A Muslim high school student in Wisconsin opens mosque doors to shelter over 100 peers during school shooting

By: Aysha Qamar

A Wisconsin student helped over 100 students take shelter at her local mosque during a school stabbing and shooting last week. Seventeen-year-old Duaa Ahmad’s quick thinking allowed her to open doors at the Ahmadiyya Muslim Community’s Oshkosh chapter mosque and usher inside students who were running in fear.

Security footage from the mosque shows the high school senior entering the door security code and then holding the mosque door open for dozens of students before going inside herself. “I just felt like I did what had to be done,” Ahmad told ABC News in a telephone interview.

The community mosque is located across the street from Oshkosh West High School, where police said a 16-year-old student stabbed an officer with an “edged weapon” before being shot by the officer on Tuesday, Dec. 3. According to Oshkosh Chief of Police Dean Smith, their injuries are not life-threatening.

Ahmad told CNN she was in her AP English literature class when the class heard a gun shot, which at the time she thought was just a door slamming shut. Her teacher then asked someone to call 911 and told students to run from campus, but without giving them a reason. “It could have been anything. That fact that we didn’t know caused even more anxiety.” That’s Cont. on page 13

House demands harsher response to China after leaked documents detail Uyghur abuse

By: TMO Staff

The U.S. House of Representatives has passed a bill calling for official action and harsher response to be taken against China over its treatment of Uighurs and other Muslim minorities. While it still awaits approval from the U.S. Senate, the Uyghur Human Rights Policy Act demands a stronger response from the Trump administration over the allegations against Beijing on the mistreatment of up to 2 million Uyghurs.

The one vote against the bill was from Rep. Thomas Massie, a Republican from Kentucky, NPR reported. “When our government meddles in the internal affairs of foreign countries, it invites those governments to meddle in our affairs,” he wrote on Twitter.

Cont. on page 13

Impeachment Hearings What You Need to Know

By TMO Staff

Over the past few weeks, the Democrats and the Republicans in the House of Representatives have been calling on witnesses, experts and lawyers to Capitol Hill to testify under oath.

The first testimonies came from individuals who have witnessed or overheard President Trump and his lawyer, Rudy Giuliani, order Ukraine to investigate Joe Biden’s son, Hunter Biden, and to influ-

Cont. on page 15
Trump gains partial legal victory with federal appeals court rule on ‘public charge’

BY: TMO Staff

A federal appeals court gave President Donald Trump a partial legal victory by lifting two injunctions blocking the Trump administration from implementing a “public charge” rule. If in place, the rule creates barriers for low-income immigrants who seek to reside in the U.S.

In its 2-1 ruling on Thursday, the Ninth Circuit Court of Appeals said that Congress did not provide direction on how the term “public charge” should be interpreted, leaving it “subject to multiple interpretations.” They also found that the Trump administration would likely succeed in the argument that they have the proper authority to expand the definition of who is considered a public charge.

While the ruling lifts two injunctions issued by judges in California and Washington, the Department of Homeland Security’s (DHS) policy still cannot take effect because of two more injunctions imposed by judges in other parts of the country. “We find that the history of the use of ‘public charge’ in federal immigration law demonstrates that ‘public charge’ does not have a fixed, unambiguous meaning. Rather, the phrase is subject to multiple interpretations, it, in fact, has been interpreted differently, and the Executive Branch has been afforded the discretion to interpret it,” Judges Jay Bybee and Sandra Ikuta wrote in the majority opinion.

Cont. on page 13

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Radicalization, Tradecraft, and Counterterrorism

By: Kamran Bokhari

The Nov. 29 London Bridge attack by an Islamist assailant has once again intensified the debate over radicalization and deradicalization. Having done my doctorate on the process by which Salafists and jihadists could undergo ideological and behavioral transformation, I remain deeply interested in the mechanics of how young Muslims who have been lured to the scourge of extremism and terrorism can potentially be mainstreamed. After many years of study, though, I have come to realize that ideological perversion of religion represents only half of the problem.

Terrorist tradecraft is the crucial other half, which unfortunately does not get as much attention as the magnitude of the challenge. The skills required to produce bombs, handle weapons, plan and execute attacks—all the while remaining undetected—are the critical components without which the phenomenon of terrorism would not be the kind of threat it is today.

One of the immediate benefits of degrading ISIS as an institution is the weakening of its war-making capabilities. The jihadist entity’s capacity to train operatives in the use of guns and the manufacture of improvised explosive devices decreases. As a result, we see more and more crude attacks such as the use of vehicles to ram into pedestrians or stabbing incidents. If 28-year-old Usman Khan, who a few days back took the lives of two innocent people and maimed several others in the heart of the British capital, had been a well-trained operative with access to resources and organizational infrastructure, the carnage could have been exponentially worse.

Ideology and the Difficulties of Prediction

It is very tough for even the most sophisticated of intelligence services to really know how many others like Khan are out there preparing for the opportunity to kill. Western law enforcement agencies maintain watch lists of radicalized individuals with the potential to become terrorists. However, it is almost impossible to know when an individual who has been exposed to extremist impulses will decide to act upon them. The fact that Khan had been released from prison after serving time on a prior terrorism offense and was wearing an ankle tag speaks volumes of the magnitude of the challenge.

As research continues to show, the process by which individuals are radicalized and their respective journeys toward militancy is a complex one. There is a great deal of discussion of the “root causes” of Islamist terrorism. Among these causes, grievances and alienation from mainstream society are seen as the key factors propelling individuals to engage in acts of violent extremism. That said, we know that the number of individuals with a grievance of one sort or another and who feel alienated from the wider societies in which they live, is far larger than the subset of people who resort to criminal activity.

