



THE TUCSON MED CLUB

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The History of My Family! By Lana Hariri



This picture was taken on our very first Christmas in Tucson. 1998

You know, the Hariri family didn't start out with the last name 'Hariri'. It started way back when my great grandfather, Salim Elias, was a silk tax collector in Syria. Everyone on the streets called him, Al Harir, which means "Silk" in Arabic. My great grandfather decided to change his last name to the nickname everyone has been calling him, Al Harir. But, why are we called Hariri and not Al Harir? When my dad, Salim Ibrahim Al Harir (Hariri), first came to the United States of America, his last name was confusing to some. Some time the Al was considered his middle name and even his last name. So he changed it to Hariri to make our lives easier. But when we go to Syria or Lebanon, we are called Al Harir's.



Palmyra, (Tadmor in Arabic) is often described as the bride of the desert. Its magnificent remains tell of a heroic history during the reign of Queen Zenobia. It is founded by Solomon, king of Israel. In the Bible it is called Tadmur (see 1 Kings 9:18).-



This is where my mom and dad had their very first date, Syracuse Univ., 1990.



George and I loved the snow in Syracuse. Although we had to wear about 3 pairs of socks! (Continue on page 2)

Aleppo Castle (Citadel of Aleppo), it has the tomb of Saint George,





The Hariri's Family (continue from page 1)

I (Lana) was born in Syracuse, New York in 1992. I like math, soccer, tennis, writing, reading, chatting online, music, hanging out with friends, animals, Arabic food, running, U of A Wildcats, and swimming.

My dad came to the United States in January, 1980; US was the first country he visited since he was born in Tartous, Syria. He got his master degree from Ohio State University. Then he studied at University of Southern California and got his Ph.D. in Computer Engineering in 1986. After graduation, he went to Syria where he taught for two years at Damascus and Tishreen universities. Then he left Syria in 1988 and moved to Montreal Canada, where he taught at Concordia University for one year before he moved back to the U.S. to teach at Syracuse University from 1989 to 1998. In 1998, the whole family moved to Tucson.



Our family enjoys traveling and exploring different places. Here are some pictures from our trips.



George and I loved to go to Disney Land. We were always huge fans of the Walt Disney Crew. My favorite was Donald Duck, but George would never let go of Mickey Mouse!



My mom, Sonia Sabbagh, came to United States in 1986. She was raised in Khartoum, Sudan, but is of Syrian heritage. Her grand parents were from Aleppo, Syria. She graduated from Loma Linda University International Dentist Program in 1989. She worked in California, for one year. Then, she met my dad in Syracuse, in 1990 and then moved to Syracuse where they were married. She stays busy in her dental practice four days a week.





IN HEALTH: FOOD ALLERGY

By: Nabeeh Lahood, M.D.

It's estimated that 2% of adults and 8% of children under age of 6 years have food allergy. Food allergy can occur at any age.

The food allergy symptoms vary widely in frequency and severity from person to another. The most common symptoms of food allergy involve the skin and the intestinal tract. The symptoms can be hives, eczema, vomiting, nausea, stomach cramps, diarrhea, headache including migraine, swelling of the lips, the tongue and the throat, to anaphylactic shock and God forbidden death.



The most common foods to cause allergy are eggs, cows milk, peanut, soy, wheat, tree nuts, fish and shellfish. Keep in mind that any food can cause an allergic reaction. Foods most likely to cause anaphylactic reaction are peanut, tree nut and shellfish. Remember that if you are allergic to particular food, you might be allergic to related foods. For example a person allergic to walnut may also be allergic to pecan and person allergic to shrimp may not tolerate crab and lobster.

Food allergy can be diagnosed by skin testing. Once you know what are you allergic to then you have to avoid these foods. People can grow out of their food allergy. It may take few years. The least like food allergy to grow out of it is the peanut allergy. If you are severely allergic to certain food then you must be very vigilant in checking ingredient label of food products.

Every person who has life threatening allergic reaction to food has to have Epipen, it's an epinephrine injection, handy ALL TIME.

If your reaction to foods is mild and you started having reaction by accidental ingestion, take antihistamine and call your doctor. If your reaction is life threatening and you started having an allergic reaction, give yourself Epipen injection and call 911. Do not under estimate the reaction and DO NOT DRIVE YOUR SELF TO THE EMERGENCY ROOM OR THE YOUR DOCTOR'S OFFICE. It's a life and death situation.

