



والله وصلنا على المريخ

النيازك الحديدية نادرة بل وجد منها على الأرض أيضاً، ولكن النيازك الصخرية تغلبها عدداً على سطح المريخ ولكن الغلبة للنيازك الحديدية مثل لبنان قد يكون ذلك لمقاومتها

عمليات التعرية Erosion في الكوكب.

لم يعرف بعد لماذا اختارت "ناسا" تسمية النيزك الحديدي بـ لبنان .

أمّا تعليق ليانون تايمز فهو كالتالي: ولماذا الاستغراب لدينا بعض المسؤولين في لبنان يعيشون في المريخ ! غريب الم تصادف المركبة كيوريوسيتي روفر التي تجوب سطح المريخ البعض منهم؟..يا غريب.. ياعجيب!!

المهم ان يبقى لبنان قطعة سما على الارض افقيا لا عاموديا وصولاً الى المريخ !!

خيّ وصل لبنان إلى المريخ، بصراحة وجهها خير علينا الست فيروز .. فيعد أربعين سنة من أغنيتها نحنا والقمر جيران.. اليوم تجاوزنا القمر ووصلنا إلى المريخ.. أمّا كيف ولبش ؟ إليكم التفاصيل:

منذ شهر اكتشفت وكالة الفضاء "ناسا" حجراً نيزكياً جديداً على سطح المريخ يتشابه بالشكل واللمعان مع الأحجار المكتشفة سابقاً على الكوكب وسمي الحجر بـ (لبنان) فيما سميت القطعة الصغيرة المنفصلة عنه بـ لبنان ب.

يبدو في الصورة تجاويف بشكل زوايا على سطح الحجر يعتقد إنها ناتجة من تآكل الحجر عبر العصور، كما يعتقد إنها تحتوي على معدن الأوليفين المركب من سيليكات الماغنيزيوم والحديد وهو متوافر بكثرة في النيازك والشهب الساقطة على الأرض. لا تعتبر



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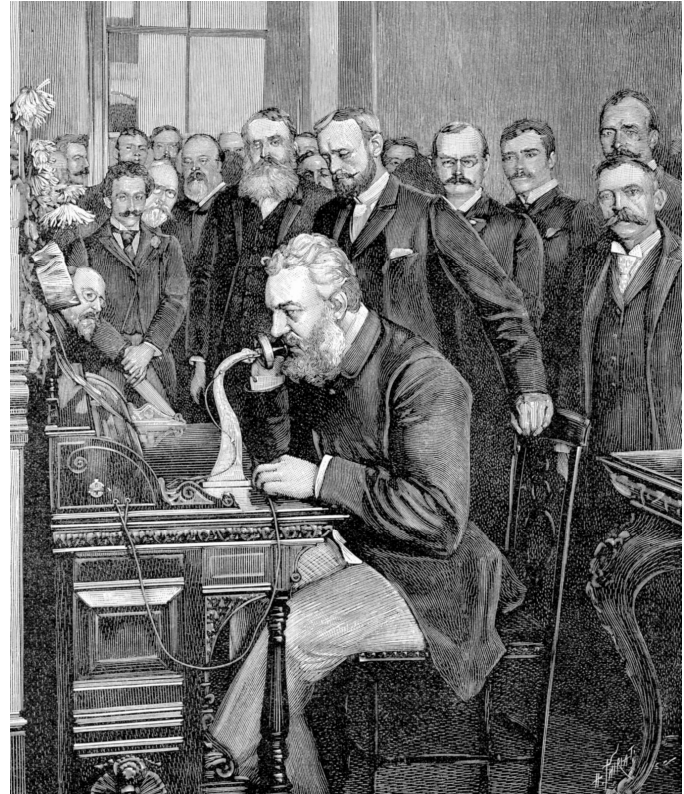
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ALLO WHO?? OH DARLING!



What is the word we answer with whenever the phone rang?

Who invented this word which became synonymous with the phone and what is the meaning of that word?

Where did it come from? When was it mentioned for the first time?

So please raise the handset to your ear and listen to the word "Allo" and read the history of this word on the pages of Lebanon Times.

Many people do not know the origin of the word "Allo" when stated by the respondent! Its origins is "HELLO" and is the name of a girl named "Margaret Hilo."

