



THE TUCSON MED CLUB

ZUROUNA

زورونا

www.tucsonmedclub.org

A publication of the Tucson MED Club

Volume 5 No. 2

Fall 2004

The Lahood's Family

Late 1800, four brothers of my grandfather came to America seeking better life in the new world, except my grandfather Peter, who decided to stay home in Syria. In 1918, uncle John Lahood was drafted to serve in the American Army during the First World War (1914-1918) and his unit fought against the Turkish army. During that time, large area of the Middle East, The Ottoman Empire was the Sultan of Turkey. In 1914, the Ottoman Empire contained an estimated 25 million people. Although there were 14 million Turks, there was also large Arab, Assyrians, Armenian, Kurdish, and Greek minorities within the Empire. As a result, my grandfather Peter Lahood was forced to serve in the Turkish army where his unit fought against the American Army. After the First World War ended, my uncle John came back to United States and my grandfather who served in the Turkish army never came back and believed that he died in the war. Uncle John found out later from his sister-in-law (my grandmother) that his brother was fighting the American army in the same area where his unit was stationed. Uncle John lived with the guilt all his life that he might have killed his brother. My dad, Naufal Lahood, was three year old in 1918. Uncle John wanted to bring my dad to America when he was 17 year old. But, my dad, did not want to come to America because he was in love with my mom. My dad married to my mom, Sayde, in 1932. They had four boys and four girls. The first child was named Peter after his dad. Uncle John tried hard to bring Peter to America when he was 16 year old so he feels better that he brought one of his nephews to the United States. Peter decided not to come so Lahood, the second boy, came instead to America in 1967. Uncle John was the happiest person to see one of his brother grand kids living with him in America. Two year later, Uncle John died.



Nabeeh and Elham Lahood

I met Elham, in college in 1976, in Tishreen University, Lattakia, Syria. I finished medical school in 1980 and Elham got her Civil Engineering degree in the same year. Before I left to France to continue my higher education, we made a promise to each other to get married when I start my residency program in France. At the same time, I was waiting for my immigrant visa to the U.S. In 1983, we got married in Syria and left to France. We stayed one year in France and had a wonderful time there. In 1984, we came to the United States of America where I saw my brother Lahood for the first time after 18 years. Also, I met my uncle John's kids whom I felt that I know them for long time because my dad used to talk about them all the time. It was a wonderful reunion that I would never forget.



In 1986, I started my residency in Pediatric at Louisiana State University. In 1987, I was able to fulfill my parents dream to come to America and see their sun Lahood after 20 years. Uncle John's kids were shocked to see the resemblance between my dad Naufl and their dad John; my dad was a spit image of his uncle John.

On November 30th, 1987, we had our first child, Nicole, she was a wonderful baby so we were encouraged to have another child. We were then blessed with a beautiful second child, Natalie, on February 21th, 1989. Natalie was great so Ryan came twenty two months later, on December 18, 1990. Every day, we thank god for these three wonderful kids.

In 1991, I finished my fellowship in allergy, asthma, immunology and moved to the beautiful city of Tucson. Since then, I have been practicing my specialty here.

In 2000, my brother Nazih and his wife, Nihad, immigrated to United States. And guess who stayed back home, Peter again. History repeated itself a hundred year later where all my brothers are here except Peter and that is exactly what happen in the 1900th, where all my grandfather brothers came to America except Peter.



The Lahood family likes to travel, parasailing and enjoy out door activities.



How to: Love and Learn from your Parents ...

Even if They DO Have a Funny Accent

By Natalie Lahood

My family is what you would call the typical Arab family. We definitely hear the stories from our parents coming to America with only 10 dollars in their pocket and having rats run over them while they slept, and of course how they walked 6 miles to school everyday in Tumburi's shoes. And even though we make fun of these stories and tell them to our friends in an exaggerated but I must admit hilarious Arabic accent (which kind of sounds like an Indian accent if you half plug your ears), we know that these stories of success and difficulty really make us better people.

