



THE TUCSON MED CLUB

# ZUROUNA زورونا

www.tucsonmedclub.org

A publication of the Tucson MED Club

Volume 7 No 1

Spring 2007



## MED Club Annual Meeting Report

Dear Fellow Members and Friends:

At our annual MED Club meeting held on February 18, 2007, I was elected president of the club and would like to extend my appreciation to the new board for their vote of confidence.



**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**

First I would like to thank, Salim, Hassan, and the rest of the board for the great job they have done over the years to make this a great club. My goal is to continue the great job they have done and build on the foundation they have laid. I look forward to working closely with Kamal Moukabary, our new vice-president, as well as the rest of the board and community to have a fun and successful year for the Med Club. This year's activities will continue our traditions and include the scholarship and graduation party, regular hafllis, the publication of the Zurouna newsletter, maintaining our website, and the New Years Eve party. We also intend to look into new activities to bring the community together and share our culture and values, and participate in other community functions to show our support as Arab Americans.

I look forward to working with all of you to make this a great year for the club and be proud Arab Americans; proud of our culture and proud to be Americans.

Very truly yours,  
David Basila, President  
Tucson MED Club

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## Got Heartburn, Indigestion or Acid Reflux? Read On.

By Sam Moussa, M.D.

They all could mean the same thing as symptoms, but with different consequences depending on the underlying problem. The feeling of heartburn or indigestion could come after meals, particularly after large meals or spicy food and more so in heavy people.

You do not have to be overweight to have heartburn, but heartburn is more common in overweight people. Tobacco and alcohol make the situation worse.

There is a valve between the esophagus and the stomach that is supposed to keep acid from going up toward the mouth. When acid goes into the esophagus it can cause the feeling of Heartburn, Indigestion or acid reflux. Some patient feel a regurgitation of the gastric content into the esophagus and that can be described as Acid Reflux. This can lead to change in the larynx and the lungs. It can cause change in the voice and worsens or cause asthma.

**GERD**; Gastroesophageal Reflux Disease is the condition when acid causes true burn in the lower esophagus. This can lead to changes in the lining of the esophagus known as **Barrett's** esophagus. This condition can lead to cancer of the esophagus known as **adenocarcinoma**. This type of cancer is the fastest rising cancer in America, and this is directly related to heartburn, acid reflux, indigestion that is symptoms of GERD.

If you're over age 40 and have had heartburn please talk to Doctor. Endoscopic evaluation can assess the presence of ulcerations, erosive esophagitis (which is basically acid burns of the esophagus) and more serious conditions such as **Barrett's** esophagus and possibly malignant tumors. One of the alarming symptoms could be trouble swallowing or feeling the food going down in your esophagus into stomach the after swallowing.

Factors that can aggravate heartburn are many. Many patients think that it's nothing but just a little heartburn, however the underlying process could be quite serious.

Eating too much at one time, lying down after eating and eating late are the most aggravating factors. Certain type of food particularly acidic and spicy food can aggravate these symptoms. The type foods are not the cause of GERD but they can make symptoms more pronounced. If you think you're okay unless you eat the wrong stuff, you may be wrong. The wrong stuff may be giving you the symptoms of the problem that is taking place in the esophagus.

Besides having defective valve in the lower esophagus many patients could have Hiatal Hernia. This condition promotes acid reflux and subsequently GERD. Portion of the stomach sits above the diaphragm and it gets worse with larger waistline.

There are many remedies over-the-counter to be taken for heartburn but taking it on repeated bases may just mask the underlying process and delay diagnosis. Recent campaign awareness by the American College of Gastroenterology and many in the media have brought the attention of the public to the fast rising esophageal cancer incidence that is directly related to what we call heartburn, indigestion and acid reflux.



## Arab Kids and Teens....How Arabic Are You and Your Parents?

*Take this quiz to find out!*

**By Lana Hariri**

1. Do your parents tell you to "get DOWN from the car" rather than "get OUT of the car"?
2. Do you eat "bizza"? And Are you afraid of the "bolice"?
3. Were both or one of your parents "number one in ALLLLL my classes!"?
4. Do you notice that when Arabs go out the volume increases dramatically?
5. Kids, do you love teaching your friends Arabic cuss words?
6. Do your parents speak Arabic to your friends without knowing it?
7. Does Fayrouz or Um Kaltoum ring a bell?
8. When you go out, do your parents put hot sauce, pepper, salt, or ketchup on their foods to cover up the "different" taste?
9. Even if your full, do you have to finish your plate AND get seconds?
10. Do your parents force you to major in Medicine, Law, or Engineering?
11. Do your parents force you, literally FORCE YOU, to dance with them at hafli's?
12. "Happy Birzzzzzzday" is a common song.
13. You have had fool numerous times for breakfast.
14. When you travel to the middleast , do you meet more and more relatives that you've never even heard of?
15. Are you always late to parties and gatherings?
16. Do you or your parents own an argeelah?
17. Do your parents have an Arabic accent?
18. Do you laugh when your friends pronounce hummus "hum-miss"?
19. Does your mom or dad call you your brother or sisters name on accident?
20. When your at social gatherings, do you hear men shouting and slapping cards down on the table?