Note that "HELLO" is the name of the lover of the inventor of the telephone Graham Bell, and he was the first one to mention her name on the phone for the first time, and since that day we echo her name when answering the phone to commemorate and honor them for their love.

Alexander Graham Bell born on March 3, 1847, obtained his education in monasteries universities in Britain and emigrated to Canada in 1870 and then moved to the United States in 1871.

He invented the first telephone by coincidence, while trying to invent a device for the deaf because Bell's father and grandfather and his brother were working in the field of pronunciation correction and speech education for the deaf and dumb, where his mother and his wife were deaf, which had a profound impact on the lives of Bill and his work.

For those reasons, his research were in the field of hearing and speech and to conduct numerous experiments on hearing aids, which led him at the end to the invention of the first phone and obtain the first patent registered in the United States in 1876.

In spite of that, he refused to have a telephone in his office and died in August 2, 1922.



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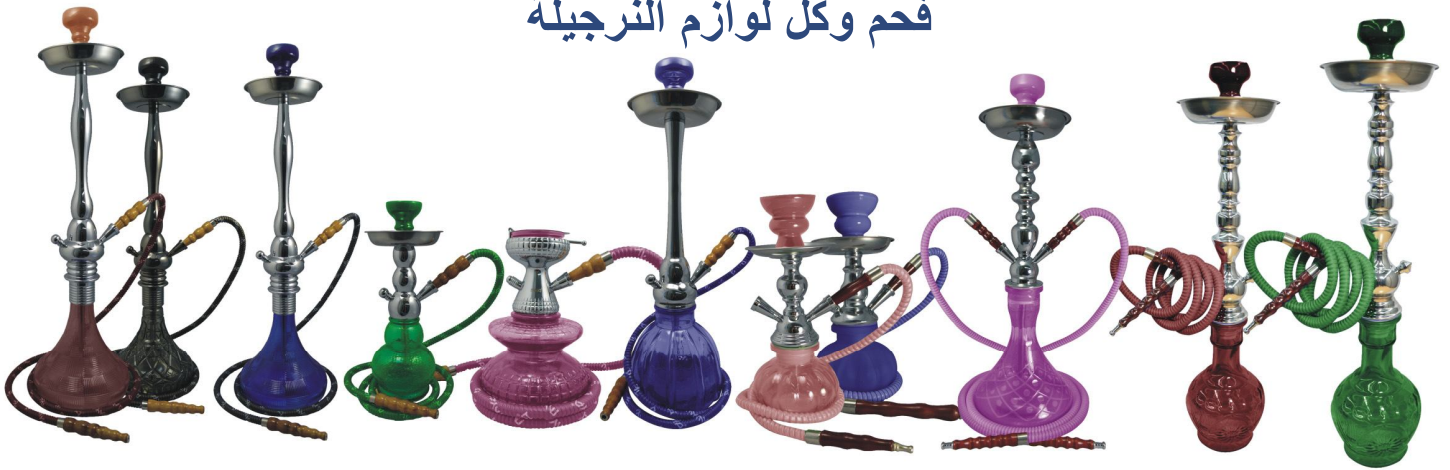


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التاريخ إن حكي

بيروت عام 1905 وبحسب إحدى الصحف اللبنانية التي كانت تحمل اسم جريدة الأرض دخلت أول سيارة إلى بيروت وكانت تخص ميشال سرسق.

التقطت الصورة في حرم الجامعة الأميركية في بيروت التي كان يطلق عليها اسم كلية البروتستانت السورية اللبنانية.

والجدير بالذكر بان المواطنين استقبلوا السيارة باستغراب وأطلقوا عليها اسم فورد أبو دعة تيمنا بشركة فورد ولكن الاسم الثاني أبو دعة أضيف من قبل اللبنانيين لأنها في بداية سيرها في بيروت دعست 12 لبنانيا.



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By Toni Choufati

Humans Inter Communication? What is that?

Have you worked for an American Corporation? Have you experienced team structure and ranks within an organization? How do you execute orders and how do you delegate and expect responsiveness?

With Social Media (Facebook, Twitter, Blogs, etc...), Emails, Text Messaging, and voice mail, communications should be improved between us humans. I believe it has gotten horribly worst!

