



THE TUCSON MED CLUB

ZUROUNA زورونا

www.tucsonmedclub.org

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Reflection on MED Activities in 2006

As the year closes, it is the time of the year, where we look back at the year activities and accomplishments. The Club is about to finish another year full of happy and unfortunate events. We are continuously evaluating our activities and seeking ideas to reach out for the Arab American community in southern Arizona so we can be a positive role model for our children and future generations. In fact, if we properly exploit the Club, it can be a viable instrument to educate our kids and the community we live in about our roots, culture, and values.

We need to keep reminding ourselves and the community we live in that Americans of Arab descent have played an important part in building the New World, that we are Christians and Muslims, that we are Syrian, Lebanese, Palestinian, Iraqi, Jordanian and Egyptian, and that we are doctors, lawyers, teachers, elected officials, businessmen, poets, philosophers and entertainers. We need to remind ourselves and the community we live in with John F. Kennedy famous quote "Ask not what your country can do for you, ask what you can do for your country", these words that inspired Americans of generation after generation and of all heritages were first written by the Arab American author of "The Prophet," Kahlil Gibran. The Arab American community came to the new world to be an active partner in the growth and the prosperity of America. No one can describe the commitment of our people to contribute better than Gibran when he wrote "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." Yes, in deed, we are here to build and with a will.

The Tucson MED families are proud of our heritage and proud to be Americans. It's this pride that keeps us all asking, what we can do to be better as Americans, but

not at the expense of forgetting our roots, who we are, and where we came from. With your continuous support and involvement in MED activities, we can do more to keep our pride, heritage, and traditions alive from one generation of Arab American to another. With the limited resources the Club has, we have been striving to do more activities as much as possible. I am pleased to report the following MED activities for the year 2006:

- * We are pleased to offer four MED Scholarship and Graduation Awards during the graduation party held on April 29, 2006 at the Skyline Country Club. The MED award recipients for 2005-2006 academic year were: 1) Nicole Lahood who graduated from Salpoint High School and joined UA, 2) Tania Wer who graduated from the Academy of Tucson, and joined UA, 3) Aaron Brewer who received a Master of Business Administration (MBA) from UA, and 4) Sarab Sarah who received a Master of Science in Management with a concentration in Finance (MMF) from UA.
- * The Tucson MED Club community was shocked and disheartened by the recent Israel invasion and bombardment of Lebanon last summer, where thousands of Lebanese were killed, many villages and neighborhoods were completely destroyed. In light of this tragedy, the Tucson Med Club has collected donations of \$2,550 from MED members and friends to the American Red Cross – Lebanon Relief Fund.



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



Continue on page 2



Reflection on MED Activities in 2006 – Continue from page 1

The collected checks were sent to the American Red Cross – Lebanon Relief Fund and requested that these donations reach the victims' families in Lebanon as quickly as humanly possible.

- * The quarterly publication of Zurouna newsletter. Zurouna's editor, Lana Hariri, is eager to receive your articles to Zurouna (lhariri218@hotmail.com) so it can be shared with our community. The article can be your family history in the new world, a description of a place where your family came from, yours or your kids achievements, or any article of interest to our Arab American community. Please contribute regularly to the newsletter. With your contributions to Zurouna, we can learn more about our people who live in Southern Arizona and their achievements.
- * Maintain the Club website at www.tucsonmedclub.org where we publish online all the previous issues of Zurouna. Please visit the MED website for new announcements and provide us with ideas to enhance and enrich the website with more information, links to exciting websites of interest to our community.
- * Two Family Fun Nights at Skyline Club resort.
- * A New Year's Eve Gala at the Westin La Paloma, please see the enclosed flyer.