If you answered mostly **yes** to all of these questions....then you and your family are definitely true Arab Americans!

If you answered mostly **no's**, then....what are you doing in the MED club?  
JUST KIDDING!



## Search Engine Review

By Salim Hariri

Search engines become widely used nowadays and almost used by any Internet users . They can pick through millions of web pages in seconds, pulling out the information you need , unfortunately, most of them are not that relevant, but they are continuously improving the quality of the search results. Though search engines are free of charge, companies continue to compete to provide the most relevant information and to present it in much friendlier user interfaces. In addition to searching basic web pages, the best search engines offer image searches, video searching, blog searches and more. Search toolbars install right into your web browser, making Internet searches more convenient. Earlier reviews of Internet search engines concentrated on features and ease of use. More recently, reviews have started evaluating the relevance of the search engine results. Sometimes, results listings can appear to be relevant but actually be paid listings -- in other words, advertising.

### Best Internet search engines

**Google** (<http://www.google.com>) remains the established leader among search engines, accounting for 45% of all searches. Expert reviews also rank Google at the top, not so much for the relevance of its search results, but for its speed and ease of use. In addition to standard Internet searches, Google offers more and more specialized searches, including image search, video search and blog search. Search Engine Watch recommends Google especially for news searches. You can also search Usenet messages at Google Groups, search for online products at Froogle, and search inside books at Google Books. Local Search finds businesses in any area you choose, complete with a map or even an aerial satellite view. If you visit the Google Lab, you can try beta versions of even newer search tools.

**MSN Search** ranks low, not for relevance but for features and ease of use. However, you can get the same results in a nicer format with **Windows Live Search** ([www.live.com](http://www.live.com)), which is getting a lot of attention in reviews right now. Windows Live is "a vast improvement over MSN Search" in terms of features and ease of use. It's unique in that search results are presented on one long page, so that users scroll down the page -- no more clicking "next" to see more. You can also control how much description is given about each site, and create macros to customize, save and share searches. You can even specify (and save) the sites to search, thus creating your own vertical search engine. Windows Live Search gets special praise for its image search, again because of the amount of customization offered.

**Yahoo!** is much more popular among users than MSN Search or Windows Live, however, and ranks second in quite a few comparative reviews as well, not only for relevance of results , but for features and ease of use. Although users prefer Google, they like Yahoo! especially for local search and image search, and find its home page appealing.

**Ask.com** (formerly Ask Jeeves) many reviews praise Ask.com for its improvements, not only for the relevance of its results, but for cleaning up confusion between regular search results and paid . For basic reference searches, Ask.com has a slight advantage because the top result is usually from a prominent web reference source. Results also include a set of cross-referencing terms to help users refine searches.

### Metasearch engines

**Dogpile** is a metasearch engine that draws its search results from more than one search engine. Dogpile combines results from the top four search engines: Google, Yahoo, MSN and Ask. You can also mix in results from **LookSmart** and from **About.com**. If you want to see results from a search engine separately, the results are displayed in a column. That means you can compare columns of results from different search engines. The main drawback is that **Dogpile** uses only faint, fine type to identify paid listings, mixing them right in with regular search results.

# LATAKIA

BY TALAL MOUKABARY

Talal is currently doing his residency in Internal Medicine at William Beaumont Hospital Oak, Michigan



Arabic	اللاذقية
Greek:	Λαοδικεία
Latin	<i>Laodicea ad Mare</i>



Lattakia is the principal port city of Syria. Its population is 992,000 inhabitants.

## History

Settlement in Lattakia stretches back to 1000 BC. The Phoenicians had a city here named Ramitha, and to the Greeks it was known as Leuke Akte. However Lattakia didn't come to prominence until the conquest Alexander the Great's, when it was transformed into a major city of the Seleucid Empire. It was Renamed in honour of Loadicea, the mother of Alexander the Great's general Seleucus I Nicator During that time it developed into an important port and become the main supplier of wine up to the Hellenistic period. The town was briefly declared capital of Syria in the late second century AD by Septimius Severus. Then it was devastated by earthquakes in 494 and 555, and captured by Arabs in 638. In 1097, then it was captured by Crusaders, and retaken by Saladin in 1188.



From the 16th century to World War I it was part of the Ottoman Empire. After the government of King Faysal was removed from power, the French governed the region of Lattakia as a separate entity and granted it autonomy. Between September 22, 1930 and 1936, Lattakia was the capital of the Sanjak of Lattakia, a nominally autonomous state ruled by France under a League of Nations mandate. The state extended along the coast and into the mountains inland. The Franco-Syrian treaty of 1936 implemented in 1943 incorporated of the state into Syria.

## Attractions

Lattakia's seashore: Lattakia's seashore distinguished by soft sand, unpolluted sea, moderate climate and clear blue skies. The Blue Beach of Latakia is the most popular beach on the Eastern Mediterranean. Water-skiing, jet-skiing, and windsurfing are popular activities in this resort town especially in the two nearby hotels, the Cham Cote d'Azur Hotel and Lé Merdien Latakia Hotel.

