

NEWSLETTER

President's Message



"I do not have time." "I am very busy at work." "I have my work and family and cannot find the time to volunteer." "I am sorry for not responding to your e-mail, I was very busy." Those are some of the statements that we often hear when we solicit our members to volunteer and give back to AAAEA and the community. In this edition, I want to focus on the issue of volunteerism.

Volunteerism is one of the noblest deeds that one can do since there is no monetary reward. We are reminded here with the story of the man and the devil: A noble man fought the devil and prevented him for months from cutting a tree on the side of the road. Then the devil made a deal with the man to let him cut the tree and in return the devil will give him one Lira every day. The noble man agreed. Then after two weeks the money flow stopped. The noble man became angry and went out to fight the devil but he lost the fight for the first time. The devil explained to him: you were winning the fights before because you were doing it for others, and now you lost because you are fighting for the money.

For any association to be successful, all of the members must participate and contribute their time and effort. An association cannot be successful if only those volunteers that form the elected board operate it. It is a duty on all of members to do their fair share of volunteerism and contributions. It is not enough to renew the membership and attend an event or two per year, this is the least that a member can do.

It has been said that: the best way to get things accomplished is to do it with your hand (i.e. do it yourself). However, if you cannot, then do it by your tongue (i.e. suggest an item to be done by others), and if you cannot do that, then by your heart, and that is the worst kind of action, since it accomplishes nothing.

The following are selected quotes related to giving and volunteerism:

- "You must give some time to your fellow men. Even if it's a little thing, do something for others-something for which you get no pay but the privilege of doing it."* **Albert Schweitzer**
- "You have not done enough; you have never done enough, so long as it is still possible that you have something to contribute."* **Dag Hammarskjold**
- "The only ones among you who will be really happy are those who have sought and found how to serve."* **Albert Schweitzer**
- "It is every man's obligation to put back into the world at least the equivalent of what he takes out of it."* **Albert Einstein**
- "Think of giving not as a duty but as a privilege."* **John Rockefeller, Jr.**
- "I have found that among its other benefits, giving liberates the soul of the giver."* **Maya Angelou**
- "We make a living by what we get, but we make a life by what we give."* **Winston Churchill.**

The following are areas that require your contributions: volunteer now to serve as a member in a committee, prepare yourself to serve as an officer or a committee chairperson, solicit new members, visit the website and offer suggestions to improve it, attend and encourage others to participate in our educational and social activities, recommend a new educational or social activity, recommend ways to improve the newsletter or contribute to it.

The Executive Board and the Board of Trustees are all busy with their regular jobs, yet they find the time to give back to the association. I ask of you to contribute to AAAEA in order to assure the continued progress that has been achieved since its' establishment.



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VISIT OUR WEBSITE

WWW.AAAEA.ORG

OR EMAIL US

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 P.O. Box 2160
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Committee Reports

Business Members

Membership Committee

The principle function of the membership committee is to keep an active and up-to-date log of our members' information. I am pleased to announce that we have almost 400 registered members. However, we only have 178 renewed members. Your help and support in keeping this association a viable one is needed. This can be achieved through your commitment to timely renewal of your membership and your active participation in the association's activities. Together, we can help our association prosper and grow. Finally, please make sure you update your contact information by filling out the appropriate form found on the AAEEA web site
Thank you and have a happy and prosperous new year.

Mohammed Rashed

Career Enhancement Committee:

The career enhancement committee will conduct the monthly workshop on December 17, 2003. During the workshop, leads for new available positions are discussed, resumes of attendees are reviewed, and tips for interviews are presented.

Several members send their resumes via email for review. The committee reviews the resumes and suggest certain modifications.

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As a service to our business members, their business are advertised in the news letter for free. To include you business email us at aaaaa@aaaaa.org.
For \$50 you can upgrade to a business card size advertisement. Email us if you are interested



AAEA CALENDAR OF RECURRING EVENTS

January	February	March	April
<ul style="list-style-type: none"> * Scholarship Award Committee appointed before 1/31 * Newsletter * Career workshop * Monthly speaker seminar 	<ul style="list-style-type: none"> * Winter Business & Professional Networking Reception * Engineer's Week Thompson's Center Exhibit and Luncheon * EIT classes begin * ACT classes begin * Career workshop * Monthly speaker seminar * Technical Field Trip * Winter visit to High School (with other professional club associations) 	<ul style="list-style-type: none"> * Auditing Committee appointed * Annual Hatfish March 28 * Newsletter * Career workshop * Monthly speaker seminar * EIT classes continue * ACT classes continue * The Nominations Committee submit to the President the slate of nominees by March 31 * Family Bowling Event 	<ul style="list-style-type: none"> * Membership expires April 15 * Career workshop * Monthly speaker seminar * EIT classes end * ACT classes end * Deadline for submittal of written statements to election committee-April 15 * AAEA Conference-April 19 * Deadline for submittal of petition to nomination committee by April 20 (for those who did not submit before)
May	June	July	August
<ul style="list-style-type: none"> * Newsletter * Career workshop * Monthly speaker seminar * General Assembly/Election meeting-May 17 * Math tutoring ends 	<ul style="list-style-type: none"> * Picnic #1-June 8th * Career workshop * Monthly speaker seminar * Technical Field Trip 	<ul style="list-style-type: none"> * Newsletter * Scholarship application deadline 7/31 * Career workshop * Monthly speaker seminar 	<ul style="list-style-type: none"> * Picnic #2 - Saturday August 16 * Career workshop * Monthly speaker seminar * Logo design contest submittals due * Math tutoring begins
September	October	November	December
<ul style="list-style-type: none"> * Picnic #3 -Sept. 14th * Newsletter * Career workshop * Monthly speaker seminar * EIT classes continue * ACT classes begin 	<ul style="list-style-type: none"> * Business owners/Job networking meeting * Scholarship Committee interviewing applicants * Career workshop * Monthly speaker seminar * EIT classes begin * ACT classes continue 	<ul style="list-style-type: none"> * Career workshop * Monthly speaker seminar * ACT classes end * Technical field trip * Newsletter 	<ul style="list-style-type: none"> * Audit Committee meeting * December 5th Semi-Annual Meeting * Career workshop * Monthly speaker seminar * Nominations Committee appointed before Dec. 31

