



TUCSON MED CLUB



ZUROUNA زورونا

www.tucsonmedclub.org

A publication of the Tucson MED Club

Volume 9 No 3

Winter 2009

Peek at Tucson MED Activities in 2009

This year we will let the pictures describe our MED activities for 2009. Whenever we get together, it has been always fun, and makes us feel good about our community, proud of who we are, and where we originally came from. Together we will be a stronger extended family and can better support each other. Make your resolution for 2010 to be a MED member, organize and participate in our activities.

Wish you a Happy and Prosperous New Year! Salim Hariri



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





Fast Facts

By Lana Hariri

FACTS ABOUT ARAB AMERICANS:

- 39% of Arab Americans in the USA are Lebanese.
- 12% are Syrian and another 12% are Egyptian.
- 1/3 of the total Arab Americans live in California, New York, and Michigan.
- Vince Vaughn, (from Wedding Crashers, Couples Retreat, The Break Up) has a Lebanese grandparent.
- 3.5 million Americans are from Arab descent.

OTHER FACTS:

- Americans collectively eat 100 lbs of chocolate per second.
- A large python can swallow a goat whole
- Hippopotomonstrosesquippedaliophobia is the fear of long words.
- No words in the dictionary rhyme with ORANGE.
- There are more stars in the universe than there are grains of sand.
- Avocados have more protein than any other fruit.
- In India, people are allowed to legally marry a dog.
- Chewing gum while peeling onions will keep you from crying.
- Every time you sneeze, some of your brain cells die.
- When you blush, the lining of your stomach also turns red.
- It cost 7 million dollars to build the Titanic, and 200 million to make a movie about it.
- It takes about 20 seconds for a red blood cell to circle your entire body.
- Colgate faced big obstacle marketing toothpaste in Spanish speaking countries. Colgate translates into the command "go hang yourself."
- Most soccer players run 7 miles per game.

Med Club Information: Please Join or Renew Your Membership for 2010

- If you are already a 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 at www.tucsonmedclub.org or contact David Basila, MED Club President, at 520-907-2191, david@basila.us or Kamal Moukabary, MED Club VP, at 520-245-9225, kamal@moukabary.com

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.sflac.org/>



THE YEAR 1909

Provided by Charles Yessian

One hundred years ago. What a difference a century makes!
Here are some statistics for the Year 1909 :



- The average life expectancy was 47 years.
- Fuel for the car was sold in drug stores only
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower!
- The average wage in 1909 was 22 cents per hour.
- The average worker made between \$200 and \$400 per year ..
- A competent accountant could expect to earn \$2000 per year.
- A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births took place at HOME.
- Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press and the government as 'substandard.'
- Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering into their country for any reason.
- Five leading causes of death were: 1. Pneumonia and influenza; 2. Tuberculosis; 3. Diarrhea; 4. Heart disease; and 5. Stroke.
- The American flag had 45 stars.
- The population of Las Vegas, Nevada, was only 30!!!!
- Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
- There was no Mother's Day or Father's Day.
- Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.
- Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.
- Back then pharmacists said, 'heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health'
- Eighteen percent of households had at least one full-time servant or domestic help.
- There were about 230 reported murders in the ENTIRE U.S.A.!
- Plus one more sad thought; 95 percent of the taxes we have now did not exist in 1909

Try to imagine what it may be like in another 100 years. IT STAGGERS THE MIND

THE TUCSON MED CLUB HAS A FACEBOOK PAGE! ADD US AS YOUR FRIEND!!

Search: Tucson Med Club on Facebook

Thanks for Lana Hariri for setting up the site that is currently under construction.



MED Members Annual Lunch Meeting

Sunday, January 31, 2010, 11:30 am–1:30 pm
Ali Baba Restaurant

Dear MED Club Members:

We are going to have our annual lunch meeting for Med members at noon at Ali Baba Restaurant on January 31, 2010. The meeting goal is to give you the opportunity to meet, socialize with other Med members and get your opinion about planned MED Activities: newsletters, family nights, picnics, what the club should be doing, get more involved in the Club activities and elect new volunteers to serve on the MED Board, etc.

If you have not renewed your membership for 2010 or you want to be a member, you can renew or become member at the lunch meeting. For logistics and planning, we do really appreciate it if you let us know if you are planning to attend and how many are in your party. Please send email to David Basila (david@basila.us) or Kamal Moukabary (kamal@moukabary.com), if you are planning to attend.

Looking forward to meeting all of you and discuss MED activities and issues.



