

# CENTERPIECE

**INSIDE**

Cooking and Art classes for children begin in September.

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## Meet the Artist Behind The J's Murals

 by Alexandra Ramsey  
*Public Relations Specialist*

You may have seen the painted handprints on the Halfway House outside at The J. Or maybe you've seen the beautifully painted mural on the wall at the indoor pool area where a panorama of a summer scene in the outdoor pool area is depicted in strokes of paint.

Meet 18-year-old Mahalia Smith, the painter behind it all.

"I painted the Halfway House mural for The J's 125th anniversary last summer," Smith said. "It was really neat because there were Jewish kids and non-Jewish kids that put their handprints on the wall."

Smith said that, as part of her volunteer project in the National Honor Society, she wanted to paint a mural that represented just how many lives The J has touched in the Jewish community and throughout greater Louisville – including her own.

Smith said she first got involved at The J when she was 14 and her mom had just lost her job.

"I decided I needed to take responsibility for my personal expenses so my mom would have less to worry about while she was looking for a new job," Smith said. She interviewed at The J and was hired as a camp counselor, then switched over to the aquatics department. She's been a swim instructor ever since.

Smith, who is fluent in German, said she isn't Jewish, but she was very keen on working at The J because of her interest in Nazi Germany and the Holocaust. "I studied the subject at a summer intensive program a couple years ago and I also received a scholarship from the State Department to study

and live in Germany last year," she said. "Now, I have several lifelong Jewish friends who are members and work at The J."

Smith said that the genocide of the Jews and the Holocaust deeply interest her because her history is quite similar.

"I was born in China while the one-child policy was still in place. I was one of those female children who got left on the streets, but luckily I was saved and taken to an orphanage where I was adopted by my American mom," Smith said. "While I can't say I have experienced a genocide, I have experienced a 'gendercide.'"

Woven into American culture, Smith found her niche in the Visual Arts Program at Noe Middle School and continued her artistic career at Manuel in the Visual Arts magnet school. Aquatics Director Johnny Kimberlin recognized Smith's artistic side and wanted to put them to use.

"I knew I wanted to freshen the look of the indoor pool and that Mahalia was talented because she painted the 125th mural by the softball fields," Kimberlin said. "She's had many experiences at The J and I knew she could bring the new painting to life because of them."

"Once Johnny [Kimberlin] saw it, he asked me if I could paint something around the pool area," Smith said. But her initial ideas weren't what she ended up deciding to paint on the wall.

"I worked on these ideas and finally I just tore them up. I walked outside and took a panorama picture of the pool area and that's when I knew what I would paint," Smith smiled.

One month later, a magnificent panoramic pool scene is painted on the walls.

"I've received great feedback from our



Smith adds a handprint to the mural on the Halfway House



The completed mural in the indoor pool.

members!" Kimberlin said. "The mural will remind them of our great outdoor pool during the cold days of winter."

Smith's paintings are excellent, but she isn't planning to major in art.

"Perhaps I'll take a few art courses at school or do my own projects outside of school," she said. "I love art but I want to focus on double majoring in German and International Relations. I want to work at the U.S. Embassy in Germany after I graduate."

She'll be off to George Washington University in Washington D.C. in a couple of days. But, before she leaves, she said she has one other thing to do.

"I want to add the Gators swim team logo to the mural," she added.

### LABOR DAY SCHEDULE

Monday, Sept. 5 ..... 7 a.m.-7 p.m.

### GROUP FITNESS

BodyPump ..... 8:30-9:30 a.m.  
 Cardio Challenge..... 9:30-10:25 a.m.  
 Cycle ..... 10-11 a.m.  
 Yoga ..... 10:30-11:30 a.m.

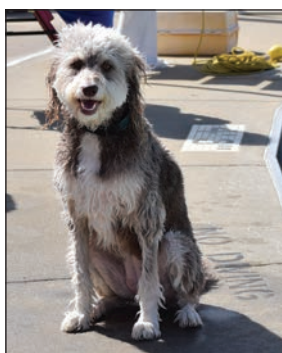
### J-PLAY

Monday, Sept. 5 ..... 8:30 a.m.-noon

### FALL OUTDOOR POOL

Beginning September 12  
 Monday-Friday ..... noon-6 p.m.  
 Saturday & Sunday ... noon-5:45 p.m.

## Let the Pups Play at The J's Doggie Dip Day


 by Alexandra Ramsey  
*Public Relations Specialist*

It's a sad time of year for the kids as summer comes to an end and the pools close. But for dogs, it's quite the opposite!

Bring your pups out to The J's Annual Doggie Dip on Sunday, September 18, 10 a.m.-2 p.m. After The J staff lets the water out of the pool, we leave a couple of inches of water in the Family Pool for the dogs to play. For the smaller dogs, we'll also have the baby pool open.

Toss tennis balls, splash around in the water. Don't let your pooches miss out on

all the fun.

