



THE TUCSON MED CLUB

# ZUROUNA زورونا

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## The Sultan Family

Hassan Sultan was born in December 1936 in Cairo, Egypt; the sixth of seven children to Ahmed and Amina Sultan. His Dad was in the import/export business. Hassan completed his education in Egypt graduating in June 1958 with a B.Sc. degree from Cairo University in Civil Engineering, and was appointed "Instructor" at Ein-Shams University. In December 1959 he came to the United States

on a scholarship from the U.S. State Department; finishing his Ph.D. degree in December 1964 from University of California at Berkeley. He worked as Project Engineer in a consulting firm in Oakland where he met his first wife and got married in 1966. One week after son Tarik was born, the family moved to Tucson in September 1967 where he was appointed Associate Professor of Civil Engineering at the U of A; becoming a full Professor in 1971, the year their second son Tim was born. After 15 years at the U of A teaching and advising graduate students; conducting major research and consulting projects he resigned his tenure in 1982 and went to work for the Ministry of Communications in Saudi Arabia, the United Nations and the World Bank.



Continue on page 2



**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**

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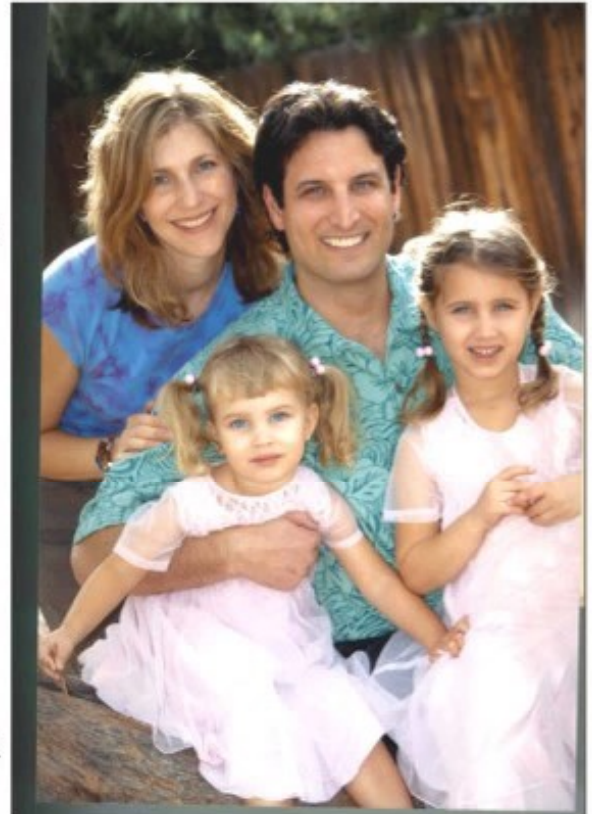
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\* Beth received her BA in Education from the U of A. Hassan and Beth met at the U of A in 1977 while she worked in the Engineering Department. . In 1983 They were married in Cairo, Egypt and honey-mooned in Greece with sons Tarik and Tim. Son Taj was born in 1984. While overseas the Sultan family traveled a lot to various countries in Europe, the middle east, the far East and the Mediterranean. Upon returning to the U.S. in 1996, Hassan retired and was appointed Emeritus Professor at the U of A.

- \* Tarik graduated from the U of A Collage of Law in 1993 with a JD degree and currently heads the law firm of Wolf & Sultan specializing in immigration law and is listed in the Best Lawyers in America. Tarik and Molly Knipe were married in 1999 and have two beautiful daughters Bianca (5) and Mia (3).
- \* Tim graduated from the U of A in 1993 with a BA degree and from Thunderbird American Graduate School of International Management in 1996 with a Masters degree. In 2004 he received a Masters degree in Public Administration from Harvard University. Tim has been active in both corporate management and politics. He currently works for the Gallup Organization in New York City.
- \* Taj is currently completing two Associates degrees from Pima College, and is planning to start a career in Law enforcement while finishing his BS degree.
- \* The Sultans maintain close contacts with their family in Egypt and have traveled many times to the beautiful cities of Alexandria, Hurghada, Suez, Luxor and many more to keep their contact with their middle eastern heritage.





