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Ubah Medical Academy / 952-540-2942

Dramatic Change in State Graduation Required Testing

By Yaqub Shire

As of June 2010 no high school diploma will be given to any Minnesota student unless they pass MCAII, a statewide graduation requirement test, unless, of course, the student is in unique situation or has a legal excuse.

MCAII Grad has replaced the BST. These two tests are used for the same purpose, but are significantly different, because more of the BST content is 8th grade level and therefore is easier for high school students. The MCAII is totally high school level.

Since there is this solid difference between the tests, there should be a major and broad change in students'

preparation and test taking strategies, too.

All students will take BST, MCAII Grad and NWEA tests, but the difference is that current seniors can graduate if they pass the BST not the MCAII, whereas everyone else is required to pass MCAII. As listed in the school's schedule, MCA tests will be taken in (next) April, so there is a considerable amount of time to prepare, practice and boost up math skills.

Specifically those students who aren't seniors need to take this time very seriously and try to do as much preparation as they can.

(Continued on page 2; see "Testing")

Read This

By Fadumo Warsame

The Ubah library located in the Media Center consists of many books for teens interested in reading for joy or for students seeking to reach their Accelerated Reading (AR) goal by stopping by at anytime before school or during AR.

For our school to have a library and many computers is meaningful to some people because reading is a crucial subject. Author Jerome Dancis says in his article, "Literacy (writing and reading) is Crucial", " In fact, ALL students can benefit from learning these strategies. Literacy strategies have been shown to improve not only

reading and writing skills but achievement in Math, science, and other subjects." This means that reading doesn't help you with just classes like English but also other subjects students might be taking.

Students at Ubah have had this library for about two years and so far, it has been expanding. When asked about whether there was a time frame for the library continuing to expand, Mr. Warsame, the librarian at Ubah answered saying, " Yes there is a timeline. For example, we get more books and some new books by the second quarter."

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Testing *(Continued from page 1)*



Also, in the past, the school provides MCAII textbooks to junior students as they prepare. This book covers and explains almost all skills needed to pass the test, but, again, solely having the book or taking math class isn't enough, students have to actually do the necessary work.

Meanwhile, NWEA is the only test that every student in our school has to take at least twice a year, regardless of his/her grade; yet many students have doubts and ask questions like "why should I have it?" Or "how come other schools don't have it?"

To answer these questions we interviewed Ms. Jackie Oss, the head counselor of Ubah Medical Academy. She said: "all public high schools have to administer general tests such as BSTs and MCAs. In addition, charter schools

have to administer or take a separate test call a "normed" test. So for us, Ubah, we have NWEA as a normed test."

Also what's more exciting about this test is that you can use your NWEA score to predict or determine your MCAII readiness, because the two tests are the same format according to Mr. Musa Farah, a director of Ubah Medical Academy. However you must take the test very seriously, so you have a score that tells you what you really know and what you need practice for.

This is advice for every test: it's our responsibility as students to take the tests seriously and honestly and to make sure we make some progress in between the tests so we can be more successful the next time.

"Yes, I do think AR is important because reading helps you with learning new vocabulary"

Reading *(Continued from page 1)*

Many of the students here are looking forward to this expansion.

Accelerated Reader aims to have Ubah students read books at their reading level and then take quizzes to see whether they really understand. When asked about whether AR has made any progress in her reading Sirad Mohamud, a junior at Ubah this year, said, "Yes it has. Before I started this program, reading was like homework to me, I only read when I needed to, but now, I see myself reading in my leisure time. This proves that the AR program has had a good effect on me." Other students might agree with Mohamud on this issue.

There are many students at Ubah that might see this program as beneficial. Sumaya Abdullahi, also a junior at Ubah this year said, " Yes, I do think AR is important because reading helps you with learning new vocabulary and

without reading, you would have a hard time in classes like English." You can see that in some student's eyes, AR does help them in more than one way. Even if AR doesn't seem as important to you, just remember AR does show up on your transcript. When I asked Mr. Warsame whether AR grades show up on your transcript, he replied saying, "...yes!"

As you can see, the library has its many benefits. It's been expanding and a lot of new books have been coming in. Maryan Yusuf, a senior this year at Ubah says, "I would be more than glad to help our library with getting more books because it seems as though some of the students are bored and not interested in reading anymore." The students at Ubah are looking forward to expansion of the books, but in the meantime keep on reading.



Eating: New and Improved

By Sharmarke Ahmed

Mr. Jama and Mr. Kenny and several individuals review this year's lunch program at Ubah Medical Academy.