Whether you are a founding member, a relatively new member, or if you are thinking about joining, you and your family are an important and integral part of the Club and we invite you to join and be an active member of the MED club. In the list above, we highlighted six main activities we involved in 2006, but we are sure you agree with us that we can do more in terms of sport activities, social and cultural events, more fun activities, poetry and literature events, backgammon tournament, just to name a few. To do all these, we need more of you to be actively involved and take leadership roles in organizing these events. We urgently invite you to help us growing the list of activities that we will report about at the end of next year. Please consider this as one of your resolutions for the incoming year.

Please continue your support of the club's goals and objectives by completing and returning the enclosed Membership Form for 2007. We are looking forward to working with all of you and welcome your ideas and feedback. With your support, the year 2007 will be another successful year that will be full with achievements and many wonderful stories about our Arab American community in Southern Arizona.

Best wishes to you and your family for a happy and blessed Holiday Season.
Very truly yours,

Salim Hariri
Tucson MED Club, President

Hassan Hijazi
Tucson MED Club, VP President

Congratulations to Jenny Hijazi for her outstanding performance in "Metamorphosis" play



Jenny Hijazi performed as Alcyone character in the Catalina Foothills High School theater department's presentation of "Metamorphosis".

The play was performed 4 times at the school stage at 4300 E. Sunrise. The opening performance was on Thursday, December 14, and the last performance was on Saturday, December 16. For further information see Chris Richards' article in Tucson Daily Star on 12/14/2006 or visit the website at <http://www.azstarnet.com/allheadlines/160217>

Congratulation, Jenny for a well done job.



Photo Source: Chris Richards, "Foothills Pools are Tools in Staging of CFHS play," Tucson Daily Star article, 12/14/2006



Ancient Semitic Times in Syria including Lebanon and Palestine

By Kamal Moukabary

The term Semite comes from Shem in the Old Testament, the assumption being that the Semites were the descendents of Noah's eldest son. According to scientific usage, the term Semite is a linguistic one; it applies to him who speaks a Semitic tongue. There are six Semitic languages including Assyro-Babylonian (Akkadian), Canaanite (Phoenician), Aramaic, Hebrew, Arabic, and Ethiopic.

The most plausible theory proposes Arabia as the cradle of all Semites. The **first Semitic migration** from Arabia occurred around 3500 BC. These Semites settled in with the highly civilized Sumerians, Non-Semites, in Mesopotamia. They intermarried and produced the *Akkadians* (later called *Babylonians*) of history. The **second Semitic migration** occurred around 2500 BC. Some of these Semites settled in the northern plains of Syria and produced the *Amorites* of history. The other Semites settled in the maritime plains of Syria and produced the *Canaanites (Phoenicians)* of history. The **third Semitic migration** occurred around 1500 BC. These Semites settled in the hinterland (Damascus region) and southern region (Palestine) of Syria and produced the *Aramaicans* of history. The **fourth Semitic migration** occurred around 1200 BC. These Semites settled in the southern part of Syria (Palestine) and produced the *Hebrews* of history. The **fifth Semitic migration** occurred around 500 BC. These Semites settled in the Transjordan region (Petra) and produced the *Nabataeans* of history. The **sixth Semitic migration** occurred around 633 AD. These Semites were the *Arab Muslims* of history.

It is important note that the three major powers of west Asia between 3000-2000 BC were Egypt, Babylon, and the Hittites; and between 2000-333 BC were the Assyrians, New-Babylonians, and the Persians. The commercial, cultural and military relationships between the Syrian States and these mighty neighbors formed the main theme of historic events over a period of 3000 years.



The Target that Opened Opportunities

By Lana Hariri

This fall I started my first year at Catalina Foothills High School and I decided to take a speech class. I learned so much from this class and in one of my speeches, I had to tell a story. What story you ask? Just keep reading...