The most common question I do get asked by physicians about food allergy is that if a patient is allergic to eggs can he/she takes the Flu or the MMR vaccine. The answer is that as long as the reaction was not a life threatening one then the patient receive take the mentioned vaccines. If the reaction was severe then the patient has to be tested for the MMR or the Flu before administration.

If you have food allergy, you can become a member of Food Allergy Network.. The number is: 1-800-929-4040. You will be receiving a monthly newsletter from them.

Nabeeh LaHood, M.D.

A Peek at our New Year Eve Party



Take A Look At More Fun Moments !





The Rise Of Empires 2300-2000 BC

By: Kamal Moukabary

The period from 2300- 2000 BC marks the beginning of political consolidations in the Ancient Near East. Central Mesopotamia finally was unified. **Sargon**, a northern Mesopotamian leader, united the north with the south around his new capital city of Akkad in 2300 BC and founded the Old Akkadian Dynasty that held the area together politically for one hundred years. Around 2200 BC people from the east, the **Guti**, occupied part of the Iraqi plains and dissolved his empire, then the Gutti were driven out by the king of Uruk whose dynasty lasted for two hundred years until it was dissolved by other people from the east, the **Elmaites**, which were succeeded by people from the west, the **Amorites**.

The north spoke Akkadian and the south Sumerian. Other languages spoken in the same period were the Semitic language by the Amorites in the west and the Urartian language by the Hurrian from the north in what is now Turkey.

The city of Uruk had a population of 60000 peoples. Irrigation techniques became very sophisticated and villages grew along canals. It was a quick way to political prominence for a rich man to sponsor canal works in his neighborhood.

KFM

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 (<http://www.sflac.org/>)

My Experience with the Dolphins!

Written by Lana Hariri



"Yes!" I blurted out, "Today is going to be the best day ever!"

"Alright, alright, we heard you already!" My brother George whined.



My dad and George were calmly sitting down on the car seats. Boy, was I doing the exact opposite. I was bouncing up and down with excitement. I bounced up so high I could poke a hole through the roof. I kept zooming up and down with great thoughts dancing through my head.

This is the first time that I am actually going to swim with the dolphins! How exciting! Oh no! What if the instructors accidentally choose an aggressive group of dolphins! Maybe they won't like strangers. I didn't realize that I was biting my fingers. "OWW!" I howled.

"What is the matter with her?" George questioned.

My dad didn't say anything about my reaction. I was going to tell my dad to turn back, but before I knew it we were already there.

"Hello, and welcome to the Miami Seaquarium. My name is Jenny and I will tell you a little bit about the dolphins and the do's and don'ts that you need to listen to so the dolphins won't get aggressive with you. If one dolphin gets aggressive with you, the others will join, too," She laughed like it was the funniest thing she heard of, "So, listen very carefully."

What is she trying to do to me? Scare the living daylight out of me? Pretty much seems like it.

"Now, Rick will show you where to change into your wet suits. Rick, lead the way!" Jenny said.

We are changing now? Great! Can she repeat the rules because I kind of snoozed?

Zip. I zipped up my wetsuit and I was ready to go! What animal was I swimming with? Fish? No. Sea Turtles? No. Dolphins? No. Wait! YES! Oh no, today is the day, I shall find out if I will get clobbered, or live. We will find out, very, very, soon.

"Ladies, chop, chop! Hurry up! The dolphins are getting impatient!" Jenny snapped.

Like that made me feel any better. I rushed out of the bathroom and before I could take another step into the water world, I was already in it. Tweet! A new girl's whistle blew.

"Hey everyone! My name is Stephanie and I will be your instructor for today. Now I will introduce you to our dolphins that we will be using. This is J.J. He is the captain around here. You could consider him "Leader of the Dolphins". This is Sunny; she's the little one around here and a friendly one, too. We'll be using her and the other groups will be using J.J. and Sparky. Finally there's Sparky, he can get a little lazy at times and is fantastic at performing shows. Now since we will be using Sunny, she's going to let you touch her belly and feel her skin." Stephanie said sweetly.