New Year's Celebrations? ... but for what reason?

by Salim Hariri

Happy New Year! That greeting will be said and heard for the first couple of weeks with the beginning of a new year. It is a greeting people have exchanged, in one form or another, for thousands of years. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonia New Year start with the first New Moon that represents the first day of spring. The beginning of spring is a reasonable time to begin a new year. Spring is the season of rebirth where new crops are planted, and flowers blossomed. The Babylonia new year celebration lasted for eleven days. Each day has its own particular type of celebration. The Romans observed the new year in late March, but their calendar was continually changed by their emperors and soon become out of synchronization with the sun. To fix this problem, the Roman senate, in 153 BC, declared that the beginning of the new year is



January 1. They choose January for their god, Janus, who is pictured with two heads. One looks forward and the second looks backward. This symbolizes the break between the old and new.



The Greeks used the baby symbol to represent the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth. Although the early Christians objected that practice, but the popularity of using the baby a symbol of rebirth

forced the Church to change its position. The Church allowed its members to celebrate the new year with a baby to symbolize the birth of the baby Jesus and continued that tradition that was started as a pagan ritual.



Not everyone celebrate New Year in January, nor in the same way because countries did not use the same calendars. Some they use the moon as a basis for their calendars, others use the position of the sun or based on both the sun and the moon. People around the world developed a special beliefs about the New Year.

The Jewish New Year is Rosh Hashanah and represents the time when people reflects on the things they did wrong and the promise to improve in the future. The Chinese New Year is celebrated between January 17 and February 19 when there is a new moon and it called Yuan Tan. It is celebrated by Chinese all over the world and street parades with thousands of lanterns are used to light the path for the New Year. The Chinese people believe that there are evil spirits at New Year, so they use firecrackers to scare the spirits away.

People believed that they could improve their luck for the coming year by what they do and eat on the first day of the year. For this reason it becomes common to celebrate the first few minutes of the new year with family and friends. Making New Year's resolutions is a common tradition of the season. The resolu-

Halloween Party on October 30, 2009



Halloween Party on October 30, 2009





Happy Events
Birthdays
December

Rory Abdelatif 1st
 George Sahyouni 10th
 Scott Hardy 2nd
 Renee Hobeich 16th
 Rayan Lahood 18th
 Karen Callan 20th
 Naya Moukabary 20th
 Zane Abdelatif 22nd
 Tarek Nasif 23rd
 Kristina Callan 27th

January

Jennifer Hijazi 2nd
 Courtney Callan 4th
 George Moussa 5th
 Valerie Hobeich 6th
 Mohammad Amin Saad 7th
 Manal Deeb 10th
 Bassel Kisso 15th
 Hani Rizk 15th
 Renee Hobeich 16th
 Alif Sarah, 17th
 Lina Rizk 22nd
 Jill Hardy 22nd
 Jennifer Hijzai 21st
 Alisa Basila 28th
 Fadi Deep 29th
 Christine Moussa 30th

February

Osama Abdelatif 1st
 Sonia Moussa 6th
 Kamal Moukabary 6th
 De Sarah 10th
 Samaya Badrieh 12th
 Paul Hobeich 14th
 Magdalen Moussa 14th
 Lana Hariri 18th
 Natalie Lahood 21st
 Hala Moussa 21st
 Salim Hariri 24th
 Jasmine Moussa 26th

March

Emma Rose Douville
 Chris Callan 5th
 Hassan Hijazi 10th
 Adam Abdelatif 11th
 Lydia Sahyouni 15th
 Mona Brewer 15th
 Ola Moukabary 21st
 AJ Sahyouni 22th
 Sam Moussa 25th
 Aaron Brewer 25th

Anniversaries

Shadi and Caroline Badrieh Dec. 10
 Bassel and Suha Kisso Jan. 8th
 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 22nd



Creep on a Platter

Rosie Casagrande



2 quarts rocky road ice cream (or favorite flavor)

24 chocolate cream-filled cookies

1 quart vanilla ice cream

2 cups whipped topping

Decorative candies such as licorice strings and nubs, fruit leathers, sugared candies and small candy-coated chocolates

Red decorating gel (optional)

1. Place rocky road ice cream on counter 15 minutes to soften slightly, if necessary. Scoop ice cream into a medium mixing bowl and press down firmly to form the shape of the bowl. Cover with plastic wrap and freeze 30 minutes.
2. Meanwhile, place cookies in a food processor and crush or place in plastic resealable bag, seal, and, using a meat mallet, crush cookies. Set aside.
3. Remove rocky road ice cream from freezer and top with cookie crumbs. Spread vanilla ice cream on top. Cover with foil and freeze at least 8 hours.
4. To remove ice cream from container, place it in a larger bowl of hot water for 10 to 15 seconds, dry off bottom of bowl, and invert onto a platter. Coat the mound of ice cream with whipped topping. Top with licorice strings to resemble long scraggly hair. Use fruit leather, sugared candies, licorice nubs or other candies to form eyes, nose and mouth. Wrap with several layers plastic wrap and place in freezer until time of serving. Can be prepared 48 hours in advance.

