

# CENTERPIECE

16 SIVAN, 5773 ■ MAY 25, 2013

## INSIDE

It is a record breaking year for JCC Summer Camp and campers learn to do go as well as have fun all summer long.

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## Outdoor pool opens Memorial Day weekend



The family and Seng Jewelers Wading Pool will open May 25 with expanded hours. The outdoor pools will now close at 6:45 p.m. on the weekends. The Dive In Diner also has a new menu with expanded food options.

### SECURITY AND THE JCC POOL

**As part of our ongoing security efforts, please be aware of the following procedures in place for summer 2013:**

- Before 9:30 a.m., enter the pool complex through the Outdoor Locker Room or the JCC Main Entrance.
- After 9:30 a.m., enter the pool complex by scanning in at the Pool Gate.
- The door to the building by the racquetball courts will remain locked. To enter the building from the outdoor pool area, please enter through the Indoor Pool Door, located to the left of the racquetball hallway.
- Exit through either the Pool Gate, Outdoor Locker Room or the Main Doors.

### FAMILY AND WADING POOL HOURS

#### Starting May 25

Mon.-Thurs. .... 9:30 a.m.-8:45 p.m.  
Friday ..... 9:30 a.m.-6:45 p.m.  
Saturday ..... 10:30 a.m.-6:45 p.m.  
Sunday ..... 9:30 a.m.-6:45 p.m.

### OUTDOOR LAP POOL HOURS

#### Starting May 25

Lanes 5-9 will always be available for Lap Swimming. Other lanes will be available as programming allows.

Mon.-Thurs. .... 6 a.m.-8:45 p.m.  
Friday ..... 6 a.m.-6:45 p.m.  
Saturday ..... 10:30 a.m.-6:45 p.m.  
Sunday ..... 7 a.m.-6:45 p.m.

The JCC is proud to host the Gators Swim and Dive team & will close the Lap Pool and Dive Wells for Home meets.

## Republic Bank Golf Challenge includes other sporting events

The Republic Bank Golf Challenge is back for another year on June 24, and better than ever. New this year, a tournament for canasta was added to the day, as well as larger tournaments for tennis and bridge.

"For years, this tournament was limited to participation only from golfers," comments Doug Roemer, tournament co-chair. "Now with the addition of these three popular activities, we open the door to many more people who want to participate in this community-wide event."

The whole event will take place at the Standard Country Club. It provides financial support for Jewish Family & Career Services and the Jewish Community Center. Doug Gordon is also a co-chair of the Republic Bank Golf Challenge.

The Tennis Tournament was moved to the morning this year after its debut last year. The tournament will begin at 9:30 a.m. for mixed doubles players in a round robin format for 3.0 or below and 3.5 or above. Players can register as an individual or as a doubles team. The registration fee is \$60 per person, which includes lunch. Players are invited to return for the dinner and awards for an additional \$20 per person.

Mauri Malka, director of the JFCS Klein Older Adult Services, will organize the bridge tournament. In addition to her professional duties at JFCS, Malka is a manager and director of the Double D Duplicate Club at the Louisville Bridge Center and teaches bridge at the LBC.

Former JFCS Chair, Margie Kohn, and Sarah O'Koon are helping to coordinate a canasta tournament, which will be held in a private room at the club. "There is a core group of players at Standard who we hope will play and we are recruiting players from other clubs. It will be a fun tournament," said Malka. Prizes will be awarded for both tournaments.

The bridge and canasta tournaments will run from 1-5 p.m. It will be best to select partners and register together; however, the \$25 registration fee is per person. If participants would like to join everyone for dinner, the cost will be an additional \$20 per person.

The Golf Challenge is an 18-hole scramble, including lunch and dinner. Golfer check-in starts at 10:30 a.m. with the driving range opening at 11 a.m. A shotgun start will begin promptly at 12:30 p.m. Registration is \$275 per player. Following the scramble, there will be a silent auction, Heaven Hill bourbon tasting and awards with dinner.