Aquatics Director Johnny Kimberlin said this is a fun way to end the pool season. "We love for the community to come out with their dogs. Everyone has a blast."

The event is \$12 per dog and \$10 for The J members and members of the Louisville Dog Run Association. A portion of the proceeds will go to local canine charities. All dogs must be up to date on their vaccines and be accompanied by their owners at all times.

For more information contact The J at 502-459-0660.

## Learn to Move Easier in The J's Lift & Stretch Program

 by Alexandra Ramsey  
*Public Relations Specialist*

Learn the optimal ways to perform compound lifts and the best ways to stretch it out afterwards in The J's Lift & Stretch series that begins Tuesday, September 6, and meets weekly throughout September.

Trainer Ryan Perriman will instruct the classes, teaching participants the correct ways to do compound lifts to sculpt the entire body.

Bend forward too much when you do a squat? Perriman will help you keep your knees over your ankles and excel in the lift.

Stretching after a lift is one of the most important aspects because you're building new muscle, therefore you have to keep it limber.

"Everyone has some level of immobility in them. My job is to help mend that," Perriman said.

The four-week class has a workshop

feel to it. It will meet for one hour a week and will focus one compound lift each day.

"We'll start with the squat on week one, then go into the bench press, dead lift and finish the month with the overhead press," Perriman said.

The class is designed to focus on the best way for each person to complete the movement. Perriman will teach active stretching before the lift, and finish the session with more stretching geared to reduce potential of tightness.

"This class isn't age specific and it's not specific to strength athletes. Anyone can get in here and learn how to move with less pain and to move more healthfully," Perriman said. "It's like tools for your toolbox. You learn how to improve yourself."

Lift & Stretch is limited to six participants. Don't miss your chance to sign up. Classes meet Thursdays 6:30-7:30 p.m. The price for J members is \$72. \$90 for community members.



## SCHOOL'S OUT DAY



**SEPTEMBER 30  
9 A.M.-4 P.M.  
GOING GREEN!  
EXTENDED DAY  
AVAILABLE**

When Jefferson County Public Schools are closed, bring your child to learn and play! All days include sports, arts and crafts, swimming and more. Bring a bathing suit, towel and lunch!

**JewishLouisville.org/SOD  
502-238-2718.**

# Chef Gina Brown Brings the Kitchen to The J's Children

by Alexandra Ramsey  
*Public Relations Specialist*

**M**ix, knead, roll and cut. Young children are invited to discover the art of cooking at The J's Curious Chef Cooking Classes on Wednesdays and Fridays beginning September 9.

Chef Gina Brown, owner of Every Day Fresh, will instruct your children with age-appropriate recipes and help them develop culinary skills. Have a finicky eater? Let Chef Brown help expose them to a variety of new foods and healthy eating.

These up and coming chefs will have hands-on fun as they learn the fundamentals to being great cooks: math, science, reading and social skills.

At the end of the program, your young chefs will get their very own aprons and

recipe books so they can show you all they've learned.

Chef Brown said she'll focus on vegetables and some fruits throughout the classes.

"My goal is to expose the kids to different fruits and veggies," Brown said. "It's surprising how many kids have never tried something like kiwi or papaya."

Chef Brown gave away one of her recipes that she'll have the pre-k children making: Vegetable Sushi.

"We'll use rollers to flatten crust-less white bread and smear on an avocado cream cheese spread," Brown said.

Then the children will have to choose three vegetables to roll inside their "sushi."

"The kids will be required to choose at least three vegetables so that they're not just eating bread and cream cheese," Brown said.



# Get Creative With Dart Art and Pizza at the J

by Alexandra Ramsey  
*Public Relations Specialist*

Is it possible to have more fun than by throwing darts at paint-filled balloons while munching on pizza? You tell us! The J will offer a Paint Pals event on Saturday, September 10, from 6-10 p.m. Middle schoolers and their parents can bring out their creative side for a night of pizza, paint and fun.

Watch your masterpiece come to life as dozens of balloons filled with pinks, oranges, blues and more colors burst onto the canvas and ooze down. All you have to do is throw the dart at them and voila! They burst into colorful works of art.

You don't have to consider yourself an artist to create the splatter for your own creation; and after you've worked up an appetite throwing darts, there will be plenty of pizza for everyone.

The J will provide the pizza and supplies. All you have to do is pop the balloons with the darts, then enjoy your pizza!

Paint Pals welcomes children in grades six and up to attend as well as their parents.

The cost is \$40 for J members. \$50 for community members. For more information or to register, visit <https://jewishlouisville.org/paint-pals-dart-art/>.

## YOUTH SPORTS BASKETBALL



**THURSDAYS,  
SEPTEMBER 1-29**

2-3 years: 4-4:30 p.m.

4-5 years: 4:30-5 p.m.