Having Arabic parents that constantly remind you of all the hardships they went through really does do us good, even though we will never admit it to them. We learn to be more sensitive to people who are having problems and when we are giving advice we can't help but notice that we are reciting our parents stories and telling them that they will get through it just like our parents did. When we make money we really know the work that went into making it and we save it rather than spend it all ... right away anyway. I sometimes can't even believe how far they've come in such a short amount of time and sometimes can't help but feel like a wimp when I complain about little things in my dramatic teenage life which pale in comparison to the their war stories of cockroaches the size of their fists and gigantic snakes that would hide in their walls.

Continue on page 7



Moussa's Castle

By Lana Hariri



Could you ever imagine a 13-year old boy having a dream of owning a castle someday? Well now you can. About 60 years ago, Moussa Maamari, had a dream of owning a magnificent castle. One day when he was in his elementary school in Syria, his teacher, Anwar Arnouk, asked the class to draw a picture of a bird perched on a tree. But Moussa's picture was a future castle instead. When his teacher, Anwar, found out that Moussa did not complete his task, he took the drawing and yelled at him, "Do you believe you can own a castle like this? Is this your father's castle? Your family is too poor to be able to have a great fortune like this!" Moussa did not let these words keep him down, and they didn't. He told his teacher "One day you will see that I have built this very castle with my own bare hands and when you see it with your own eyes you will regret that you have

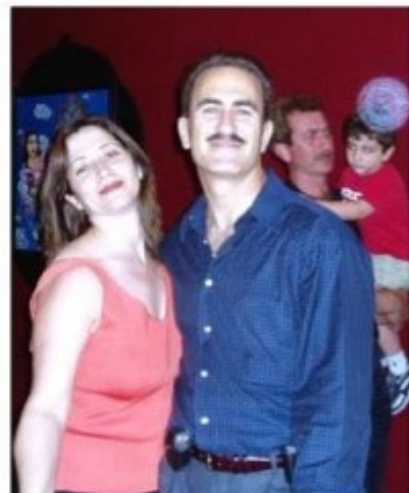


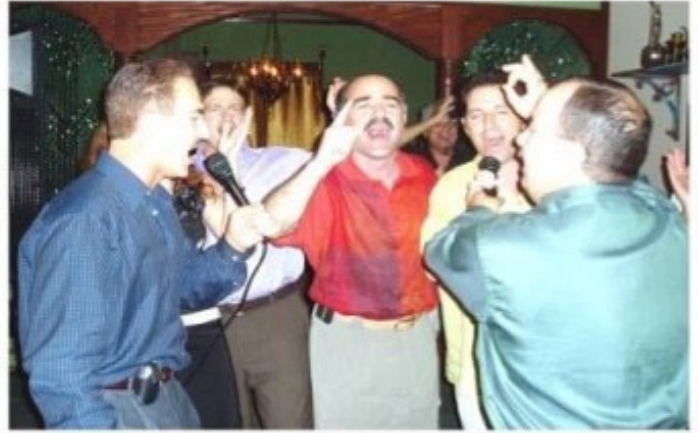
Left to Right: George Hariri, Moussa Maamari, and Lana Hariri

ever mentioned that I cannot make this task possible." When Moussa said that, his teacher, Anwar took some sticks and started beating him up until he fainted. Later, Moussa was expelled from his school and he set out to start building his castle in Lebanon. 60 years later, in Deir El-Qamar, Lebanon, Moussa built a castle that is now a museum that has all the Lebanese culture and even has an imitation of the regretful event when his teacher beat him up in school. Moussa worked 57 years to build his castle. Stone by Stone, he put together the pieces of the puzzle and made this great fortune that his teacher thought he could never own. This is a very remarkable story that has two messages: **"Nothing is Impossible."** and **"If you believe it, you can achieve it"**.

For more information see www.moussacastle.com.

Take a look at last MED Family Fun Night







The Tucson **MED Club** invites you to

Family Fun Night

Saturday • September 25, 2004 • 6:30pm

Wonderful Sit-down dinner • No host bar • Live DJ Music • Belly dancing

\$ 25 Club Members \$ 35 Non members \$ 20 Children, 12 and under

Phoenician Restaurant (Craycroft & River). Seating is very limited, please make your reservation by September 18. For more information, please contact

Margaret Saad 245-5987, Salim Hariri, 577-9734 or Hassan Hijazi, 751-4420



What You Don't Learn At College

By G.J. Hadeed

At the higher institution of knowledge known as “college”, one can dabble in any subject matter known to mankind...from Calculus to Chemistry, Classics to Communication, and Composition to Creative Writing. Yet, nowhere in the academic catalogue is the word consideration. It is consideration which makes society function efficiently and I am afraid it is consideration that is becoming a lost practice.