My dad, Salim Hariri, was born and raised in Tartus, Syria. Now the rule in Syria is that if a family has at least 2 sons, they must be drafted into the military after college. Lucky for my dad (sarcasm), he was one out of four boys, so he was drafted. One day, the Commander of the military academy asked for a volunteer to design and demonstrate electronic targets for the academy. Many engineers have tried in the past and all have failed. My dad, hearing all of this, stepped up to the plate and said, "Hey, I think I can design the electronic targets and demonstrate them in 4 weeks." and they just laughed at him and told him that he wasn't capable of doing such a task. "You just graduated from college you don't know anything!" My dad just pushed this out of his mind because he knew he could do it. Eventually, he persuaded the Academy Commander to let him work on the target design. After four weeks of being harassed and bullied while he was working, my dad finally came up with the design and demonstrated the Targets. And to the Commander's surprise, my dad got it working perfectly! My dad, let me tell you, received many apologies from the sergeants who told him he couldn't do it. He ended up getting a two weeks vacation from the army, and soon after that, my dad left Syria and went to America. My dad has accomplished so much because of this trip. He has gone to Ohio State University, UCLA, USC, he was a professor at Syracuse University, and now a professor at the U of A in computer engineering. So the moral of the story is:

**Always believe that you can, because if you think you can't,
then you don't know what your capable of.**



10 RULES FOR WEIGHT LOSS AND BETTER HEALTH

BY TALAL MOUKABARY

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

Obesity is a major health issue that leads to many medical problems, including heart attack, stroke, cancer, diabetes, high blood pressure, arthritis, and liver disease. As your doctor, my job is to help prevent these diseases and to make you feel better for as long as possible. I hope this guide helps you in your effort to lose weight and be a healthier person.

1. Your weight is your future...

Think of your weight and fitness level as you do your retirement plan, making even small contributions to your fitness level now can help you have a happy and healthy retirement. Making even **small** changes in your eating and exercise habits now can prevent many diseases as you get older.

2. There are no quick answers...

You didn't get overweight in 3 months, it won't all go away in 3 months. Don't be discouraged with slow weight loss, be happy. If you lose one pound a month for 3 years, you lose 36 pounds. Obesity is a long term problem, similar to tobacco abuse. Patients who quit smoking make a decision to stop and make effort every-day to stay healthy. Similar to quitting smoking, you will face challenges early on that will get easier every day.



3. Make small changes, ones that you can live with...

You can still eat food you like and you don't need to run a marathon. Nobody can eat rice cakes and exercise for three hours a day. Make small changes with the attached worksheet as a guide and stick to it. Make reasonable goals, and remember that fast weight loss is great, but if you don't have **long term** weight loss as a goal and a priority, you will gain it back.

4. Exercise...

This is imperative for the success of long-term weight loss. Do something you **enjoy** and avoid all the excuses. If you have kids, bring them because they will learn habits from you (both diet and exercise). Be creative (see the worksheet). Turn off the TV and computer and go outside. Take a relaxing walk after a meal.

Once you make the decision that your health is important to you, you can find a way to make the time for exercise. Remember that regardless of your degree of weight loss, exercise is crucial to decreasing your long-term risk of heart attack, stroke, and many other diseases.

5. Avoid the word "diet"...

Being on a diet implies to you and your family that it will end someday and you will go back eating the same way as before. All diets will help you lose weight, but once you stop, you will start gaining weight again. Your goal should be to eat healthier for the rest of your life, and to never again go on a "diet". However, if you are suffering from severe obesity and you need to lose a great deal of weight there are safe, medically supervised programs that may be of great benefit. Ask your doctor.

6. Eat healthier...

Most people know what is healthy and what isn't. The typical American diet is terrible but you can still eat things you like without gaining weight. Take some time to learn about which foods are high in protein and lower in fat, carbohydrates, and sodium. Read the nutritional tips included in this handout.

10 RULES FOR WEIGHT LOSS AND BETTER HEALTH— CONTINUE FROM PAGE 4

7. Read nutritional information labels...

Most people read package inserts for medications to see what side effects they may get. However, most don't read food labels to find out what they are eating everyday. You will find that many foods that you thought were healthy are very high in fat and carbohydrates, and have minimal health benefit.

