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أول الكلام

مات الضمير

هناك اشياء تموت ولكن بصمت دون ضجيج وبدون جنازة ، وبدون تقبل التعازي، وعدم نشر خبر الوفاة في الصحف، ولا تعليق (الشوكولاري) اي خبر الموت على الطرقات وهذه الكلمة معروفة في العالم العربي .

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By Mayor Annise D. Parker

Adopt -A Tree / NeighborWoods Caring for Houston's Urban Forest

Like so many Houstonians, one of the things I like the most about Houston is our Urban Forest. The trees that provide shade in our parks and greenspaces as well as the street trees that line our boulevards are part of this forest.

Recently a tree in the public right-of-way in front of my home died so I contacted our Parks and Recreation Department to see what options were available to replace that tree. I found out about two great initiatives called the NeighborWoods Program and the Adopt-A-Tree Program. The NeighborWoods Program involves working with local civic groups to plant trees throughout an entire neighborhood; the Adopt-A-Tree Program involves working with just one individual. The trees and funding needed for both programs are supplied by developers who are required to replace on a one-to-one basis any trees they remove or pay into a fund for the purchase of new trees.

Under the Adopt-a-Tree program, if a developer makes a straight replacement, the trees are then available to any citizen for pick-up and planting on a first-come, first-served basis. The trees must be planted on city property in front of the home and they must be maintained for a minimum of two years. Information and applications are available at www.houstonparks.org.

By planting and caring for trees, you not only beautify your home and increase the value of your property - you help reduce pollution, lower energy costs, and improve the appearance of your community. Both the NeighborWoods Program and the Adopt-A-Tree Program give Houstonians the opportunity to put down some roots, so to speak, with a tree that will be a gift to our city that will last beyond our lifetime.

Together we Build 'Jesus the King' Melkite Church

The Houston Melkite Outreach held their first fundraising dinner at Ramallah Club with the presence of the Melkite community and the Lebanese and Arab communities, with the very reverend Gabriel Karam Priest of the 40 Holy Martyrs Orthodox Church in Sugarland, as the Guest of Honor. The highlight of the party was the surprise visit of Sherriff Adrian Garcia and his gorgeous wife, Monica, who joined the crowd, danced and enjoyed the Lebanese cuisine. Mrs. Maria Obeid was the Master of Ceremony, and Mr. Lutfi Sabbagh, presented a speech about the Rich Melkite History. Here are some snap shots. (photo: Julia Nader)



لقاء الأجابة





Brian Mirza, MD, FACS Elias Darido, MD, FACS Weight Loss Surgery

Dr. Mirza is a leading provider of weight loss surgery in the area. He has been voted as Top Surgeon by H Texas Magazine three years in a row. He is fellowship trained in minimally invasive Bariatric Surgery at the world-renowned CLEVELAND CLINIC FOUNDATION.

Dr. Darido is a fellowship trained laparoscopic bariatric surgeon. He has extensive experience in the surgical treatment of morbid obesity and a strong record of safety.

Dr. Mirza and Dr. Darido offer laparoscopic surgical weight loss procedures including:

- * Sleeve Gastrectomy
- * Gastric Bypass
- * Gastric Banding
- * Revisions



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حائز على شهادة البورد في
الجراحة
وعضو في الكلية الأميركية
للجراحين

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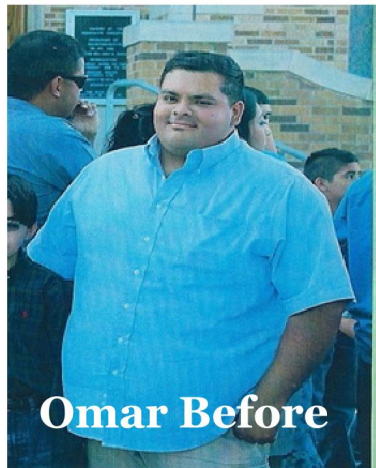