Let us start with face-to-face paralinguistic communication: In an organization, presenters will be presenting an important corporate course of action. Are you listening or hearing? Hearing is simply the act of perceiving sound by the ear. Listening, however, is something you consciously choose to do. Listening requires concentration so that your brain processes meaning from words and sentences. Listening leads to learning. Most people are hearing and their thoughts are elsewhere. The result is devastating to the company and the task end-up either shelved or lands on the lap of one person. Please be courteous and responsive and sensitive to the person who is respecting you by sending you messages. All it takes is 19 seconds for you to open the email you have received and acknowledge the receiving of what could be an important email with a short sentence. Do NOT keep the sender guessing if you have received and read the email (There are junk mail and SPAM folders). If you are a social media person, how long will it take you to click on LIKE? Or a quick comment or a few words responding to a message from a business associate or friend? Two major bad habits people have, they are ignoring the communicator. First is ignoring text messages. This is a sign of discourtesy and you are sending back an unwritten message that you do not care! How many text messages will it take to have you respond? The other bad habit is telephone voice-mail. I have left more than 4 voice-mails to a person knowing well that the message is important to him before he called me back and thanked me ignoring my frustration and my time. You know, with this kind of attitude and professional comportment you will be fired on the spot if you are working for a major corporation like IBM.



افضل أب في العالم

يوكسوكانج هو أب حريص على مستقبل طفله المعاق إذ اصّر على نقله الى مدرسة بعيدة على ظهره بشكل يومي ماشياً مسافة 9 اميال بعدما رفضت المدارس القريبة استقباله بسبب اعاقته، ووفقاً لصحيفة الديلي ميل البريطانية سيحصل "يو" أخيراً على بيت قريب من المدرسة توفره الحكومة، ورغم بعد المسافة رفض "يو" 40 عاماً من مقاطعة سيتشوان جنوب غرب الصين الاستسلام ويحرص على توصيل طفله شياو 12 عاماً الى المدرسة بشكل يومي.

وقال "يو" ان طفله معاق حركياً ولكن عقله سليم، وبما ان المدارس القريبة لم تقبله، اضطررت لنقله الى المدرسة البعيدة في مقاطعة فينجي على بعد تسعة اميال سيرا على الاقدام. والاب "يو" انفصل عن زوجته قبل عشر سنوات وقرر عندها تربية ابنه لوحده وهو يستيقظ الساعة الخامسة صباحاً لتحضير وجبة الفطور والغذاء لطفله وبعدها يحمله على ظهره داخل سلة مسافة تسعة اميال ويعود بعدها الى قريته للعمل وبعد انتهاء الدوام المدرسي يتجه مباشرة مرة اخرى لاجساد ابنه.

وصرح "يو" ان الاعاقة منعت ابنه من المشي او ركوب الدراجة رغم بلوغه سن 12 فان طوله لا يزيد عن 90 سنتمترا ولكنه فخور بالنتائج التي يحققها ابنه في المدرسة.

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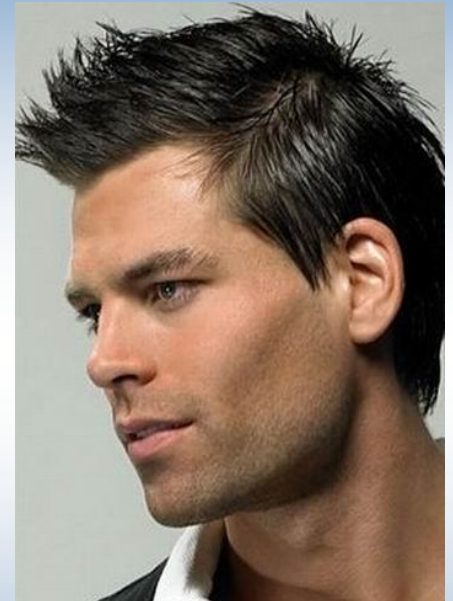