## MED GRADUATES:

### The Future is Yours to Win and Make a Difference

#### Salim Hariri

Graduation is the time to look at what the future has in store for each of us. It is a very serious time, a time to take a look at what path our lives are going to take once the caps and gowns are taken off and we are thrust into a world which is not so well known to most of us. Will you be successful?

Will you be unsuccessful? This success I am speaking of has nothing to do with monetary gains but is measured solely by happiness. Are you truly happy? Will you be happy five or ten years down the road? Begin planning for your future tonight, set goals. Figure out ways to achieve these goals and fulfill your dreams. If you do not like the path your life has taken thus far, if it does not make you happy, re-route yourself. I am sure many of us at one time or another found our self on a path does not fulfill our dreams and make us happy; after I graduated from USC with a Ph.D degree, I felt like many of you MED graduates, I am ready to start my journey, I have all what it takes to succeed, I can make a difference and I am committed to do it. However, my first path that took me to teach at Syrian Universities was not that fulfilling and I was not happy, I did not give up and accept that to be my destiny, I re-routed myself out that path. In fact, my paths took me to Montreal, Chicago, Syracuse and finally to Tucson. With determination, hard work, and believing in yourself, all things are possible.

As you start on this exciting journey, make sure that whatever you do will head down a path leading to eternal success, and make a difference to your family, friends, community and society. If you read about our Arab-Americans who graduated before you, you will be proud of the difference they made to America generation after generation. I am sure you heard of the quote "Ask not what your country can do for you, ask what you can for your country", a famous quote by An American President, John F. Kenney — that quote who inspired us generation after generation, was first written by the Arab American author of the "The Profit.: Kahlil Gibran. Every time you hear about the *APPOLO* missions, it is good to know that an Arab American geologist, Dr. Farouk el Bas, helped plan the moon landings and pioneered space photography to study earth. Every time you hear about the *Nobel Prize*, you will be pleased to know that two winners of the *Nobel Prize* for Chemistry were Arab American, Dr. Ahmed H. Zewail and Dr. Elias Corey. In science and medicine, one of America's most famous pioneers is Houston surgeon Dr. Michael DeBakey, who invented the *heart pump*. In business, Paul Orfalea founded the world's biggest international chain of copying service stores, *Kinko's*. In community service, I am sure you heard of *St. Jude's Children's Research Hospital* that was founded by the late, great comedian and actor Danny Thomas. The list can go on and on, but we might not need to look that far, just pick up Zurouna issues and read about inspiring and successful stories about our MED families like the *Thomas, Basila, Kicanas, Mansour, Jacob, Aboud, Kalil, Hariri, Lahood, Moussa, Abdelatif, Hijazi*, and the *Sultan's family* in this issue.

Before I close, I would like to share with you one of my favorite stories, I can picture Lana and George saying, "Dad, how many one favorite story you have?". A tourist was walking along a Mexican beach one evening, just before sunset, at low tide. Up ahead he saw a native bend over, pick up something, and throw it out to sea. As he got closer, he saw that the native was throwing starfish back that had been stranded on the beach when the tide went out and would soon die from lack of oxygen. But there were thousands of starfish all along the beach. The tourist said to the native, "You can't possibly get to all of them. There are simply too many. And don't your realize this is probably happening on hundreds of beaches all up and down this coast? Can't you see that you can't possibly make a difference?" The local native smiled, bent down and picked up yet another starfish, and as he threw it back into the sea, he replied, "Made a difference to that one!"

It would have been easy for the native to feel discouraged and look at all the starfish on the beach. But he didn't, he realized the tremendous difference he made to the ones he saved. As we work to achieve our goals, we need to keep in mind that even a seemingly insignificant act can make a big difference. Every day, we influence the lives of others. We are each unique and have different goals and aspirations. But whether we become a social worker, doctor, engineer, teacher, auto mechanic, or a politician, we can influence the lives of others in a positive way. Each small thing we do, even just a simple smile or pat on the back, can make a difference to one person. And when we do this daily at school or work or in our family, we are slowly changing our homes, neighborhoods and communities.