Continuing Education Requirements by the Illinois Department of Professional Regulation

Contributed by: Shaker Asfour, PE

In 2002 the "Rules for the Administration of the Illinois Structural Engineering Practice Act of 1989" ("Rules") were modified to include Continuing education requirements. At the time of the November 30, 2002 structural engineering license renewal, all Illinois licensed S.E.'s were notified that, beginning with the November 30, 2004 renewal, the continuing education requirements contained in the Rules are a condition of license renewal.

A synopsis of the Illinois rules for continuing education follows. It is recommended that all Illinois S.E.'s read the full text of the Rules, which can be found at the back of the new 2003 SEAIO directory and at the Illinois Department of Professional Regulation website: www.dpr.state.il.us.

ILLINOIS CONTINUING EDUCATION REQUIREMENTS

Beginning with the November 30, 2004 renewals, all applicants must complete 30 hours of continuing education (CE) relevant to the practice of structural engineering during each prerenewal period. The prerenewal period is the 24-month-period preceding the expiration date of the license.

CE credit may be earned by:

1. Completing course work relevant to structural engineering at an accredited college. One semester credit hour is equivalent to 15 hours of CE. For quarters, one credit hour is equivalent to 10 hours of CE. No limit on hours earned in this manner.
2. Completing a self-administered course, provided the course includes an exam graded by the sponsor. 10 hours maximum.
3. Attending in-house courses. One hour of credit is allowed for each hour of attendance. 10 hours maximum.
4. Attending qualifying workshops or technical meetings, conventions or conferences. CE credits earned are equivalent to the actual time of each program.
5. Teaching or presenting in the activities described in 1 through 4. Applicable CE credit will be 3 CE credits per hour taught, for the first time the material is presented. No credit for subsequent presentations.

6. Authoring published papers, articles or books on structural engineering topics. 10 CE credits shall be allowed for the preparation time of each publication.

7. Actively participating on a committee in a professional or technical society. 2 CE hours are allowed per committee membership. 10 hours maximum.

SEAIO dinner meetings, trade shows, seminars, and committee work may qualify for CE credit hours. Other acceptable providers for programs include technical or professional organizations and accredited educational institutions. To qualify, all programs must contribute to the advancement of professional skills and scientific knowledge in the practice of structural engineering. The minimum length of the technical portion of any CE activity is 1 hour. Non-technical portions of a program, such as dinners, do not qualify for credit as CE.

Each renewal applicant must certify, on the renewal application, full compliance with the CE requirements as defined in the Rules. It is the responsibility of the licensee to maintain a record of his or her CE for 5 years. The record will need to include:

- 1) The name and address of the sponsor or presenter;
- 2) A brief statement of the subject matter, printed program schedules, registration receipts or other proof of participation;
- 3) The number of hours attended in each program;
- 4) The date and place of the program;
- 5) Certificate of attendance, transcript or records of CE credits maintained by an acceptable provider of continuing education or a records administrator, or a log of activities for CE credit not given by a CE provider.

The Department may require additional documentation and may conduct random audits, to verify compliance with CE requirements. It shall be the responsibility of each applicant to retain or otherwise produce evidence of compliance.



I believe that the AAEE has accomplished a significant achievement in actually providing the community with math tutoring, ACT prep classes and all sorts of other activities. However all this was done alone this was all done with your help. To keep this up the AAEE is recruiting and has made volunteers in the classes of math, science and reasoning, reading, and English.

I can not see students and who are not in the ACT classes, and liked it very much. However, I am looking forward to teaching more in the areas of math, science and reading and especially reading. The volunteers were quite good but I believe more volunteers are here and are more qualified should you

A letter received from an ACT student.

The ACT classes are offered by AAEEA twice a year at Aqsa or Universal Schools in Bridgeview.

Excerpts from...

50 Ways One Engineer Can Make a Difference

see <http://www.eweek.org/> for the entire list of 50. One person can make a difference in the engineering profession and in National Engineers Week. Here are 50 ways to try.