This idea dawned upon me at the U of A in the middle of lecture. I was in the midst of my usual routine which consists of staring blankly at the board, scribbling barely legible notes and listening to the comforting drone of the professor when I was suddenly jarred from my mental state. The rustling of a bag of chips and the subsequent crunching from the consumption of the chips had pierced the silent room to a point in which the professor's words were mute. The culprit, unaware of his crime, drew several stares from other students who were obviously distracted by this lack of consideration. I left class that day wondering if that person had any idea of how his action affected the rest of the class and whether or not I should just accept the fact that little can be done to prevent future “Doritos Incidents” and pray that someone would never unleash the feared “Frito Incident”.

I came to the conclusion that people do not come to college with the intention of improving the quality of their interactions with others and instead look to simply follow their career path until it abruptly stops and runs them into a fulltime job. Thus, college is not the place to learn about consideration. So if college is not the place to learn about consideration, then where is? That answer is best found at home, the place where more egos and opinions clash than anywhere on the planet.

The interaction within a family serves as the best median to promote consideration and other life skills such as communication and compromise because the family is a supporting unit. This unit is able to undertake a correctional role in someone's life with the least amount of embarrassment. For example, deciding what to eat is a major part in any family. Of course, everyone has their own likes and tastes, which can often equate to bitter arguments and even sometimes empty stomachs. However, when the family does decide about what to eat, it ultimately comes down to consideration. Someone is acknowledging someone else's wants and wishes and letting their wants and wishes temporarily override their own.







This experience shows us that we can not always get what we want, but instead we can still get the next best thing; knowing that a loved one is happy because of a decision we ultimately made. This delicate equilibrium of consideration among our family serves as the foundation for a person to develop the skills necessary to grow up and become an active and successful participant in society. One will earn the respect of many if they take other people's feelings into account and make them feel unique. At a young age, these skills will follow them through high school, into college and ultimately into their careers and personal life. It serves as the link between our transition from childhood to adulthood and depending on how well we utilize it, how smooth our transitions are from one to the next. If everyone had some insight into true consideration, the world would be a happier place. The rewards are too numerous to mention, but it will all boil down to a more productive and meaningful life...not to mention having the satisfaction of knowing your loved one is not the Doritos culprit from class everyone wants to scream at.

The Lahood's Family—Continue from Page 2

I know I shouldn't feel like this because they grew up in a different society than I did and they weren't as fortunate as I am, but knowing about all that they went through really makes me want to work hard to show them that I am worthy of their respect as well. I know I have some big shoes to fill but at least they'll be Prada ones and not Tumburi's. **Thanks Mom and Dad!**



Why are fruits and vegetables so good for you?

-  • Your skin needs vitamin A and vitamin C to stay healthy. Lots of fruits and vegetables contain carotenes, which our bodies make into Vitamin A. So, eat fruits and veggies with carotenes, think yellow, orange, red and dark green. Did you know that vitamin C helps cuts and scrapes to heal? Eat a vitamin A and vitamin C rich fruit and vegetable every day.
-  • Vitamin A keeps eyes healthy and helps you see in the dark! Have you had your vitamin A fruit or vegetable today?
-  • The vitamins A and C in fruits and vegetables help keep your teeth and gums healthy.
-  • To keep your heart and blood pressure healthy, eat 5-9 servings of fruits and vegetables every day.
-  • Eating lots of fruits and vegetables will help keep my bones strong forever!
-  • Fruits and vegetables have vitamins and minerals that work together to build strong muscles.
- To keep your intestines healthy, eat plenty of



After-School Chef



Banana Peanut Butter Sandwich

(Makes 2 servings)

Ingredients:

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced

Method:

Spread peanut butter on 2 bread slices.