Experts studying this phenomenon are engaged in mapping out the various pathways that lead a significant number of people upset with their social, political, and economic environment toward violence. But the harsh reality is that it is terribly enigmatic to tell which individuals from within a vast pool of latent extremism have crossed over to the point to where they will engage in terrorist acts. There is no good way to tell when such people will use violence to achieve their ideological aims. Governments do not have the resources to track all those who could become terrorists based on ideological metamorphosis.

There is a reason why the internationally adopted strategy of countering violent extremism (CVE) avoided the far more ambitious goal of combating non-violent forms of extremism. The space of non-violent extremism is extremely expansive and nebulous. Judging by ideas alone, it is difficult to distinguish between an extremist and someone with ultraconservative religious views—let alone to identify someone who is prone to resort to violence. This conundrum has major implications for the struggle against violent and non-violent forms of extremism.

Complicating this situation is the debate among academics, policy analysts, practitioners, and journalists about countering violent extremism (CVE) and preventing violent extremism (PVE). A false binary has been created between CVE and PVE. The former is generally described as the use of hard classic counterterrorism measures, whereas the latter is promoted as a more holistic soft approach that seeks to address the conditions that engender extremism. PVE is more suited to dealing with latent extremism and even then.
Fake local sites to Promote Hindutva Propaganda

By: Dr. Aslam Abdullah

Over 265 fake local news sites in more than 65 countries are managed by an Indian influence network.

Several local news websites, such as newyorkmorningsite.com, thebulingazette.com, or timesportugal.com serve Indian government interests to influence the EU and the UN claiming the European External Action Service's East StratCom Task Force. It revealed that eptoday.com -- the website of a self-proclaimed magazine for the European Parliament in Brussels was re-publishing a large amount of news directly from Russia Today and Voice of America and found a large number of articles and op-eds related to minorities in Pakistan as well as other India-related matters.

EU DisinfoLab disclosed that EP Today is managed by Indian stakeholders, with ties to a large network of think tanks, NGOs, and companies from the Srvivastava Group. That has control over other websites such as "New Delhi Times" and the International Institute for Non-Aligned Studies (IINS), based at the same address in New Delhi, India. 27 Members of the European Parliament were invited by IINS to visit Kashmir and to meet with Prime Minister Modi. The group also discovered that in Europe the timesofgeneva.com -- an online "newspaper" that is approaching 35 years in business publishes the same content as EP Today and produces videos covering events and demonstrations criticizing Pakistan's role in the Kashmir conflict. Both EP Today and Times of Geneva have extremely strong ties with a network of NGOs and think tanks, such as the European Organization for Pakistani Minorities (EOFM), and Pakistani Women's Human Rights Organization. Specifically, the websites of these NGOs and think tanks are hosted on the same servers and/or staff have worked for one of these previous organizations while publishing articles for EP Today. It was also found that the addresses and Twitter accounts were connected to disinformati.com, which presents itself as a "synergy between 4 news agencies from Switzerland, Belgium, Thailand, and Abu Dhabi (UAE)", with "teams located in 100 countries".

Here are some findings from these websites:

1. Most of them are named after an extinct local newspaper or spoof real media outlets;
2. They republish content from several news agencies (RCNA, Voice of America, Interfax);
3. Coverage of the same Indian-related demonstrations and events;
4. Republications of anti-Pakistan content from the described Indian network (including EP Today, 4NewsAgency, Times Of Geneva, New Delhi Times);
5. Most websites have a Twitter account as well.

US Congress Criticizes India for Human Rights Violations in Kashmir

By: TMO Staff

US Congress questioned the continued restrictions and detentions in Jammu and Kashmir at a hearing of a human rights body on November 14, 2019. "I am deeply concerned by the Indian government’s actions in Kashmir, to detain people without charge, severely limit communications and block third parties from visiting," said Pramila Jayapal, a member of the Democratic party from Washington. "The increased militarization of the security presence in the region and the economic and social consequences of the central government’s actions, including continuing restrictions on the internet and phones, have provoked widespread concern. In addition, militias have targeted migrant workers from outsider Kashmir, and have threatened businesses to maintain a protest shutdown. But although India’s decision was sudden, the situation in Jammu and Kashmir has been of concern for years. Its territory is divided by a military "Line of Control," with Pakistan holding about one-third and rejecting India’s claim over most of the remainder. China also claims some of the lands. In 2018 the Office of the UN High Commissioner for Human Rights (OHCHR) documented human rights violations in both India- and Pakistan-administered Kashmir and issued recommendations on a wide range of issues including civilian killings, deaths during security operations, blanket restrictions on journalists, and the described Indian influence networks of anti-terrorism legislation and protection of religious minorities." A follow-up OHCHR report in July 2019 found little improvement and reiterated the urgent need to address past and ongoing human rights violations and to deliver justice for all people in Kashmir. Nor are the human rights problems limited to the Kashmir region. Patterns of human rights violations have been documented at the national level in India and Pakistan, including by the U.S. Department of State in the annual Country Reports on Human Rights Practices.
Iraqi Prime Minister Adil Abdul-Mahdi Resigns due to Political tensions

By TMO Staff

The Prime Minister of Iraq, Adil Abdul Mahdi, has decided that he will resign from his position after weeks of protests from the public. During the announcement of his resignation, Mahdi asked the government of Iraq to “act in the interests of Iraq; to preserve the blood of its people; and to avoid slipping into a cycle of violence, chaos and devastation.” Mahdi submitted his resignation to the Parliament of Iraq, which they accepted.

The people of Iraq have been protesting their government since October due to the presence of corruption within the government. Additionally, Iran has been increasing its involvement in Iraq’s domestic affairs, raising concerns that policies in the future could possibly benefit Iran and not the Iraqi people.

Tensions between Iraq and Iran’s government have been ongoing and have led to some violent acts. The Iranian consulate in Najaf, Iraq was attacked recently, causing an investigation to be ordered by Mahdi.

