



THE TUCSON MED CLUB

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www.tucsonmedclub.org

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MED Scholarship Winners for 2003-2004 Academic



MED scholarships are awarded to those students who clearly demonstrate academic excellence, leadership, character, and community service. The award objectives are to provide funds for books and tuitions during the first year of college; to recognize the awardees accomplishments and achievements; and to show our young that our community is proud of their success and eager to help them succeed in their pursue of higher education.

The MED scholarship is a one-time, non-renewable award. The maximum award is \$1000.00 and the average award has been \$500.00. The MED Scholarship Committee comprised of selected MED members is responsible for screening and selecting scholarship winners. The committee decides on the amount and the number of scholarships to be given each year depending on the quality of the applicant pool and the available funding. The committee members review the individual applications and grade each applicant based on General Point Average, Class Ranking, SAT Scores, Career aspirations, Educational Plans, Character, Need, Honors Received, Leadership, Community Service and involvements, Outside Employment, Teacher/School recommendation. We started the Program in the year 2001. In 2001 we awarded one scholarship and in 2002, we awarded five scholarships.

We are pleased to announce that Sheza Nicole Al Houssni (right picture), Sami Sahyouni, (left picture) and Kristina De Ann Callan (center picture) are the winners for the 2003 Med Scholarship Awards. On behalf of our community, we congratulate you and wish you all the best as you start your higher education conquest.

The success of the MED scholarship program depends on the strong commitment and support of our community. We invite you to contribute generously to the MED scholarship fund and participate in the club fund raising activities. We are pleased to announce that we have raised \$1300.00 to the scholarship fund from the Hafli Fun Night held on June 14 at the Windmill Inn. In addition, we have received generous donations from some MED members to enable us offering the three awards in 2003.

Helping students achieve their goals is of paramount importance to the MED Club and our hope is to continue honoring and recognizing the achievements among our young and encourage them to pursue their higher education.

Adel Ziady, Chair, MED Scholarship Program





"More Art Please!"

By Christine Moussa

"A man paints with his brains and not with his hands."
Michelangelo

Everyone is familiar with the word "art." We see it in galleries, we see it on stage, and we see it at concerts. The appreciation of art, whether it is in the form of music, dance, theatre, sculpture, paint, and so on, is part of many people's lives. Yet the art that is not recognized and encouraged enough is that simple art that children make, like the painted hand print hanging on the refrigerator or the awkward sounds coming from a new instrument. Although art has long been considered a way to relax and have fun, there are many other benefits to including art in daily life.

Studies show that students who participate in the arts for at least three hours on three days each week for at least one year are:

- *4 times more likely to be recognized for academic achievement*
- *3 times more likely to be elected to class office within their schools*
- *4 times more likely to participate in a math and science fair*
- *3 times more likely to win an award for school attendance*
- *4 times more likely to win an award for writing an essay or poem*



www.AmericansForTheArts.org

They are also more likely to be involved in youth groups, perform community service, and read for pleasure. Art education strengthens a student's critical thinking and problem-solving skills, as well as increases the sense of quality performance and self-discipline. It can also help troubled youth, providing a place to focus positive energy while building an appreciation for the world around them.

Yet as important as art education is, art programs are oftentimes the first to get cut when school budgets are low. This is unfortunate because research has shown how beneficial art education is for students, both academically and socially. Therefore it is essential that art programs are supported and encouraged by parents and academic institutions. Help keep art education in schools and in every child's life. For more information go to www.arts.gov.



Exercise Induced Asthma (EIA)

By: Nabeeh Lahood, M.D.

**Are you out of shape?
Do you cough when you run?
Do you get short winded when you exercise?**



Before you blame it on being out of shape, let me ask you this: "Have you heard about Exercise Induced Asthma (EIA)?" EIA means that you get difficulty breathing and you start coughing during or shortly after finishing exercise. The cough may last from 1/2 to 1 hour after the exercise.

EIA is the most ignored diagnosis in medicine. While 4% of the population have asthma, 12% of the population have EIA. Yet very seldom do I get a referral from a primary care physician for EIA.