So as you embark on your exciting journey in the future, please remember that Yesterday is not yours to recover, but tomorrow is yours to win or lose. Always route yourself on a path that will bring you eternal success, happiness and that will make a positive and lasting difference to our world. As you march on to a higher ground, please do not forget your roots, your families and friends, and write to us about your success stories, achievements, because your extended MED families love to hear about them and be proud of your achievements.



## Spring Shape Up

By: **ZIAD SAFI: ZIAD.SAFI@YAHOO.COM**

Contrary to popular belief, losing body fat does not have to be a boring task that takes months to produce results. If you want to shed body fat fast and see the results of your efforts just as quickly, then have I got a workout for you!

Instead of doing **only aerobic** exercise, try combining high-intensity **strength training** workouts and aerobic exercise to maximize fat loss. Studies show that high intensity exercise with little rest between sets burns more calories than low to moderate intensity aerobic exercise, both during and after a workout. If you are a beginner or just getting back into working out, you may want to add some extra time between sets. For example, start with 2-minute rests between sets and decrease the time each week until you are at 60 seconds between sets. The key to success here is to use exercises that target **primarily large muscle groups** so that you perform more work and burn more calories. To maximize fat loss, lift weights three or four days per week

This type of workout actually turns your body into an around-the-clock **fat-burning machine**. Plus, and this is a big plus, many people find that they not only burn fat, but also build muscle when they perform the type of workout detailed in this article. So, if you are ready to get into the best shape of your life, cut back on the time you're spending on the treadmill and give this workout a try. (If you are a female decrease the weight to avoid building allot of muscles).

So remember the secret to looking great is to combine cardio with weight lifting, and always remember to stretch.

### **75th Anniversary Diamond Jubilee Convention**

June 30—July 4th, 2006

San Antonio Marriott Rivercenter

San Antonio, Texas 78205

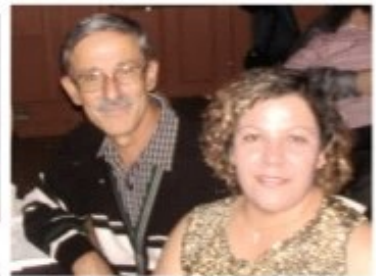
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You must register for the Convention to get the special Hotel Rates

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### **75th ANNIVERSARY PROGRAM BOOK**

Make sure and include your family photographs, family trees, memorials and ads in the Diamond Jubilee Commemorative Edition. Deadline for submission is May 5, 2006.



# Let's Look at the MED New Year Eve Party!





# Parables

By Lana Hariri

## Who Is The Rich Man?

One day a wealthy father took his son on a trip to the country so that the son could see how the poor lived. They spent a day and a night at the farm of a very poor family. When they got back from their trip, the father asked his son, "How was the trip?"

"Very good, Dad!"

"Did you see how poor people can be?"

"Yeah!"

"And what did you learn?"

The son answered, "I saw that we have a dog at home, and they have four. We have a pool that reaches to the middle of the garden; they have a creek that has no end. We have imported lamps in the house; they have the stars. Our patio reaches to the front yard; they have the whole horizon."

When the little boy was finished, the father was speechless.

His son then added, "Thanks Dad for showing me how poor we are!"

## The Obstacle in our Path.

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.