Continue on page 8

My Experience with the Dolphins! (continue from page 7)



Well, here goes nothing. My arm kept trembling as I struggled to reach the animal. I... I did it! Wow!! Their skin had a slippery texture that once you touched it your hands would slide into the water. Sunny just floated on the water like she just arrived in Heaven's Massaging Corner. After we petted Sunny we got to feed her fish. When we feed her fish she knew she did what she was suppose to do.

"Now, the fun really begins. You are going to ride on Sunny's top fin! It is a lot of fun! Well let's stop talking and start riding!" Stephanie looked very excited.

Hey! I am having a great time! There was nothing to worry about! Was there?

"Ok Lana! Your up, hun! Now, here's what you do. Swim about 3ft. away from us. Aim your back towards us, then stick out your left arm and put it on the surface of the water. Uh-huh, just like that!" Stephanie directed.

I had completed all the steps. Now what? Tweet! That was Stephanie's whistle. When the dolphins hear that it means to do as they were told. I turned my head and faced Sunny, and she was starting to charge at me.

"Whoooooo!!!!!" I screamed with delight.

I had figured out that Sunny wasn't trying to run me over; she was just coming towards me so I could grab her top fin. I had never experienced anything like I had just did a few seconds ago. I felt like I was soaring on the surface of the water with sparkling clear water splash on my face. I felt like a bird that just got released out of its cage after hundreds of years. "Now Lana raise up your right hand and face us. Good! Sunny is going to give you her fin and she wants you to shake it. Ready? Good. Here we go!" Tweet! Sunny dove under water came closer to me. Stopped. Then rose up like she was the Goddess of Water. She stuck out her fin I grabbed it and trying to hold on because of how slippery her whole body was.

"Now hold still so I can take the picture!" Mario the photographer said.

"Crap! Time to go already???" I questioned.

"Afraid so." Stephanie said sadly.

I went to change out of my wetsuit and got back in my clothes. I went back to the dolphin pool and gave Sunny one last fish. I petted her and stared into her brown melting eyes. I didn't want to leave. When I walked away she wasn't there. Then the Goddess of Water rose up and did a flip, then was given a fish by Stephanie. When I walked away I walked away happy for two reasons. One, I was so glad that I faced my fears and gave it my best shot and I would have never experienced something like that if I had turned away. Second, I was glad that I had a great time with Sunny, and knew I would see her melting eyes again.



IMAGINE TIME

Contributed by
Richard Michaels

Imagine. . . .

There is a bank that credits your account each morning with \$86,400.

It carries over no balance from day to day.

Every evening it deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out ALL OF IT, of course!!!!

Each of us has such a bank. Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow."

You must live in the present on today's deposits. Invest it so as to

Get from it the utmost in health, happiness, and success!

The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to A premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting To meet!

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE-SECOND, ask a person who just avoided An accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time.

And remember that time waits for no one.

Yesterday is history. Tomorrow is a mystery. Today is a gift.

That's why it's called the present!!!

Friends are a very rare jewel, indeed!

They make you smile and encourage you to succeed. they lend an

ear, they share a word of praise, and they always want to open their heart to us.



Quote by Nazim Hikmet (1902-1963), the renowned Turkish poet who was a political prisoner in Turkey for eighteen years and who spent the last thirteen years of his life in exile.

"I mean, you must take living so seriously that even at seventy, for example, you'll plant olive trees—and not for your children, either, but because although you fear death, you don't believe it, because *living*, I mean, weighs heavier."

- from "On Living," by Nazim Hikmet

Apology

by Ibrahim ibn 'Uthman, 12th century poet of Arab Andalusia

Don't cross me off as fickle
because a singing voice
has captured my heart.

One must be serious sometimes
and lighthearted at other times:

like wood from which come
both the singer's lute
and the warrior's bow.