The right environment to trigger EIA is to exercise in cold weather. People who have EIA shy away from exercise. The kids who have EIA try to avoid physical education from the fear of being ridiculed by their peers for being last finishing running the track. The majority of them become out of shape and over weight.

It is very important to diagnose EIA early so that these patients, especially kids, can participate in sports without having a problem.

To diagnose EIA, a pulmonary function test is done in which the patient blows hard into the pulmonary machine. Then he/she will run for 5 minutes, relax for 10 minutes, then blow into the machine again. If there is a drop in the lung capacity by more than 15% after exercise, then the person has Exercise Induced Asthma (EIA).

The physical examination is normal except that if you listen to the chest shortly after finishing the run wheezing may be heard.

For treatment, the EIA patient is given 2 puffs from an Albuterol inhaler 10-15 minutes before exercise to prevent difficulty of breathing from occurring most of the time. I advise my patients who have EIA to warm-up before running fast and to cool-down after finishing the run. Certain patients require more than one medication to control the EIA from occurring.

The good news is that 16% of the American Olympic team have asthma or EIA, and yet 57% of them have won medals compared to 43% who do not have Asthma or EIA.

Way to go asthma patients! Good luck to every asthmatic and God Bless you all.

Family Fun Night Moments



Smile!





The Origin Of Cities

By: Kamal Moukabary

The period after the flood was divided into three parts, Early Dynastic I-III. We discussed some aspect of life in the Early Dynastic I period in the last issue. Today we are going to briefly look at life the Early Dynastic II-III periods.

Early Dynastic II lasted from 2800 to 2500 BC. Kings from this period were remembered in later poems as having had adventures involving long distance travel into Iran and Lebanon. The most famous of these heroic kings is Gilgamesh of Uruk, which means "heroic ancestor".

Early Dynastic III lasted from 2500 to 2300 BC. This period yields the so-called Presargonic texts from Lagas-Girsu, which gives a picture of life in the temple administration during a disastrous war. We also get texts from Ebla in northern Syria written in cuneiform system. They describe a small state involved in trade and relying for its wealth on its production of textiles.

During the Early Dynastic period we begin to see for the first time walled cities, perhaps for self-defense against depredations of other cities. In early Mesopotamia there were no distinct social classes aside from that between headmen and peasants. A typical family consisted of father, mother and two to three children. A woman would have had to bear between five to seven children to maintain a stable population because only one to three would survive to puberty. Children who lived would usually be highly valued. Inheritance proceeded through the male line, though the eldest son did not inherit all power. There were no instances of polygamy. Women bought and sold land and exercised considerable freedom of movement in commerce.

KFM

Med Club Information: Membership Renewal

- If you are already member, please renew by sending a check payable to: Tucson Med Club

Fees: Family Membership: \$70

Individual Fee: \$35

Donations: MED Scholarship Fund

- If you are not a member, you can download the application form from our website or contact any board member to get an application form.

Please note that to be officially a member, according the MED bylaws, the board must discuss and approve the application.



Tennis Recipe: Keys to reducing errors

By George Sahyouni

1. your first task on every shot is to clear the net. If you and your opponent are both at the baseline, aim your shot three to five feet above the net to eliminate errors into the net and insure good depth on your shots.

2. Aim the ball well inside the lines to give yourself some margin for error.

Even top professional players know the huge risk of trying to hit a line. Measure in six feet from the sideline and six feet from the baseline to mark a target for your groundstrokes that gives you a safety margin.

3. Whenever you are in trouble during a point and forced to play a defensive shot, aim your shot high, deep, and crosscourt so that you can recover for the next shot.

4. Early in the point, hit your shots deep crosscourt or deep down the middle. This reduces your chance of error and keeps your on the defense.

5. Movement to the ball and early preparation are keys to consistent strokes. Aim to hit every ball in your strike zone (about waist high) and be well balanced at court.

