

BIOGRAPHIES

MUBARAKAH IBRAHIM

Mubarakah Ibrahim is a certified personal trainer and the owner of BALANCE fitness Studio for women in the city of New Haven, CT. She offers personal training, fitness boot camp and fitness education. In addition, she lectures, promotes and conducts workshops on alternative health, fitness and healthy living throughout the United States. In her fitness career she has gained a reputation as a leader in innovative fitness for women. She has appeared on The Oprah Winfrey Show "Thirty-something in America", (July 2008) in addition to dozens of local and national appearances. Her recognition includes multiple appearances on ABC affiliate WTNH News Channel 8, CBS radio Affiliate WELI Morning Show and has contributed to Prevention Magazine on an article and fitness program for fitness for women over 40 (November 2008 issue). She was voted among the best of CT's best personal trainers and BALANCE fitness Studio for women New Haven County's Best All Women's Health Club by the New Haven Advocate's Readers' Poll for 4 consecutive years, winning first place more than once. Including 2011 Best Personal Trainer in New Haven County.

Her innovative fitness studio functions on the philosophy of "whole fitness", the belief that physical, mental and spiritual well being is intertwined, the strengthening of one, strengthens them all and the weakening of one, weakens them all. It is with the philosophy of "whole fitness" that Mubarakah (pronounced moo-ba-ra-ka) has worked with women and wellness related issues for the past twelve years.

Her fitness education was earned through the internationally recognized Aerobic and Fitness Association of America (AFAA) as a Certified Personal Trainer/Fitness Counselor. She also holds several other certifications, including pre/post natal certification, Group Resistance Training, and both beginner and advanced Mat Science Instructor certifications.

In addition, she has studied both core training and women specific training through the C.H.E.K. institute. Mubarakah received her academic education at Albertus Magnus College (New Haven, CT), majoring in English as well as Southern Connecticut State University (New Haven, CT), majoring in Exercise Science.

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As a “serial Entreprenuer and business woman, Mubarakah has founded and run multiple successful businesses which includes her recent position as President and founding partner of Eco-Urban Pioneers LLC Construction Company founded on the Philosophy of building buildings that sustain communities. A business founded on the philosophy of construction being a viable solution to local employment challenges and economic viability of urban communities.

Mubarakah’s commitment to CT and New Haven is reflected in her community involvement. Mubarakah Currently sits of both her local *Whalley Avenue Special Service District Board (WSSD)* and a the city wide business board, the *Economic Development Corporation (EDC)*, a non-profit organization whose goal is to attract and retain business in the city of New Haven. Her involvement in local activities such as the Arts and Ideas festival each year, in addition to showing initiative to help improve the health of the residents of CT by recently hosting the first CT fitness challenge, to help New Haven County residents lose weight to reduce their chances of developing diabetes. The Ct Fitness Challenge was hosted and funded by BALANCE fitness studio and all the proceeds received through competitors registration went directly to the American Diabetes Association.

Mubarakah is the daughter of Shareef and Atiyah Ibrahim, two reverts to Islam. As a wife and mother of four children, she is the second generation of 4 consecutive generations of Muslims in her family born and raised Muslim in America. She is married to Shafiq Abdussabur and raises her children four children as practicing Sunni Muslims.

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She has been a resident of New Haven CT for 19 years and is an active member of the Muslim community locally, regionally and internationally. She is a member of Masjid Al-Islam (New Haven CT). She served as former president of the *New England Muslim Sister Association (NEMSA)*, *Islamic Circle of New England's (ICNE)* first and longest existing umbrella organization for Muslim women. She has lectured on Women in Islam, Muslim youth, Islamic principles and being Muslim in America since the young age of 12 yrs when she was an active member of the NEMSA Youth group which promoted "teens talking teens" by going into area high schools talking about Islam.

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MUHAMMAD JAMEEL

Born & educated in Pakistan, he's a father of three and grandfather of three children.

Past: Officer in Pakistan Navy; Programming Lecturer in Baltimore; Consultant and owner of businesses; PTA president of various schools; Lecturer at large in various Schools, Colleges & Universities; Education advocate in BCPS & volunteer in ISB since 1970's. Now retired.

Currently: Member of FBI Citizens Academy; Commissioner of BC Human Relations Commission; Just ended term of Presidency of ISB.

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NATASHA KARIM

Natasha Karim was born in United States and lived part of her life in the Middle East. She completed high school and attended college in Michigan, she is currently pursuing her degree in Nursing in Maryland and runs a part time Henna business on the side. Natasha has studied various courses with Islamic Online University such as Usool-ul-Hadith and Arabic. She gave her first halaqah (religious circle) when she was 20 years old to a local gathering of women and continued from there to give halaqah online to an international community of women.

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NICOLE NANSAMBA

Nansamba was born and raised in Atlanta, Georgia in a tight-knit Ugandan Muslim community. She moved to North Carolina where she attended UNC Chapel Hill. It was the last semester of her senior year in college when three members of her campus Muslim community were shot in a hate crime in their own homes in the Chapel Hill Shootings in 2015. She began organizing and community activism at that time. Her passion for international human rights turned to the domestic front.

For the past two years she has been a student of classical Islamic knowledge. She studied Classical Arabic at Bayyinah Institute and the Islamic Sciences at Qalam Institute with Shaykh Abdul Nasir Jangda. She has decided to go to law school and will be focusing on public interest law at Georgetown Law. She is excited to move to DC and get involved in the community in DC InshaAllah.

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QAIS HUSSEINI

Qais Hussein was born and raised in the United States and has lived all his life in Maryland. He attended high school and college here and played football in high school. He currently works in IT and holds MCSA and MCP certifications. Qais is also a Sunday school teacher for high school boys in the Muslim Community Center. He attended Nouman Ali Khan's classes on the tafseer of Juz Amma and studied some parts of Fiqh with Sheikh Abdel-Moniem Al Amin.

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RA'ID S. AWADALLAH

Ra'id S. Awadallah was born in Jerusalem in 1966. He received the B.S.E.E. and M.S.E.E. degrees from the Jordan University of Science and Technology, Irbid, Jordan, in 1988 and 1991, respectively, and the Ph.D. degree in electrical engineering from the Virginia Polytechnic Institute and State University, Blacksburg, in 1998.

From 1991 to 1993, he worked as a Lecturer with the Department of Electronics, Jerusalem University College of Sciences, Abu-Dis/Jerusalem. In 1998, he joined The Johns Hopkins University Applied Physics Laboratory, Laurel, MD, where he is presently Principal Professional Staff Member of the Research and Exploratory Development Department.

Dr. Awadallah also serves as a lecturer at the JHU Engineering Program for Professionals. His research interests include tropospheric propagation, electromagnetic scattering from randomly rough surfaces, radar cross section of complex targets, and applied electromagnetism. Dr. Awadallah is a Member of the IEEE and of Commission F of the International Scientific Radio Union (URSI).

Dr. Awadallah is a resident scholar at the Islamic Society of Baltimore (ISB) where he voluntarily teaches the Tafseer of the Quran in addition to Arabic Language. He is also a member of the Advisory Board of the ISB.