Utensils Needed:

Measuring Spoons
Table Knife
Cutting Board
Knife

Apple De-Light

YIELD: 1 serving

INGREDIENT LIST

1 medium DOLE® Apple
3 DOLE Strawberries, sliced
1 tablespoon sweetened whipped topping

DIRECTIONS:

1. Cut apple in half and cut out the core in each half. Place apple halves on a small plate.
2. Place sliced strawberries in hollowed out apple.
3. Top strawberries with whipped topping. Serve and enjoy!

NUTRITION INFORMATION per serving

Calories	104	
Total Fat	2	grams
Saturated Fat	0	grams
Cholesterol	0	milligrams
Sodium	0	milligrams
Potassium	218	milligrams
Total Carbohydrate	24	grams
Dietary Fiber	4	grams
Protein	0	grams
Vitamin A	2%	Daily Value
Vitamin C	48%	Daily Value
Calcium	2%	Daily Value
Iron	2%	Daily Value
Vitamin E	2%	Daily Value
Folate	2%	Daily Value



For these recipes and more go to
www.dole5aday.com!

MED Club of Tucson to sponsor an event to benefit the Kerr Family Scholarship Fund at the University of Arizona

The 2004 Bank of Tucson Wildcat Dream Invitational has chosen to benefit **The Kerr Family Scholarship Fund**. Every year Steve Kerr, The University of Arizona basketball team and Coach Lute Olson participate in this fundraising event to benefit a local charity, last year's event benefited the Bobbi Olson Cancer Research Fund.

The Dream Team Invitational includes a sports dinner at Loew's Ventana Canyon Resort and is planned for Thursday, September 23rd, 2004. It will be a grand event attended by Steve Kerr and Ann Z. Kerr, Steve's mother; Lute Olsen; and next seasons U of A Basketball Wildcats!

THE KERR FAMILY SCHOLARSHIP FUND:

The Kerr Family Scholarship was established in 1994 to assist **Middle Eastern students at the University of Arizona**. Since the establishment of this scholarship fund, eight awards have been given to eight deserving students from Middle East. The scholarship was established in the memory of **Dr. Malcolm Kerr**, an educator and former Administrator of the American University of Beirut. His son, Steve Kerr, whose athletic excellence in basketball and whose overall character has been an inspiration to many, is instrumental in putting this event together every year.

Our sincere appreciation to the following MED Club members for their generous contributions: **Dr. Osama Abdelatif, Mr. David Basila, Dr. Salim Hariri, Mr. Hassan Hijazi, Dr. Nabeeh LaHood, Dr. Kamal Moukabary, Dr. Albert Moussa, Dr. Sam Moussa, Mr. and Mrs. Hannah Sarah and Mr. Adel Ziady**. Their support has made this \$2000 sponsorship by the MED Club possible.

MED CLUB RECEIVED TWO ACHIEVEMENT AWARDS

The Tucson MED Club has received two awards from the Southern Federation of the Syrian Lebanese American Clubs (www.sflac.org) during the Annual Convention in New Orleans, July 2004, for the continue growth in membership: "Certificate of Merit, Be it known that the MED Club of Tucson, Arizona "Is hereby recognized for a 42% Increase in Membership". Mark Davis, State Vice President for Arizona of the Southern Federation of Syrian Lebanese American Clubs, who is also a MED member, represented us in the convention and received the awards. Thanks for Mark for his continuous support to our Club and community in Arizona.

Learn Arabic

The MED Club is planning to resume the Arabic Class in 2004-2005 academic year. If you are interested, please contact Hassan Hijazi at 751-4420

Med Club Information: Please Renew Your Membership for 2004

- If you are already a 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 at

www.tucsonmedclub.org 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. **Tucson MED Club is a member of the Southern Federation of Syrian Lebanese American Clubs (<http://www.sflac.org/>)**



The Tucson Med Club Calling You



From the earliest settlements, Americans of Arab descent have played an important part in building the New World. We are a diverse people, 3 million strong. We are Christians and Muslims. We are Syrian, Lebanese, Palestinian, Iraqi, Jordanian and Egyptian. We are doctors, lawyers, teachers, elected officials, businessmen, poets, philosophers and entertainers.

We are proud of being Americans, but we are also proud of our roots and where we came from. We want our people and our grand children to be proud of our culture and values.

