



ZUROUNA

THE TUCSON MED CLUB

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www.tucsonmedclub.org

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Under The Sea

Debbie Chalfoun



My name is Debbie Chalfoun and I am 21 years old. My family is from Egypt. Both my mother, Marie Toutounji, and my father, Dr. Nader Chalfoun, were born and raised in Egypt. Although I was born in Tucson, Arizona I was raised in both Tucson and Egypt.

Every summer we go back home for our full 3 month vacation and I lived in Egypt during my kindergarten and 4th grade years in school. Every visit back to Egypt for the past 5 years we have taken a week or two to go relax on the beautiful beaches of the Red Sea and I would like to share some of my experiences with you.



The Red Sea is amazing and full of incredible things under the sea. We always go to a city called Sharm El Sheikh, it is located on the tip of the Sinai Peninsula. All along the tip of the Sinai where Sharm El Sheikh is located there are several natural bays. In each of these bays you can find either recently built hotels and resorts or scuba diving, snorkeling and deep sea diving sites. It is at these sites where some of the most amazing sea life can be found. Even if you are not too adventurous and ready to go deep sea diving like me the snorkeling on the corral reef is just as amazing.

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I am the descendant of a people that builded Damascus, and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will.
Kahlil Gibran



Danny Chalfoun ready for a scuba dive



Under The Sea, continue from Page 1

Corral reefs are not only the largest natural structures known to man but they are also extremely fragile, highly productive ecosystems providing space, shelter and food to thousands of plants and animals. Coral reefs have existed on the planet for more than 450 million years and the ecosystem environment that was found on the reefs millions of years ago is just as the ecosystem is today. Next to the rainforest a corral reef is the only other most productive natural system in the world, and unfortunately both the rain forest and the corral reefs are in danger. Coral reefs are created by tiny microscopic algae living in the sea that work together with carbon dioxide, the sun and their own waste products to create the skeleton of the coral and eventually what we recognize as a coral reef. There are over 137 species of coral in the reefs in Southern Sinai. The corral reefs are home to thousand of organisms and so many of these organisms are extremely beautiful to look at.

Every year when my family and I go to Sharm El Sheikh we spend an amazing 5-10 days on the beach. We usually go with other family as well and it is so much fun. There is hotel after hotel along the beach and each hotel is prettier than the next. We get to meet new people from all over the world (Sharm is a hot tour spot, especially for the Europeans) and have a lot of fun even when the sun goes down. You will never run out of things to do in Sharm El Sheikh. So if and when you decide it is time to visit Egypt and the famous pyramids at Giza don't forget about the "World Under the Sea" that is a must see.



The Chalfoun family ready for a group scuba dive



The Rise of Empires

2300-2000 BC

Kamal Moukabary

The basic family structure remains the same, 2-3 children was the average. Breast-feeding lasted as long as 3 years as a method of contraception. Older brothers and maternal uncles were in leading the family. Monogamy was the norm except for kings and other rich men who had polygamous families. **King Suli** had 9 wives. All children were legitimate. Women occasionally reached high status, but usually because of the influence of their brothers or father. The most powerful of the royal ladies was **Enheduana**, the first occupant of the post of high priestess of the moon god at Ur and the goddess of love and war at Uruk. She is considered the first female poet in the world. Women could testify in court. Daughters did not inherit if there were sons, but they received gifts from the estates. Widow could inherit some assets. Administrators heavily exploited lower class women, especially when they were helpless. Working women received lower pay than men. There was no established welfare system for widows and orphans, women and children were dedicated to be employed in weaving and processing wool.

Governors were chosen from among the local worthies, but generals that accompanied them were definitely creatures of the king. Royal officials were the ultimate controllers of the public institutions of their cities. The officials had an impact on the economy in many ways. One presumably got to become an official mainly through inheritance; many officials were able to pass on their posts to their sons. This led inevitably to a lack of flexibility in the bureaucracy and eventually limited the kings' power over their supposed servants. This was one important cause of the breakdowns in the imperial system.