1. In 2003 the nation celebrates the 100th anniversary of powered, piloted flight. Check out Celebrating the Evolution of Flight. <http://www.flight100.org/>
2. Check the National Engineers Week Internet site - www.eweek.org - weekly to find out what's new and what activities have been added
3. Introduce a Girl to Engineering! Use the free EWEEK "Introduce a Girl to Engineering Day" kit or place a public service announcement in your local movie theater.
4. Volunteer to help a local middle school participating in the National Engineers Week Future City Competition™. Or, you can help sponsor a prize or judge a local contest. You may even win a trip to Washington, D.C.! Visit www.futurecity.org
5. Contact a teacher or principal to speak at a local elementary, middle or high school and provide hands-on experiments relevant to engineering and careers.
6. Visit Internet sites of your professional and technical organizations to see what they are doing for Engineers Week. If they don't show anything, help create ideas and suggest they link to www.eweek.org!
7. Enter news of your local activities on the www.eweek.org database and enter your name as a local contact
8. From Jeremy Hubers: Get involved with a volunteer organization such as Habitat for Humanity and represent your engineering chapter with a volunteering spirit.
9. Suggest an interesting engineering sight or landmark in your community to National Engineers Week headquarters. Suggestions must be accessible to the public.
10. Contact the Junior Engineering Technical Society

(www.jets.org) to request guidance brochures for various engineering disciplines and explore high school programs.

11. Open your college engineering lab for public tours.
 12. Help kids ages 6-12 ZOOM Into Engineering with a toolkit developed by WGBH television specifically for National Engineers Week volunteers
 13. Present a demonstration for high school science and math clubs.
 14. Create special exhibits in public spaces at your office.
 15. Contact your employer's internal communications staff and let them know when Engineers Week will occur. Present ideas for ways to celebrate the company's achievements.
 16. Visit www.discoverengineering.org and promote this site to middle school students.
 17. Contact a middle or high school and offer to have a student shadow you on the job.
 18. Write a letter to your local newspaper editor letting him/her know about the importance of engineering to your community.
 19. Plan a special recognition luncheon in your office and invite the CEO or chief technical officer to participate.
 20. Order Engineers Week materials that can help with your programs.
 21. Visit www.greatachievements.org for useful information about great engineering achievements of the past 100 years.
 22. Donate mystery books with an engineering background, children's books, posters and bookmarks to a local public or school library for an Engineers Week "corner."
 23. Visit www.nae.edu/awards to learn about the Charles Stark Draper Prize, the "Nobel Prize" of engineering.
- Continued at <http://www.eweek.org/>



Quotes

The quotes below were selected by Soliman Khudeira. Thanks to the Internet and Bill gates, they made it real easy. It took only ? hour to prepare this page. We ask all to contribute to the newsletter in a similar way.

Do not bite at the bait of pleasure till you know there is no hook beneath it.
Thomas Jefferson

If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee. Abraham Lincoln

Better to remain silent and be thought a fool than to speak out and remove all doubt.
Abraham Lincoln

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.
Mahatma Gandhi

Determine never to be idle...It is wonderful how much may be done if we are always doing. Thomas Jefferson

Happiness is when what you think, what you say, and what you do are in harmony. Mahatma Gandhi

I cannot live without books.
Thomas Jefferson

I'm a great believer in luck, and I find the harder I work the more I have of it.
Thomas Jefferson

In matters of style, swim with the current; in matters of principle, stand like a rock.
Thomas Jefferson

Never spend your money before you have it.
Thomas Jefferson

Many of life's failures are people who did not realize how close they were to success when they gave up.
Thomas A. Edison

I have not failed 10,000 times, I have found 10,000 ways not to fail. Thomas A. Edison

Opportunity is missed by most people because it is dressed in overalls and looks like work. Thomas A. Edison

There is no expedient to which a man will not go to avoid the labor of thinking. Thomas A. Edison

We don't know a millionth of one percent about anything. Thomas A. Edison

Genius is one per cent inspiration, ninety-nine per cent perspiration. Thomas A. Edison

As long as you derive inner help and comfort from anything, keep it.
Mahatma Gandhi

Freedom is not worth having if it does not include the freedom to make mistakes.
Mahatma Gandhi

Honest differences are often a healthy sign of progress.
Mahatma Gandhi

I believe in equality for everyone, except reporters and photographers.
Mahatma Gandhi

Never trust the advice of a man in difficulties. Aesop

Persuasion is often more effectual than force. Aesop

Always bear in mind that your own resolution to succeed is more important than any one thing. Abraham Lincoln

If I were two-faced, would I be wearing this one?
Abraham Lincoln

Never trouble another for what you can do for yourself.
Thomas Jefferson

Imagination is more important than knowledge.
Albert Einstein

Actions You Can Take To Reduce Lead In Drinking Water

This article was taken form www.epa.gov/safewater/lead/lead1.html

Flush Your Pipes Before Drinking

Anytime the water in a particular faucet has not been used for six hours or longer, "flush" your cold-water pipes by running the water until it becomes as cold as it will get. (This could take as little as five to thirty seconds if there has been recent heavy water use such as showering or toilet flushing. Otherwise, it could take two minutes or longer.) The more time water has been sitting in your home's pipes, the more lead it may contain.

Only Use Cold Water for Consumption

Use only water from the cold-water tap for drinking, cooking, and especially for making baby formula. Hot water is likely to contain higher levels of lead. The two actions recommended above are very important to the health of your family. They will probably be effective in reducing lead levels because most of the lead in household water usually comes from the plumbing in your house, not from the local water supply.