## Fun on the Run George and AJ



- \* Drive defensively. Buy a tank.
- \* Do you know why Cincinnati Bengals were the last NFL team get a website? Because they couldn't put three W's in a row.
- \* If you want to kiss your honey but her nose is runny you may think it's funny but it's snot!
- \* The regional vice president died this morning because he was working through lunch when he had a heart attack everyone was gone except his secretary that was blonde he kept yelling at her to call 911 she stood their waiting for him to say the rest of the number.
- \* How does the sand get wet? The sea weweed.
- \* What do the ghosts eat at birthdays? I Scream

## Arabic/English Translation

Contributed by Talal Moukabary

أنا أدفع الحساب = I push the mathematics

إنه أمي = He is my mother

السلطة المطلقة = Divorced salad

جوز هند = Hinds Husband

جوزين جوارب = Two husbands of socks

حقتك علي = Your price on me

خطر علي بالي = Danger on my mind

خليها علي حسابي = Keep it on my mathematics

دستور يا أهل الدار = Constitution home parents

راحت عليك = She went on you

سعيد كتب كتابه على فيفي = Happy wrote his book on In In

ظروف قاهرة = Cairo envelopes

قدر ظروفي = Evaluate my envelopes

كفيل = Like an elephant

لا يموت لي بصلة = He does not die to me an onion

لم أهرب قط = I never escaped a cat

معمول بالجوز = Made in husband

مكتب المراجعات = Vomit office

يتقبل = To be kissed

يستر على عرضك = Cover on your wide



## Happy Events

### Birthdays

#### April

Kareem Shihab, 4th  
 Samir Shihab, 7th  
 Richard Michaels, 9th  
 Hassan Hijazi, 10th  
 Tania Wer, 12th  
 Rosie Casagrande, 13th  
 Pam Basila, 16th  
 George Hariri, 20th  
 Dharma Richards, 26th  
 Sarah Brewer, 26th  
 Charles Yessian, 27th  
 Kaitlyn Brewer, 28th  
 Florence Hijazi, 28th

#### May

Lilian Abraham, 5th  
 Michael Karadsheh, 5th  
 Davey Basila, 13th  
 Angelina Sarah, 15th  
 Joseph Anton, 16th  
 Jeff Wer, 16th  
 Gina Casagrande, 18th  
 Fadie Areny, 22th  
 Eugene Casagrande, 24th  
 Thomas Moukabary, 25th

#### June

Andrew Moukabary, 1st  
 Laura Ziady, 2nd  
 Ashraf Kidwany, 14th  
 Ray Borane, 18th  
 Robert Shapiro, 18th  
 Rana Sarash, 25th  
 Mark Davis, 27th

#### July

Jamal Hardan, 1st  
 Kiana Abraham, 2nd  
 Leila Shihab, 6th  
 Renna Hardan, 11th  
 Khaled Hadeli, 12th  
 Nader Chalfoun, 14th  
 Nicole Casagrande, 15th  
 Marie Chalfoun, 17th  
 David Basila, 21th  
 Danny Chalfoun, 22th  
 Fadi Chalfoun, 23th  
 Marge Yessian, 23th  
 Joey Basila, 23th  
 Yousif Hardan, 30th

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\$25 children 12 and under

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For more information please contact Margaret Saad, 245-5987, Salim Hariri, 577-9734, or Hassan Hijazi, 751-4420

## Anniversaries

George & Renee Hobeich, April 6th  
 David & Pamela Basila, April 25th  
 Alif and De Sarah, May 8th  
 George & Lydia Sahyouni, May 10th  
 Charles & Marge Yessian, May 10th  
 Richard & Julie Michaels, May 13th  
 Joseph and Doris Anton, May 16th  
 Richard and Jocelyn Connet, May 29th  
 Eugene and Rosie Casagrande, June 11th  
 Adel & Laura Ziady, June 13th  
 Magdi and Nafeh, June 15th  
 George & Magdalien Moussa, June 20th  
 Stewart Salmon & Sosan Moussa, June 30th  
 Kamal & Ola Moukabary, June 28th  
 Bachar & Rana Sarah, July 1st  
 Ziad & Leila Shihab, July 11th  
 Midhat and Leila Abrahma, July 4th  
 Manel and Ashraf Kidwany, July 25th

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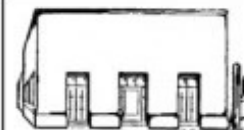
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*"You should be proud of being an American, but you should also be proud that your fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers."*

**TUCSON MED CLUB**

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**زورونا**