The political tensions between countries and domestic corruption have fired the fuel for protestors to demand changes from the government. The protestors celebrated the resignation of Mahdi, but they demand that more government officials step down and new elections are held under the supervision of the United Nations, to avoid any sort of corruption.

Although the protestors have been successful in forcing Mahdi to resign, they have had to face many obstacles. According to the Independent High Commission of Human Rights of Iraq, 380 people have been killed during the past two months and 17,745 people have been injured. These protests have come risen around the same time as the protests in Lebanon, Iran and several other countries around the world. Some say that these protests resemble those that occurred in 2011 during the Arab Spring. As the protests in 2011, the source issue for these protests is economic hardship that civilians have had to face. The protests from 2011 and from present-day have led to many political leaders stepping down, new elections being held, and regime changes, but circumstances have only slightly improved for the people. The efforts of the protests are not being reflected in their country’s domestic policies.

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The Dangerous Fantasy of the Caliphate

by Muqtedar Khan

Ever since U.S. forces killed the self-styled caliph of the so-called Islamic State Abu Bakr al-Baghdadi, the policy community has been debating the future of ISIS. The organization’s potential to recruit more Muslims and its capacity to generate more terrorism are factors that could, to an extent, determine the direction of the global struggle against violent extremism and the U.S. military presence in Syria and Iraq.

At this critical moment in the policy debate, an American Muslim research group, the Yaqeen Institute, decided to publish an article by Professor Ovamir Anjum of the University of Toledo that calls for the establishment of a caliphate. This uncritical glorification of the idea of the caliphate—a transnational political construct theoretically meant to unite all Muslims—has no place in a serious discussion of global security. The current ideal of the caliphate is not based in historical reality—much less normative Islam. In fact, the call for the return of the caliphate lends legitimacy to the Salafist jihadist ideology. It also gives credence to the false pretense that there is a genuine wing within Islam that calls for the establishment of a caliphate. To quote him, “the calls grow shriller” for a global ummah and a caliphate. This premise is based not on any substantive study or survey whatsoever but on an opinion article in a Western newspaper that cites two tweets and a couple of anecdotes as evidence of the desire for a caliphate. During travels through Turkey, Egypt, Tunisia, Jordan, and Morocco during the height of the Arab Spring, I never witnessed a single protest where people demanded a caliphate. They were calling for freedom and dignity. Surveys of the Muslim world conducted by PEW Research indicate that while Muslims do want some undefined role for Islam in the public sphere, vast majorities want democracy. Gallup surveys conducted by no less than Ms. Dalia Mogahed, currently a board member of Yaqeen Institute, found that not only did Muslims overwhelmingly want democracy, they also saw Islam and democracy as compatible and did not want a theocracy. Muslims who are among those suffering the most today—the Uighurs, Rohingya, Palestinians, Syrians, Kashmiris, Kurds, and Moros—are not clamoring for a caliphate. On the contrary, many of them are demanding or fighting for their own nation state. (Do click all the links on the groups listed above; they will lead you to information about these populations’ movements and aspirations for nation states of their own.)

Anjum makes a second false premise: that the nation state is unravelling. This premise is based on books written in the 1980s and 1990s, when globalization was at its peak and nation states were willingly disengaging from their own foreign policies. But there is a course correction taking place. We are witnessing the beginning of “de-globalization” – the unravelling of supranational institutions and the reassertion of state sovereignty and borders, and the emergence of hyper ethno-nationalism. Some nation states may be failing in the Arab world, but they are fighting back everywhere else. The author shows very little nuance while examining the political reality of the Muslim world. When we look at the Arab world, we see chaos and disaster and profound dissatisfaction with existing governance. But things are not that bad when you look at Malaysia, Indonesia, Turkey, Morocco, Bosnia, and Bangladesh. In most of these places both democracy and the economy, though not without problems, are doing well. None of these states appears to be on the verge of collapse. Only those states where political Islam and Islamic extremism are more prominent, like Sudan, Egypt, Syria, Iraq, Lebanon, and Yemen, are failing. The monarchies are stable as states though some of their foreign policies may be destabilizing the region. Pakistan and Iran are deeply troubled but certainly far from collapse.

His third premise that a caliphate automatically implies unity and peace is divorced from any realistic reading of history. Imagine if we had a video of protesters laying siege to the city of Madinah and the residence of the third Caliph and then eventually assassinating him. Or a video of the companions of the Prophet and their followers fighting civil war after civil war (Jamaal, Siffin and Nahrawan) during the reign of the fourth caliph alone. Or a video of the family of the Prophet going to war with itself, wife against son-in-law. It would certainly disprove the false narrative of the alleged peace and unity that the Salaf al-Saheen (pious predecessors; a reference to the first three generations of Muslims) enjoyed under the best of caliphs (al-Rashidun). Let us be true to the Islamic tradition. If the best of Muslims could barely sustain the caliphate for 30 years (632-661 AD), what hope...
Teens in Pakistan are Demanding Truth About Air Pollution

By TMO Staff

Over the past few years, cities have had an increase in air pollution leading to smog covering the skies. Cities in Asia have been experiencing smog skies the most and have had several warnings for people to avoid going outside to prevent inhaling the toxic air. Youth around the world have been leading protests around the world to get their governments to take action against pollution and regulate companies that have massively contributed to global climate change.

In Lahore, Pakistan, the smog air has increased causing many inhabitants to have trouble breathing and getting sick. Three local teenagers, Leila Alam, 13, Mishael Hyat, 17, and Laila Siddiqui, 18, have filed a petition with the Lahore High Court accusing the government of Punjab of violating their health rights. The teenage girls claim that the government of Punjab has underreported the amount of pollution in Lahore’s air. They have specifically added the Punjab, Environmental Council, the Punjab Safe Cities Authority, the Environment Protection Department of Punjab and the Pakistan Environment Protection Agency in their petition to charge them. These agencies are in charge of monitoring Lahore’s, Punjab’s and Pakistan’s air quality, as well as, the quality of the natural environments.

