



THE TUCSON MED CLUB

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www.tucsonmedclub.org

A publication of the Tucson MED Club

Volume 4, No. 2

Summer 2003



Happy Daddy Day!

By Christine Moussa

What is Father's Day? When did it start? Surprisingly enough, Father's Day wasn't just a ploy by greeting card companies to sell more cards! It actually began with one woman who recognized the love her father had for his family and decided it was time for fathers to be officially honored.

It goes back to the year 1909 when Mrs. John B. Dodd proposed the idea of a "father's day." She had been raised by her widowed father, along with five other siblings, on a rural farm in eastern Washington State. Mrs. Dodd wanted to recognize fathers everywhere for selfless and strong acts of love, as her father had shown as a single parent. The first Father's Day was in Spokane, Washington, on June 9, 1910. Towns and cities across the United States picked up on the idea and in 1924 President Calvin Coolidge showed support for a national Father's Day. Finally, in 1966 President Lyndon Johnson signed a presidential proclamation that declared the third Sunday of June as Father's Day. Father's Day has become a day to celebrate men who act as father figures, including stepfathers, uncles, grandfathers, and so on.

As Father's Day quickly approaches, stores everywhere crowd our minds with gift possibilities that *they* think every man *must* have. Yet in reality, we all know that the thought is what counts, not the price tag on the gift of love. So here are some thoughtful, heart felt gift ideas that I've found to be quite effective in showing gratitude and love to a wonderful father:

1. Don't underestimate the power of words. A homemade card or handwritten letter shows that you can take time out of your day to create something special just for him. No matter your age, this is something that can be cherished forever.



I am alive like
you, and I am
standing beside
you.
Close your eyes
and look
around, you will
see me in front
of you.
- GIBRAN'S
WORDS ON HIS
EPIGRAPH



Continued on page 2...



Immigrants to the USA

By Zane Abdelatif



Zane's article received an award in a contest titled "Celebrate America" Creative Writing Contest sponsored by the American Immigration Law Foundation.

I am glad America is a land of immigrants because it has helped our country discover many things and become what it is today. If it weren't for immigrants we wouldn't be a country leading the way in technology, power and wealth. A lot of famous people are immigrants. One very famous immigrant is Albert Einstein, he discovered $E=mc^2$ and other mathematical and scientific information. Another famous immigrant is Arnold Schwarzenegger. Arnold immigrated to America from Austria to become a body builder and went on to win the famous Mr. Universe body building competition. Arnold Schwarzenegger has gone on to become one of America's most popular action stars. An Wang another immigrant escaped from Germany and started Wang Computer Company. Herman Oberth a rocket designer escaped from Europe during World War II and became important to our space program.

If it wasn't for immigrants we wouldn't have the America we have today. Immigrants are who founded our country in the first place. My favorite immigrant to America of all time is my father. My father is from Egypt and came to America with my mother in order for them to study together and start a family. My father is now and has been an American citizen for 20 years. This is an example of how my family has benefited from immigration. I think we need immigrants in America to allow to us a little bit of everything. Immigrants have kept our nation growing with different cultures, languages and traditions. I for one can see the importance of immigration in America because I live the benefits everyday. Day everyone!

Happy Daddy Day! Continued...

2. Kids, get together and fix up your dad's favorite meal! This loving act of service will show both mom and dad thankfulness and respect.

3. Who doesn't like coupons? Homemade coupons offering free yard work service, car washes, massages, and more (from the kids of course) are easy and go over extremely well! Everyone wants some free thoughtful help.



Take time out of your busy schedule to just hang out with Dad! Go get coffee or ice cream, maybe check out a movie, and just take time to catch up on life and bond! Showing love is showing them they are worth your time as much as everything else going on in your crazy day! All in all, the most important thing is that it comes from the heart. Happy Father's Day everyone!



Facts from The 1500s

By Lana Moussa

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.....

There was nothing to stop things from falling into the house. This posed real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

Family Fun Night Moments



Smile!