Registrations for all events are due by June 14. For more information, contact Sally Hollingsworth at 452-6341 ext. 240.

## An Ounce of Sun Prevention is Worth a Pound of Cure

With summer upon us, it is time to start thinking about sun protection. In reality, it is an all-year issue because the sun is always shining. Sun exposure is the number one cause of skin cancer, which is the most common of all cancers.

There are two types of ultraviolet rays that make it to earth, UVA and UVB. UVA rays penetrate deep into the skin and cause wrinkling, age spots and sagging skin. UVB rays can burn the skin. Both can cause skin cancer.

Vitamin D is a very important vitamin, which the body can create with exposure to sunlight. However, it only takes 5-30 minutes of sun twice a week to produce a body's daily requirements of Vitamin D. Certain foods and supplements also contain Vitamin D. While Vitamin D is important, most people do not need to tan in the sun in order to get enough.

### How Can I Protect Myself?

Most people remember the sunscreen for a day by the pool but forget it on other days. However, there is always a chance of getting too much sun and even a small burn makes for an uncomfortable experience. Follow what the American Cancer Society calls the "Slip! Slop! Slap! and Wrap!" rules.

**SLIP** on protective gear. Wear lightweight, long sleeved shirts and pants.

**SLOP** on sunscreen. Apply 30 minutes before sun exposure and every few hours after that. Don't forget the lip balm.

**SLAP** on a hat. Wide-brimmed is best.

**WRAP** on sunglasses. Be sure they have 100 percent protection against UVA rays.



### DIVE IN DINER HOURS

Hot Dog .....	\$2.50
Hamburger.....	\$3.50
Veggie Burger.....	\$3.50
Chicken Nuggets.....5 pieces .....	\$2.80
Chicken Nuggets.....9 pieces .....	\$4.80
Chicken Wrap.....	\$5
Pizza Bagel .....	\$1.75
16" Pizza .....	\$10.75
Garden Salad.....	\$2.75
Garden Salad w/Chicken .....	\$5.25
Grilled Chicken Sandwich .....	\$4.50
Grilled Cheese Sandwich.....	\$2.25
Peanut Butter & Jelly Sandwich .....	\$1.75
Jumbo Pretzel .....	\$1.75
Chips & Pretzels.....	\$1
Big Pickles .....	\$1
Candy .....	\$1
Ice Cream .....	\$1.75
Icee Pop .....	\$1
Fruit Cup.....	\$2

Mon.-Thurs.....	11:30 a.m.-7:30 p.m.
Friday.....	11:30 a.m.-6 p.m.
Sunday .....	11:30 a.m.-6 p.m.

The Dive in Diner is happy to accept cash, Visa, MasterCard or charge to member accounts. If you would like to turn off the ability to charge to your account, please contact the Membership Office.

Curly Fries.....	Small.....	\$1.75
Curly Fries.....	Large.....	\$2.50
Steak Fries .....	Small.....	\$1.50
Steak Fries .....	Large.....	\$2.25
Iced Tea .....		\$1.25
Fountain Drink.....	Small.....	\$0.75
Fountain Drink.....	Medium.....	\$1.25
Fountain Drink.....	Large.....	\$1.75
Bottled Water.....		\$1.25

### Other sun safety tips:

Avoid or limit direct sun exposure between 10 a.m. and 3 p.m. when the sun's damaging rays are strongest. Be sure to stay away from tanning beds as well.

Instill skin protection habits in children while they are young. Eighty percent of lifetime skin damage happens before age 18.

UVA rays will penetrate glass. Protect skin even when behind windows.

### A word about sunscreen

Be sure to use broad-spectrum sunscreens, body lotions, and cosmetics to protect against UVA and UVB rays. The sun protection factor (SPF) should be at least 30. Some products on the market have much higher SPF ratings, but research has shown that the additional protection they offer is minimal. The JCC will have sunscreen available



by the pool gate if you forget yours at home. Have a safe sun summer!