Alam’s father, Ahmad Rafay Alam, is representing the three teens as their lawyer in this case. The three teenagers met at climate change rallies in Lahore. The three teenagers became part of the global climate strike that has been led by Greta Thunberg. Students have staged walkouts out of schools and leading demonstrations in public places to bring attention to the climate crisis.

Hyat is a competitive swimmer and partook in the South Asian Games in 2016 and she says that air pollution has negatively impacted the training for her sport. She says, “To swim better, we have to increase our lung capacity. So, I’m supposed to run and cycle every day, and that has been virtually impossible of late... And the more I exert myself in the current levels of pollution, the more susceptible I become to respiratory illness. It’s a terrible situation for athletes — children and old people in particular.”

Many inhabitants of Pakistan and India have noticed that air pollution has worsened over the years due to the fact that governments are not regulating companies, businesses, and individuals from polluting the air and land. From Fall to Winter, the farmers in the Punjab state in Pakistan and the states of Punjab and Haryana in India burn their stubble crop, which has led to the air pollution becoming seasonal. Since the global climate change has created warmer temperatures, air pollution becomes a thick, dense smog that stays in the air a lot longer than other substances. The thick smog is hazardous to anyone or anything that breathes it in.

Siddiqui commented on other areas in Pakistan that are also experiencing severe air pollution. She states that “Karachi is pretty densely polluted too, but I’ve developed a chronic cough since I came to Lahore and I haven’t seen the worst of the smog season yet.”

The three teens have provided evidence alongside their allegations. They have included a report from Lahore’s Children Hospital that showcases how dire the situation has become. The hospital has seen a massive increase in patients that have experienced discomfort or pain in their chest or other issues related to their cardiovascular complaints.

The petition says that the misreporting of the air pollution by the government has led to many people not being properly informed of when they should take caution. People are left not sure of when to wear a mask outdoors and when to take necessary measures to protect people who are suffering from illnesses related to the pollution inhalation.

Thanksgiving and Its Discontents

By Nadia B. Ahmad

I kept stuffing my face with popcorn because I was so furious I didn’t know what else to do. I thought if I kept chewing the popcorn in my mouth I could remain calm. I focused on the kernels and the texture of the stale popcorn. Before I knew it, the popcorn disappeared. I thought of the corn and where it may have originated. I doubted the popcorn was made from fair trade corn kernels.

The children in my son’s class had handed out popcorn to us parents before the film to simulate the movie theater experience as well as highlight the colonial crop of maize, popular with modern-day Thanksgiving celebrations. We sat on the commercial-grade carpeted floor with our kids and watched the short skit regarding the Mayflower voyage that had been pre-recorded with our sweet first graders.

I slowly looked around like a conventional Indian bride peering at her wedding crowd, but none of the other parents looked like they would explode. They were enjoying themselves, the time spent with their kids carefully plotted in their Outlook calendars, the time with their sweet first graders. I blend in the ho-hum of the everyday. I blended right in. I appeared like everyone else to the extent possible. But I looked for some signs of uneasiness in their eyes, hands, and facial expressions. I didn’t sense any. I couldn’t be the only one who noticed that only the white kids were the settlers, and the black, yellow, and brown kids were the Natives and slaves. And that this inept drama class video of the Mayflower was drenched in racism and was teaching racism. It wasn’t a tepid stretch. I was being drenched by the high tide of racism.

My mind was numb. The Europeans are better? Is that why they invaded the Americans? Their upity self-serving Manifest Destiny? The settlers were the heroes and the colonizers. The colored kids, including my own son, were the troublemakers – the Natives who wouldn’t leave their land, and the slaves who would dare to rebel. They had bows and arrows against their guns and were dying from illnesses. The casting was flawless. It wasn’t that much of a leap. I was deconstructing the seemingly innocuous skit. It was imperceptive to read it any other way — at least for me. Thanksgiving is not about being thankful. It’s about the theft of...
Jewish dad reunites with Muslim woman who confronted his child abuser

Mum-of-two hailed as a hero after footage widely shared on social media showed her coming to the defence of Jewish family on London Underground

BY: MATHILDE FROT

A brave Muslim woman who came to the defense of Jewish children subjected to racial abuse on the London underground in a viral video has met the dad whose family she stood up for.

Asma Shuweikh, 36, from Birmingham was hailed as a hero by online users after footage widely shared on social media showed the mum-of-two confronting a man who read anti-Jewish bible passages at two young boys wearing kippot during a journey on the Northern Line.

The video shows the man threatening another commuter off-camera who intervened before Shuweikh stepped in to confront the abuser.

“I tried to bring him down to a level where you can have a conversation so he doesn’t go back to the Jewish family that were on the train,” said Shuweikh.

“I’m a mother and I thought if I were with my children, I would want someone to intervene, and the poor man was trying to keep calm for his children,” she added.

In a statement released by Campaign Against Antisemitism, the father, who did not wish to be named, said he was “extremely grateful” to Shuweikh for stepping in.

“We are certain that without her intervention and distraction, he would have continued his abuse which could have escalated to physical violence,” he said.

“This Tube journey has left me with mixed feelings about society,” he added. “On the one hand, my children and I were subject to vile abuse in a full Tube carriage, however, I am grateful for those who stood up for me.”

The dad met Shuweikh for coffee on Monday in Manchester bearing flowers and thanking her in person for her intervention.