MY DAD

By Lana Hariri

My dad is a very interesting member of our family. This man can be seen at the U of A or at his home. When I think of this beloved stranger, several qualities such as a sport lover, smart, computer genius, and his mustache nobody can forget about come to my mind. His most noticeable feature is his laugh. You would be pretty amazed how you would recognize my dad by his short curly blackish grayish hair, his small brown eyes, and a smile on his face that makes you smile. There are a variety of very important rolls that this busy man plays in our loving family, he is a dad of two precious children named Lana and George, husband to a charming wife, super smart computer teacher, an uncle to several nieces and nephews, a son to his mom and dad he will love forever, and the best cousin that anyone could wish for! Of all the people I am familiar with, my dad is by far the most kindest, sweetest man and for that reason, I will remember him for many years until God decides to introduce to me to the Golden Gates.



MED Kids



Tuesdays with Morrie is a must!

By: Carmen Moussa

Tuesday's With Morrie, written by Mitch Albom, is a beautiful story about the appreciation of life. The book is centered on a professor named Morrie who through his life helped many people be thankful for their own. He was a loving man who preached one thing: love. Among the many people that Morrie touched in his life was one of his students, Mitch Albom. Mitch was a passionate man in college who loved what Morrie taught. He attended every class that Morrie taught just to learn a little more about life. He graduated and moved to New York to become a musician. As he began to feel the struggle of life without money he left his passion of music to become a sports journalist. In the money aspect, Mitch succeeded. He became a man that he dreaded to become, however, a man whose cares and worries were focused solely on money. One night, while flipping through the channels, Mitch saw an old man on the TV screen that looked very familiar. Mitch saw his favorite professor in an interview, with a famous newscaster, on his death bed. Mitch sat there and looked at his life a little and realized what he had become. He started to visit his old professor every Tuesday, like he had when he was in college. Mitch became his student again and Morrie was teaching his last class. This book teaches many things and among them are the importance of family, marriage, friends, relationships, and culture. The quote "You must first learn how to die before you can learn how to live" sums up this book perfectly. Morrie shows that it literally takes a lifetime to learn to fully appreciate the gifts life offers us. I give this book five stars for its message and its way of really making a person think about where their life is headed. Read it. You will not regret it.

FAST FACTS!

MED Kids continued...

- Early Mickey Mouse can be distinguished from later ones by the fact that the originals have a pie-shaped section of white in their eyes while the later ones do not.



BEFORE



AFTER

- Dirty snow melts faster than clean snow.



- Sitophobia is the fear of food.

- It costs more to buy a new car today in the U.S. than it cost Christopher Columbus to equip and undertake three voyages to and from the New

World.



- It is illegal to hunt camels in Arizona.

- Flamingos are not naturally pink. They get their color from their food, an algae that turns pink during digestion.



- Beavers can hold their breath for 45 minutes.

- Apples are more efficient than caffeine at waking you up in the morning.

- Shakespeare's play "A Midsummer Night's Dream" takes place in spring.

- In Lindvallen, Sweden, you can "ski-through" a McDonald's.

- More lime-flavored Jell-O is consumed in Salt Lake City, Utah than any other place on Earth.



- Bamboo can grow three feet in 24 hours.



Believe It...Or Not!

Contributed by Salim Hariri

Abraham Lincoln was elected to Congress in 1846.
 John F. Kennedy was elected to Congress in 1946.
 Abraham Lincoln was elected President in 1860.
 John F. Kennedy was elected President in 1960.

Both Presidents were shot on a Friday.
 Both were shot in the head, and in the presence of their wives.
 The secretary of each president warned them not to go to the theater and to Dallas, respectively.
 Lincoln's secretary was named Kennedy.
 Kennedy's secretary was named Lincoln.



Both were assassinated by Southerners.
 Both were succeeded by Southerners named Johnson.

Andrew Johnson, who succeeded Lincoln, was born in 1808.
 Lyndon Johnson, who succeeded Kennedy, was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839.
 Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Booth ran from the theater and was captured in a warehouse.

Oswald ran from the warehouse and was captured in a theater.
 Booth and Oswald were both assassinated before their trials.



Believe it or not.....It's surprisingly true!

Cheers to...



- **Kamal and Ola Moukabary for their new born son, Andrew!**

- **Angelina Sarah and Ash Abraham for their engagement!**

- **Rima Al-Houssni and Eddie Hanna, to be married this summer in Syria!**



- **Gabriel Sarah for his acceptance to the University of Arizona Medical School.**

- **Sami Sahyouni, Kristina Callan, and Sheza Al-Houssni, 2003 High School graduate.**



We wish the best of luck and many years of happiness to you all!