Have Your Water Tested

After you have taken the two precautions above for reducing the lead in water used for drinking or cooking, have your water tested. The only way to be sure of the amount of lead in your household water is to have it tested by a competent laboratory. Your water supplier may be able to offer information or assistance with testing. Testing is especially important for apartment dwellers, because flushing may not be effective in high-rise buildings with lead-soldered central piping.

Health Threats From Lead

Too much lead in the human body can cause serious damage to the brain, kidneys, nervous system, and red blood cells.

You have the greatest risk, even with short term exposure, if: you are a **young child**, or you are **pregnant**.

Sources of Lead in Drinking Water

Lead levels in your drinking water are likely to be highest if:

- your home has faucets or fittings of brass which contains some lead, or
- your home or water system has lead pipes, or
- your home has copper pipes with solder, and
- the house is less than five years old, or
- you have naturally soft water, or
- water often sits in the pipes for several hours

Where can I get more information?

First contact your county or state department of health or environment for information on local water quality.

For more general information on lead, there are now two toll-free telephone services:



EIT / PE Classes

AAAAEA and PESO (Philippine Engineers & Scientists Organization) will have a combine EIT/PE Classes. The Classes will be held at DeVry Institute of Technology. AAAEA members will pay the same fee as PESO members. PESO has been offering those classes for years and we encourage our members to register for the classes and the exams. Please give us your feedback after you complete the classes.



To: Dr. S. Khadeira

PHILIPPINE ENGINEERS & SCIENTISTS ORGANIZATION

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P.E./E.I.T. REVIEW

The PHILIPPINE ENGINEERS & SCIENTISTS ORGANIZATION (PESO) is happy to announce the opening of its P.E./E.I.T. REVIEW. See the tentative schedule below. Classes will be held in Room 225, DeVry University, 3300 N. Campbell, Chicago, IL 60618. The REVIEW is open to all. For particulars, call Art G. Rusiana (630)830-2665 or Demi Soco (847)688-4766x323.

TENTATIVE SCHEDULE

DATE	E.I.T. REVIEW 1:00-5:00 P.M.	P.E. REVIEW 8:00 A.M.-12:00 NOON
October 18, 2003	Mathematics	
October 25	Mathematics	
November 1	Mathematics	
November 8	Mathematics	
November 22	Mathematics	
December 6	Computer Science	
December 13	Engg. Econ., Law & Ethics	
December 20	Statistics	Engg. Econ., Law & Ethics
January 3, 2004	Dynamics	Mechanical Engineering
January 10	Strength of Materials	Mechanical Engineering
January 17	Strength of Materials	Mechanical Engineering
January 24	Fluid Mechanics	Civil Engineering
January 31	Fluid Mechanics	Civil Engineering
February 7	Heat Transfer	Civil Engineering
February 14	Thermodynamics	Electrical Engineering
February 21	Thermodynamics	Electrical Engineering
February 28	Electrical Engineering	Electrical Engineering
March 6	Electrical Engineering	Chemical Engineering
March 13	Chemistry	Chemical Engineering
March 20	Material Science	Chemical Engineering

The deadline for filing applications for the April, 2004 P.E./E.I.T. exams is November 15, 2003; that for the October, 2004 P.E./E.I.T. exams, May 15, 2004. Please apply early. You need time to meet requirements. Call the Department of Professional Regulations (DPR) in Springfield, Illinois at (217)782-8356 for more details.