# Busiest summer on record for JCC Summer Camp

*Kick off celebration planned for June 3*

With three weeks to go before JCC Summer Camp starts, registration is at an all-time high. So far, more than 525 children have registered for camp. Last year at this time, there were only 447 registered.

"The increase in registration is due to a great camp team that has worked hard all year to create a high quality camp program," said Camp Director Julie Hollander. "Many in Louisville are starting to notice our camp and we have been fielding phone calls and emails all spring!"



JCC Summer Camp is also opening a week of pre- and post-camp for children who are already enrolled in regular camp. Pre-camp runs June 3-June 7, is open to children 20 months-rising 5<sup>th</sup> graders, and will have fun, age appropriate activities including sports, art and more. Children in K-5<sup>th</sup> grade will swim daily. Preschool Post-camp runs August 12-16 for children 3-4 years old. Kids in grades K-5 have several options for specialty camps including 4Kicks for Kids, Musical Theatre and Extreme Expedition with Bricks for Kidz. Registration is limited for these camps. More information can be found online at [www.jcclouisvillecamp.org](http://www.jcclouisvillecamp.org).

A camp kick-off party is also planned for Sunday, June 2 from 5-6:30 p.m.

Summer campers and their families can enjoy fun at the pool and meet some of the counselors for camp. Free hot dogs or veggie burgers and drinks as well as camp t-shirts and carpool numbers will also be available.

All campers will have a summer full of fun and learning. In addition to sports, arts 'n' crafts and swimming, kids will also learn about tzedakah (charity). Camp will again be partnering with the JFCS food pantry by holding a weekly food drive. The community garden is already in bloom. Children will help tend the vegetables and when the harvest comes in, most of it will go to the pantry as well.

During Caring and Sharing Week, campers will swim, dance and do other activities to raise money for the food pantry and Pennies for Preemies, an organization that encourages children to help premature babies in the neonatal intensive care unit at Kosair Children's Hospital.

Older campers will take their learning of tzedakah even further. Camp Tikkun Olam received a \$1000 grant from the Jewish Teen Funders Network. Campers will give the money to local non-profits after reading through grant requests and going on site visits with the individual organizations.

A shlichah (trained emissary) from Israel named Dikla Alegra Levi will help children in Summer Camp and at the JCC learn about Israeli culture. Robert and Felice Sachs provided the funding to bring Levi to Louisville and Lior Yaron provided funding for supplies and special programming. Levi and Hollander met during a nine-day training seminar in Israel paid for by a JCC Association grant.

There is still room for more campers in several of the camps. Registration is completely on-line this year. A list of camps still available is online at [www.jcclouisvillecamp.org](http://www.jcclouisvillecamp.org).

# Spring Sing Raises \$2,000 for Early Childhood Education

*New room will open in next school year for 3-year-olds*

There is always something happening in the Early Childhood Education Center at the Jewish Community Center.

Wednesday, April 24, was the program's Spring Sing and Silent Auction. Throughout the day visitors to the JCC, family members of the preschoolers and staff members bid on items in a silent auction. The packages included offerings from local businesses, restaurants and attractions as well as artwork the children created in their classrooms. Toward the end of the day, the preschoolers presented a program for their parents. Each class performed



a couple of songs, then a slide show of photos taken throughout the year was shown. The activities concluded with refreshments and visiting.

Early Childhood Assistant Director Angie Hiland said the auction was a success, raising almost \$2,000. The money will be used to update things in the classrooms, especially the home centers.

During the last week in April, almost everyone in the city got into the Derby spirit and the Early Childhood Education Center joined in the fun. The children created Derby hats out of newspaper, then dressed them up with paint and other decorations.

If it's Derby Week, that also means parades and floats. The preschoolers created their own floats and had a parade on the JCC Campus. One class even decorated stick horses, made jockey vests and ran some horse races, along with other field day activities and races.