8. Eat smaller portions...

The typical restaurant meal has increased in size greatly in the last 20 years. Being a smart restaurant eater is easy: Don't order appetizers unless that is all you are going to eat, take home half your meal, and avoid desert as much as possible. Have the waitress bring half your meal out in a box if you need to. Your parents were wrong, you don't have to "clean off your plate". Try going out without having to eat until you need to loosen your belt.

9. Make a diet diary...

Before you start, spend a week eating your usual diet and keep a diet diary. It can be very enlightening and will give you some ideas for making changes. Identify your weakness (sweets or chips), and come up with some ways to improve your overall eating patterns. Show your doctor or a nutritionist your diary and get their input. Repeat this periodically to see how you are doing.

10. Change little things...

I have attached a few pointers for making small changes in your day to day routine to help you lose weight. Think of your own routine and come up with some of your own. These will help you in the long term to lose weight and maintain your fitness level.

NEW YEAR'S EVE PARTY!

Sunday, December 31st, 2006

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3800 E. Sunrise Dr. Tucson AZ 85718



7pm * Reception
8pm * Sit Down Dinner



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For more information please contact

Sonia Moussa, 370-6807

Kamal Moukabary 797-9083

Salim Hariri 977-7954



MED Family Night at Skyline Resort







Test Your Personality Type!

Contributed by Salim Hariri

Do You want to Know what type of person you are?

Answers are for who you are now..... not who you were in the past. Have pen or pencil and paper ready. This is a real test given by the Human Relations Dept. at many of the major corporations today .

It helps them get better insight concerning their employees and prospective employees. It's only 10 Simple questions, so...grab a pencil and paper, keeping track of your letter answers to each question.

1. When do you feel your best?

- a) in the morning
- b) during the afternoon & early evening
- c) late at night

2. You usually walk. ..

- a) fairly fast, with long steps
- b) fairly fast, with little steps
- c) less fast head up, looking the world in the face
- d) less fast, head down
- e) very slowly

3. When talking to people you..

- a) stand with your arms folded
- b) have your hands clasped
- c) have one or both your hands on your hips
- d) touch or push the person to whom you are talking
- e) play with your ear, ! touch your chin, or smooth your hair

4. When relaxing, you sit with..

- a) your knees bent with your legs neatly side by side
- b) your legs crossed
- c) your legs stretched out or straight
- d) one leg curled under you

5. When something really amuses you, you react with...

- a) big appreciated laugh
- b) a laugh, but not a loud one
- c) a quiet chuckle
- d) a sheepish smile

6. When you go to a party or social gathering you..

- a) make a loud entrance so everyone notices you
- b) make a quiet entrance, looking around for someone you know
- c) make the quietest entrance, trying to stay unnoticed

7. You're working very hard, concentrating hard, and you're interrupted.....

- a) welcome the break
- b) feel extremely irritated
- c) vary between these two extremes

8. Which of the following colors do you like most?

- a) Red or orange
- b) black
- c) yellow or light blue
- d) green
- e) dark blue or purple
- f) white
- g) brown or gray

9. When you are in bed at night, in those last few moments before going to sleep you are..

- a) stretched out on your back
- b) stretched out face down on your stomach
- c) on your side, slightly curled
- d) with your head on one arm
- e) with your head under the covers

10. You often dream that you are...

- a) falling
- b) fighting or struggling
- c) searching for something or somebody
- d) flying or floating
- e) you usually have dreamless sleep
- f) your dreams are always pleasant

POINTS:

- 1. (a) 2 (b) 4 (c) 6
- 2. (a) 6 (b) 4 (c) 7 (d) 2 (e) 1
- 3. (a) 4 (b) 2 (c) 5 (d) 7 (e) 6
- 4. (a) 4 (b) 6 (c) 2 (d) 1
- 5. (a) 6 (b) 4 (c) 3 (d) 5 (e) 2
- 6. (a) 6 (b) 4 (c) 2
- 7. (a) 6 (b) 2 (c) 4
- 8. (a) 6 (b) 7 (c) 5 (d) 4 (e) 3 (f) 2 (g) 1
- 9. (a) 7 (b) 6 (c) 4 (d) 2 (e) 1
- 10. (a) 4 (b) 2 (c) 3 (d) 5 (e) 6 (f) 1

Now add up the total number of points and go to Page 9 to know your personality type!

