



THE TUCSON MED CLUB

# ZUROUNA زورونا

www.tucsonmedclub.org

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## The Jacob Family

By Cecilia Jacob

John Edward Jacob was born at the Stork's Nest, a small birthing facility on Meyer and Council streets in 1924. A native son indeed! He was one of seven children, born to Toufic and Wadia Yacoub Mubarak, immigrant parents who left their native Lebanon before the fall of the Ottoman Empire, at the end of the First World War. They

came through the port of Vera Cruz, Mexico and settled in Tucson in 1919.

The family name was quickly changed during the immigration process. John's grandfather's name was Ibrahim Yacoub Mubarak. He came from Zahle. The surname, Mubarak, was dropped due to difficulty in understanding and Yacoub became the family name.

Cecelia's mother, Freida, came to America with her sister at age 5, in 1904 and settled in Oconomowoc, WI. She never saw her mother again. Freida was married to Richard Alexander Sayklay in 1918 and they found their home in El Paso, Texas. Cele's father, Richard was born in Zabadani, Syria, a small village outside of Damascus and her mother, in Zahle. Cele is one of five siblings.

The Jacob family lived on Council Street. The Lebanese ghetto was enclosed in that downtown area in the early years.

John's father, Taft, purchased a small fruit stand from Frank Kalil senior, which was located near the present Fox Theater, circa 1921. This was their first venture. The Tucson Public Market developed from that first fruit stand in 1923, becoming the first "super" market in Tucson. The present Broadway Village, (Broadway and Country Club) became the site of a branch of the original Tucson Public Market in the late 30's. At that time, Broadway was unpaved east of Country Club Rd. John worked for his father and uncles throughout his youth, and was generously compensated at \$2.00 per day. In recent conversation, John recalled his fascination for one of the first birdseye freezers that arrived at the market in the late 30's, and was amazed at seeing a birdseye drumstick ice cream cone. John graduated from Tucson High School in 1941 and enlisted in the navy after the Japanese attack on Pearl Harbor. He served two years in Oahu at the Naval Hospital and was then transferred as a medic aboard a minesweeper in the South Pacific. He was honorably discharged in Feb. 1946 and promptly joined the Naval Reserves.



I am the descendant of a people that builded Damsuscs, and Byblos, and Tyre and Sidon and Antioch, and now I am here to build with you, and with a will.

Kahlil Gibran



(Continued on page 5)





## I'll be happy when...

Provided by Richard Michael



We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation or when we retire. The truth is there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges.

It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with ... and remember that time waits for no one.



So, stop waiting ...  
 Until your car or home is paid off.  
 Until you get a new car or home.  
 Until your kids leave the house.  
 Until you go back to school.  
 Until you finish school  
 Until you lose 10 lbs.  
 Until you gain 10 lbs.  
 Until you get married.  
 Until you get a divorce.  
 Until you have kids.  
 Until you retire.  
 Until summer.. Until spring. Until winter. Until fall.  
 ...  
 Until you die.



There is no better time than right now to be happy. Happiness is a journey, not a destination.  
 So work like you don't need money, love like you've never been hurt, and, dance like no one's watching.





# A Peek at our last Family Fun Night



# MED Kids



## Lana's Motto

**“Reach for the stars there’s, success in life, it’s hiding from you and you need to find it in your Heart”**



## Dancing For Life

By Alisa Basila

I have done numerous activities in my childhood, but dancing is by far my favorite. I have been in various types of dances such as tap, ballet, jazz, and hip-hop, and have been dancing for 7 years since I was 4 years old. I take dance lessons at the exciting and unique Arizona Dance Source Studios. I dream of one day owning a dance studio and instructing children in dance.

Dance is also good exercise for your body and great for your heart. In one weekly class I can do something that I love and get exercise at the same time. Dance is one of the main art forms that cross many different cultures throughout history.

In my dance class we practice each week for a big recital at the end of the year. This takes a lot of discipline and planning to perfect the routine. At the recital I am fully ready to dance on stage with specially made costumes in front of thousands of people. The Recitals are held at the TCC and include special lighting and music to accompany the dance routine. After the recital we have a break and then start all over again learning a new routine for the next year.

I believe everyone should find out about his or her cultural dance and try it. Ours is really cool!