Mr. Jama is the lunch administrator who makes the decisions such as menu choice and liquid and condiments. Students are the ones who given the lunch and they are the ones who have to eat it. Abshir is a hungry twelfth grader who has a strong opinion about the lunch. Mr. Kenny, a health teacher who knows a lot about what the students should be consuming to reach their daily nutritional requirements.

I asked Mr. Jama what has changed between this lunch and past years. He said that there would be change. He said that the menu is vaster and that students will have more options when it comes to choosing what they want and don't want to eat. For questions about getting enough daily vitamins, I asked Mr. Kenny. He

said that the lunch has to meet high school food requirements.

When asked about the possibility for a student to buy extra lunch (because students complain about the size of lunch rations), Mr. Kenny said that he thinks that for many students the portions were not enough, because many students last year would leave and sneak over to other places to eat food.

Many schools have different places where they get their food. Mr. Jama said that the school's lunch is provided by three different halal companies, from throughout the Minnesota area.

Mr. Kenny said that he thinks that a high majority of the students enjoy the lunch. Mr. Jama said that he thinks that a high majority of the school also enjoy the lunch, but he said that they like it more for the simple fact that it is halal.

Ramadan in School

By Ibrahim Hassan

Ramadan is a special month of the year for over one billion Muslims throughout the world. It is a time for inner reflection, devotion to God, and self-control. Muslims think of it as a kind of tune-up for their religious sides.

The third "pillar" or religious obligation of Islam, fasting has many special benefits. Among these, the most important is that it is a means of learning self-control, for example: being able to control your hunger until sunset, which becomes a means of coming closer to Allah. Ramadan is also a time of intensive worship, reading of the Qur'an, giving charity, purifying one's behavior, and doing good deeds. "Most students are behaving well, they are doing well," said Anis, a student at Ubah. One of the imams at Masjid, Abu-Bakr, in south Minneapolis informed me how valuable this month is and how we should benefit increasing our knowledge in Islam and elevating our faith. We should always be on our best behavior because we as students of Ubah we have a great responsibility upon us. We are responsible for Islam; we represent our religion, Islam. In this month, it is obligatory for us to work laboriously, doing our homework, respecting the teachers and elders.

The holy month of Ramadan has changed a lot in our school. In the month of Ramadan students are more respectful to their teachers and fellow students. Three weeks of school and there are no fights, maybe couple students in the office. Some students struggle with homework during this blessed month, most of the students are busy reading the Qur'an as soon as they get home and at night they go to the nearest mosques to go pray taraweeh prayers. (Prayers said specifically during Ramadan.)

As a secondary goal, fasting is a way of experiencing hunger and developing sympathy for the less fortunate, and learning to thankfulness and appreciation for all of Allah's bounties. Fasting is also beneficial to the health and provides a break in the cycle of rigid habits.

Sometimes teachers might be confused about students' behavior. Some students don't fast; some have legitimate excuses. Sharmarke Ahmed complains about not having enough sleep during Ramadan. He wishes that school started 9 a.m. Abdimahad, another student enrolled at Ubah says he has no time to do his home works and he is busy reading the Qur'an. He says the administration and teachers need to give their students less homework and expect less from them since they're fasting. Regardless, have a wonderful eid. Eid mubaarak my brothers and sisters, everyone.

After School Admission

By Nasteho Hassan

“Admission Possible is a nonprofit organization devoted to helping low-income students to prepare for, and earn admission in college,” says the website of the Admission Possible. They don’t make money off of the students and they want to help students prepare for college.

Ms. Sarah Mason, an admission possible coach, said “I went to college with very similar students I think it is important to be more diverse for the sake of the students and the college.” Also she said the benefit of the program is that 99% of our students will get admitted into college, other benefits include the ACT.

Kowsar, one of the student participants said “I like being in Admission Possible because it is helping me to get admitted into college and it is helping me to prepare for the ACT. We do a lot of stuff: writing essays, practicing the ACT, filling out the college applications”. Ayub, another student, said “I feel great being in Admission Possible because I got someone to help through all the application and prepare for college. So all I have to do is follow the coaches’ direction and I’m good to go. A last student named Farah Yusuf said “We practice the ACT and went on college visits. Admission Possible helps me with the ACT, grants, and scholarships.”

“I feel great being in Admission Possible”



ADMISSION POSSIBLE

Mixing Cultures Results in Unity

By Niyah Muhammad & Maryan Salad

The mixed culture at Ubah Medical Academy is a topic not usually addressed. Mr. Anthony, the UMA art teacher, Mrs. Peggy, a sciences teacher here at UMA, and Roba Roba, an UMA senior, were all interviewed on how it felt to be of a different culture/race in a dominantly Somali environment.

