



TUCSON MED CLUB



ZUROUNA زورونا

www.tucsonmedclub.org

A publication of the Tucson MED Club

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Letter from the MED Club President:

Hassan Hijazi

Dear fellow members and friends of the MED Club:

As we embark on a new decade since the creation of the MED Club, I would like to take this opportunity to welcome all of you back.

We've come a long way since Salim Hariri and I first hatched the club idea. I would like to thank the board for the privilege to serve our club and our community. I would like to thank my predecessors, Salim Hariri and David Basila, and my fellow officers for their fantastic work advancing our mission and accomplishing our tasks. I hope to continue in their footsteps and set the stage for another decade of hard work and activities which will highlight the beauty of our culture and move us forward.

The last ten years have been extraordinary for the MED Club, providing our greater community with a rich assortment of events that allow us the opportunity to showcase our remarkable heritage, culture and accomplishments. We look forward to another decade of success and hope that each of you will join us during these celebrations!

To our youth, we hope you will continue to stay involved and to be active in the advancement of the club. Be proud of being an American, but also be proud that your "fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers." You are our inspiration and the guiding light which will carry the torch of our mission forward. You should be very proud of your roots, the roots of civilization.

I would urge all to help us continue on the path to excellence by making sure the club activities will continue to prosper:

- Continue the member recruitment and encourage others to join the club.
- Continue successful club activities, such as: family gatherings, picnics, newsletter, scholarship drives, graduation ceremonies and New Year events.
- Encourage all to participate in the cultural, social, lectures and musicals of our greater community. Let our community know that we exist! I will be sharing many of these pertinent social and cultural events with you on a regular basis.

Continue on Page 9



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

Table of Contents

- Best Foods Index (2)
- The Greatest Invention in History (3)
- Danny's promise (5)
- New Year Eve Party (6-8)
- Happy Events (9)
- Zurouna Sponsors (10-12)





BEST FOODS INDEX

Contributed by Lana Hariri

(Information directly from *Cook this Not That!* By David Zinczeno)

Best food for your brain: BLUEBERRIES

- Anthocyanidin, the antioxidant pigment responsible for the blueberry's color, has a powerful effect on learning and memory. Several studies have indicated that cognitive functions increase along with blueberry consumption.

Best food for healthy skin: ALMONDS

- After examining the diets of 453 people, Australian researchers found that monounsaturated fats exhibited protective properties and actually prevented both wrinkles and sun damage. Almonds, avocados, and olive oil all fit the bill.

Best food for all-day energy: QUINOA

- Quinoa has higher concentrations of energy-producing B vitamins than any other whole wheat grain.

Best food after a workout: GREEK YOGURT

- Not only does Greek yogurt have 2 to 3 times the amount of protein of normal yogurt, it also has all the amino acids you need to rebuild your muscles after a trip to the gym. Add berries and granola for a tasty post-workout snack!

Best food for boosting your mood: SALMON

- Add happiness to the list of perks derived from the omega-3 fats in salmon. Several studies have linked EPA and DHA, the dominant form of omega-3s in fish, to a decreased risk of depression.

Best food to fight cavities: CHEESE

- Studies have demonstrated that chewing cheese can increase the concentration of calcium in plaque, which helps to protect your teeth against cavities. Not to mention that following a sugary food with cheese can boost the pH in your mouth back to the safe zone.

Best food to reduce stress: STRAWBERRIES

- Strawberries pack a ton of serotonin-inducing natural sugars, plus a single cup of the fruit boasts 160% of your day's vitamin C. A German study found that vitamin C helped clear out cortisol, the hormone responsible for stress-related symptoms like high blood pressure and hazy thinking.

Med Club Information: Please Join or Renew Your Membership for 2010

- 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 Hassan Hijazi, MED Club President, at 520-955-3657, hhi-jazi@email.arizona.edu or Kamal Moukabary, MED Club VP, at 520-245-9225, kamal@moukabary.com

Tucson MED Club is a member of the Southern Federation of Syrian Lebanese American Clubs.

<http://www.sfslac.org/>



The Greatest Invention in History!!

by Pierre Sakali, M.D.

I was driving home when the idea popped into my head, what is the greatest invention in history?

In history there were a lot of inventions/discoveries that had major effect on our development, augmented by where and when it was found, and more importantly how it was utilized to determine the depth of its footprint on civilization.