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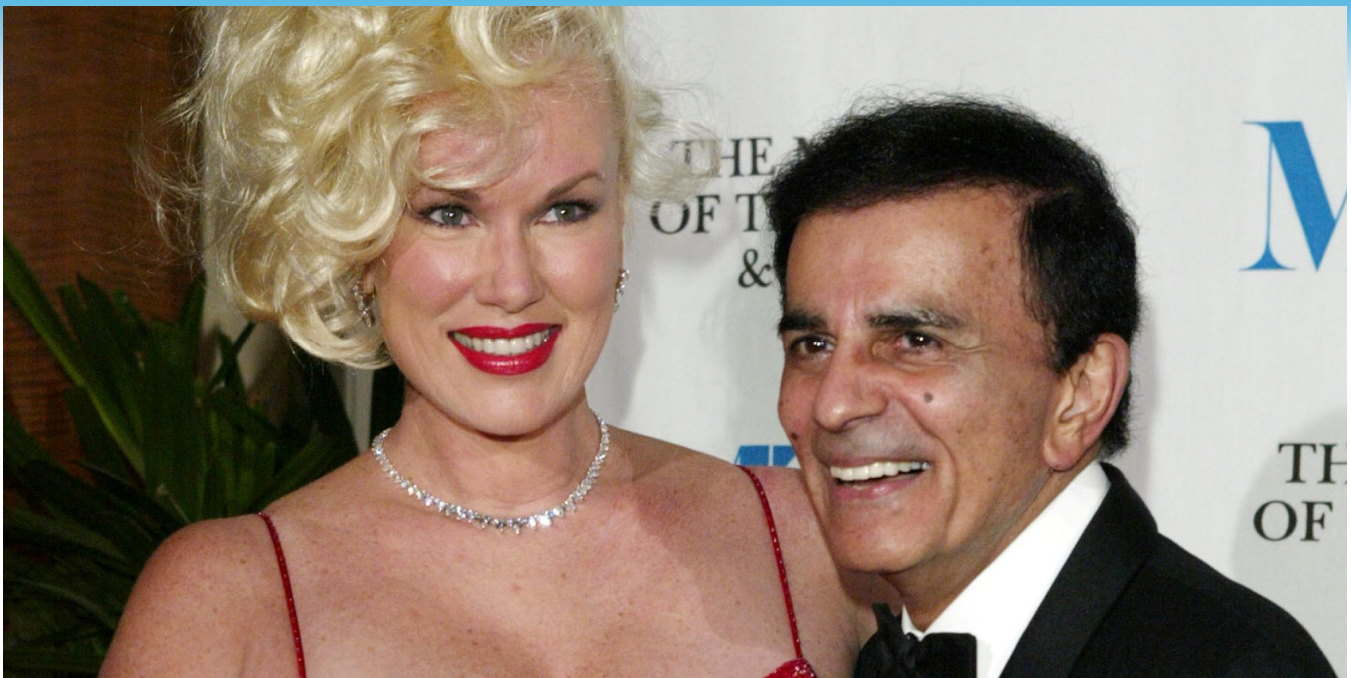


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Casey Kassem from Chouf-Lebanon to Stardom

The famous reporter was born in 1932 from Druze parents of Lebanese descendants who migrated from Palestine to the Lebanese Chouf mountains.

Kamal Amin known by his media star name Casey Kassem along with his partner Don Boustany founded a radio music program broadcasted in all the USA.

The program's success was not due to the distinctive voice of the media artist Kamal Amin or Casey Kassem, but his way of presenting which became a broadcasting school by itself.

After his success in radio broadcasting, Casey moved to TV, and played several roles of personal voice in the world of cartoon characters and excelled in advertising breaks and television programs with major U.S. TV channels