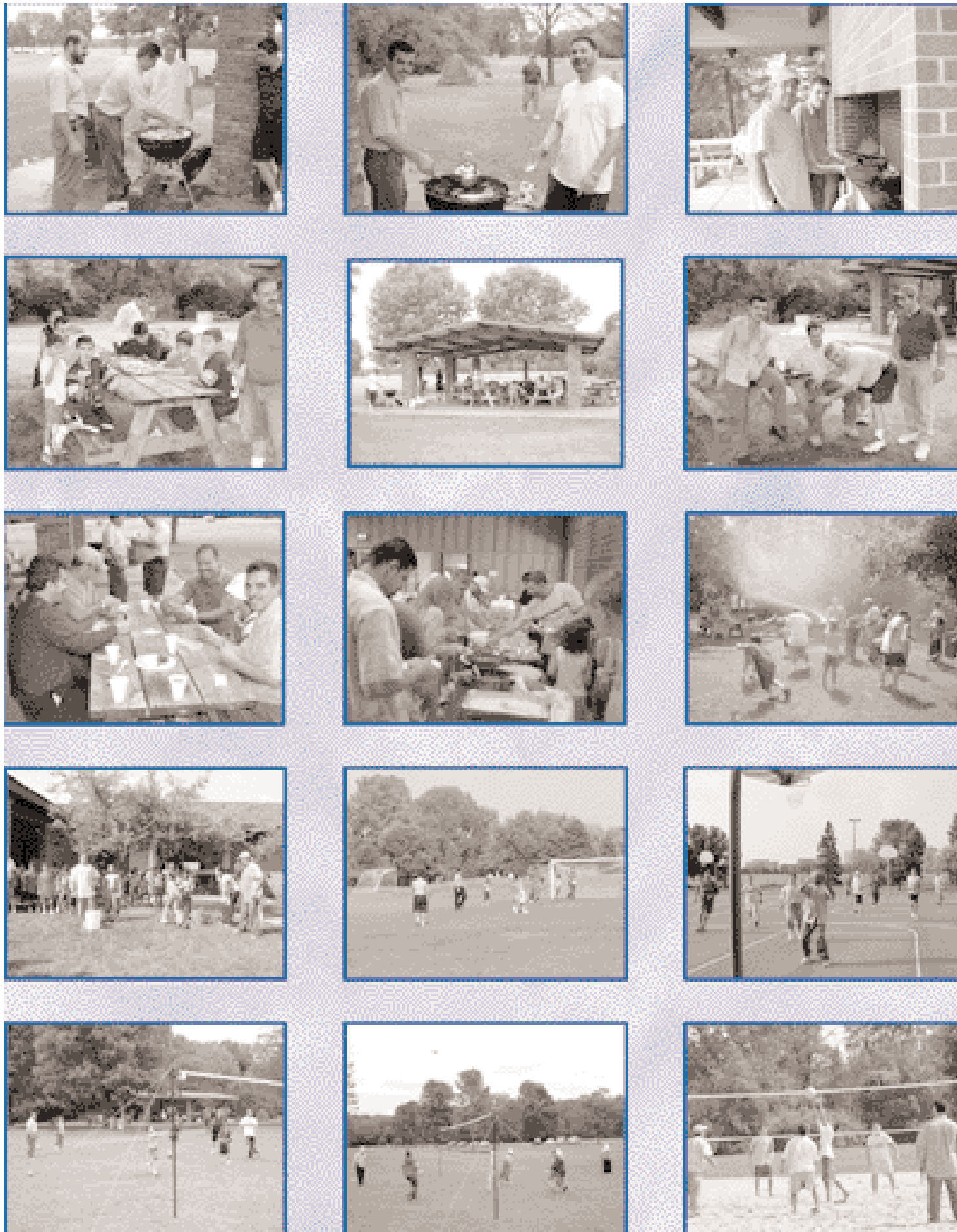
The P.E./E.I.T. exams are given twice a year, one in mid April and another in late October. Before sitting in these exams, take this REVIEW. It really helps, and it is a great feeling to PASS. Our schedule allows wider coverage and discussions. It is helpful especially to those who graduated from the college of engineering 5 or more years ago. The REVIEW lecturers are highly qualified and experienced professors in their own fields.

CHICAGO BY THE NUMBERS

Chicago has:

- 30,000,000 annual visitors
- 2,890,000 residents
- 213,000 catch basins
- 148,000 manholes
- 47,330 fire hydrants
- 26,630 hotel rooms
- 25,610 hospital beds
- 13,550 police officers
- 1,180 Crossing Guards
- 7,000+ restaurants
- 6,400 bike racks
- 4,600+ landmark properties
- 4,300 miles of sewer mains
- 4,290 miles of water mains
- 4,260 firefighters
- 3,780 miles of streets
- 630 paramedics
- 600+ public school buildings
- 560 parks
- 228 square miles
- 200+ annual parades
- 200 live theaters
- 198 neighborhoods
- 110 fire stations
- 105 hospitals
- 77 community areas
- 64 miles of expressway
- 63 miles of water supply tunnels
- 60+ miles of riverfront
- 53 inches of annual snowfall
- 50 wards
- 49 museums
- 46 movable bridges
- 40+ miles of bike lanes
- 31 miles of lakefront
- 30 inches of annual precipitation
- 29 police horses
- 27 mounted police
- 18 miles of lakefront trail
- 15 miles of bathing beaches
- 4 buildings taller than 1,000 feet
- 3 fire helicopters
- 2 rivers that flow backward
- 1 fire boat





Application Form for the EIT/PE Classes



For Dr. Rhudevia
**PHILIPPINE ENGINEERS &
 SCIENTISTS ORGANIZATION**

1011 Stratford Circle, Streamwood, IL 60107
 Tel: (630)830-2665 Fax: (630)213-9083
 E-Mail: art@psos.org

P.E./E.I.T. REVIEW REGISTRATION FORM

Please complete this form to register for the REVIEW. Then mail completed form to Art G. Rusiana at the above address.

1. NAME: _____

	Last	First		Middle
--	------	-------	--	--------
2. HOME ADDRESS: _____ PHONE: _____
 ADDRESS: _____ FAX: _____
3. BUSINESS ADDRESS: _____ PHONE: _____
 ADDRESS: _____ FAX: _____
4. EDUCATION: University/City Degree Year Graduated

a. _____			
b. _____			
c. _____			
5. FIELDS OF EXPERTISE:

a. _____	
b. _____	
c. _____	
6. PROFESSIONAL LICENSES: COUNTRY/STATE DATE

a. _____		
b. _____		
c. _____		
7. DONATION (NON-REFUNDABLE): Write your check to P.E.S.O.
 E.I.T. REVIEW: \$200 for a new member Reviewee, ←
 \$100 for a repeat Reviewee.
 \$250 for a non-member Reviewee.
 P.E. REVIEW: \$100 for a member Reviewee, ←
 \$150 for a non-member Reviewee.
 For a P.E.S.O. President, P.E./E.I.T. REVIEW is free.
 8. REGISTRATION DEADLINE: October 18, 2003

*AAEA members
 will pay this amount
 (Same as PESO members)*

Applicant's Signature/Date _____ APPROVED: _____
 Chairman, Technical Committee



Ever since we were little, we were told to eat our fruits and vegetables, and to avoid those sugary snacks that our mouths salivate for... yeah, right! Is that why more than 50% of North Americans (especially men) die each year of cardiovascular disease, mostly related to unhealthy eating habits?