6. It is generally safer to direct a ball back to the direction it came from rather changing the angle. For example, the safest return of a crosscourt forehand is a return crosscourt. Only change the direction of a ball that you can control and are in good position to attack.

FAST FACTS

- **MR. POTATO HEAD** was the first toy product ever advertised on television.
- Every second, two **BARBIE** dolls are sold somewhere in the world.
- Only 2% of Antarctica is not covered by ice and snow. Most of this area is called the Dry Valleys. It has not rained in the Dry Valleys of Antarctica in two million years.
- Arizona leads the nation in copper production.
- The First American Chess Tournament was held in New York in 1843.
- The State Of Rhode Island Can Fit Into Alaska 425 times.
- From East To West Hawaii is the Widest State in America.
- Rhode Island is the Home to the Tennis Hall of Fame
- California produces more than 17 million gallons of wine a year.
- Key West, Florida has the highest average temperature in America.
- Texas was an independent nation from 1836-1845
- The Basketball Hall of Fame is held in Springfield, Massachusetts



MED Kids

5 WAYS TO MAKE YOUR SCHOOL YEAR THE BEST!

By Michelle Moussa



The Insider of The Outsiders

By: Gabrielle Moussa

1. Ace your classes

It's so important to try your best in all your classes. Trust me, you'll enjoy school a lot more if you try your best.

2. Don't procrastinate!

If you do all of your work right when you get it and don't slack off, you will be able to enjoy free time instead of doing last minute projects and ending up staying up the whole night!

3. Meet a lot of new people

Getting to know new kids will make your year more exciting. You can make so many new friends. You will get used to the idea of going up to people for conversations and will be able to talk without being nervous.

4. Get into after-school activities and clubs

After-school sports and crafts can be so refreshing after a hard day in school. Sports will keep you energetic and keep you attentive. Schools usually have many categories to choose from so everyone can find something they're interested in. Classes like this are stress free and better yet, not a lot of crummy homework! **Continue on page 9**



Where can you find drama, comedy, and adventure all together? Right in the book **The Outsiders!**

This story starts off with showing the life of how "greasers", poor rebellious teenagers, live compared to how "socs", rich snobby adolescents. The main character in The Outsiders, Ponyboy, who is in fact a greaser, has always hated how divided greasers and socs are. The rest of his gang, Darry, Soda, Steve, Dally, and Johnny, try to make Ponyboy understand that things will never change and that socs will always be the same, cruel and stuck-up. But when Ponyboy and Johnny, the two youngest in the gang, accidentally commit a crime, it leads to more anger between socs and greasers, finally making them decide to fight once and for all, trying to show one another who is best. The adventures and drama Ponyboy and his friends go through are so exciting and exhilarating you won't be able to put down the book for a second. This book seems to catch the attention of young readers that have curiosity about the opinions of different people and never ending anticipation. The Outsiders was for sure one of my favorite books of all time and I am sure you will enjoy it as much as I did.



Getting Around Safely

Where there's school, there's bound to be school buses. By following these few simple rules, you can stay safe while riding the bus:

- Arrive at the bus stop at least five minutes before your bus is scheduled to pick you up.
- Always stand 4 giant steps back from the curb. When lining up, make your line away from the street.
- Never walk behind the bus.
- If you have to cross the street, take at least six giant steps forward on the sidewalk before turning to cross the street. That way, you and the bus driver can see each other.
- When you're getting on and off the bus, make sure nothing gets left behind. Also, straps from your bag can easily get caught in the door or railings, so make sure they are secured.

If you do drop something near the bus, tell the driver **before** you pick it up. You want to make sure that the bus driver knows where you are at all times.

Don't take the bus to school? We've got tips for you too:

- Work out a safe route to school with your parents. Choose the quickest way with the fewest street crossings and use intersections with crossing guards. Stay away from parks, vacant lots, fields, and other places where there aren't many people around.