## The Ocean

By Nadine Merheb

*When I see the ocean I think of the plants and fish swimming deep down.*

*The seagulls flying about with their wings beating the air.*

*There are so many you can't count them.*

*The tide washes sand away and brings treasures from where sand sharks lay.*

*The many palm trees sway with the wind. Oh, What a beautiful day.*

*The mermaids dance with the water in their eyes.*

*Schools of fish swim all about.*

*Clams open waiting for someone to discover their pearl.*

*The fish are all different kinds with weird minds. Oh what a beautiful day!!!!*

## The Jacob Family (continued from page 1)

The Tucson Public Market was sold at Taft's illness and eventual death in July of 1946.

In Sept. of 1946 John and his brothers, Abe and George, opened Club 21, a small 3 booth, six stool, bar and restaurant, near the dusty outskirts of town on Oracle Rd. John enjoyed a relationship with his brothers for 29 years and eventually sold his interest in 1975.

John and Cecelia were married in 1948 and have six children including a set of identical twins. Shortly after the birth of their first child, Loretta, John was called back into active duty in the Korean Conflict and was again honorably discharged in 1952.

John opened El Parador Restaurant in 1976, with three of his children, Loretta, Donald, and Daniel. It was formerly know as Tucson's Country Club Plaza, a swanky team room with exclusive specialty shops surrounding the atrium. It remains a special building today.



In 1986, John relinquished the daily operation of the restaurant to his children and began pursuing his life long dream of manufacturing and bottling his salsas, sauces, and spices. The salsas, and sauces are bottled on site and distributed to manufacturers. Today, John's 56 years, in the service of others, provides a legacy for his children, in the form of a vibrant restaurant, a nightclub, sales and catering department, and industrial salsa manufacturing and distribution division.

John and Cecelia are active in St. Ambrose Church and belong to the Equestrian Order of the Holy Sepulcher. John is a 4<sup>th</sup> Degree Knight of Columbus. Both John and Cecelia participate in a myriad of church activities as well as being ministers of the Eucharist. Cecelia is lector at daily and Sunday masses.

We of middle Eastern descent, all share the same beliefs. We must always remember from where we came and why we are here. We are a romantic people who cherish our rich Lebanese culture, defined as having strong religious beliefs, solid moral values, closely bound family ties, generosity, loyalty, hard work and love.

We are blessed indeed!

Al-hamdu-lillah!!



### Tennis Recipe: Good Precision Under Pressure

George Sahyouni, MED Sport Editor

1. Take your time before big points; focus on breathing to help your recovery.
2. Use visualization before serving or returning to help you "see" how you want the point to develop.
3. Plan your play and play your plan. Have a crystal clear idea of exactly how you to play in pressure situation.
4. Maintain present focus. Concentrate on playing one point at a time to the best of your ability.
5. Focus on attacking the ball with your feet. Good footwork and positioning translate into precise shot making.
6. Maintain light grip pressure on your racket. This will help keep your arm muscles relaxed and will allow you to achieve good racket head speed with little effort.
7. Focus on seeing the ball come off your opponent's racket, which will help facilitate early preparation.
8. Think tactically, not technically, in a match situation. Trust and believe in the strokes you bring to the match court on any given day.
9. Always have a strong, positive self-belief in your abilities to cope with difficult situations in any given match situation.
10. Present a strong image on the court. Positive, energetic body language will tell your opponent you are confident and ready to battle.
11. By doing all the above, you may get a slim chance to beat the instructor.



## The Origin of Cities 5500—2300 BCE

By Dr. Kamal Moukabary

In the previous issues we have discussed some aspect of what is known about life in the Ancient Near East during several periods spanning over 2500 years including the Halaf (5000-3500 BC), Uruk (3500-3100 BC), and Jemdet-Nasr (3100-3000 BC). In this issue we will discuss the Early Dynastic Period. It is called that because we have a list of early kings who ruled Mesopotamian cities in that period. This is called the **Sumerian King List**. Those kings ruled cities that existed after the flood.

This period is usually divided into three parts, The Early Dynastic I, II and III.

The **Early Dynastic I** lasted from 3000 to 2800 BC. This period may have seen a kind of primitive democracy in which notables from several different cities meeting in a central place like Nipur, which eventually became the religious capital of the plain, made decision by consensus. Temples were important economic centers.

During this period we see the rise of different class of exploiters whose power base was outside the temples, these exploiters became kings and eventually expropriated the lands and people to the temples.

Temples in Mesopotamia were always economic plums that rulers wanted and eventually kings managed to dominate them, even if they did not emerge from the temple hierarchy themselves. Temples were also important in storage and distribution of goods. Palaces grew more elaborate, but private houses did not show status distinction until the Uruk period. In the issue we discuss the Early Dynastic Periods II and III.