Speaking to Jewish News on Monday, she said: “He came and gave me beautiful flowers and we sat down and had a coffee and we were talking about our experiences and our backgrounds. It was very nice. It was lovely. We’re going to keep in touch,” she added.

Shuweikh, who created a Twitter account to read messages of support, said the response from friends and strangers across both Jewish and Muslim communities had been “very overwhelming.”

“It’s a breath of fresh air. It’s lovely to see communities can come together and put aside our differences,” she said.

Shuweikh, who has not been named by police, was arrested in Birmingham on Saturday on suspicion of a racially aggravated public order offense and later bailed. His bail is subject to conditions and he is due to return to police custody on 21 December.

This article was first published on Jewish News.
By Yousuf Ali

Ephraim Mirvis, the Chief Rabbi of the United Kingdom, published an op-ed in The Times in which he launches an attack on the UK Labour Party on Wednesday, Nov. 25.

In it, he makes strong accusations against the Labour Party and its Leader Jeremy Corbyn of among other things of failing to deal with "anti-Jewish" racism in its ranks and dabbling in anti-Semitic tropes. The conclusion and headline of his argument is that Jeremy Corbyn is unfit for high office. Despite the reality of increasing racism against both Jews and non-Jews, the Chief Rabbi's op-ed is just one more example of the disingenuous and desperate smear campaign against Jeremy Corbyn, a politician who has dedicated his life to supporting the rights of all people, including those whom the Rabbi justifies the murder of Palestinians.

While it is impossible to do too much to fight against racism, the accusations against the Labour Party are not genuine opposition to racism and are rejected by the facts. Not only is Jeremy Corbyn not an anti-Semite, but he has done more to oppose racism in all its forms than nearly any other politician over his nearly four-decade career. Furthermore, Israeli British citizen Jamie Stern-Weiner conducted a detailed study in Open Democracy of the media coverage regarding the alleged anti-Semitism in the Labour Party and concluded that the media falsely equated strong criticism of Zionism and the policies of Israel with Holocaust denial, a disgraceful disservice to victims of the Nazis and their suffering.

Additionally, the vast majority of the accusations are against low or mid-level of the Labour Party who have little or nothing to do with Labour leadership and who have been expelled or Suspended. After giving several examples in his article Stern-Weiner concludes "pro-Israel activists, who hope to unseat a prominent critic of Israel and to discredit Palestinian solidarity activism". Considering the utter absence of credible evidence against the Labour Party, the motives of the Mirvis and others who accuse Labour of anti-Semitism must be scrutinized.

When looking at the timing of the Chief Rabbi's disgraceful editorial, one cannot help but notice that it coincides with Labour announcing its commitment to stop selling weapons to a country whose human rights abuses and aggression Mirvis has defended in the past: Israel. A few days before the Rabbi launched his baseless attack on Labour, the party published its manifesto which included a commitment to suspend arms sales to Israel so as not to be complicit according to Haaretz. As it happens, Mirvis spoke in defense of Israel's 2014 Gaza campaign which left hundreds of children dead according to The Telegraph and selling Israel arms to do so. Of course, there is nothing remotely racist about opposing selling arms to a country that commits war crimes like Israel; rather, the U.S. would have adopted the same policy had it not implemented its own laws; namely the Leahy Law. This coupled with the fact that according to the Times of Israel, Ephraim Mirvis praised Boris Johnson whose record on bigotry and Islamophobia against Muslims goes well beyond "letterboxes" and "bank robbers" amongst other disgusting attacks on Islam and Muslims. In fact, those same comments were linked to a 375% rise in Islamophobic incidents according to the Independent. If that was not enough, according to Business Insider Johnson has justified Islamophobia in the past claiming that it was a natural reaction to Islam's scriptures and that "Islam was the Problem." Suffice it to say, Jeremy Corbyn and the Labour Party have not been accused of, let alone admitted to, anything remotely approaching the brazen bigotry and Islamophobia by the man the Rabbi has so glowingly praised. If the Mirvis and other critics of the Labour Party actually cared about bigotry and anti-Semitism they would pay more attention to Corbyn's chief political opponent, Boris Johnson.

Thankfully, the Chief Rabbi's attacks have been rebutted by members of the Jewish community both religious and secular who do not want to exploit the suffering of the Holocaust to deflect from criticisms of the state which claims to act in its name. Almost immediately following the Mirvis' disingenuous attack piece against Corbyn, one of the heads of Satmar Rabbis in Europe Mayer Weinberger defended Corbyn by saying that Mirvis was motivated by "propaganda with a political and ideological agenda. An agenda, which, I might add, is diametrically opposed to fundamental Jewish values as well as the opinions of tens of thousands of Jews in our community." He continued, "we take this opportunity to say Thank you! Mr Corbyn" for "numerous acts of solidarity with the Jewish community over many years".

In addition to Rabbi Weinberger, prominent Jewish intellectual Noam Chomsky made the following argument in the Jacobin. Apologists of Israel have long tried to equate criticism of Israeli crimes and policies as anti-Zionist and smear anyone who is anti-Zionist as anti-Semitic. In addition to criticizing the fallacious link between criticism of Israel with anti-zionism and the even more tenuous connection between anti-zionism and anti-Semitism, Chomsky stated that there may be some anti-Semitism in but its levels are "quite low by historical standards and vastly below hatred of Muslims and other prevalent forms of racism." Despite the outrageous attacks against the Labour party by the Mirvis and others, Labour demonstrated its commitment to fighting racism within days of the attack.

Labour and Corbyn have repeatedly demonstrated a firm commitment against racism in all its forms both in the past and in the aftermath of Mirvis' disingenuous bit piece. The day after Mirvis published his op-ed, Labour launched a manifesto specifically dedicated to addressing the problem of racism in British society. The manifesto also committed to addressing the far more pertinent threat of racism from the "far-right" indicating a genuine attempt to deal with racism and bigotry wherever it comes from. Racism and anti-Semitism are indeed problems in society both British and not, but we must not allow people like Mirvis to so cynically instrumentalize them and deflect from taking serious action against war crimes by Israel.