Even though Ubah Medical Academy’s population is mainly made up of Somalis, there are a few people who are of a different ethnicity and/or race. “... I think the more we learn about people who are different from us, the more we actually learn about ourselves,” Mrs. Peggy stated. Mr. Anthony seems to have the same viewpoint, saying that he is “interested in culture and religion” and that he enjoys learning about other people. Roba thinks that “...different cultures make schools more diverse and interesting.”

Mixed culture at UMA may not be so obvious to someone looking in from the outside, but those who attend and work at UMA may think differently. Both teachers and students alike are able to believe in whatever faith they choose and still work together in providing and getting an effective education. Students

are given time to pray during class, and teachers are able to still stay with their religion and learn about their own cultures. “ Personally, I’ve always been interested in my own heritage and learning more about it,” Mrs. Peggy said. Different cultures being together in one environment seems to be intriguing to Mr. Anthony based off of his point of view that, “Learning about others builds compassion.”

The 2008-09 school year just started almost a month ago, and already the students and teachers here at UMA find it interesting to learn about, and be around, people who may have different cultures, even in the same religion. Mixing cultures and getting along with other people is an important part of life. It helps you to better understand the people around you and can open up opportunities. Mixing cultures creates a more comfortable environment for some people, and for others it helps them learn more about themselves. Roba expressed how mixing cultures has had an effect on him, “I feel like my own person...an individual.”

“...different cultures make schools more diverse and interesting.”

Graduation

By Khalid Jama

The class of 2008 was the second group of seniors in the history of Ubah Medical Academy to graduate. The ceremony was held across the street from the school at the Hopkins Auditorium. The auditorium was crowded. There were about thirty people and a few seniors' parents who couldn't get in. During the speech, there were some translation problems. According to Ismail, a senior student at UMA, "Well, there they stood just talking a whole lot, I mean I know they were talking in a productive way but [...] other than that everything was pretty good."

As our minds move toward the class of 2009's graduation, author T.S. Elliot said, "Only those who risk going too far can possibly know how far one can go." So from today onward, always remember what these trailblazers have accomplished, but also go out and blaze your own trails. Dream what you want to dream, go where you want to go, be what you want to be — because you only have one life and one chance to do all the things that you want.

College Awaits You

By Munira Salad

For some students in high school, college is one of their biggest fear factors because they know that the "college world" is a transformation to maturity. Students are also aware that it's the time where students can truly become individuals without their parents' presence. For others, college is what they've been waiting for since the day they heard of it. They want to get out there, meet new people, get freedom from their parent's pressure, and just explore the outside world.

Of course, college courses can be a challenge, but they aren't much different than high school classes, except that in college you can't do your assignment in class. Rather, you listen to long lectures. There is absolutely no study hall time; you have to learn time management and go to study areas or seek help from tutors if you ever need one.

The first couple of weeks can seem confusing and hard to get used to because it seems that you are joining a new world. Keeping up with professors who are not there for you every step of the way can be challenging.

Dress Code

By Nasib Hassan

Students Ifrah Hassan, Jabril Muse, Munira Salad, and one of the teachers, Ms. Nancy, shared their thoughts about the Ubah Medical Academy dress code.

Ifrah said: "People in this school dress up in religious ways which is a good thing, to follow the religion." She also said "she loves to cover from head to toe." Her parents are happy about the way she dresses. Jibril said: "We are in high school, we should have little freedom and responsibilities for the way we dress in school. My parents tell me to wear proper clothing so that I can look like a respectful guy." He also said, " I feel happy about the way I dress and look." Munira says: "The administration tells the girls to wear clothing that doesn't show their body or that aren't tight. I actually don't care about what the administration tells me to wear as long as I am wearing something comfortable. My parents tell me to wear clothes that are acceptable in my religion."

Ms. Nancy said: " Students' dress should not distract from the academic work in classroom. No coats; no shirts that show stomachs. That is all the 08-09 student handbook says about girls' clothes." The school administrators make the dress code and the board approves it.

Makia Jama, a former Ubah Medical Academy student who currently attends Augsburg College, had quite an interesting start. On her first day, when she got there, she found out that her class was relocated to another classroom but in the same building. "One of the passersby told me that I should've checked my augment before class," Jama said. 'Confused and exhausted, I made it to class, thank God!"