So before giving you a list of no-no foods, here are the top foods you should eat.

10 foods you should eat

1. Sweet potatoes. They're loaded with carotenoids, vitamin C, potassium, and fiber.
2. 100% whole grain bread contains many more vitamins and minerals than its white counterpart.
3. Broccoli comes packed with vitamin C, carotenoids and folic acid.
4. Watermelon makes an excellent source of vitamin C and carotenoids.
5. Beans win the inexpensive, low fat, high protein award. Plus they contain lots of iron, folic acid and fiber.
6. Cantaloupe supplies all the daily requirements of vitamin A and C in just a quarter slice.
7. Spinach and kale provide calcium, fiber, carotenoids, and vitamin C.
8. Oranges contain vitamin C, plus abundant folic acid, potassium and fiber.
9. Oatmeal provides soluble fiber that helps lower bad cholesterol while improving good cholesterol.
10. 1% milk ranks as an excellent source of protein, with little or no artery-clogging fat or cholesterol.

Generally bad food

Solid fats

Anything from land animals or coconut and palm oils. Reduce your intake because they're safe for frying and slow to spoil. They're a quick and easy way to add taste and calories. These oils compete with the "good" oils for the nutrients, which slows down some of the essential cell functions. In order to absorb these fats, we must increase production of cholesterol. To have them in our blood, we also make additional cholesterol.

Heated, deep fried fats and oils

All toxic despite good taste. They aren't naturally found in food and they interfere with certain essential oils. They raise the bad cholesterol. Nearly all store-bought baked goods are made with shortening. Contrary to popular belief, butter is better than margarine.

White refined flour and most store-bought pasta

The bran and germ that are removed from such items are amazingly good sources of minerals and vitamins. They lack the essential nutrients, even after enrichment. Better to stick with whole grain products because white refined flour and store-bought pasta are linked to an increase in heart disease.

White rice

No, this does not mean to completely avoid eating white rice. However, brown rice does have nutrients that can't be found in white rice. One can possibly mix white and brown rice together for a great combination of flavor.

Sugar (white and brown), molasses and soft drinks

All of us are used to grabbing a Coke from the vending machine at work or school, but what we may not be so aware of is that the fructose portion of refined sugar is a building block for cholesterol.

10 foods you should never eat:

1. Quaker Oats 100 % Natural Oats and Honey Granola contain 3 teaspoons of sugar per half cup, and come laden with more artery-clogging fat than a McDonald's hamburger.
2. Gwaltney Great Dogs Chicken Franks contain 10 or 11 grams of fat per frank. Most hotdog manufacturers now offer pork, beef, turkey, or soy franks with zero to 2.5 grams of fat per frank.
3. Entemann's Rich Frosted Donut Variety Pack has as much saturated fat as 9 strips of bacon (10 grams).
4. Nissin Cup Noodles with Shrimp contain pre-fried and pre-salted noodles, compounded by the practice of using artery-clogging palm oil. They add 6 times as much sodium to the noodles as potato chips contain.
5. Frito-Lay's Wow Potato Chips are fried in olestra, a recently formulated fat substitute that some people cannot digest.
6. Oscar Mayer Lunchables contain heavily processed meat, cheese and mostly white-flour crackers.
7. Burger King's french fries have a salty coating that allow more fat to be absorbed.
8. Campbell's red label soups come brimming with salt.
9. Bugles are fried in highly saturated coconut oil. Baked Bugles are better.
10. Contadina's Alfredo Sauce contains a large amount of butter.

quick tips

One third of all cancers in the United States are due to improper nutrition — too much fat, too little fiber and not enough fruits and vegetables. So, do you need to become a vegetarian? Not at all. Simply integrate more of these foods into your daily diet, and you'll be one (huge) step closer to a healthier, disease-free life.

Of course, one should always keep in mind that good nutrition doesn't necessarily lead directly to great health. Be sure to integrate exercise into your lifestyle. Also, keep stress to a minimum and make sure that despite the fast-paced life you live, health is still your number one priority.

Balance and variety are important too. You want to look at your overall nutrition; one indulging meal is not going to make your diet terrible. But good eating choices that gradually become habits can improve your nutrition tremendously. Here's to your health!

A mathematician's Love Letter

De-Morgan's Law,
Binomial Avenue,
United States of Matrices.
My Dear Love,

Yesterday, I was passing by your rectangular house in trigonometric lane. There I saw you with our cute circular face, conical nose and spherical eyes, standing in your triangular garden. Before seeing you my heart was a null set, but when a vector of magnitude (likeness) from your eyes at a deviation of theta radians made a tangent to my heart, it differentiated.

My love for you is a quadratic equation with real roots, which only you can solve by making good binary relation with me. The cosine of my love for you extends to infinity. I promise that I should not resolve you into partial functions but if I do so, you

can integrate me by applying the limits from zero to infinity.