Carrie Before



Carrie After

At 310 pounds on the scale, I knew it was time for weight loss surgery. I went on the internet and did some researching, which is where I came across Dr. Mirza. I asked around and after hearing great things my decision was final, so I made my appointment. The staff was nothing but caring and compassionate throughout my entire experience and remains so to this day. Since losing 132 pounds my life has finally started. Before, I never wanted to go out with my friends and would only work out in my garage. Now I am out and about, and have no problem going to the gym. Recently I tried on some clothes that I wore in the eighth grade, and they were too big! I couldn't be happier with the results and would highly recommend Dr. Mirza to anyone looking into weight loss surgery. I have said it before and I will say it again....I'm a brand new person!



Omar Before



Omar After

I have always struggled with my weight. Being 345 lbs., I was a prisoner inside my own body. Simply put, I was miserable and felt my life was passing me by. When I came to Dr. Mirza's office in April 2011, I knew I was in good hands. Since the surgery I have lost 175 lbs! I have literally shed a whole other person! My days of suffering quietly and feeling terrible about myself for who I was, and what I had become are way behind me... they are now my PAST! Now I feel healthier than ever and I can enjoy life with my loved ones and live life to the fullest! Dr. Mirza is a great surgeon, a great listener and a great person in general. I trust Dr. Mirza so much I have recommended him to many others including my own sister!

For more information and
success stories visit our site!

www.DrBrianMirza.com
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لقاء الأجابة

62 MABROUK to Ralph & Adelene Abercia

Sharon Abercia, Sandra and Arturo Bucaram, Mary Kathryn Adel, and Ralph Abercia J.R. held a dinner reception celebrating Ralph and Adelene Abercia 62nd wedding anniversary at Chateau Crystale with the presence of family, and friends and special guests. Father James Chedid shepherd of St. George Orthodox Church blessed their anniversary. Here are a few stills: (photo: Julia Nader)



Joe Myers TOYOTA



Kamil Nasrawi
Internet Manager

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لقاء الأمانة

OTC 2014 – 17th ANNUAL WELCOME RECEPTION

The Bilateral US Chamber of Commerce – Arab and Insight to Mena held at the Westin Galleria their 2014 Offshore Technology Conference with the presence of Arab delegates from the Middle East and oil representatives in the United States with the presence of Arab Ambassadors and Consuls. Many speakers shared their views as well as the Mayor of Houston Annise D. Parker. Here are some stills: (photo: Julia Nader)





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لقاء الأحياء

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Welcome Masa

Congratulations to Dr. Baraa Al Hafez for his newborn 'Masa' baby girl. In this occasion Dr. Al Hafez invited friends and relatives to a dinner party held at the Syrian Club. Here are a few stills.

(photo: Julia Nader)



Are you suffering from back pain?



Baraa Al-Hafez, M.D.
Neurosurgeon

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Baraa Al-Hafez, M.D. is a fellowship trained neurosurgeon at Mischer Neuroscience Associates. He is fluent in both English and Arabic, and sees patients at three convenient locations throughout the Greater Houston area—Katy, Memorial City, and Sugar Land.

To schedule an appointment, please contact us at 713.242.4410.

هل تعاني من آلام الظهر؟

يفد المرضى إلى ميشر أسوشيتس للعلوم العصبية من أجل تشخيص وعلاج آلام الظهر الناجمة عن أسباب متعددة مثل الرضوح، ومرض تنكس غضاريف الفقرات، والتشوهات، وتخلخل (هشاشة) العظام، والكسور المرتبطة بالإجهاد.

يجري مستشفى ميموريال هيرمان سنوياً جراحات العمود الفقري أكثر من أي مستشفى آخر في هيوستن. وتساعدنا تبعيةنا لكلية الطب بجامعة تكساس ومعهد ميشر للعلوم العصبية التابع لمستشفى ميموريال هيرمان، بمركز تكساس الطبي، في توفير أحدث الابتكارات والأجهزة للمرضى، وإجراء التجارب السريرية وفقاً لأحدث ما توصل إليه العلم.