The context in which Mirvis released his op-ed coupled with his past defenses of Israel and praise of the rabbis' disingenuous hit piece about opposing the Leahy Law gives the lie to Mirvis' pretenses of being genuinely concerned about bigotry. I conclude with no better words than those of Imam Aijmal Masroor in 'direct response to Mirvis' attack on Corbyn' You have politicized your spiritual position to influence voters and I believe this is totally wrong. You are abusing your office to silence criticism of Israel, and that too is totally wrong. As a man of faith, you should know better."
Health and Wellbeing: Optimal Breathing

by Khalid Rizvi

“Isn’t it amazing that there’s air to breathe, a body to take in, and a mind to watch it?”
-ED Halliwell.

As we know that breathing is the most basic thing but the most powerful way to life and once breathing is healthy, natural and raised to optimum level. It becomes a therapeutic tool for health.

Nose breathing has many benefits over mouth respiration. Nose breathing is the correct and most optimal way to breathe. Mouth breathing bypasses important stages in the breathing process, which may lead to many health issues like snoring and sleep apnea. Nose breathing, T2R38 gene, that stimulates the nose’s bitter receptors that react to chemicals that bacteria use to communicate. They stimulate nitric oxide that kills bacteria. Simple taste tests may eventually predict recurrent infection potential. (Scientific American Sept 2014 page 28.)

“Nasal breathing (as opposed to mouth breathing) increases circulation, blood oxygen and carbon dioxide levels, slows the breathing rate and improves overall lung volumes” according to Swift Cambell. Mck- eown 1988 Gronasal obstruction, lung volumes, and arterial Oxygenation, Lancet 1, 73-75. Referring to the book “Just Breathe” by Dan Brule, DR. O’Hare, who has practiced medicine for over thirty years explains that “Conscious breathing can increase heart rate variability, which improves a range of symptoms such as stress, anxiety, cardiovascular disease, fatigue, obesity, depression, and aging”.

Breathing gives us a way to hack into our own brain and nervous system!

Our left and right nostrils are connected to the left and right brain activity as per the International Journal of Neuroscience 70:285-298.

One of the most revealing and actually scary facts is that the nose is home to over 50 bacterial species (some are good and most are not).

But the good bacteria work to kill some of the bad ones and if we bypass nasal breathing, the bad one tends to dominate.

It is very important to know that every physiological, emotional and psychological state is linked with breathing patterns.

The way you breathe, while you are angry and upset is different than when you are in comfort or pleasure. Thus, when your state changes your breathing pattern also changes likewise if you change your breathing, you change your state.

The real miracle of the breath occurs only when we learn how to turn it on and fire it up, it shakes all the fear and stress and tension from the cells of our body.

As breathing is life, breath well for conscious breathing ensures a long life on earth.

—

This article will be a part of a monthly series on health and wellbeing. This is the first of eight.

Khalid Javed Rizvi, a certified nutritionist and also served nine years as a General Manager of Health & Safety in a multinational firm.

Cont. from page 7.

Thanksgiving

land us or the Anglo-American legal tradition expounds — about the discovery and conquest.

Thanksgiving is about genocide, disease, slavery, dispossession, capitalism and the origins of the modern carceral state and rampant class and racial inequality. But that’s too much for my son’s first-grade drama class.

It’s actually not.

Desegregation started in first grade following the landmark Supreme Court decision of Brown v. Board of Education. To start from the beginning, earlier in the educational experience makes it easier of a transition, lessens the blow than to begin in the middle.

Erasing the pain of the past does not lessen its impact.

Donald J. Trump had recently been elected president in November 2016 when the above-described classroom incident occurred. My emotions were too raw, and my intellectual pain of the historical genocide was merciless. I ended up switching my son’s school because of my schedule, the distance, and could not bring myself to pay for a private institution, whereas a parent I was made to feel less than because of the differences of my skin and my faith. Sure my kid was years of his grade level for reading, but his drama class was centuries behind in understanding white fragility and the price of privilege.

Sure my kid was years ahead of his grade level for reading, but his drama class was centuries behind in understanding white fragility and the price of privilege. New York Times writer Nikole Hannah-Jones wrote about how she struggled to find a school for her own daughter in a segregated city.

Yet this November I don’t care what happens for the Thanksgiving programs. I’m actually thankful that Trump might actually be impeached. Even if he doesn’t, it’s that thought that carries me.

Gobble. Gobble.

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Where: Railway Auditorium -Bhubaneswar-Odisha
When: December 23 and 24, 2019.
Who will attend:
1) Meritorious students from all over India, with their parents/teachers
2) Educational, social, religious and political Dignitaries from India,
3) Delegates from USA, Canada, Australia and other parts of the world

International Convention will be followed by Regional conventions. Below is the list of cities and contact numbers where regional conventions will follow. If you happen to be in the region please joins us.

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If you plan to attend please let us know by calling 248 442 AFMI (2364) or sending an email to afmi11@aol.com.

We will be happy to make hotel bookings or domestic travel arrangements for you.