KFM

Med Club Information: Please Renew Your Membership for 2005

- 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/>)



Is Whitening Teeth Safe?

Sonia Hariri, D.D.S.

In an era where we all want beautiful smiles, the question often arises, my teeth are too yellow, can I whiten them, and is whitening safe?

Teeth whitening has been around since 1989. The active ingredient in teeth whitening is carbamide peroxide usually in a 10% level of concentration. Carbamide peroxide at this level contains about 3.5% hydrogen peroxide. This percentage level is safe and meets the American dental Association safety guidelines. The carbamide peroxide is broken down and oxygen enters enamel and dentin and bleaches out the discoloration in the teeth.

Some patients may experience tooth sensitivity to hot and cold that is more likely to occur in patients who have sensitive teeth to cold. The sensitivity usually subsides within 48 hours once the whitening is discontinued and consequently the dentist may recommend whitening every other day for shorter periods of time. It is advisable to follow the recommendations of your dentist and use the whitening gels that have the ADA Seal of Acceptance. As each individual's needs vary ask your dentist to recommend the right program for you.

Everyone deserves a beautiful smile.

The Tucson MED Club Invites you to Family Fun Night

Sunday, May 15, 2005 at

4:00—5:00pm Reception, 5:00 Dinner

No host bar . DJ Music . Dancing

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

Seating is very limited, please make your reservation by May 8th.
For more information, please contact

Margaret Saad at 520-245-5987, Salim Hariri, 577-9734 or

Hassan Hijazi, 751-4420



2744 East Broadway
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(520) 881-2808

The New Year Party was so much fun!!



Dancing the Dapkeh



Take A Look At More Fun Moments!





Did YOU know????

By Lana Hariri

- * **Did you know?**...If you could count the number of times a cricket chirps in one minute, divide by 2, add 9 and divide by 2 again, you would have the correct temperature in Celsius degrees.
- * **Did you know?**... The greatest recorded number of children that have been born by one mother is 69! The mother gave birth to 16 pairs of twins, seven sets of triplets and 4 sets of quadruplets.
- * **Did you know?**...In England, the Speaker of the House is not allowed to speak.
- * **Did you know?**...The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.
- * **Did you know?**...Mexico City sinks about 10 inches a year
- * **Did you know?**...In France, a five year old child can buy an alcoholic drink in a bar
- * **Did you know?**...Bill Gates has enough money to buy every house in Alaska
- * **Did you know?**...The Eiffel Tower in Paris weighs over 1000 elephants.
- * **Did you know?**... Every 5 seconds a computer gets infected with a virus
- * **Did you know?**...13% of Americans actually believe that some parts of the moon are made of cheese
- * **Did you know?**...Fish that live more than 800 meters below the ocean surface don't have eyes.
- * **Did you know?**...Grapes explode when you put them in the microwave.
- * **Did you know?**...Each king in a deck of playing cards represents a great king from history: **Spades:** King David, **Hearts:** Charlemagne, **Clubs:** Alexander the Great, **Diamonds:** Julius Caesar.
- * **Did you know?**...If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.
- * **Did you know?**...It's impossible to sneeze with your eyes open
- * **Did you know?**...An average human loses about 200 head hairs per day.