You are as essential to me as an element to a set. The

geometry of my life revolves around your acute personality. My love, if you do not meet me at parabola restaurant on date 10 at sunset, when the sun is making an angle of 160 degrees, my heart would be like a solved polynomial of degree 10. With love from your higher order derivatives of maxima and minima, of an unknown function.

Yours ever loving,

Pythagoras



The richest 10 people in America

1. William H. Gates III
\$46 billion; Microsoft (MSFT, news, msgs). Medina, Wash.; 47. Married, three children
2. Warren Buffett
\$36 billion; Berkshire Hathaway (BRK.A, news, msgs). Omaha; 73. Married, three children
3. Paul Allen
\$22 billion; Microsoft, investments
Seattle; 50. Single
- 4-8. The Waltons
Helen R. Walton \$20.5 billion; Wal-Mart Stores (WMT, news, msgs). Bentonville, Ark.; 84. Widowed, 4 children
- S. Robson Walton
\$20.5 billion; Wal-Mart, Bentonville, Ark.; 59. Divorced, three children

John T. Walton
\$20.5 billion; Wal-Mart, Bentonville, Ark.; 57. Married, one child

Jim C. Walton
\$20.5 billion; Wal-Mart, Bentonville, Ark.; 55. Married, four children

Alice L. Walton
\$20.5 billion; Wal-Mart. Fort Worth, Texas; 54. Twice divorced

9. Larry Ellison
\$18 billion; Oracle (ORCL, news, msgs)
Redwood Shores, Calif.; 59. Thrice divorced, 2 children

10. Michael Dell
\$13 billion; Dell Computer (DELL, news, msgs). Round Rock, Texas; 38. Married, 4 children



Real Engineers...

Real Engineers consider themselves well dressed if their socks match.

Real Engineers buy their spouses a set of matched screwdrivers for their birthday.

Real Engineers wear moustaches or beards for "efficiency". Not because they're lazy.

Real engineers have a non-technical vocabulary of 800 words.

Real Engineers think a "biting wit" is their fox terrier.

Real Engineers know the second law of thermodynamics - but not their own shirt size.

Real Engineers repair their own cameras, telephones, televisions, watches, and automatic transmissions.

Real Engineers say "It's 77 degrees Fahrenheit, 25 degrees Celsius, and 298 Kelvin," and all you say is "Isn't it a nice day."

Real Engineers give you the feeling you're having a conversation with a dial tone or busy signal.

Real Engineers wear badges so they don't forget who they are. Sometimes a note is attached saying "Don't offer me a ride today. I drove my own car."

Real Engineers' politics run towards acquiring a parking space with their name on it and an office with a window.

Real Engineers know the "ABC's of Infrared" from A to B.

Real Engineers rotate their tyres for laughs.

Real Engineers will make four sets of drawings (with seven revisions) before making a bird bath.

Real Engineers' briefcases contain a Phillips screwdriver, a copy of "Quantum Physics", and a half of a peanut butter sandwich.

Real Engineers don't find the above at all funny.

Understanding Engineers #1

The graduate with a Science degree asks, "Why does it work?"

The graduate with an Engineering degree asks, "How does it work?"

The graduate with an Accounting degree asks, "How much will it cost?"

The graduate with a Liberal Arts degree asks, "Do you want mustard with that?"

RISK

Engineers hate risk. They try to eliminate it whenever they can. This is understandable, given that when an engineer makes one little mistake the media will treat it like it's a big deal or something.

EXAMPLES OF BAD PRESS FOR ENGINEERS

Hindenberg
Space Shuttle Challenger
SPANet(tm)
Hubble space telescope
Apollo 13
Titanic
Ford Pinto
Corvair

The risk/reward calculation for engineers looks something like this:

RISK: Public humiliation and the death of thousands of innocent people.

REWARD: A certificate of appreciation in a handsome plastic frame.

THREE ENGINEERS

There are three engineers in a car: an electrical engineer, a chemical engineer and a Microsoft engineer. Suddenly the car just stops by the side of the road, and the three engineers look at each other wondering what could be wrong.

The electrical engineer suggests stripping down the electronics of the car and trying to trace where a fault might have occurred.

The chemical engineer, not knowing much about cars, suggests that maybe the fuel is becoming emulsified and getting blocked somewhere.

Then, the Microsoft engineer, not knowing much about anything, comes up with a suggestion, "Why don't we close all the windows, get out, get back in, open the windows again, and maybe it'll work?"

Engineering Rules

1. Any circuit design must contain at least one part which is obsolete, two parts which are unobtainable and three parts which are still under development.
2. Nothing ever gets built on schedule or within budget.
3. A failure will not appear till a unit has passed final inspection.
4. If you can't fix it — document it.
5. The primary function of the design engineer is to make things difficult for the fabricator and impossible for the serviceman



2003 SCHOLARSHIP WINNERS
RECEIVE THEIR AWARDS



GUEST SPEAKER JUDGE WILLIAMS
HADDAD ADDRESSES THE MEMBERS



AAAEEA PRESIDENT DR. KHUDERIA
ADDRESSES THE MEMBERS



KEYNOTE SPEAKER ALDERMAN JOE
MOORE



DR. MOHSAN ISSA ACCEPTS HIS OUT-
STANDING MEMBER AWARD



MEMBERS CHAT WITH ALDERMAN
JOE MOORE



THIS YEAR MEETING WAS HELD IN THE DRURY LANE IN OAKBROOK



The Moon Brings Electric Power to Arctic Homes

This article was taken from Yahoo.com

Homes on the Arctic tip of Norway started getting power from the moon on Saturday via a unique subsea power station driven by the rise and fall of the tide.