So I decided to explore in a series of articles, multiple inventions; I believe had a significant impact on human civilization.

One can argue that the wheel or iron tool crafting did change the human civilization in ancient times. It gave one group of people enough technological advancement to rule the ancient world for centuries. At that time Power can be summarized by control of food flow through advanced agricultural technology, and control of transportation routes through fast, and easy to manufacture wagons..

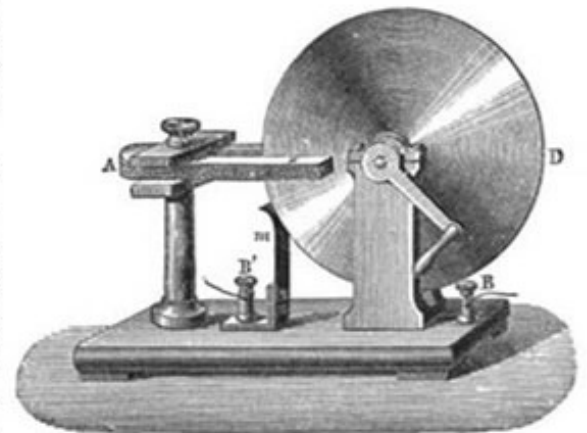


You can see the effect of these inventions in your daily life. Just think about how convenient and simple is driving to work. Imagine riding a horse or mule, I guess no more family vacation plans, and definitely no frequent visits to California since riding to LA from Tucson will take an estimated 20 days.

Our modern society would have been limited significantly without our cars. However, I still believe there is something more. So I continued to look for a different invention that had even greater impact on us today.

In my opinion, the electricity generator is the greatest invention in history...since the echo of its discovery created a wave of inventions that changed humanity forever. It transferred us from the age of darkness to the age of light, from the age of slowness to the age of speed, from the age of impossible to the age of possible.

In electricity generation, an electric generator is a device that converts mechanical energy to electrical energy. In the years of 1831-1832 Michael Faraday discovered the operating principle of electromagnetic generators. The principle, later called Faraday's law, is that a potential difference is generated between the ends of an electrical conductor that moves perpendicular to a magnetic field. He also built the first electromagnetic generator, called the 'Faraday disk', a type of homopolar generator, using a copper disc rotating between the poles of a horseshoe magnet.



Continue on Page 4

Continue from Page 3 – The Greatest Invention in History!!

The invention of electricity generator led to the subsequent in-ventional revolution of the twentieth century. Humanity devel-opment in the last century outpaced its development since the dawn of time.

We can see, hear, touch, and even feel the effect of electricity on our daily life. No one can deny the greatness of this inven-tion. It is funny how some of the greatest ideas lie in front of us, waiting for a bright mind to pick it up, so was electricity in every thunderstorm we watched on a late rainy summer day.

I would appreciate any input or suggestions, send me your choice for THE GREATEST INVENTION/DISCOVERY IN HISTORY with your supportive argument to my e-mail: zourouna12@gmail.com.



The Tucson MED Club Invites You To Family Fun Night & Graduation Party!

Saturday, May 1st, 2010
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- **6:30 Cocktail Reception**
- **7:00 pm Dinner**
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- 5200 E. Saint Andrews Drive**

For more information, please contact: Hassan Hijazi 955-3657,
Kamal Moukabary 245-9225, or Firas Barakat 548-6325



Danny's Promise

Provided by Salim Hariri

Source: <http://www.stjude.org/>

More than 70 years ago, Danny Thomas, then a struggling young entertainer with a baby on the way, visited a Detroit church and was so moved during the Mass, he placed his last \$7 in the collection box. When he realized what he'd done, Danny Thomas prayed for a way to pay the looming hospital bills. The next day, he was offered a small part that would pay 10 times the amount he'd given to the church. Danny Thomas had experienced the power of prayer. Two years later, Danny Thomas had achieved moderate acting success in Detroit, but he was struggling to take his career to the next level. Once again, he turned to the church. Praying to St. Jude Thaddeus, the patron saint of hopeless causes, Danny Thomas asked the saint to "help me find my way in life, and I will build you a shrine." His career took a turn for the better, and soon he moved his family to Chicago to pursue career offers. A few years later, at another turning point in his life, Danny Thomas visited a church and remembered his pledge to St. Jude. Again he prayed to St. Jude and repeated his pledge to build a shrine to the saint if he would show him the way.