The Tucson MED Club goal is to combine pure Americanism with the middle east traditions: our belief in God, sense of family, love of heritage and willingness to serve each other.

It is our hope that The MED Club will provide future generations with role models and a community that promotes and cultivates our common values.

The MED club recognizes the diverse religious and political beliefs of its members and therefore the MED Club does not promote or foster any sectarian, religious or political movements.

We will reach out to the larger community in Arizona and be recognized for the contributions of our members, service to our community, and for our values. To further our outreach at the national level, the Tucson MED Club is a member of the Southern Federation of the Syrian Lebanese American Clubs (www.sflsac.org). The Southern Federation of Syrian Lebanese American Clubs is an organization of heritage established in 1931 by first-generation Americans of Syrian Lebanese descent. Their mission was to give to the United States a pure Americanism with their fullest loyalty and undying allegiance, because America provided them and their posterity a new life of hope --- a hope founded upon principles of freedom, equality and opportunity.

The Med Club believe in you, young Americans of Arab origin. We believe in your ability to be part of the American success story. We want to support you and give you a hand to reach your potentials. We invite you to join and support your Med Club family so together we can enhance and further our traditions and heritage through social events, charitable giving and community involvement in the spirit of friendship and love.

Happy Events

Birthdays



September

Bshara Mezher 1st
Gabriel Sarah, 1st
Wadia Sarah, 1st
Mary Sahyouni, 6th
Hannah Sarah, 13th
Kim Callan, 18th
Pete Davis, 22nd
Doris Anton 25th
Domingo Cheleuitte 26th
Luke Moussa 30th

October

Josephine Sabbagh 10th
Nadim Shihab 11th
Ziad Shihab 12th
Alexis Gyenge 20th
David Basila 21st
Serge Hougeir 22nd
Amer Said 23th
Marge Yessian 23rd
Stewart Salmon 27th

November

George Hobeich 5th
Carmen Moussa 6th
Sonia Hariri 21st
Adel Ziady 25th
Kelly Callan 27th
Nicole Lahood 30th
Mikey Moussa 26th

December

Rory Abdelatif 1st
Shelley Aboud 4th
Renee Hobeich 16th
George Sahyouni 10th
Ryan Lahood 18th
Karen Callan 20th
Aftim Acra 25th
Joseph Anton 25th
Kristina Callan 27th
Sheza Al-Houssni 31st

Anniversaries

Ned & Leila Charani 9/10
Khaled and Asma Hadeli 10/10
Salim & Sonia Hariri 11/17
Mark & Pamela Yarnisa 12/21

This Issue is compliments of:



Domingo Cheleuitte, M.D.

Orthopaedic Surgery
Foot and Ankle Surgery

2424 N. Wyatt Drive
Tucson, AZ 85712

Phone: (520) 784-6200 Fax: (520) 784-6167

Www.tucsonortho.com

MED Board Officers:

Salim Hariri, President
Hassan Hijazi, Vice President
Margaret Saad, Secretary
Sonia Armaleh-Moussa, Treasurer
Nabeeh Lahood, Public Relationship
Adel Ziady, Scholarship Fund
Nick Mansour, Bylaws
Osama Abdelatif
George Sahyouni

David Basila
Domingo Cheleuitte

Founding Members

Sonia Armaleh-Moussa, Ph.D

Osama Abdel-Latif, MD

David Basila

Salim Hariri, PhD

Hassan Hijazi

George Hobeich, MD

Nabeeh Lahood, MD

Richard Michaeles

Magdalien Moussa

Sam E. Moussa, MD

Kamal Moukabary, MD

George Sahyouni, PhD

Alif Sarah, MD

Hannah Sarah

Bachar Sarah

Adel Ziady

Kahlil Gibran

*You should
be proud of
being an
American,
but you
should also
be proud
that your
fathers and
mothers
came from
a land
upon which
God laid
His gra-
cious hand*

TUCSON MED CLUB

P. O. Box 43024
Tucson, AZ 85733-3024

Http://www.tucsonmedclub.org



Lana Hariri
WaterGoddess218@aol.com



Christine Moussa
fairydimple@yahoo.com

Zurouna

Editors

زورونا