In early May, parents showed their appreciation for the teachers by bringing goodies, sodas, candy and gift cards to local restaurants for Teacher Appreciation Week. The week ended with a unique gift to the teachers – half an hour out of the classroom for lunch topped off with a special dessert.

To mark Mother's Day, mothers were invited to join their children for the Friday Shabbat program on May 10 and then to stay for lunch. The children made placemats and flowers to give as gifts, and the mothers had the opportunity to meet the other moms and their children's friends.

The academic year will end with graduation on Friday, May 31, at 11:30 a.m. Weather permitting, a picnic and pool party will follow.

Several changes in the Early Childhood Education Center are planned for the fall.

Demand has been so high for places in this high quality program that the JCC is opening a new classroom in the fall for 10 older three year olds. "That classroom will be working on a four-year-old curriculum," Hiland said, "Things you'd see in a pre-kindergarten classroom."

That in turn opens up spaces in some of the other classrooms, although those spaces are filling up, too. Currently, she said, there are six openings for the 2013-14 school year.

Hiland is also looking forward to fully implementing the Discover CATCH program throughout the Early Childhood Education Center. She and teacher Chrissy Verdon spent three days in March in Columbus, OH, training in the program, and this week, they trained the rest of the staff.

The program, which incorporates physical activity, healthy food choices



and creative classroom management, starts children early on healthy lifestyle choices that will stay with them throughout their lives. (See story, Community, page 19.)

For more information or to enroll your child in the JCC's Early Childhood Education Center, contact Angie Hiland, 238-2716 or [ahiland@jewishlouisville.org](mailto:ahiland@jewishlouisville.org).

## Summer Camp Kick-Off

Sunday, June 2 | 5-6:30 p.m.

Meet us at the JCC outdoor pool!\*

Enjoy free food with your camp friends, meet camp counselors and pick up your camp shirt.

Pre Camp: June 3-7

Post Camp: Aug. 12-16

Register soon at [jcclouisvillecamp.org](http://jcclouisvillecamp.org)

## Your 1st Swim Lesson is Free!

Now enrolling students  
2 months-Adults

REGISTER TODAY!

Call the Lenny Krayzelberg  
Swim Academy  
Hotline 238-2758



# A strong back means strong bodies

The lower portion of the human spine has a unique curvature, which allows humans to walk upright. However, with gravitational pull at its greatest in this vertical position, the spine is perpetually working to fight gravity and a lot of other forces during normal daily activities. It's no wonder, then, that many suffer from back pain and injuries. The good news is that it is possible to avoid many of these problems by a stronger core.

## FACTS ABOUT BACK INJURIES

- 60 – 80% of population suffers from some kind of back injury or pain
- Back pain is leading cause of activity limitation under the age of 45
- 95% to 99% of all back pain involves injury to muscles and tendons
- Injuries caused by micro-traumas to low back can eventually lead to macro-trauma or severe strain
- Poor biomechanics in activities of daily living is #1 cause
- The majority of people experience lower back pain due to lack of strength in entire core

## The core is comprised of an inner and outer core or unit.

Inner core (unit): Transverse Abdominis, Internal and External Obliques, Multifidus

Outer core (unit): Intercostals, Latissimus Dorsi, Erector Spinae Group, Rectus Abdominis, Glutes, Hip Flexors

## Try these exercises to strengthen your core and help prevent low back pain.

### Plank

Begin in the plank position with your forearms and toes on the floor. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. Your head is relaxed and you should be looking at the floor. Hold this position for 10 seconds to start, working up to 3 sets x 60 seconds.

### Pall of Press

Stand in an athletic position (feet shoulder width, chest out, shoulders down and back) perpendicular to pulley or band. Start with hands at chest level. Fully extend arms (under control), pause 1-2 seconds, and return to start position. Perform 2 sets x 15 repetitions.



JCC Personal Trainer Denise Joseph demonstrates the Pall of Press. Be sure to keep your feet shoulder-distance apart with bent knees to engage your back muscles completely.

If you are having back issues or want to guard against future pains, the JCC Personal Training team can help put you on a workout that will strengthen your back. Contact Ron Peacock, JCC Fitness Director, at 502-238-2792 for more information or to schedule a training session.



JCC Personal Trainer Denise Joseph demonstrates a plank exercise. If you arch or dip your back, the exercise will not be nearly as effective.

Train with JCC

# GLOW GO 5K

River Road  
Saturday,  
July 27 9:30 p.m.

Includes 6 week training program with JCC trainers and t-shirt to race in (glows in the dark).  
Group runs Sundays at 9 a.m.

Register by  
calling 238-2727.

Sponsored by  
ANNECO VENDING

# Personal Training

at the JCC Louisville

30 minute or 1 hour options available

Call 238-2791 for more information.

Train individually or with a group.

# Next Patio Gallery exhibit showcases “Pairallels” in generations

What happens when two groups of artists across generational lines are asked to finish each other's work? Twenty-two artists, 11 representing established artists from the Artists' Breakfast Group and 11 from a younger collective of artists representing the Louisville Artists Syndicate, were brought together by curator Stacey Reason to answer that question. The results will be on display at the JCC Patio Gallery June 16-July 16. An opening reception including comments from the curator and some of the artists will be held on June 16 from 2-4 p.m.

Each of the artists was asked to start a work based on the theme of “Cosmopolitan Localism,” connecting two scales of focus, global and local in order to reflect on the condition of contemporary life. After a set amount of time, the artists turned in their partially completed works and received an anonymous piece from the other group to finish. The pairs were specifically chosen by Reason.

“I was interested in the juxtaposition of these two very different groups of artists and the conversation that happens through collaboration in art-making,” said Reason. “When presented with an open-ended statement, how does one artist from one group finish the thought of another artist from the other group.



One of the pieces in Pairallels after the first artist finished. The piece will be completed by a second artist before the show opens on June 16.

The resulting exhibition is filled with surprises and discoveries only cultivated through such a distinct pairing.”

Artists included in this project are: Brandon Bass, Andy Cozzens, Sarah Duncan, Mallorie Embry, Linda Erzinger, Meghan Greenwell, Brandon Harder, Phillip High, Mary Dennis Kanapell, Shohei Katayama, Keith Kleespies, Sally Labaugh, Kathy Loomis, Kacie Miller, Karissa Moll, Jacque Parsley, CJ Pressma, Kelly Rains, Lelia Rechten, Alli Wiles, Jenny Zeller and Suzi Zimmerer.

# WOMEN'S FITNESS CLASS

May 28-July 2, 2013  
Tuesdays, 6-6:30 p.m. Fee: \$108  
**Register Today!**  
**238-2727**

# CenterStage

## YOUR TICKET TO BROADWAY

Order your Season Tickets Today  
**238-2763.**

LEGALLY BLONDE July 11 - July 21	
	A NEW BRAIN August 15 - August 25
Les Misérables October 24 - November 10	
	TEXAS January 9 - January 19
W;t February 13 - February 23	
	Color Purple March 20 - April 6
THE SOUND OF MUSIC May 8 - May 18	

**13/14 SEASON**



# Two Finish Commit to be Fit Shavout Renovation

By: Collin Fitzsimmons M.S., ACSM-CPT

Commit to Be Fit, JCC's versions of the Biggest Loser, concluded on May 16 with the final weigh-in. Participants Keren Benabou and Kat Gallagher worked with personal trainer Collin Fitzsimmons over the past 12 weeks on Monday evenings. Kat and Keren signed up for Commit to Be Fit in January looking for a way to increase the intensity of their workouts as well as their energy level to keep up with their 9-month-old girls.

The goal of Commit To Be Fit is to coach individuals towards a better life. All areas of wellness were covered. At the JCC, participants learned how to exercise and lift properly with the help of JCC Personal Trainers. At home, they learned to eat properly with the help of Weight Watchers e-Tools. The final results for the Commit to Be Fit program have been recorded. Over the last twelve weeks Keren and Kat have been weighing in every week, along with constantly being assessed for strength, endurance and above all, will power. Kat Gallagher lost a total of 11 lbs, which is a total percentage weight loss of 6 percent body weight! Kat has also increased her strength over 400 percent on her two main lifts (squat and dead lift). Keren Benabou, our winner this year, lost a total of 12 lbs, which is 7.8 percent of her body weight! Keren has also increased



**Kat Gallagher and Keren Benabou with Personal Trainer Collin Fitzsimmons after finishing Commit to be Fit.**

her strength over 300 percent on her two main lifts, also squat and dead lift!

Keren and Kat worked very hard over the last several weeks and now get to reap the benefits of a healthier life and enjoy summer the way it is suppose to be enjoyed, complete with fun in the sun with their children and with a new-found appreciation for the work they did when the weather was cold. They both have overcome so much and are going to continue working hard exercising. To quote one of the best college football coaches: "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." -Lou Holtz

While the JCC was closed for Shavuot, the maintenance crew was hard at work improving the facility. The men's shower, and men's and women's steam

rooms were all renovated. A storage room off the Upper Gym, which at one point held the old JCC weight room, is opening up for the new Game Central.

## BEFORE



## AFTER



## SENIOR CALENDAR

### MAY 22

#### Senior Retirees Meeting, 12:45 p.m.

Jennifer Doom from Kentucky Department of Financial Institutions will speak on Investment Fraud, how to protect yourself from unscrupulous practices. We will also play Fraud Bingo (bingo with tips about avoiding fraud). Refreshments will be served.

### JUNE 4

#### Chorus & Sing-Along with Linda Sparrow, 12:45 p.m.

Join us for this fun time as we sing some of your favorite songs. We will celebrate birthdays and anniversaries.

### JUNE 11

#### Karaoke with Larry Godhelff, 12:45 p.m.

Join us for this fun time as we sing some of your favorite songs. We will celebrate birthdays and anniversaries.

### JUNE 17

#### Gourmet Dining Club, 5:30 p.m.

Join us at Jade Palace, Westport Village on Lyndon Lane. After dinner we will take a short walk to Comfy Cow for dessert.

Call 238-2749 to make your reservation.

Cost of transportation: \$8, \$6/JCC and Adult Social Club Members

### JUNE 18

#### Senior Retirees Meeting, 12:45 p.m.

A lecture on "Summer Scam Awareness" focusing on current scams and how to

avoid them and what to do if you become a victim. Speakers will be Bruce Gadansky from The Better Business Bureau and Sergeant Jerry Thornsberry of the LMPD Crimes Against Seniors Division.

Refreshments will be served.

### JUNE 22

#### JCC Book Club, 11 a.m.

### JUNE 23

#### Welcome to Hollywood! Adult Social Club Paid-Up Membership Brunch & Volunteer Appreciation, 11 a.m.

Join us for this free event for all current members of the Adult Social Club. Volunteers will also be honored.

Entertainment provided by Matt & Patti Snow as Frank Sinatra and Marilyn Monroe performing a variety of the greatest songs of the 20th century.

Free for all current club members. Transportation available upon request.

Sponsored by the Irvin & Jeanne Wasserman Senior Adult Musical Arts Fund.

Reservation Deadline: Friday, June 14.

### JUNE 25

#### Bingo, 12:45 p.m.

### JUNE 28

#### Redt Yiddish with Al Goldin, Noon

## FREE FOR JCC MEMBERS!

### ONE POWERFUL CLASS!

Tuesday	6:30 a.m.	Call 238-2727 or visit the Wellness Desk for more information.
Wednesday	6:30 p.m.	
Thursday	6:30 a.m.	
Friday	10 a.m.	
Sunday	10 a.m.	



## TEEN EXCEED WEIGHT TRAINING

**Mondays**  
4-4:45 p.m.  
June 10-July 1  
OPEN FOR  
AGES 11 - 18  
FOR MORE  
INFORMATION, CALL  
**238-2727**