With all of the distractions around you; your friends telling you to hang out with them when you're supposed to be studying, watching a lot of television, sleeping a lot, etc., some students have a less successful college experience. "Every course at the University of Minnesota is challenging, thus, time management is as about crucial as it ever gets" said Hussien Yusuf, also a former Ubah student now attending the University of Minnesota, "I have a secret hide out, a place to study at the U of M."

College is the next step after high school. It's the opportunity to prove to the world you can handle it.

Back on Track

By Maryan Yusuf

A couple of seniors who managed to keep straight As and Bs throughout their time in high school advise upcoming students.

Munira Salad, a senior with a 3.6 GPA, said she would advise the upcoming students to not let peer pressure take over their academic work. Some kids are not being leaders; instead they are following their peers and getting bad grades. Salad said, "Don't procrastinate and don't fool around just because it's your first or second year in high school."

Most students mess up their freshmen or sophomore year so that hurts them later on when they are signing up for programs like PACE, PSEO and Admission Possible. The students may struggle academically because they don't know how to manage their time between fun activities and schoolwork. "Learn to manage your time well," said Sadiyo Gelle, a senior and a hard working student.

When it comes to making up work that you've missed, the two girls agreed that the best way to make it up was to talk to the teacher and always do extra credit. The two girls are in Admission Possible and PACE and have done other after school activities such as yearbook

From the Editors' Desks: Opinion

Immigrants in an American Election

By Abdimahad Nour

I believe that Somali people don't really view American politics that much because they have their own country to think about and they came to America to get away from the war in Somalia that has been going on for a long time. I believe that Somali people also came for an education and to make something of themselves and to be what they want to be. I believe that they should take the education that they get from here back to their home land and start making their country better then it is today.

So not a lot of Somali people are voting in American politics and I believe the reason why they are not involved in the American politics is that not many Somali people are citizens and that is frustrating because that's what's making them not get involved in

and nursing class because they have good GPAs and can manage things well. Some people are struggling now as their junior or senior year because they messed up the years before that. The advice that my two peers and myself are giving to the students who are having a difficult time with grades is to not to give up and always stay on task because it's never too late get back on track.

Importance of College

By Mohamed Isse

During their high school career students may begin to question the importance of a college education and they ask themselves: why is it important to go college?

When a person gets higher education he or she is just learning facts or truth but he or she is also learning how to be resourceful and to be creative. An educated person will react to problems or conflicts differently than an uneducated person because he or she will realize there are couple solutions. On the other hand, when you earn your college degree you may help your society at the same time, you may make a lot of money, and your life becomes stable. "... Get an education to remain economically solid," Ms. Jackie, the student counselor at Ubah said in an interview Friday. Ubah helps students to make all of the necessary preparation including: selecting or choosing best colleges and applying financial aid. Ubah Medical Academy furnishes senior students scholarship applications too. "Applying to colleges and scholarships begins in October, but some students start in September and continue all year, so there is a lot of competition for collage in Ubah, the more students who want go to college the less odds." Ms. Jackie said. Ubah wants to help every student to succeed at their future.

any American politics. I went around asking all the people that I know if they want to vote for anyone in the 2008 presidential election and the majority of them said that they don't have their citizenship yet and they can't vote and the rest of them said that they have their citizenship but they don't believe in changes.

I have lived in Minneapolis, Minnesota for eight years, especially in the Hennepin county area. Minnesota is the state of immigrants because a lot of the people who come from overseas live in Minnesota. The reason why I don't want to move from Minnesota is that the majority of my people live here. So I believe that current Somali citizen should start getting involved in politics to see changes in America and they should start getting their citizenship and start voting.

Appeal of UMA

By Abshir Asse

Note to administration and students: give me a smaller class size and I will enroll at your school, make high school memorable and I will graduate from UMA.

I've been to schools with a bad educational environment. At my previous high school during my sophomore year while doing my day-to-day duties I realized I was in a predicament. One day in class near the ending of the school year, "I'm not learning anything," I thought to myself as sat in English II with a monotone teacher going on about his days in the Marines, students just talking to one another, a worksheet in front of me that was placed on my graffiti filled desk without explanation or verbal instructions. It was made clear that the school was not so good when the it was put under the Corrective Appendix Addendum, which basically means that if a school has bad consecutive test scores every year, all staff who are relevant to the schools failure will be replaced, also possibly extending school hours by an extra 3 hours. Staying until 5:30PM every Monday could appeal to students graduating 2010 and after due to passing requirements. This is just one of the great things about UMA. I did not know about the after-school

program when I was signing up for the school last year.