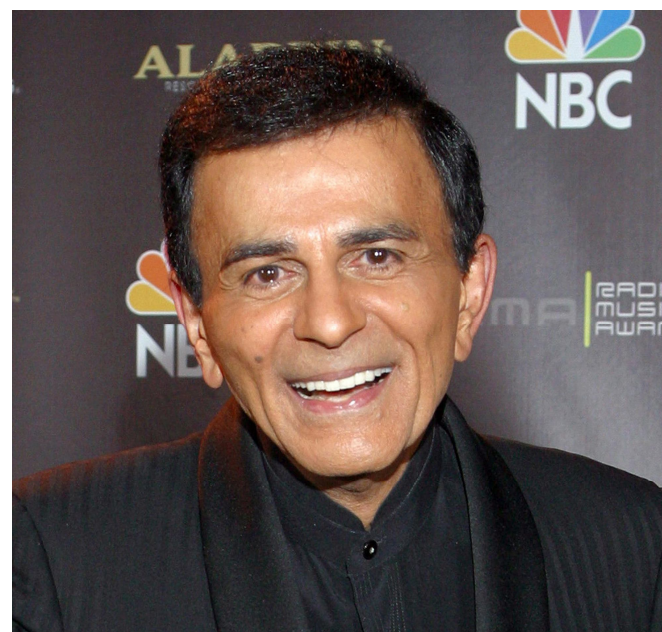
He is the middle brother of a Lebanese Druze family living in Dearborn, Michigan then he moved to work in New York and California, where he became a symbol of art in the American media, and in turn has a star commemorating his name on the sidewalk stars in Hollywood - Los Angeles.

In reality, a star is not enough to the man's exceptional performance in media, says his brother Munir: 'My brother did not forget one day that he is a Lebanese from the mountain, and specifically from the Chouf, and is far from politics and never took any side of any Lebanese or Arab issues.

But he deliberately refer always to Arab art by providing examples of Arab descent in radio programs. My brother visited Lebanon in 1997, where he stayed for three weeks, he died and left a Lebanese star on the pavement of Hollywood in his name along with the biggest stars in the world of cinema.

Casey Kassem is the most famous Druze in media of the Druze community in the United States, his main concern was rooting Lebanese in all radio and television stations in America.

And in honor of the occasion of his departure on June 15, 2014 Lebanon Times published this salutation for his soul. He is a man known to every American for generation to come. This is Casey Kassem or Kamal Amin.





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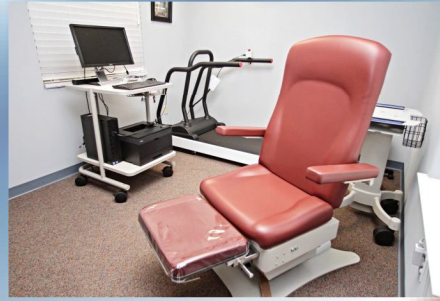
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Kathryn N. Karam

في خدمة

الجالية العربية



By George M. Nassar, M.D., F.A.C.P., F.A.S.N.

Specialist in management of kidney Diseases, Dialysis, Hypertension, and Kidney Transplantation, Clinical Associate Professor of Medicine, Weill Cornell University, Methodist Hospital, Houston, Texas

Kidney Stones

Kidney stones are common. The lifetime chance of having a kidney stone varies by country and geographic area. In the US it is high and approaches 15%. The urine composition influences the tendency to form crystals that grow into stones. Urinary calcium, oxalate, uric acid, and phosphorous favor stone formation; whereas urinary magnesium and citrate act as preventive. Urinary dilution with increased water intake is the best defense against crystallization.

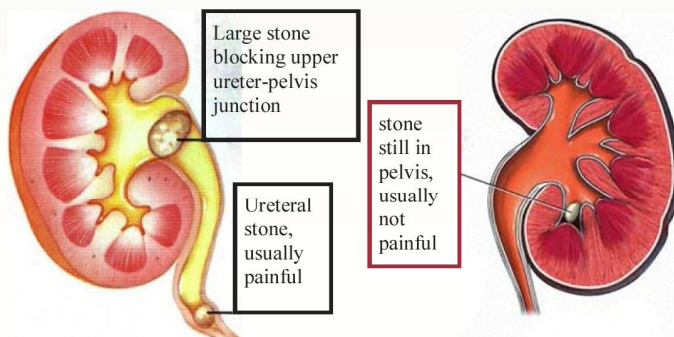
There are different types of kidney stones. The most common are calcium oxalate (80%). Uric acid stones are frequent as well. A unique kidney stone is the staghorn calculus that develops in certain instances of urinary infections. It grows to fill the urinary collecting space inside the kidney (Renal Pelvis), and blocks urine flow.