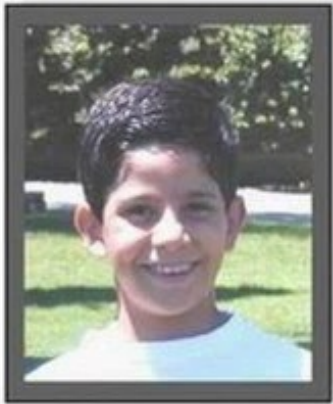
Moral Support

Jenny Hijazi

“Morality” is a word people often use to explain the reasoning behind their actions. A person will convince himself into believing that whatever he or she does is morally right to put their mind at ease about their actions. Joan Didion explores this concept of false ethics in her essay “On Morality.” Didion believes that the only morality that truly deserves a name is the kind that stems from loyalty and the ‘social code’ that is engraved into our minds at an early age. This ‘social code’ is a set of guidelines that every person should base their actions around. The morality that comes from these guidelines deals with the behavior we have practiced since childhood. To explain her opinion on this matter, Didion tells us a story about a car accident in which the driver was killed and his girlfriend was taken to the hospital by a certain nurse. After the accident, the nurse told Didion that her husband stayed behind with the driver’s body because it was the moral thing to do. According to Didion, that is the only kind of morality with true good intentions. Didion then goes on to say that the ‘false morality’ we often exhibit in our daily lives, is the morality we demonstrate to ease our own personal conscience. For example, if you were to do something awful to another person, to help a friend and then later say that you were only trying to do the right thing, then you’re exhibiting ‘false morality.’ Didion concludes her piece by saying that because morality is being used in such a superficial manner in such things as politics and television, we will never know the true meaning of the word “morality,” and that even now, we are hearing the “whine of hysteria” which, to me, means that our world is going through a troubling time that is caused by our own misconceptions of ethics

People around the world are convinced that whatever they do is morally right. When a someone attacks someone else for religious purposes, it is because the attacker believes what they are doing is for the common good. One can infer that this is one of the main reasons for world conflict. Moral beliefs are based on religion; because each religion has its own beliefs on what is right and what is wrong. One religious group could believe in a moral ethic such as sacrifice, and another, could believe that sacrifice is un-moral. So, without religion, it’s possible morality wouldn’t exist. As for me, I have to admit, that I occasionally exhibit this ‘false morality’ myself. After reading this essay I was inspired to take a better look at my actions and really think about whether my idea of morality is righteous, or if I’m just telling myself that.

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Kids Be Good

AJ Sahyouni

So this one time I was walking down the street when this guy pulled up in a Porsche Turbo, with his solid black shades and Elvis Presley hair, {I got to admit he was looking pretty cool.} So I say to him what's up?

And guess what, he answered me, but like this, he said (in Arabic), "shoo fouk kaleb!" as fast as I could. I said, "Keif halaak?" then he answers me why you ain't at school! I said "because I wanted to steel your car, so peace out!!!" I

took his keys, and drove off.

Since it was my first time driving a car, I didn't know which peddle was to accelerate, so I just looked at the one farthest to my right, then with all my might I hit it, the car jumped forward. It was so exciting that I forgot to let go of the peddle when I finally did, it didn't move. The peddle was stuck!!! I yelled. I looked at the speed dial it said 203 mph and it was steadily increasing. I was going so fast everything was a blur. Then all of a sudden I heard sirens, they were getting louder and louder. Oh my gosh their after me what should I do, since I can't pull over. I'll just have to go on a HIGH-SPEED chase with the COPS!!

There was only one cop chasing me and he was on a motorcycle. I didn't know what to do, but I was watching an Arnold Schwarzenegger movie yesterday and he opened the glove compartment, where there was a special thing, and he saved the day. So I opened up the glove compartment, and to my surprise there was a gun. I was about to shoot the cop, when I saw a cop on the side of the road and all of a sudden he shot one of my tires and when I finally came to a stop, the cop on the motorcycle took the gun and me and drove away to the police station. **(continued on page 10)**

Moral Support, Continue from Page

We're only human, so our personal conscience usually comes before the truth. By this, I mean that people will often tell themselves lies to convince themselves that the truth, isn't the truth. But although this may be true, it doesn't happen all the time. I don't think Didion is looking at the whole picture. For example, we may do things that we believe are right but are actually wrong, which is true, but what about the things we do that really *are* moral and just. Things like kindness and caring for others are just a couple of the good works that are associated with morality. Didion seems to have forgotten things like the Peace Corps and volunteers, that sacrifice their time for others and help make the world a better place. She has only mentioned things like immorality and selfishness. I think if she looked at the bigger picture, she would have had a more accurate, and unbiased opinion. Everyone makes mistakes, but if the mistakes are all you look at, then you'll never find the good that cleverly hides underneath them.

