-day-2021/

- Myriam Mousa
California experienced its third major oil spill in Huntington Beach, also known as “Surf City USA.” On October 1, 2021, Pipeline P00547 broke, causing the Huntington Beach spill, also known as the Orange County spill. According to the investigators for the U.S. Coastal Guard, the pipeline was probably struck by many ships’ anchors and was dragged along the seafloor for over one hundred feet. Also, according to California’s Attorney General, Rob Bonta, Amplify Energy, an oil company based in Houston, was responsible for the spill. An estimated 126,000 gallons of oil spilled and spread as far as San Diego, which is fifty miles away from the beach.
The number of animals the spill affected is still unknown, but dozens have been found by cleanup crews and investigators. Michael Ziccardi, the director of the Oiled Wildlife Care Network, which tries to preserve and restore the wildlife in California, states, “Basically, every species can be negatively affected due to oil exposure. So the greatest concern for us are the birds because they’re uniquely sensitive to oiling.” The worry is that when the birds are coated with oil, the oil allows cold water to flow on their skin causing them to either die or get very ill as the feathers are unable to keep them warm. Additionally, marine animals are at risk because they may swallow the oil. This will eventually affect the animals at the top of the food chain over time.

A unified team consisting of the US Coast Guard, California Department of Fish and Wildlife, and Amplify Energy Corporation set out to investigate the spill and clean the beach. After oil toxins were not detected using their equipment, Huntington Beach reopened on October 11. However, the water quality will still be monitored as promised by the Huntington Beach mayor, and the investigations by the unified team will continue.

- Masa Darkazally
HOW TECHNOLOGY AFFECTS OUR MENTAL HEALTH

Though technology has helped us keep in touch with our loved ones, get access to news more quickly, and allowed us to be more aware of the world around us, it has also taken a toll on many people’s mental health. Technology affects both the psychological and physical health of human beings and has done so for a long time. Social media such as Instagram can affect the way young adults view their appearance and can make them start comparing their lives to others in a negative light. Technology’s immense impact has not only affected our daily lives and how we work but has also affected our mental state.

I believe social media and different technologies create an ongoing anxious cycle for its users. It creates a distracted mindset for people, making them think about how many likes they are getting, how many followers they have, what to share next, inadequacy in their life and appearance, and more. Thoughts like these can trigger anxiety and depression. It can also cause excessive jealousy, self-absorption, and even cyberbullying. The Center for Collegiate Mental Health found that the top three diagnoses, for users between the ages of 17 to 21, are technology induced anxiety, depression, and stress. Many studies from the U.S.A, Canada, Australia, and more have linked high usage of social media to high levels of stress and depression. Teenagers, between the ages 13 to 19, spend an average of 9 hours a day on social media, whereas kids, 12 and younger, spend an average of 6 hours a day. With such a high amount of usage, it’s inevitable that it will affect our health and emotions. Anything we spend this much time doing is going to have lasting effects on us whether it be mentally, physically, or emotionally.
Social media has affected our lives so greatly to the point where it can be considered an addiction. Though it has helped create so many easier ways for us to engage with the world, I think the extra use of technology from people can end up being our downfall. People want validation whether it be about their clothing, looks, intelligence, lifestyle, and more. The internet allows us to meet other people and get social approval from them which is one of the biggest reasons why so many people use the internet so often. It is proven that engagement with social media, such as Facebook, Instagram, Twitter, and more, releases a chemical called dopamine. This same exact chemical is released from people with drinking, drug, and gambling addictions. In fact, studies have also found out that users with a high psychological addiction to the internet have similar brain scans and impairments in regions of the brain as those with drug addiction and dependence. With so many people seeking happiness through social media and trying to fulfill their addiction to the internet, it produces a fake reality filled with delusions and changes our actual perceptions of real life. Some people think the “I think, therefore I am” mindset is very beneficial and you can “manifest “your ideal life and appearance but I think it's a very toxic and worrying way to think when it comes to social media, especially for young, impressionable children. People that have this mindset to social media create delusions for themselves and view themselves to be a figmented person they aren’t.
HOW TECHNOLOGY AFFECTS OUR MENTAL HEALTH

It’s true that the internet has helped us immensely since its beginning. It gives us easier communication and makes all types of information easily available; however, good always comes with the bad. Extensive use of anything is not beneficial and can cause harm, such as social media and its contribution to worsening mental health. The internet has led us to find out our interests and taught us about ourselves but can also cause risks and burdens to its users. I believe it has helped find who we are in a way and helped us connect with people, on the other hand though, the internet can also lead to over consumption by making available all sorts of entertainment and information all at once which can deteriorate mental health and can lead to unhealthy obsessions. I believe if the internet and its offerings are used in the right ways, we can be able to help create a better and safer environment which will allow us to improve mental health and take in the valuable and beneficial side of technology.

- Javeria Imran
Cruella is an excellent choice for your next movie night, whether alone or with friends. This movie, designated for those ages twelve and up, reflects on the story of the dog-napping villain Cruella de Vil from Disney's 1961 classic 101 Dalmatians. This movie delves deeper into Cruella's wicked behavior, allowing viewers to better connect to and understand her. The main character, played by Emma Stone, lives as an orphaned teenager on the streets of London in the early 1970s who survives due to her petty thefts and inventive costumes before becoming a criminal with a vicious passion for dog-skin attire. This film features passionate acting and continuous entertainment but doesn’t show much of the villainous misconduct Cruella is known for from the original 101 Dalmatians film, which is understandable given the filmmaker's need to keep the film socially acceptable and within the restrictions of the PG-13 rating.
CRUELLA MOVIE REVIEW

In *Cruella*, Cruella is less malicious than her villainous counterpart portrayed in *101 Dalmatians* as she isn't monstrous in any way, which is most likely due to the purpose of the story: recalling the background story of a renowned character. Interestingly, she's an artist, and her outrageous, theatrical misconduct reflects her uncompromising creativity, not malicious intent. Overall, the film was fantastic. The acting was outstanding, the costuming was stunning, the soundtrack excelled, and the dark cinematography entrances viewers and suits the film tremendously. On a scale ranging one to five, I rate this film a four at the minimum. As such, I wholeheartedly recommend this film for those who wish to explore a deeper background of a well-known villain or enjoy dark, intriguing films with first-rate actors.

- Bushra Alrashaideh
**CHANGE OF WEATHER**

Flames of orange set ablaze
On the green cloth which on once our cows grazed
Our land on which we were birthed
In which, when we decease, are earthed

We know the world will end
We are aware of what we do
But we confine ourselves to ignorance
God knows humans can’t handle truth

The truth of how we self destruct
Sit on our phones as the giants abuse the earth
Demanding more than what can be provided
By our greed and gluttony, oh how we are blinded

Many of us write songs and poems
Spread around the words which are overused
It's true we ponder about these subjects
But just for a minute or two

Oh let’s ignore this too and get in our cars
We have to get back to work
While the giants build rockets
For when the end comes they'll leave us with a smirk

- Maheen Riaz
On phone:

I have HW.

I am

Assigning is typing

Done!

Sigh

Schools

Ugh!

I finished the HW.

That's due next week.

Oh no...

Dead

Teba Ishwaiz