Happy Events

Birthdays

December

Rory Abdelatif 1st
George Sahyouni 10th
Rayan Lahood 18th
Richard Connet 20th
Karen Callan 20th
Sarab Sarah 20th
Aftim Acra 25th
Joseph Anthon 25th
Kristina Callan 27th

January

Ibrahim Azzam 1st
Jennifer Hijazi 2nd
Courtney Callan 4th
Valerie Hobeich 6th
Asma Hadeli 8th
Renee Hobeich 16th
Alif Sarah, 17th
Alisa Basila 26th
Christine Moussa 30th

February

Osama Abdelatif 1st
Hadeel Areny 1st
Sonia Moussa 6th
Kamal Moukabary 6th
De Sarah 10th
Sally Aboud 14th
Paul Hobeich 14th
Lana Hariri 18th
Debbie Chalfoun 21st
Natalie Lahood 21st
Hala Moussa 21st
Magdi Nafeh 21th
Salim Hariri 24th

March

Mena Aldulaimi 4th
Chris Callan 5th
Lydia Sahyouni 15th
Mona Brewer 15th
Ola Moukabary 21st
Aj Sahyouni 22th
Sam Moussa 25th
Aaron Brewer 25th
Micael Aboud 29th
Jessica Connet 29th
Nadia Acra 30th

Anniversaries

Ibrahim and Donna Jan. 1st
Nader and Marie Chalfoun, Jan 22nd
Nabeeh & Elham Lahood Feb. 11th
Osama & Rory Abdelatif Feb. 14th
Aaron and Mona Brewer Feb. 17th
Karen & Kelly Callan March 5th
Hassan and Florence Hijazi March 22th

Personality Type Test — Continue from page 8

OVER 60 POINTS : Others see you as someone they should "handle with care." You're seen as vain, self-centered, and who is extremely dominant.. Others may admire you, wishing they could be more like you, but don't always trust you, hesitating to become too deeply involved with you.

51 TO 60 POINTS : Others see you as an exciting, highly volatile, rather impulsive personality; a natural leader, who's quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once; someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement! you radiate.

41 TO 50 POINTS: Others see you as fresh, lively, charming, amusing, practical, and always interesting; someone who's constantly in the center of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding; someone who'll always cheer them up and help them out.

31 TO 40 POINTS: Others see you as sensible, cautious, careful & practical. They see you as clever, gifted, or talented, but modest. Not a person who makes friends too quickly or easily, but someone who's extremely loyal to friends you do make and who expect the same loyalty in return. Those who really get to know you realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over if that trust is ever broken.

21 TO 30 POINTS: Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually decide against it. They think this reaction is caused partly by your careful nature.

UNDER 21 POINTS: People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions & who doesn't want to get involved with anyone or anything! They see you as a worrier who always sees problems that don't exist. So me people think you're boring. Only those who know you well know that you aren't.

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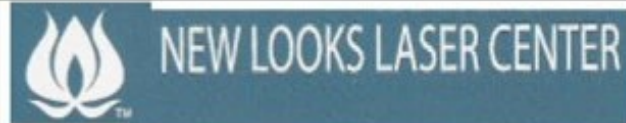
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"You should be proud of being an American, but you should also be proud that your fathers and mothers came from a land upon which God laid His gracious hand and raised His messengers."

TUCSON MED CLUB

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[Http://www.tucsonmedclub.org](http://www.tucsonmedclub.org)**Zorouna Editor****Lana Hariri**

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