Symptoms of kidney stones may vary among individuals. Stones that are embedded in the tissues of the kidney are not likely to cause pain. But stones that descend to the ureters are usually symptomatic. Common presentations include pain (Renal colic) in the flank that radiates to the groin. It is frequently, but not always, associated with bloody urine. Bloody urine may however occur without pain. When the stone blocks the ureters completely, it will build pressure and swelling in the ureter and kidney (hydronephrosis), and may irreversibly damage the kidney if left without relief. It can also cause urinary tract infection. The location of the pain may change with downward movement of the stone. Stones less than 0.5 cm are likely to pass spontaneously. Stones larger than 1 cm are not likely to pass spontaneously.

The best approach is prevention of stone formation. Drinking enough liquids will help dilute the urine and minimize chances of crystal formation. Water is the best liquid to drink. Drinking 3-3.5 liters of water (or liquids) will be a reasonable goal, but if the underlying kidney function is good, one is allowed to drink even more. Other measures include reduction of salt intake, reduction of animal protein intake (meat, chicken, fish),

and avoidance of dietary oxalate (for oxalate content, go to <https://regepi.bwh.harvard.edu/health/nutrition.html>). Coffee, tea, and beer are acceptable and don't increase risk of stone formation. But grapefruit juice and Vitamin C are considered harmful and should be avoided. Importantly, dietary calcium, complexed with food, such as in milk, yogurt, ice-cream and cheese is acceptable and should not be reduced. The dietary calcium binds the harmful oxalate in the gut and decreases its absorption. However, calcium pills are not advisable if the urine composition shows high urinary calcium.

Immediate management of symptomatic kidney stones will require pain control and imaging tests in order to define the location and size of the stone, and to evaluate if there is complete blockage of urine flow by the stone. Prompt assistance by the Urologist is indicated to institute measures to retrieve the stone or break it (lithotripsy) if it is occluding the urine flow, or if it does not pass spontaneously in a few number of days. Antimicrobial treatment and Urologic intervention are important in Staghorn calculi. After the initial pain attack and management are over, one needs to analyze the composition of the urine to determine long term preventive plans. Such plans are especially important in individuals who are frequent stone formers. This may be done by the urologist, but is frequently conducted by the nephrologist. Finally, in some cases, there is an underlying disease that needs to be managed as well.



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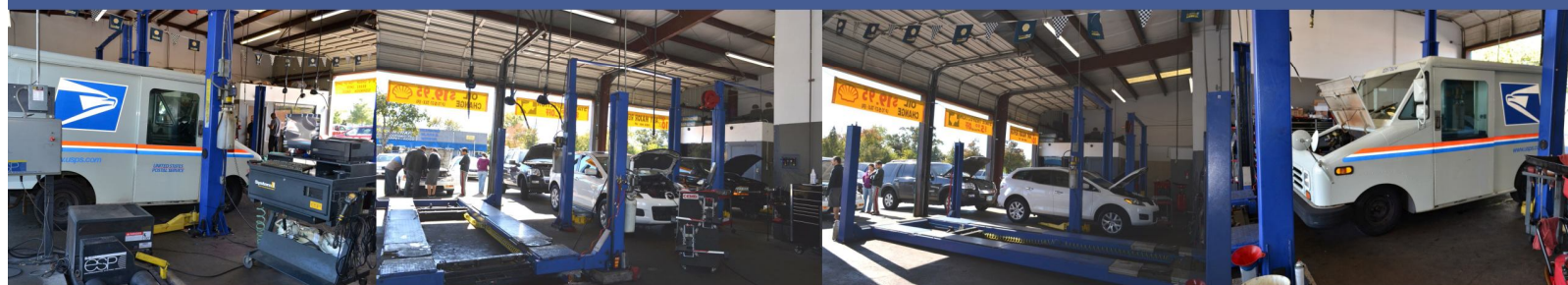
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اعذرينا يا مصاصة



سامحيني يا مصاصة فأنا لم اقصد اهانتك في تجاهل عيدك في 20 يوليو المنصرم الذي اعلنه العالم بانه اليوم العالمي للمصاصة، بصراحة لقد سقط سهواً من روزنامتي عيدك وسقط ايضا سهواً من ذاكرتي، فأنا اطلب منك الاعتذار كما اطلب السماح منك ايها المصاصة .