الدكتور/ براء الحافظ هو جراح أعصاب مدرب وفق زمالة ميشر أسوشيتس للعلوم العصبية. وهو يجيد التحدث باللغتين الإنجليزية والعربية، وينظر حالات المرضى في ثلاثة مواقع مختلفة يسهل الوصول إليها في منطقة هيوستن الكبرى — وهي: كاتي وميموريال سيتي وشوجرلاند.

لحجز موعد، الرجاء الاتصال بنا هاتفياً على الرقم: 713.242.4410.

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لقاء الأجابة

Bijan Restaurant and a Prince meal

مطعم Bijan ولقمة الامير

من المطاعم المميزة في هيوستن مطعم Bijan الذي يقدم المأكولات الايرانية الشهية والجدير بالذكر بان امير جافاري صاحب المطعم يشرف شخصيا على راحة الزبائن واستقبالهم وهذه بعض اللقطات :

One of the distinguished restaurants in Houston is Bijan Restaurant which serves delicious Iranian cuisine. It is worth mentioning that Amir Jafari, restaurant owner, personally supervises the convenience and satisfaction of customers, these are some snapshots: (photo: Julia Nader)



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(تصوير: جوليا نادر)





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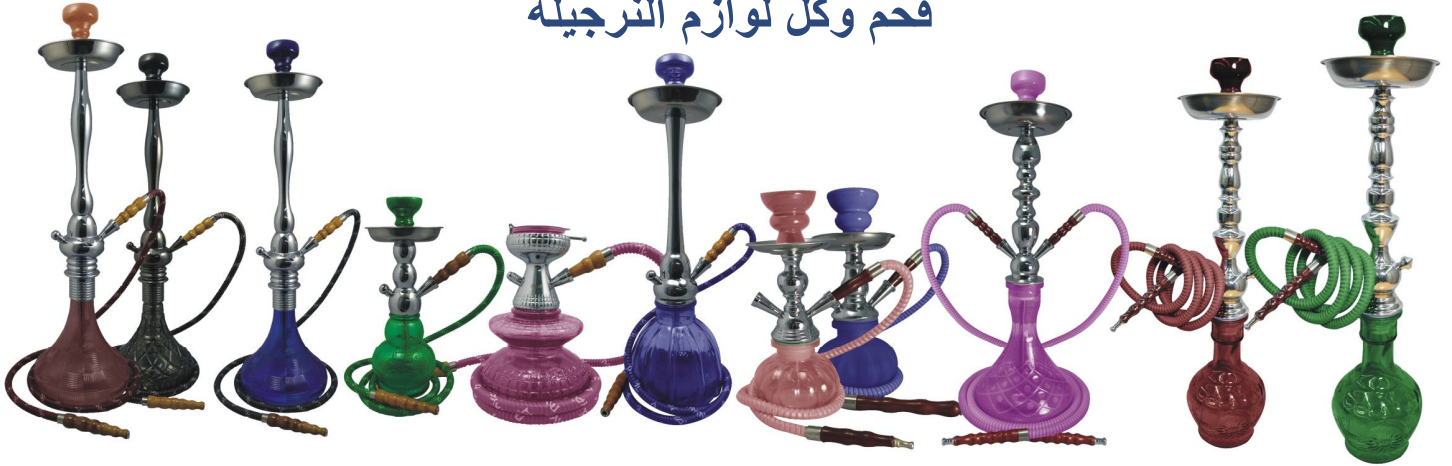
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لقاء الأحياء

Pic Nic تيار المستقبل

أقام تيار المستقبل لقاء أطلق عليه اسم ال Pic Nic الخامس السنوي في George Bush Park, Booth 2 Westheimer Parkway حيث لبي أعضاء التيار والأصدقاء وبعض أبناء الجالية اللبنانية والعربية الدعوة وتضمن ال Pic Nic Free food- Karaoke- Moon Walk- Face Painting- Games- Raffle Tickets وهذه بعض اللقطات:

