

WORLD BEAT

edited by Marta Garelik

Joggers To Compete In Marathon

JERUSALEM (JTA) — Thousands of runners and joggers from Israel and around the world are expected to compete on Jan. 4, 1981 in Israel's Fourth International Sea of Galilee Marathon. The annual race is recognized by the International Amateur Athletics Federation and follows a standard 26-mile course along the scenic shores of the Sea of Galilee.

Soy Bean Found To Have Medicinal Value For Diabetics

TEL AVIV (JTA) — The ubiquitous soy bean has been found to have important medicinal value for diabetics, researchers of the Haifa Technion's medical faculty reported. According to Dr. Yoram Kanter, a senior lecturer in medicine who heads the research team, a by-product of the soy bean, known as sobit, can reduce the sugar content of the blood and is otherwise helpful in diet control.

The product, already available to consumers here, does not replace insulin, Kanter stressed. But taken in small quantities it reduces the after meals glucose response. Kanter described the research that led to the discovery of this property in soy bean fiber in a paper presented recently at the annual meeting of the American Diabetes Association in Washington.

The research extended over the last three years. Patients with soya extract added to their diets showed a smaller sugar concentration compared with those who were not given the soya.

Hilton Hotel Brochure Omits Israel

ATLANTA, Ga. (JTA) — Hilton International, the giant

hotel chain, claims the omission of two Hilton hotels in Israel from its recently published Middle East edition of "Business Travelers' Guide" is a "must for doing business in the Arab countries," it was reported in the latest issue of *The Southern Israelite*.

Charles Wittenstein, Southern counsel for the Anti-Defamation League of B'nai B'rith, called the booklet "a shameful practice."

Bi-Weekly Cargo Service Begins Between Israel and Egypt

TEL AVIV (JTA) — The Jasmin, the first Israeli freighter to call at an Egyptian port, docked at Alexandria recently to discharge four containers, two of them with general cargo and the others with fresh apples and apricots. Her arrival marked the beginning of a bi-weekly cargo service between Israel and Egypt operated by the Zim Lines, Israel's national shipping company.

Swiss-Israel Exports And Imports

GENEVA (JTA) — The Swiss Israel Chamber of Commerce in their July bulletin stated that imports from Israel to Switzerland during the first five months of 1980 totaled \$111.8 million. This amount is the same as that for the first five months in 1979. Exports from Switzerland to Israel for the first five months of 1980 totaled \$408.7 million, of which \$305.8 million was in uncut diamonds.

Life's Tomorrows

*Life goes on its merry way
Crossing bridges every day
Sometimes up and sometimes down
Sometimes with a smile
Sometimes with a frown.
We can laugh with the good times and
Cry with the sorrow.
But there is one thing you must remember,
The past was, the present is, and then
There is always tomorrow.*

— Anita Miller

SPEAKING OUT

The following is an interview between Dr. Saul Brenner and Raphael I. Panitz, new director of the Hebrew Academy.

Q.: What impresses you about the day school in Charlotte?

A.: I was fortunate to be able to spend a week in the school during the month of June. On the basis of that visit, I received a number of favorable impressions of the school. I was happy to find a warm, kind, friendly atmosphere in the school. I was also taken by the camaraderie that exists between the children of the school. The children's desire to be educated in all aspects of Judaism stands out. I could not help but notice the active and vigorous role that the parents play in making the school the excellent kind of institution that it is today. Finally, one must not forget that the children are happy and pleased, even though they all carry a double work load of English and Judaic studies.

Q.: What are your goals as director of the Hebrew Academy?

A.: The goals for this coming year are many. Obviously, the staff and I must ensure that our students obtain a secular education comparable, if not superior, to what is taught in both public and private schools in Charlotte. Equally important, we must see to it that the children receive a thorough Judaic education. This includes the ability to speak, write and read Hebrew, and a familiarity and knowledge of the Sidur, the prayer book. Judaic education at the Academy will also include the study of the festivals, Jewish customs and practices and the Jewish life cycle. Apart from these goals, attention will be placed upon the Bible, rabbinic Judaism, Midrash, the history of the Jewish people and the modern state of Israel.

Q.: What do you say to parents who argue that the Hebrew Academy is too parochial?

A.: There is nothing parochial about the rich cultural heritage of Judaism. History shows that when

Jews have stopped educating their children in Judaism, the nation has died out. Moreover, a knowledge of Jewish ways and ideals facilitates a valid perspective of the world around us. It needs to be said that if parents are serious about the future of their children as Jews, they have to give considerable attention to giving them an intensive Jewish education.

Q.: Is the day school the only way to attain that education?

A.: No, it is not, but it is the best and the most natural one. Apart from the day school, time spent in a summer camp, such as Ramah, can provide a Jewish education, as can a prolonged visit to Israel. Ideally, a Jewish child should experience all three. But not every Jewish child will be that fortunate. Possibly a Jewish child can be knowledgeable about Judaism without receiving any of these three experiences, but that would be an unusual situation.

Q.: You have apparently prepared yourself for two careers: college teaching in Judaic studies and teaching in a day school; why did you choose the latter?

A.: The university setting, even when one teaches Judaic studies, is not an ideal place to express one's Judaism. In addition, there is very little sense of community in the university. In a small day school, on the other hand, a person can have a considerable impact on the lives of a number of children. One teacher can greatly contribute to the growth and development of Judaism.

Q.: What are your impressions of the Jewish community in Charlotte?

A.: I have had only positive experiences here. The people I have met at temple and at the Hebrew Academy care for the future and the survival of Judaism in America. Common to them all is the urge to remain committed, knowledgeable Jews.

Q.: Why do you emphasize knowledgeable Jews, instead of people who are proud of their Jewish background?

A.: You cannot be proud in the abstract. You must know what to be proud of. Indeed,

it is difficult to remain an active member of the Jewish people without knowing its heritage, its practices and its language. Judaism was not meant to be a robot religion in which people provide knee-jerk responses to words and rituals. Jews should know the contents and reasons for the rituals in which they partake.

Q.: Did you ever think of becoming a rabbi?

A.: I grew up in a rabbinical family. My father, uncle and older brother are practicing rabbis; my younger brother is currently a fourth year rabbinical student at the Seminary. I may be considered the "black sheep" of my family. Although my knowledge of Judaism is rather extensive, I have never really given serious thought to becoming a rabbi. My preference is the classroom, not the pulpit.

(Ed. note: Mr. Panitz is available to local groups to lecture on the following topics: Dead Sea Scrolls; The Growth of the Hebrew Language; Sexual Laws in the Ancient World; Archaeology and the Bible; Ancient Jews and Their Neighbors; How We Became Monotheistic; The Art of Interpretation; A Day in the Life of a Medieval Jew.)

Food For Thought

If dinner-time conversation has languished of late in your home, try serving yogurt, aged cheeses, sour cream, ripe bananas and avocados, soy sauce, aged beef, cola, coffee. According to Dr. George R. Schwartz, assistant professor of medicine at the University of New Mexico, these foods contain either caffeine or tyramine — both powerful stimulants to the central nervous system. Accordingly, they tend to make you talk. Dr. Schwartz's book, *Food Power*, also picks out certain foods as inhibitors of conversation: if you're too polite to stuff a napkin in the mouth of an overly garrulous dinner guest, try plying him with salad, fruit and nuts. Of course, we're not competent to judge the good doctor's theory, which is based on ten years of research. But it does have the merit of explaining the phenomenon of the Jewish gift of gab: high on the list of talk-fueling foods are chopped liver and pickled herring.

Holiday Recipes

BANANA DATE-NUT CAKE

½ cup vegetable shortening
1-¼ cups sugar
2 large eggs
1 tsp vanilla
¼ cup lemonade
2 cups flour, sifted
½ tsp. baking powder
¾ tsp. baking soda
¼ tsp. salt
2 medium mashed bananas
6 dates, diced
¼ cup chopped walnuts
powdered sugar (optional)

Blend shortening, sugar, eggs and vanilla. Add lemonade and 1 cup flour. Mix well. Add other cup of flour, salt, baking powder, baking soda and mashed bananas. Mix about 1 minute. Add dates and walnuts. Mix a few seconds. Grease a 9x13-inch pan well. Pour batter into pan and bake for 40 minutes at 350 degrees. Sprinkle top with powdered sugar (optional) and let cool before serving.

CARROT KUGEL

3 cups grated raw carrots
¾ cup bread crumbs
2 eggs, slightly beaten
¼ cup minced onion
1 tsp. salt
2 tbsps. oil
1 can condensed chicken soup
2 tps. minced parsley

Combine all ingredients and mix well. Pour into greased 1-¼ quart baking dish. Bake 50 minutes at 325 degrees. Serves 6.

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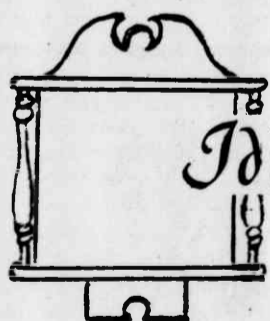
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