A tidal current in a sea channel near the town of Hammerfest, caused by the gravitational tug of the moon on the earth, started turning the 10-meter (33 ft) blades of a turbine bolted to the seabed to generate electricity for the local grid.

The prototype looks like an underwater windmill and is expected to generate about 700,000 kilowatt hours of non-polluting energy a year, or enough to light and heat about 30 homes.

“This is the first time in the world that electricity from a tidal current has been fed into a power grid,” Harald Johansen, managing director of Hammerfest Stroem which has led the project, told Reuters.

The plant in the Kvalsund channel, which had cost about 80 million crowns (\$11 million) by Saturday’s launch, is a tiny contributor to help cut dependence on fossil fuels like oil and gas blamed for global warming.

The water flows at about 2.5 meters (8 ft) per second for about 12 hours when the tide is rising through the Kvalsund channel, pauses at high tide and then reverses direction. The blades on the turbine automatically turn to face the current.

If successful, the project could herald far wider use of predictable tides in green energy and generate millions of dollars in orders. Windmills, by contrast, are useless in calm weather and have to be built to withstand hurricane-force winds.

ARTIFICIAL LAGOONS

Tides have previously been tapped for power plants in France, Canada and Russia in barrages that trap water in artificial lagoons at high tide. When the tide goes out, gravity sucks the water through turbines to generate electricity.

But such barrages can disrupt the habitats of animals and plants in river estuaries and along the coasts.

Proponents of turbines turned by tidal currents say that they cause less impact — they are silent and invisible from the surface and fish, whales and seals can probably swim round them without the risk of being sliced up.

Drawbacks are that costs are high. Hammerfest Stroem has estimated that electricity will cost about 0.30-0.35 crowns a Kilowatt hour to generate, three times that of typical hydro-generated electricity in Norway.

And maintenance — with divers having to go down to the seabed — could be tricky. Other subsea experiments to generate power from tidal currents from Australia to Britain have not got to the stage of feeding power into the grid.

Norwegian oil group Statoil, Swiss-Swedish engineering group ABB and local Norwegian utilities are partners in the Hammerfest Stroem scheme. “We want to get experience from this and see that we can also be a producer of green electricity,” said Hanne Lekva at Statoil.

(\$1=7.223 Norwegian Crown)

Announcement

AAAAEA announce the establishment of TALENT PAGE in the AAAEA web site and in the newsletter. This page will have:

- 1- AAAEA members and family are encouraged to express their talent in art, painting, poetry, writing, etc.
- 2- Arabic language materials are encouraged.
- 3- The materials should be in accordance with aaea bylaw.

For more information/details contact Hatem Bedair at (312)217-0192 or e-mail Hatem.Bedair@earthtech.com. E-mail your materials to Hatem or to aaea@aaea.org.

Congratulations to Ayham Rimawi for winning the AAAEA logo design contest. Due to the outstanding quality of the submittals it was very difficult to select a winner. The AAAEA received many designs from all over the world. We would like to thank all of those who submitted designs.



- Congratulations to Amenah Ibrahim on her new job at Unilever.
- Congratulations to Kassem Saad and wife on their new baby girl Layan.
- Congratulations to Dr. Mohsen Issa and wife on their new baby boy Abbas.
- Congratulations to Fadi Sultan and wife on their new

baby boy Samer.

- Congratulations to Fadi Sultan on passing the EIT exam.
- Our condolences to Mohammad al-Hajje's on the passing of his mother May God bless her and give her family patience.
- Our condolences to Marwan Safadi on the passing of his sister in law in Damascus. May God bless her and give her family patience.

Humor

Seen on a bumper sticker: 4 out of 3 Americans have problems with fractions

The phaomneil pwoer of the hmuan mnid Aoccdnrig to a rschereear at Cmabrgide Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the only iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae.

The rset can be a toatl mses and you can sitll raed it wouthit a porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amzanig, Huh?

A pastor, a doctor and an engineer were waiting one morning for a particularly slow group of golfers. The engineer fumed, “What’s with these guys? We must have been waiting for 15 minutes!” The doctor chimed in, “I don’t know, but I’ve never seen such ineptitude!”

“The pastor said, “Hey, here comes the greenskeeper. Let’s have a word with him.” [dramatic pause]

“Hi George. Say, what’s with that group ahead of us? They’re rather slow, aren’t they?” The greenskeeper replied, “Oh, yes, that’s a group of blind firefighters. They lost their sight saving our clubhouse from a fire last year, so we always let them play for free anytime.”

The group was silent for a moment.

The pastor said, “That’s so sad. I think I will say a special prayer for them tonight.” The doctor said, “Good idea. And I’m going to contact my ophthalmologist buddy and see if there’s anything he can do for them.” The engineer said, “Why can’t these guys play at night?”