Contributed by
Lana Moussa

Chick peas with bread and yogurt: Fattet homos

Contributed by Lana Moussa

Ingredients

- 4 cups cooked chick peas or 2 cans chick peas
- 2 cups water
- ½ teaspoon salt
- ¼ teaspoon allspice

- *Pan 11x 7x1. 5*
- *3 loaves pita bread cut into little pieces and toasted*
- *3 tablespoon clarified butter*
- *¼ cup pine nuts*

4 cups Plain yogurt

1-teaspoon minced garlic

• Procedure

1. Heat oven to 400 F.
2. Drain chickpeas and place in a medium pot with two cups water over high heat to boil for 5 minutes. Lower heat to low, add salt and cover with the lid then let it cook for 7 minutes, the peas should be soft, turn off heat and keep the pot covered.
3. Meanwhile mix yogurt with garlic and salt, set aside. Break pita bread with your fingers into little pieces about ¾ inch, place them in the pan and place the pan in the oven for 5 minutes, stirring couple of times until they turn golden brown, careful they burn fast.
4. Take out the pan from the oven, pour chickpeas and the sauce over the bread, fold to combine and level the surface with a spoon.
5. Pour yogurt over chickpeas and bread, and spread it over the entire top surface to touch the sides of the pan.
6. Sprinkle allspice all over the top, then place butter in a small pan over medium high heat to melt, stir in pine nuts and sauté until light golden brown about a minute. Turn off heat and pour pine nuts and clarified butter in the pan all over the yogurt and serve.

Serve it hot with scallion for breakfast, lunch, and dinner or as an appetizer.

* TIP yogurt sauce can be prepared couple days in advance.

The Tucson MED Club Invites you to Family Fun Night

Friday . April 30, 2004. 6:30PM

Sit-down Dinner . No host bar . Music . Belly Dancing

\$ 30 Club Members \$ 35 Non members \$ 15 Children, 12 and under

Aladdin
Restaurant

3699 North Campbell
(Campbell and Prince)

Seating is very limited, please make your reservation by April 26. For more information, please contact Salim Hariri, 577-9734 or Hassan Hijazi, 751-4420

The New Born Babies!



Congratulations to Michael & Andrea Moussa on the birth of their daughter Jasmine, born February 26th, 2004



Congratulations to Sosan Moussa & Stewart Salmon on the birth of their daughter Stella, born January 21, 2004

The Stork

by Ghalib ibn Ribah al-Hajjam, 11th century poet of Arab Andalusia

She is an immigrant from other lands.
 When she stretches out her ebony wings
 shows her ivory body
 opens her sandalwood beak
 and laughs with great guffaws
 it's a sign of good weather.

Happy Events

Birthdays



April

Kareem Shihab, 4th
 Samir Shihab, 7th
 Richard Michaels, 9th
 Hassan Hijazi, 10th
 Pam Basila, 16th
 George Hariri, 20th
 Charles Yessian, 27th
 Kaitlyn Brewer, 28th
 Florence Hijazi, 28th

May

Angelina Sarah, 15th
 Bryan Croddy, 15th

June

Andrew Moukabary, 1st
 Laura Ziady, 2nd
 Davey Basila, 13th
 Ramzi Touchan, 15th
 Rana Sarash, 25th
 Rima Al-Houssni
 Mark Yarnisa 30th

July

Sadoon Younis, 1st
 Kiana Jenkins, 2nd
 Leila Shihab, 6th
 Khaled Hadeli,
 David Basila, 21th
 Marge Yessian, 23th

Anniversaries

George & Renee Hobeich, April 6th
 David & Pamela Basila, April 25th
 George & Lydia Sahyouni, May 10th
 Charles & Marge Yessian, 10th
 Richard & Julie Michaels, May 13th
 Eissa & Debbi Al-Houssni, May 27th
 Adel & Laura Ziady, June 13th
 George & Magdalien Moussa, June 20th
 Stewart Salmon & Sosan Moussa, June 30th
 Kamal & Ola Moukabary, June 28th
 Ramzi & Marlene Touchan, June 30th
 Bachar & Rana Sarah, July 1st
 Ziad & Leila Shihab, July 11th

This Issue is compliments of:
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2585 N. Wyatt Drive

Tucson, AZ 85712

Tel: (520) 721-2728

Www.preventcoloncancer.com

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*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
 and raised
 His messen-
 gers."*

TUCSON MED CLUB

P. O. Box 43024

Tucson, AZ 85733-3024

Http://www.tucsonmedclub.org



Lana Moussa
 lmmoussa@cs.com



Christine Moussa
 fairydimple@yahoo.com



Lana Hariri
 WantSoccer218@aol.com

**Zurouna
 Editors**

زورونا