Makes 10 to 12 services

Variation: Use other foods or candies for facial features. Place a knife in its head; drizzle red decorating gel on face or around eyeball for blood.

Proud to Present the Zurouna Newsletter Sponsors

Arab American Business Directory for Southern Arizona

If you are interested in publishing your business in this directory, please contact
Aaron Brewer at (520) 750-7500

AVIRTEK Autonomic Management Solutions

AVIRTEK provides Information Technology Management solutions for small to medium size businesses. It is the one-stop shop for all your computer, network and software needs at a fraction cost of similar enterprise IT management solutions. We focus on IT management for medical and dental offices. Our professionals are well experienced in many medical and dental software. For more information, please contact:

**FIRAS BARAKAT | (520) 548- 6325 | firas@avirtek.com
www.avirtek.com**

BABYLON MARKET L.L.C. Middle Eastern & International Food



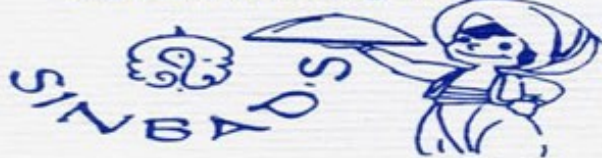
شركة أسواق بابل
مواد غذائية دولية و شرق أوسطية
We specialize in:
Halal Meat, Fresh & Organic Produce & House Hold Items
Fine Imported Arabic, Indian, Turkish, African & European Products
3954 E. Speedway Blvd. Tucson, AZ 85712
Tel. 520-232-3700 Fax 520-207-6630
Halal حلال
Open 9am - 9pm, 7 days a week

ARIZONA DESERT LANDSCAPE

Hannah Sarah

2125 N. Chrysler Dr.
Tucson, AZ 87716
PH: (520) 327-0955

~ Award Winning Food ~



Fine Mediterranean Cuisine
Dine In * Carry Out * Catering
810 E. University Blvd.
Tucson, AZ 85719
Phone: 520-623-4010
www.sinbadstucson.com

LUXOR CAFÉ & HOOKAH LOUNGE

Come Enjoy Tucson's Newest
Mediterranean Restaurant

*Kababs, Shawarma, Falafel, Hummus,
Taboulé, Kibbeh... And So Much More*

**Dine In – Carry Out
Catering**

**Tamer Swailem
Owner/Operator**

3699 N. Campbell Ave, Tucson, AZ 85719
Northwest Corner Prince & Campbell

Tel: (520) 325-3771 Fax: (520) 325-9547

Monday – Thursday 11 AM – 1 AM
Friday – Saturday 11 AM – 4 AM
Sunday 5:30 PM – 1 AM

Jasmine Market

2516 N. Campbell Avenue
Tucson, AZ 85719

Now offering a great selection of Middle Eastern and Mediterranean specialties including Spices, Olive Oils, Tahini, Beans, Baklava, Lebni, Cheeses (Hallouni, Feta, String Cheese...), and a Lot More.

For Information, call Amer Said at
(520) 320-3900

All Right Reality

Jamal "J" Hardan

Associate Broker

Multi Million \$ Producer

Cell: (520) 977-4434

P.O. Box 57371

Fax: (520) 299-1048

Tucson, AZ 85732



Desert of Tucson Inc.

We sell, Buy and Trade
Jamal Hardan

1146 E. 22nd St.

Phone: (520) 622-5257

Tucson, AZ 85713

Fax: (520) 622-2030

Proud to Present the Zurouna Newsletter Sponsors

ALLERGY, ASTHMA ASSOCIATES, P.C.