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<th>No</th>
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<th>Location &amp; Address of Program</th>
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<td>1</td>
<td>Sunday</td>
<td>22-Dec-19</td>
<td>AFMI’s Press Conference</td>
<td>Bhubaneswar, Orissa</td>
<td>Mr. Tanvir Syed</td>
<td>91 943 715 3704; <a href="mailto:tanwisys@gmail.com">tanwisys@gmail.com</a>;</td>
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<td>Bhubaneswar, Orissa</td>
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<td>25-Dec-19</td>
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<td>Ranchi, Jharkhand</td>
<td>Mr. Tanweer Ahmed</td>
<td>943-110-1671; <a href="mailto:tanweeranand@gmail.com">tanweeranand@gmail.com</a>;</td>
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<td>4-Jan-20</td>
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<td>Mewat, Haryana</td>
<td>Mr. Uzair Khan</td>
<td><a href="mailto:uzairsia@gmail.com">uzairsia@gmail.com</a>; 981-039-6606</td>
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<td>New Delhi</td>
<td>Mr. Mohammed Naeem</td>
<td><a href="mailto:dywa133@gmail.com">dywa133@gmail.com</a>; 551-220-2144</td>
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<td>Ethipal, Madhya Pradesh</td>
<td>Syed Saeed Haidar</td>
<td>98264 98110; 98980 46505; 103402 76340; <a href="mailto:Dhubesande@gmail.com">Dhubesande@gmail.com</a>;</td>
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<td>Saturday</td>
<td>11-Jan-20</td>
<td>Regional Convention for Gujarat State</td>
<td>Yateem Khana Ground, Alivagat Main Road, Opposite-Alivagat Arcade, Narpura, Surat</td>
<td>(1) Mr. Kesim Bham, (2) Mohammed Bhai Patel, Jeddah Wala</td>
<td><a href="mailto:kcbr@yahoo.com">kcbr@yahoo.com</a>; 982-416-4149; <a href="mailto:muhammadvpatel@gmail.com">muhammadvpatel@gmail.com</a>; 972-315-0069</td>
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Cont. from page 3. Radicalization

entrenched geopolitical realities seriously limit the extent to which the drivers enabling extremism can be addressed. Take, for example, the situation in Iraq and Syria. In the surviving conditions in both countries (autocratic melt-down, geoeconomic transients, growth of ungoverned spaces in the vacuum of political economies, interests of regional powers, etc.) are not issues that can be addressed in the short term. These circumstances give ISIS and other Salafist-jihadist forces the space to mount a resurgence even after suffering defeat, as has happened with the demolition of the ISIS caliphate. But differently, the ideological struggle against Islamist radicalism is a multi-generational one.

The Role of Tradecraft

In the meantime, security forces need to deal with threats in the here and now. That is where the focus needs to be on interdicting tradecraft, which is more manageable than focusing on radicalization. Counter-terrorism efforts should also be triaged, with priority given to preventing attacks involving the use of more lethal weapons, which is a function of tradecraft. The same logic of tradecraft that enables terrorists also assists security forces in hunting them down. The flow of guns, ammunition, and precursor materials for constructing bombs can be better tracked. Likewise, training and preparation for such attacks is also detectable, because the activities involve physical movements as opposed to evolution of thought. As long as U.S. and allied intelligence services expend the bulk of their energies on making sure that terrorist entities are denied the ability to improve tradecraft to their operators, we will be able to considerably minimize large-scale attacks. That said, it is much harder to stop someone who has decided to mow down or stab people, given the low-tech nature of the tradecraft. But the upside is that the damage from a terrorist with low tradecraft skills can still be contained.

As the latest London Bridge attack demonstrated, members of the general public can confront an attacker armed with a knife or re-arming a vehicle before the first responders arrive on the scene. Greater public awareness and vigilance will go a long way in limiting the extent of harm that low-tech terrorists are able to do. In the long run, the focus has to be on improving our understanding of radicalization (and more important, deradicalization) processes and how they can be operationalized. Until that happens, tracking tradecraft rather than ideology will help us get ahead of the terrorism curve and better focus on the broader challenge of extremism.

Dr. Kamran Bokhari is a Founding Director of the Center for Global Policy (CGP), Dr. Bokhari is also the coordinator for this study at the State Department's Foreign Service Institute (FSI). Bokhari serves as an advising foreign policy specialist at the University of Ottawa's Professional Development Institute. The views expressed in this article are those of the author and are not an official policy or position of CGP, FSI, the U.S. Department of State or the University of Ottawa. Follow him on Twitter at @KamranBokhari. This post was originally published on the Center for Global Policy: Navigator.

Cont. from page 6. The Caliphate
do Muslims today have of establishing and sustaining a caliphate?
The Caliphate and Political Integration

Anjum offers two conceptions of the caliphate: one minimalist, which he derived from the authority of the Muslim faith, and one of a loose, federated political union as his personal vision of a feasible future caliphate. The minimalist definition includes two things: “political unity of Muslims and the continuity of Prophetic governance.” He claims that these two items have been part of Islamic identity throughout history. He never uses the term “Prophetic governance” ever again. In his more than 18,000-word treatise, he appears indifferent to the content of the caliphate and its constituent entities as long as he can muster a politically united Ummah. Unfortunately, he does not critically examine the feasibility of establishing such a unity.

Muslims have been divided since the death of Prophet Muhammad and have been fighting each other since the first caliphate and the Riddahwar. Ironically there was a time – 929-1031 AD - when three caliphates existed simultaneously: the Abbasids in Baghdad (749-1258 AD), the Fatimids in Cairo (909-1171 AD), and the Umayyads in Cordoba (929-1031 AD). So much for assuming that having a political unity is enough to mount a resurgence even after suffering defeat, as has happened with the demolition of the ISIS caliphate. (...cont.)
Cont. from page 1.  

High School Muslim 

school when another student suggested running to the mosque, Ahmad shared. “A guy yelled, ‘go to the mosque’ and that’s when everybody seemed to be going anyway, so I just tried to look as many people as in I could,” she said. “I’m lucky that I was in that place when that situation ensued, and I’m just grateful that I was able to enter the code and let as many people in.” 