WAYS TO MAKE YOUR SCHOOL YEAR THE BEST! (continue from page 8)

5. Be confident and prepared

Coming in to a school year with a confident attitude will give people a positive look on you. Always telling yourself "I'll do better next time!" and "I'm always going to try my best!" will make you feel at ease with work in school and your social life. Also, being prepared for school will help make it a breeze. In order to be prepared, you have to be organized. All the things you need for school you should put together in a way that you can easily get your stuff out without worrying if you forget any important homework.

Call for Submissions:

Zurouna is about our MED community, it is about all of us. Please send us articles, stories, achievements so we can publish them in future articles.

We love to hear your ideas, opinions about how to improve Zurouna to be the Voice of our community in Southern Arizona.

Nominate Arab American you know. Write and tell us why this person is deserving and we will interview and honor them in upcoming issues. E-Mail to Zurouna editors with your nominations!

Lana Moussa: l:mmoussa@cs.com

Christine Moussa: fairydimple@yahoo.com

Lana Hariri: lhottiel889@aol.com

Just a



- If you were under house arrest and you lived in a mobile home, wouldn't you be able to go anywhere you want?
- If our body temperature is normally 98.6 degrees, how come when it's 98 degrees outside no one is comfortable?
- Why does Bugs Bunny walk around the cartoon naked, but puts a bathing suit on when he goes swimming?
- If a robber tried to rob a dance club and yelled "Everybody get down!", would all the people start dancing?
- How do you know which arm rest is yours in the movie theater?
 - Do babies produce more spit than adults?
- Why do you get in trouble for blocking an exit when you're standing in the doorway? In case of an emergency, wouldn't you run out too, therefore NOT blocking the exit?
- Why do all superheroes wear spandex?
- Why do people pay money to go up





Aladdin's Challenge!

Sponsored by Aladdin: Middle Eastern Restaurant
3699 N. Cambell Ave, Tucson, AZ 85719, (520) 320-0468

In this corner, you will be asked four questions about the history of Arab Americans and Middle east. If you answer all of them correctly, you will be eligible to win a Dinner for Two at Aladdin Restaurant. Send you answers to

Tucson MED Club, P.O. Box 43024, Tucson, AZ 85733.

Each issue, we will draw two names from those who answer Aladdin's Challenge correctly to be the winners of Aladdin's Challenge.

1. Who are Arab Americans?
2. To which places do Arab Americans trace their ancestry?
3. When did Arab people come to the United States?
4. Who are some well-known Arab Americans (name four)?

The Tucson MED Club invites you to

Family Fun Night

SATURDAY • SEPTEMBER 27 • 6:30PM



River Center (River Road & Craycroft)
5605 E. River Road - Suite 201



\$20 club members
\$25 non-members
\$15 children 12 and under

For Information, please contact:

Kamal Moukabary: 797-9083

George Sahyouni: 529-7495

Happy Events

Birthdays:

October

Josephine Sabbagh 10
Nadim Shihab 11th
Ziad Shihab 12th
David Basila 21st
Marge Yessian 23rd
Ahmed Awale 15th
Stewart Salmon 26th
Ramzi Touchan 30th

November

George Hobeich 5th
Carmen Moussa 6th
Manal Busaba 11th
Sonia Hariri 21st
Adel Ziady 25th
Mikey Moussa 26th
Dawn Awale 26th
Keren Callan 27th
Nicole Lahood 30th

December

Rory Abdelatif 1st
Renee Hobeich 16th
George Sahyouni 10th
Ryan Lahood 18th
Kelyy Callan 20th
Aftim Acra 25th
Kristina Callan 27th
Sheza Al-Houssni 31

Anniversaries

Ned & Leila Charani 9/10
Salim & Sonia Hariri 11/17
Mark & Pamela Yarnisa Dece. 21



This Issue is compliments of:

Dr. Kaml Moukabary, M.D.

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Board Certified Critical Care Medicine

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 Bachar Sarah
Adel Ziady

Kahlil Gibran

SAY NOT
 "God is in
 my heart"
 But "I am
 in the
 heart of
 God."

--after
 the poems
 of Kahlil
 Gibran

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