Nabeeh N. LaHood, MD, FAAAAI

Pierre Sakali, MD, MAAAAI

Adult and Pediatrics

2320 N. Wyatt Dr., Ste. 71 * Tucson, AZ 85712

(520) 318-1860

1980 W. Hospital Dr., Ste. 210 * Tucson, AZ 85704

(520) 531-9254

1760 E. Florence Blvd., Ste. 200 * Casa Grande, AZ 85222

(520) 836-3283

SOUTHWEST ORTHOPAEDIC

SURGERY SPECIALISTS, PLC.

Ario B. Kiarash, M.D.

Domingo Cheleutte, M.D.

Brett Haywood, M.D.

Jason M. Humphrey, P.A.-C.

Tel: (520) 327-9677 Fax: (520) 327-9678

www.southwest-ortho.com

3395 N. Campbell Ave, Tucson, AZ 85719

Dr. Alif Sarah, MD

Internal Medicine

Board Certified

Tel: (520) 297-9813

Fax: (520) 297-0705

2001 W. Orange Grove. Rd.

Suite 612

Tucson, AZ 85704

HOBEICH MEDICAL PLAZA



GEORGE L. HOBEICH, M.D.

BOARD CERTIFIED IN PEDIATRICS
AND ADOLESCENT MEDICINE

6600 N. Oracle Road Suite 100
Tucson, AZ 85704

(520) 575-9007 • (520) 575-0041 Fax

SOUTHWEST ENGINEERING **George Sahyouni, PhD., P.E.**

Senior Structural Engineer

Tel: (520) 615-7786

7760 E. Broadway Blvd, Suite 104

Tucson, AZ 85710

gsahyouni@comcast.net

www.swestructural.com

**You & Us. Working together
to address your financial needs.**

Aaron W. Brewer, Financial Advisor
5285 East Williams Circle, Tucson, AZ 85711
520-750-7500 aaron.brewer@ubs.com
www.ubs.com/financialservicesinc

You & Us



**Dr. Kamal
Moukabary, M.D.**
Board Certified
Anesthesiology
Board Certified Critical
Care Medicine

Scheduling Office: (520) 318-3113

Business Office: (520) 546-4094



**Tarik H. Sultan
IMMIGRATION LAW
SINCE 1976.**

**Listed in The Best Lawyers
in America.**

WOLF and SULTAN P.C.

5151 E. Broadway, Suite 1750

Tucson, AZ 85711

(520) 882-9633

(520) 882-2929 FAX

Email: sultan@azimm.com

If you like to be a sponsor of Zurouna Newsletter, please contact Firas Barakat at (520) 548-6325

ADOBE GASTROENTEROLOGY, P.C.
 2585 N. Wyatt Dr, Tucson, AZ 85712
 Phone: (520) 721-2728 Fax: (520) 721-0179
 Gastroenterology & Hepatology
 Diplomates, American Board of Internal
 Medicine and Gastroenterology

SAM E. MOUSSA, MD
DOUGLAS PETERSON, MD
BECHARA MEZHER, MD
FADI DEEB, M.D.

We are conducting study on patients with heartburn. If you have heartburn you may qualify for free medical care that could include physical exams, lab work that you may have not had done, endoscopic evaluation of the upper digestive system and compensation for your time.

If you're interested please call 721-2728.

**We Cater The Finest Mediterranean Cuisine!
 Parties of Any Size!**



2545 E. Speedway Blvd
WWW.AliBabaTucson.com

Free Delivery
 Alvernon to Campbell
 Broadway to Grant

Call Now for FAST Delivery 319-2559

Shiraz Room now Available for your Meetings, Parties
 with Music, Big Screen Projection System
 (Capacity up to 90 People | No Charge for the Room)

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."

©2005 by Tucson MED Club

TUCSON MED CLUB

P. O. Box 43024
 Tucson, AZ 85733-3024

[Http://www.tucsonmedclub.org](http://www.tucsonmedclub.org)

Founding Members

Sonia Armaleh	Osama Abdelatif
David Basila	Salim Hariri
Hassan Hijazi	George Hobeich
Nabeeh Lahood	Nick Mansour
Richard Michaelis	George Sahyouni
Sam E. Moussa	Kamal Moukabary
Alif Sarah	Hannah Sarah
Hassan Sultan	Adel Ziady

Board Members

David Basila, President
Kamal Moukabary, VP
Sonia Armaleh-Moussa, Treasurer
Salim Hariri
Hassan Hijazi
Sameer Dahdal
Magdalen Moussa
Caroline Ashi
Anis Hanna
George Sahyouni
Fadi Deeb
Firas Barakat



Lana Hariri
 LHariri218@gmail.com

Zurouna Editors

زورونا