ايها المصاصة هل تعرفين مدى قوتك في العالم وهل تدريين من يحتضنك، طبعاً ستقولين الاطفال والصغار!

ولكن هل تدريين بأنك بين ايادي الكبار وبين ايادي الذين يحكمون ويتحكمون برقاب الشعوب؟ هل تدريين بأن الرؤساء والوزراء والنواب والمسؤولين يستهلكون المصاصة ،وهل تدريين بأن الذين باعوا اوطانهم كان في افواههم مصاصة، وهل تدريين بأن الذين لزموا ولائهم الوطني للدول الخارجية في جيوبهم مصاصة ،وهل تدريين بأن البعض سرقوا اموال الخزائن من أجل مصاصة، وهل تدريين بأن الدول الكبرى عندما تلوح من بعيد لبعض رؤساء الدول بالمصاصة يسجدون لها ،وهل تعلمين يا مصاصة بأن بعض الرجال في الشرق بحاجة لمصاصة، وهل تدريين يا مصاصة بأن هناك فئة من الرجال ، بالشكل هم رجال ولكنهم اطفال بحاجة لمصاصة .

في العيد العالمي للمصاصة تمنيت ان اقف في ساحة النجمة في لبنان لتوزيع المصاصات،

تمنيت ان اخلق بطائرة فوق الشرق الاوسط لامطر جميع الدول العربية بالمصاصات، لأن سياستهم في تقسيم الشرق طوائف وملل كالاطفال هم بحاجة الى مصاصات.

والله في العيد العالمي للمصاصة اعترف بأن المسؤولين والحكام والرؤساء في بعض الدول العربية مصوا دم الشعوب، مصوا خيرات البلاد، وفي فمهم مصاصة ،حقيقة هم رجال ولكنهم يستحقون المصاصة عن جدارة وبامتياز والمثل يقول : الولد ولد ولو حكم بلد ..والولد شو بدو غير مصاصة.

من هنا وهناك

Happy Birthday Dr. Nizar Charafeddine

In celebration of Dr. Nizar Charafeddine's birthday, his lovely wife, Hala, invited friends and family to join Dr. Nizar in this joyful day and to chant "Happy Birthday" while he cheerfully cut the cake. Lebanon Times wishes Dr. Charafeddine many more healthy birthdays to come!!!



Make a wish Shereen

As Shereen ,Souheil's Ghaoui's wife, put out her birthday candles, she closed her eyes and wished that God grant her husband and children long healthy life, then she cut the cake as everyone was chanting "Happy Birthday Shereen"

Happy Birthday Dear Loving Mom!!!!!!



Candles were lit with flames dancing and shining on top of the cake announcing the Birthday of Siham Habib, AKA, "Houston's Most Loving Mom". Hundreds of calls were received wishing Siham many more healthy years to come and many more candles to light.....

Bonne Fête Rafic

The Candles were lit in Fuzzy's Pizza Restaurant on Westhiemer announcing the Birthday of Lebanon Times' friend, Mr. Rafic Hajjar, who joyfully cut and shared the cake. Lebanon Times wishes Mr. Hajjar many more healthy and successful years to come and many more candles to light!!!



من هنا و هناك



Happy Birthday Saleem....

On top of the cake was written “Happy Birthday Brother Saleem”. As the gathered friends and family were singing in joy “Happy Birthday”, Saleem Abou Jaoude cut the cake and thanked everyone for sharing this happy moment with him. Lebanon Times wishes Mr. Saleem Many more happy and healthy years to come!!!



Happy Birthday Pierre....

On his Birthday, friends and loved ones gathered to wish Pierre Sahyoun a very happy one, who in his turn blew the candles wishing his family health, happiness, and success.



Happy Birthday Kamil

Blowing the candle while sitting behind his desk, working hard with a smile on his face as always, that is how Mr. Kamil Nasrawi celebrated his birthday!!! Lebanon Times wishes Kamil many more years to come!!!

Welcome Back Ibrahim

“A Welcome Back” social lunch was held for Mr. Ibrahim El Etter at Al Sayad Restaurant where Lebanon Times was met with close friends who were all very enthusiastic and eager to hear the latest news from their beloved Tripoli. Good to have you back Ibrahim!!!



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