Continue on Page 8

# New Year Eve Party at La Paloma 2006





## Latakia — continue from Page 5

**Ugarite ruins:** ( 10 miles to the north of Lattakia) is famous for having some of the earliest alphabetic writings ever found. The site itself is hill of accumulated ruins from past kingdoms, and in some parts of the hill it has been excavated far enough to excavate the artifacts of the 7th Millennium BC. It has a temple of Baal (the supreme God) and the temple of Dagon (God of the Underworld, follows the same plan as the Baal temple. In between the two temples are the priests quarters where an archive of religious writings and chants were found.



### Saladin's Castle:

This castle is named after the prominent Kurdish Muslim leader Saladin, located on the coastal mountain range at 37 km away from Lattakia, is one of the most prestigious castles of the medieval period, especially the most romantic.

Its strategic position goes back in history to the Phoenicians who controlled this site in the 1st Millennium BC, and were still holding it when Alexander the Great arrived in 333 BC.

The Byzantines under Emperor John Zimisce occupied it from the Aleppo Hamdanid dynasty, and built the first of its defensive structures. It then fell in the hands of the Crusaders at around the beginning of the 12th century. It is mentioned that in 1119 it was owned by Robert of Saone who was given control of it by Roger, Prince of Antioch. Most of what is evident was built at this time. In 1188 Saladin succeeded in occupying it and it stayed in Muslim hands from Saladin to Baibars to Qalaun.



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## Happy Events

### *Birthdays*

#### *April*

Kareem Shihab, 4th  
 Samir Shihab, 7th  
 Nadia Wer, 8th  
 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  
 Yasser Malaika, 26th  
 Donna Azzam, 31th

#### *June*

Andrew Moukabary, 1st  
 Laura Ziady, 2nd  
 Samia Nassif, 5th  
 Ferial Malaika, 8th  
 Mariam Swailem, 8th  
 Ashraf Kidwany, 14th  
 Ray Borane, 18th  
 Robert Shapiro, 18th  
 Rana Sarash, 25th  
 Mark Davis, 27th  
 Sarah Malaika, 27th

#### *July*

Kiana Abraham, 2nd  
 Tamer Swailem, 2nd  
 Leila Shihab, 6th  
 Khaled Hadeli, 12th  
 Nader Chalfoun, 14th  
 Frank Kalil, 15th  
 Nicole Casagrande, 15th  
 Marie Chalfoun, 17th  
 David Basila, 21th  
 Danny Chalfoun, 22th  
 Fadi Chalfoun, 23th  
 Marge Yessian, 23th  
 Joey Basila, 23th

## Come celebrate with The Tucson **MED Club**

# Family Fun Night & Graduation Party!

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## Friday, May 4th, 2007

6:30 Cocktail Reception • 7 pm Dinner • Skyline Country Club  
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**\$ 65 Non-members**

**\$ 35 Children 12 & Under**

Seating is limited, please make your reservation by May 1st. For more information, contact David Basila 907-2181, 797-9083, Kamal Moukabary 245-9225, Hassan Hijazi 751-4420

## Anniversaries

George & Renee Hobeich, April 6th  
 David & Pamela Basila, April 25th  
 Peter & Sharjamme Davis, May 13th  
 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 & Rosie Casagrande, June 11th  
 Adel & Laura Ziady, June 13th  
 George & Magdalien Moussa, June 20th  
 Kamal & Ola Moukabary, June 28th  
 Bachar & Rana Sarah, July 1st  
 Tamer & Mariam Swailem, July 7th  
 Ziad & Leila Shihab, July 11th  
 Midhat & Leila Abrahma, July 4th  
 Michael & Andeera Moussa, July 11th  
 Manel and Ashraf Kidwayn, July 25th

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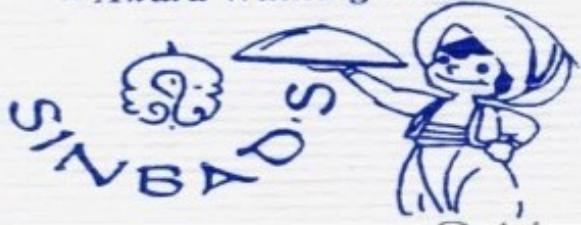
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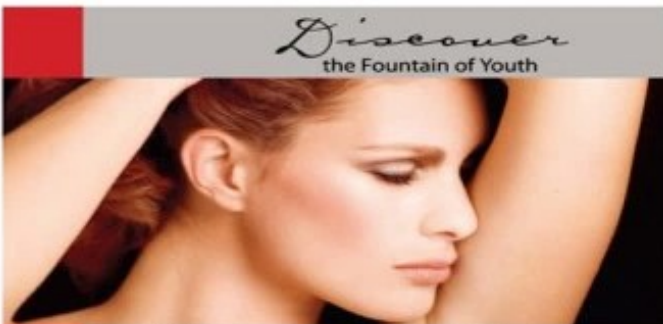
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*"You should be proud of being an American, but you should also be proud that your fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers."*

**TUCSON MED CLUB**

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