Fun in the Sun

It's summer time and being that we're in Tucson, we know what the sun can do....here are some helpful facts and tips about how to have fun while still being safe under the sun.

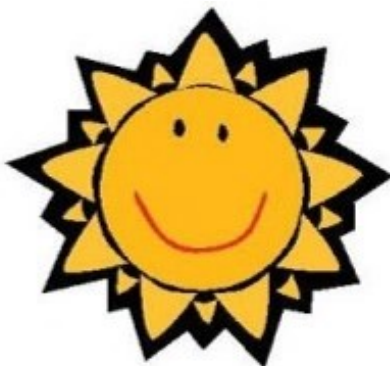


The Importance of Sunscreen

To help reduce the risk of skin cancer you should always remember to apply sunscreen to your body.

A sunscreen with an **SPF** of at least 15 is important to help protect your skin from dangerous burns and tans caused by the sun's ultraviolet rays. If you don't apply sunscreen on a regular basis, you are more likely to develop some form of skin cancer later on in your life.

Lots of people think that you should only use sunscreen during the summer. However, to prevent aging caused by UV rays, you should wear sunscreen every day of the year-even if you're not really planning on being outside.



Important Facts on Skin Cancer

1. Even animals are smart enough to protect themselves from the sun.
2. Did you know that elephants and hippos can get sunburned, too? They use dust or mud as a natural sunscreen!
3. Each year between 300,000 and 600,000 people are treated for skin cancer.
4. 9,200 people die from skin cancer every year (7,300 from melanoma and 1,900 from non-melanoma).
5. The sun's UV rays are the strongest from 10 a.m. to 4 p.m.



Excerpted from "**Cool in the Shade.**"
 ***http://coolshade.tamu.edu/sunscreen/s_screen1.htm



MED Kitchen

Sonia Moussa

Lentil Soup with Spinach

- 1 cup fresh spinach
 1 cup bulgar wheat soaked in water for 1 hour
 1 cup flour 1 1/2 cup lentils
 1 tbsp. Olive oil 1 med. Onion, cut in small cubes
 1 tsp. Coriander 3 pieces garlic, mashed
 1/8 cup pomegranate sauce (can substitute with lemon juice)
 1/8 cup lemon juice

In a saucepan, fry the onion cubes until golden brown. Add coriander and garlic, fry until garlic is golden brown. Add lentils to 6 cups of water and boil until lentils are soft. Mix bulgar with flour and little of water until they form a dough. Form small balls from the mixture. Add them to the lentil soup. Add spinach, pomegranate sauce, lemon juice and salt to taste. Boil for 20 minutes and serve.

Fruit Cocktail Cake

1 big can of fruit cocktail and juice

- 1-1/2 cup flour
 1 cup sugar
 1/2 tsp. Salt
 1/2 tsp. Cinnamon
 1 tsp soda

Mix ingredients well
 and pour into an 8x8 greased pan.

For extra flavor, sprinkle sugar, nuts, and a dash of cinnamon over the top of the cake.

Bake at 325 for 45 minutes.

ENJOY!!!

Happy Events

Birthdays:

July

- Sadoon Younis, 1st
 Ahlam Younis, 1st
 Kiana Jenkins, 2nd
 Shawna Awale, 2nd
 Leila Shehab, 6th
 David Basila, 21st
 Marge Yessian, 23rd
 Joey Basila, 23th

August

- Samia Elezaby, 8th
 Julie Michaels, 13th
 Paul Hamra, 13th
 Liliana Awale, 16th
 Usir Younis, 23th
 Issa Al-Houssni, 27th

September

- Gabriel Sarah, 1st
 Wadia Sarah, 1st
 Angela Awale, 5th
 Mary Sahyouni, 6th
 Hannah Sarah, 13th
 Lilliana Awale, 16th
 Kim Callan, 18th
 Pete Davis, 22nd
 Luke Moussa, 30th

Anniversaries

- Bachar & Rana Sarah, 7/1
 Ziad & Leila, 7/11
 Hanna & Wadia Sarah, 8/17
 Aftim & Nadia Acra, 8/19
 Gabriel & Hanneh Katrib, 8/29
 Ned & Leila Charani, 9/10

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Kahlil Gibran

SAY NOT
 "God is in
 my heart"
 But "I am
 in the
 heart of
 God."

--after
 the poems
 of Kahlil
 Gibran

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