Ahmad’s father, Saad Ahmad, is the financial secretary at the mosque and works a few minutes drive from the school. Ahmad called her father and he rushed over to help once he spoke with her. All the mosque members have a code to enter the building, he told CNN. Not knowing what was happening at the time, Ahmad said he was worried about his daughter’s safety but proud of her actions. “I’m really glad she opened the mosque right away and took the initiative, I was quite proud of her that she was able to handle this situation at such a young age.” 

Ahmad estimated that there were about 100 students sheltered inside the mosque. With her father, she made sure everyone was comfortable and felt safe until they could be reunited with their parents. While mosques across the country, including this one, have protocols for incidents of violence, this situation was unique, community members expressed. “When I look at the video now, I feel pride,” Saad Ahmad told ABC News. “Her composure is remarkable for a situation like that,” he added. “I don’t know how she would react in that situation.” 

The shooting was the second to take place in a high school in Wisconsin within two days. Oshkosh West closed down for a few days after the incident, and students resumed to their normal schedules Friday, according to the Sheboygan Area School District. This post was first published on the Daily Kos.

Cont. from page 1.  

China Document 

The bill’s passage follows the leaking of two sets of documents detailing the mistreatment and unethical detaining of Uyghurs and other minority groups in Xinjiang. In what The New York Times describes as “one of the most significant leaks of government papers from inside China’s ruling Communist Party in decades,” 400 pages-plus of leaked documentation provide an inside view of the continuing events in Xinjiang, including internal speeches by President Xi Jinping, surveillance information, internal investigations, and plans to detain as many as 1 million ethnic Uyghurs, Kazakhs, and others into internment camps and prisons during the past three years. According to DW Akademie, Chinese authorities in Xinjiang revised legislation to permit the use of “education and training centers” to combat religious extremism in October 2018.

While Beijing claims the detention centers across Xinjiang are for vocational and educational training and are not in violation of human rights laws, reports characterize them as political reeducation camps at trying to erase minority culture, language, and religion under the name of fighting Islamic extremism. Human rights groups even classify them as internment camps aimed to eradicate the Muslim minority. This post was originally published on the Daily Kos.

Cont. from page 2.  

public charge: 

“Congress simply has not spoken to how ‘public charge’ should be defined. We must presume that when Congress enacted the current version of the INA in 1965,” was aware of the varying historical interpretations of “public charge,” they added. The rule aims to not only broaden the definition of “public charge,” but also establish a test that would label new immigrants likely to become primarily dependent on government assistance as a public charge. Individuals are considered dependent on government aid if they receive at least one public benefit for over 12 months within any three-year period. According to VOX, immigration officials would have a stronger ability to turn away those who are “likely to be a public charge” based on an evaluation of 20 factors. Researchers estimated that if in place the rule could affect more than 385,000 people. The “public charge” rule was first published by the Department of Homeland Security in August and scheduled to go into effect Oct. 15. However, after eight federal courts reviewed the legal challenges, four, including California, New York, Maryland, and Washington, temporarily blocked the rule in October. The case was expected to go into appeals.

While the White House applauded the appellate court’s decision, they pointed out that it did not have any immediate practical effect, The Hill reported. “The Ninth Circuit has rightly recognized the Administration’s authori- ty to adopt an interpretation of the ‘public charge’ restriction more faithful to and consistent with the scope of the statute passed by Congress,” White House Press Secretary Stephanie Grisham said. “Unfortunately, as a practical matter, the ruling has accomplished nothing to vindicate the rule of law due to the destructive practice of individual district judges taking over national policy issues by issuing nationwide injunctions,” she added. “Nationwide injunctions give any district judge the power to tell a panel of a Federal court of appeals that its ruling does not matter and that it cannot affect the actual implementa- tion of the law. Such subversions of the rule of law must come to an end.” This post was first published on the Daily Kos.
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ence the next American presidential election in November 2020. Since November, both parties have called on lawyers and legal experts from very strong educational institutions for their opinions on if impeachment is the correct option to take.

One of the lawyers for the Democrats on the House Intelligence Committee called President Trump “a clear and present danger” because of his abuse of power and obstruction of justice. The inspector general’s report states that the Federal Bureau of Investigation (FBI) had “authorized purpose” to investigate any Russian involvement with the Trump campaign or any business with President Trump. The report states that they only found some wrongdoing. The Mueller Report and other investigations have not been able to find anything that directly connects President Trump to the allegations, however, almost all of the reports have found that there are major inconsistencies with accounts and many missing parts, so there is not a strong yes or no on whether or not President Trump has committed a crime.

The Republican party has consistently stated that the allegations by the Democratic party do not match up to the actions of President Trump. Several Republican members of Congress have sought to undermine the attempts by the Democratic party to find President Trump guilty of a crime.

As of right now, it is very apparent what the two major parties are doing right now. Explicitly, they are going through the Constitution and legal ramifications of an impeachment process and trial, however, they have already made up their minds on what their position is on impeaching President Trump. Now implicitly, both parties are taking advantage of the fact that these hearing are publicly broadcasted and available to the average American. The statements made during these broadcasts are serving as a platform for politicians to inform the public of how they want them to vote.

According to the United States Constitution, the American people have more influence over this process than what they are being told. The American people have the choice to call or write to their Senators and Representatives in Congress and tell them to vote either for impeachment or against impeachment. According to U.S. law, a Senator or a Representative in the U.S. Congress must fulfill the obligation to vote however their constituency (the voters in their state or district) want them to vote.

If an impeachment trial is to be held, it would be President Trump on trial in front of the Senate. Therefore, if a citizen of the United States believes that President Trump is guilty and deserves impeachment, the citizen needs to inform their elected senators of their position. If and individual does not believe that President Trump should be impeached from office, they should also inform their elected senators of their position. Members of the United States Congress are fully aware of the power and influence the American people hold, so it is time for the American people to recognize and utilize that power.
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