Kids Be Good (Continue from page 9)

He gave the gun to his assistant to do tests on. The assistant came back and said the fingerprints were of a criminal. They looked at me and asked me questions about the owner of the Porsche. They knew exactly who he was and said "thank you, you are rewarded 10,000.00 dollars!" I was so happy that I ran home screaming.

Until I saw a man with solid black shades and Elvis Presley hair, (I got to admit he was looking pretty cool.). So he says to me "what's up?" So I answered him, but like this, I said "shoo fok kaleb!" as soon as I was done talking, he said "keif halak Walaa?" Then I answer him "why you ain't picking up your kid at school?" Then he answered "because I wanted to steal your money, so peace out!!!"

So he stole the money and started to run! He kept running until he saw a Porsche Turbo, that was pulled over but the engine was still running, when he saw the popped tire he looked at me and he saw that I was a mile behind him, so as fast as he could, he changed the tire, and jumped in and drove away, then at the top of his lungs he yelled "How do you stop this thing!!!" I started to laugh.

Then I started to walk home, I was thinking about some stuff, like what if I took another way home, would I have been robbed? I also thought that if I did take the other way home would my parents take the money away because I ditched school and stole a guys car, or would they be proud that I got one thousand dollars? So many questions and no answers!

So kids be good , and peace out .

2004 Outstanding Service Award



Congratulations for Ms. Christine Moussa and Ms. Lana Hariri for receiving the 2004 TUCSON MED CLUB's "Outstanding Service Award" in appreciation to their contributions as Zurouna editors. The awards

were given to Christine and Lana by Dr. Salim Hariri, MED Club President, during the 2004 New Year Eve party along with a check of \$100 for each one. On behalf of the Arab American community in Southern Arizona, we thank both Christine and Lana for all the hard work to make Zurouna a successful newsletter about our community in southern Arizona.



MED Youth in UK

Jenny Hijazi will be traveling

with the Tucson Girls Chorus, touring group to London, Scotland and Wales to sing their heart out for 17 days. They will be performing to sold out concerts. Med club wishes you a very nice trip. Have a great time



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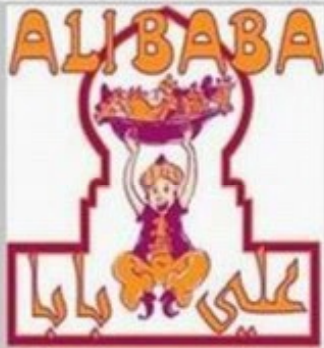
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Happy Events

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
Rima Al-Houssni, 24th
Davey Basila, 13th

June

Andrew Moukabary, 1st
Laura Ziady, 2nd
Ramzi Touchan, 15th
Ray Borane, 18th
Rana Sarash, 25th
Mark Davis, 27th
Mark Yarnisa 30th

July

Sadoon Younis, 1st
Kiana Abraham, 2nd
Leila Shihab, 6th
Khaled Hadeli, 12th
David Basila, 21th
Marge Yessian, 23th
Joey Basila, 23th

Anniversaries

George & Renee Hobeich, April 6th
David & Pamela Basila, April 25th
George & Lydia Sahyouni, May 10th
Charles & Marge Yessian, May 10th
Richard & Julie Michaels, May 13th
Joseph and Doris Anton, May 16th
Eissa & Debbi Al-Houssni, May 27th
Adel & Laura Ziady, June 13th
Magdi and Nafeh, June 15th
George & Magdalen 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



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Alif Sarah, MD

Hannah Sarah

Hassan Sultan, Ph.D.

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 gracious hand and raised His messengers."

TUCSON MED CLUB

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[Http://www.tucsonmedclub.org](http://www.tucsonmedclub.org)



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