KFM



## The Tucson Med Club

Invites you to

## New Year's Eve Party

At

The Westin La Paloma  
800 East Sunrise Drive



Featuring a sit down dinner  
7:00 PM starts off the festive evening

Adults: \$70.00 Children under 12: \$40.00

By Reservations Only, No Tickets will be sold at the Door

Contact Information:

Sonia Moussa: (520) 577- 0491 Maggie Moussa: (520) 403 -7976

Gabriel Sarah: (520) 795 - 3801

## MED Kitchen

### Stuffed Chicken

Mona Sarah

**Ingredients:** one whole chicken (approx. 4 lbs.), ¼ cup pine nuts, ¼ cup peeled almonds, ½ lb. Ground beef, ½ cup of butter, 1 Tablespoon flour, 1-teaspoon ea. salt, pepper, cinnamon, and saffron, ¾ cup rice, and 3 bay leaves



Fry pine nuts in butter until golden, remove pine nuts and repeat process with Almonds. Add ground beef to the butter along with salt and half of the spices. Mix together and cook on stove for five minutes.

Wash rice and add to meat. Add 1-cup water and cook for twenty minutes.

Clean chicken thoroughly in and outside, but be careful not to stretch the hole. Let chicken dry, and then rub the other half of the spices on inside and outside of chicken.

After rice and meat are cooked, add nuts and mix together. Stuff mixture into chicken and then sew up the chicken.

Put chicken in pot and cover with water. Add salt and bay leaves. Cook on stove approximately one hour or until done. Lift chicken and put on oven-safe-tray. Put in oven for around twenty minutes or until golden brown.

Mix flour in water until smooth add to the broth and cook on stovetop for ten minutes. This will make nice gravy that can be served along with the chicken.

#### Med Club Information: Membership Renewal

- If you are already member, please renew by sending a check payable to: Tucson Med Club

Fees: Family Membership: \$70

Individual Fee: \$35

Donations: MED Scholarship Fund

- If you are not a member, you can download the application form from our website or contact any board member to get an application form.

Please note that to be officially a member, according the MED bylaws, the board must discuss and approve the application.

**Tucson MED Club is a member of the Southern Federation of Syrian Lebanese American Clubs.** <http://www.sflsac.org/>

### Happy Events

#### Birthdays



#### December

Rory Abdelatif 1st  
Renee Hobeich 16th  
George Sahyouni 10th  
Ryan Lahood 18th

#### January

Jennifer Hijazi 2nd  
George Moussa 5th  
Valerie Hobeich 6th  
Soey Borane 24th  
Alisa Basila 28th  
Gabriel Katrib 28th  
Christine Moussa 30th

#### February

Osama Abdelatif 1st  
Sonia Moussa 6th  
Kamal Moukabary 6th  
Walid Busaba 6th  
Pamela Yarnisa 13th  
Sally Aboud 14th  
Paul Hobeich 14th  
Lana Hariri 18th  
Natalie Lahood 21st  
Hala Moussa 21st  
Salim Hariri 24th

#### March

Sosan Moussa 6th  
Lydia Sahyouni 15th  
Ned Charani 15th  
Michael Borane 15th  
Leila Charani 17th  
Sam Moussa 25th  
Aaron Brewer 26th  
Lana Moussa 26th  
Michael Aboud 29th

#### Anniversaries

Mark & Pamela Yarnisa Dec. 21  
Nabeeh & Elham Lahood Feb. 11th  
Osama & Rory Abdelatif Feb. 14th

#### Call for Submissions:

Nominate and Arab/Arab American you know. Write and tell us why this person is deserving and we will interview and honor them in upcoming issues. E-Mail Zurouna editors with your nominations!

This Issue is compliments of:



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**Happy New Year from  
Ferial, Yasser, and Sarah!**  
*Send a smile today!*

## Founding Members

Sonia Armaleh-Moussa, Ph.D  
Osama Abdel-Latif, MD  
David Basila  
Walid BuSaba, Ph.D  
Salim Hariri, PhD  
Hassan Hijazi  
George Hobeich, MD  
Nabeeh Lahood, MD  
Richard Michaelles  
Magdalién Moussa  
Sam E. Moussa, MD  
Kamal Moukabary, MD  
George Sahyouni, PhD  
Alif Sarah, MD  
Angelina Sarah  
Bachar Sarah  
Adel Ziady

Kahlil Gibran

*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."*

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