In the years that followed, Danny Thomas' career flourished through films and television, and he became an internationally known entertainer. He remembered his pledge to build a shrine to St. Jude.

In the early 1950s, Danny Thomas began discussing with friends what concrete form his vow might take. Gradually, the idea of a children's hospital, possibly in Memphis, Tenn., took shape. In 1955, Danny Thomas and a group of Memphis businessmen who had agreed to help support his dream seized on the idea of creating a unique research hospital devoted to curing catastrophic diseases in children. More than just a treatment facility, this would be a research center for the children of the world.

Danny Thomas started raising money for his vision of St. Jude in the early 1950s. By 1955, the local business leaders who had joined his cause began area fundraising efforts, supplementing Danny Thomas' benefit shows that brought scores of major entertainment stars to Memphis. Often accompanied by his wife, Rose Marie, Danny Thomas crisscrossed the United States by car talking about his dream and raising funds at meetings and benefits. The pace was so hectic that Danny Thomas and his wife once visited 28 cities in 32 days. Although Danny Thomas and his friends raised the money to build the hospital, they now faced the daunting task of funding its annual operation.

To solve this problem, Danny Thomas turned to his fellow Americans of Arabic-speaking heritage. Believing deeply that these Americans should, as a group, thank the United States for the gifts of freedom given their parents, Danny Thomas also felt the support of St. Jude would be a noble way of honoring his immigrant forefathers who had come to America.

Danny Thomas' request struck a responsive chord. In 1957, 100 representatives of the Arab-American community met in Chicago to form ALSAC[®] with a sole purpose of raising funds for the support of St. Jude Children's Research Hospital.

Since that time, with national headquarters in Memphis and regional offices throughout the United States, ALSAC has assumed full responsibility for all the hospital's fundraising efforts, raising hundreds of millions annually through benefits and solicitation drives among Americans of all ethnic, religious and racial backgrounds. Today, ALSAC is the nation's second largest health-care charity and is supported by the efforts of more than 1 million volunteers nationwide.

Through striking improvements in the care of pediatric leukemias and numerous forms of solid tumors, St. Jude—which now has a daily operating cost of nearly \$1.5 million—has brought about improved health care for children all over the world.

From a promise of "Help me find my way in life, and I will build you a shrine" to the fulfillment of his dream, Danny Thomas lived to see his little hospital become an international beacon of hope for the catastrophically ill children of the world. The founder of St. Jude and ALSAC died on February 6, 1991, just two days after joining patients, parents and employees to celebrate the hospital's 29th anniversary. He was laid to rest in a family crypt at the Danny Thomas/ALSAC Pavilion on the grounds of the hospital. On July 12, 2000, his wife, Rose Marie, passed away and now lies with her beloved husband in the hospital's Memorial Garden. Today, their children, Marlo, Terre and Tony, carry on their parents' work and remain a driving force in fulfilling their father's mission. Danny Thomas is gone, but his dream lives on.

New Year's Eve Party, 2009



New Year's Eve Party at Westin La Paloma





Congratulations

To Kamal and Oala Moukabary on the birth of their sun, Mathew Moukabary. Mathew was borne on Friday the 12th of February 2010.



Continue from Page 1: Letter from the MED Club President:

I will end with an inspiration passage by Gibran Khalil Gibran:

- I believe in you, And I believe in your destiny. I believe that you are contributors to this new civilization.
- I believe that you have inherited from your forefathers an ancient dream, a song, a prophecy, which you can proudly lay as a gift of gratitude upon the lap of America.
- I believe that even as your fathers came to this land to produce riches, you were born here to produce riches by intelligence, by labor.
- I believe that it is in you to be good citizens. And what is it to be a good citizen? It is to acknowledge the other person's rights before asserting your own, but always to be conscious of your own. It is to be free in word and deed, but it is also to know that your freedom is subject to the other person's freedom. It is to create the useful and beautiful with your own hands, and to admire what others have created in love and with faith.

I look forward to another decade and wish you many of good health, happiness and peace to come.

Sincerely,

Hassan Hijazi

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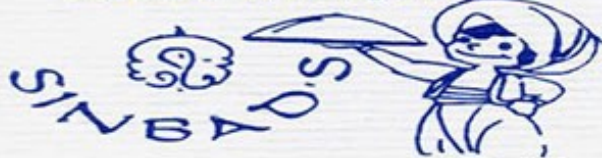
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