Why do students choose UMA? Some students started at the Ubah elementary school and are planning to graduate from UMA. UMA is a good school, no doubt, but too much of one thing is not good for a kid. I think Somali parents send their kids to UMA just because the majority of the school is Somali. I myself enrolled because I liked the smaller setting and the word "Academy". It just sounds professional and educational, and it turned out to be just what I thought. Many students come because of credit trouble and are afraid of not graduating on time at another school, some students come for the religion, some students come for culture and the comfort of having Somali administration. I asked a few students that do not go to this school and they told me that Ubah does not have the advanced placement classes that regular public schools offer.

I think I came to the right school, the staff does not stress me out that much, the work is no problem, for whatever reason people come for, it's probably a good one.

Reconsidering School

By Ismail Yusuf

It all started my freshman year; I didn't really want to attend this wretched environment also known as Ubah Medical Academy. My first response was "Mom, how can you make me go to such a school," but I was just wasting my breath and time. I could tell she was getting frustrated with me blabbering my mouth. I was without a doubt furious and confused in going to Ubah.

Later that week I was to start school as a freshman. A freshman, that already seemed like a horrible thing; I was willing to do anything to get out of this situation.

At the last minute, I had a change of heart. I noticed that this school was actually rather cool. The people were not as I expected; I thought that everyone would speak their native tongue, that I was the only one that knew English. This was not the case; it was actually far from it. There were a lot of really smart people at UMA. Furthermore, the academics of this school were a little

bit harder than I expected, and the curriculum is top notch. You can say that when I went home that I day I was "feeling" school. When sophomore year came, I was proud to go to this school with my head held high. So please don't judge a book by its cover. First, try it out and then see how much you like it.



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Advice for freshmen

By Asia Mohamed

Freshmen are going to experience lots of changes in the transition from middle school to high school, for example the teachers don't tell you to hand in your homework, they just expect you to already know that if you had homework the previous day you just hand it in with no reminder.

What is your advice for freshmen this year academically and behavior wise?

An anonymous sophomore suggested, "do your best, and stay with your true friends." Another sophomore, Chaltu Berento, said, "freshmen year was pretty exciting, it was my first year in high school. It was a time to start all over and do new things. I was pretty hyper and couldn't believe I was in high school. I was already counting down the days to graduation. 986 days from today."

Senioritis – a Real Disease?

By Shugri Aden

The freshmen are just starting high school, the sophomores are busy with state tests, and the juniors are starting to think about college, but what about the seniors?

"I need to work harder this year than other high school years because this is the last year," says Niyah Muhammad, a senior at Ubah Medical Academy.

People may think that seniors slack off their last year and don't put effort into their classes, but the seniors at UMA have a different opinion. Some seniors would say senior year should be a year of hard work and lots of effort, but some would say senior year is a time to rest and take time off working hard. It seems as if seniors at UMA are ready to leave high school and take a big step

into higher education, "I want to leave high school. I want independence," says Ismail Yusuf, a 12th grader at UMA. "Yes, I think I'm ready because I took high school seriously and got good grades", says Yaqub Shire, another 12th grader at UMA. But others believe they have more work to do before heading off to college. "No, I don't think I'm ready because I want to volunteer and join more programs," says Niyah Muhammad.

When asked about their study habits, seniors said they study by soaking in information from teachers in class, and they study at home with notes. Although they have different study habits, they each manage to do well on tests and quizzes.

We hope they all succeed in whatever they decide to do in life. Have fun and good luck, seniors!

New Arrival

By Niyah Muhammad & Maryan Salad

Here at UMA, Mr. Eric, the social studies teacher, and his wife welcomed a new baby girl into their life in mid-August!

Mr. Eric was asked about how his life has changed since his wife gave birth to their 1-month old baby girl, Emma. "We were really excited when we found out [about the baby] on December 24th!" Mr. Eric announced. "I wake up about twice a night just to feed her!"

Mr. Eric and his wife found out about little Emma on December 24th of last year. Emma Brandt was born on August 15th, 2008; just shy of the beginning of the new

school year. Even though Mr. Eric has to work, his daughter is his first priority. "Our time has been spent revolving around our daughter."

Babies are a joy to have, but there are times when it can get hard. "It was quite a long process. My wife was on bed rest for over eight months during the pregnancy," Mr. Eric stated. During the long pregnancy, they prepared for their baby with love and excitement. "We made a baby room for Emma... We want her to be happy!"

There is no doubt that Mr. Eric and his wife will do their best to make their baby as happy as she can be. We here at UMA would like to say "congratulations" to Mr. Eric and his wife and the best of wishes!