**FEE: \$55,  
\$45 The J Members**

**JewishLouisville.org/  
youthbasketball**



# MAZIN

## ANNUAL ART EXHIBITION

November 27, 2016-January 3, 2017

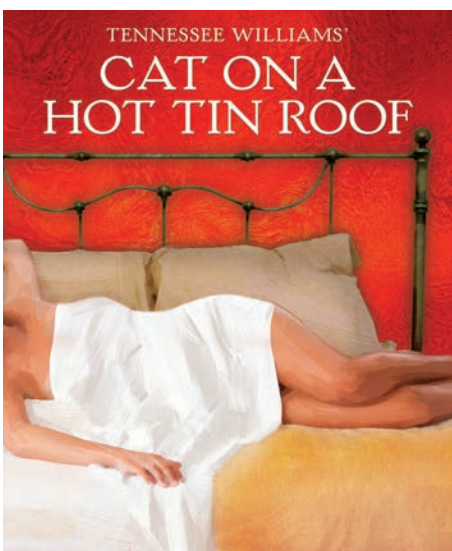
**Entries Due:**

**October 26, 2016**

**[jewishlouisville.org/mazin](https://jewishlouisville.org/mazin)**



# Cat on a Hot Tin Roof Brings Play, New Faces to CenterStage



by Alexandra Ramsey  
Public Relations Specialist

For the first time in two years, CenterStage will bring back a music-less performance and traditional play as *Cat on a Hot Tin Roof*, presented by Hilliard Lyons, on Thursday, September 15, at 7:30 p.m.

Widely regarded as Tennessee Williams' best work and his personal favor-

ite play, *Cat on a Hot Tin Roof* embodies all of the elements of a beloved classic: sex, greed, abuse, addiction and deception. The whirlwind of all these elements from the 60-year-old original Pulitzer Prize-winning play still rings true today and will introduce new faces to CenterStage.

Elizabeth Taylor and Paul Newman brought the play to life when it opened as a movie in 1958. The story takes place on the Pollitt family's estate in southern Mississippi. The audience will ultimately feel like guests at Big Daddy Pollitt's, the "Delta's biggest cotton planter's," birthday party. After returning from the doctor to celebrate his birthday, the entire family other than himself and his wife, Big Mama, knows Big Daddy is dying of cancer. But to keep the fun in celebrating his birthday, everyone keeps quiet.

Throughout the night, the entire family must face issues which have been kept bottled up and shrouded in deceit for years. Everyone knows that Margaret (Maggie the Cat) who left a life of poverty to marry in to the wealthy Pollitt family and her alcoholic husband, Brick, have not had sexual relations for a long time.

The family addresses Brick with concerns about his alcoholism which has escalated since the suicide of his dear friend, Skipper. Tensions quickly begin to boil as Brick explains that Maggie be-

lieved Skipper and her husband had a sexual relationship, so Skipper took her to bed to prove her wrong.

Devastated by Skipper's confessions to Brick before his death and disgusted by the family's comments about his drinking, Brick finally blows.

*Cat on a Hot Tin Roof* presents themes which are still relevant today including coping with death and deceit.

Cultural Arts & Ideas Director John Leffert said this play will bring new faces and new audience members to CenterStage.

"This will be a play that attracts a different kind of audience. Some people prefer plays over musicals, and this will be the show they enjoy," Leffert said.

While there will be some new faces, he said, you can still expect the same top quality CenterStage show.

"We'll actually be doing the 1974 version which was revised for Broadway. All that means is that the third act has been re-written," Leffert added.

Leffert works to bring beloved classics to every CenterStage season, a perk you won't find in many theater companies at the moment.

"Most theater companies are doing the popular modern-day shows right now, leaving the classics to their own volition," Leffert said. "I've committed to making sure the classics are not forgotten."

*Cat on a Hot Tin Roof* runs Thursday, September 15-Sunday, September 25. The J members receive a \$4 discount on opening night and Sunday evening shows. Plus, you can still get your 2016/17 season tickets. Choose from four of the remaining five shows or purchase all of the remaining shows. For more information, visit CenterStageJCC.org or reserve your season tickets by calling Anne Urteaga at 502-238-2773.

## CAT ON A HOT TIN ROOF

Thursday, Sept. 15 .....	7:30 p.m.
Saturday, Sept. 17 .....	7:30 p.m.
Sunday, Sept. 18 .....	2 p.m.
Sunday, Sept. 18 .....	7 p.m.
Monday, Sept. 19 .....	7:30 p.m.
Thursday, Sept. 22 .....	7:30 p.m.
Saturday, Sept. 24 .....	7:30 p.m.
Sunday, Sept. 25 .....	2 p.m.
Sunday, Sept. 25 .....	7 p.m.

Tickets cost \$20/22 in advance and \$22/24 at the door and can be purchased at CenterStageJCC.org or by calling 502-238-2709. The J Member Nights at CenterStage are Sept. 15 and the evening performances on Sept. 18 and 25. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

## Leonard Cohen's *Hallelujah* Helps Kick Off Next J Arts and Ideas Series

by Ben Goldenberg  
Marketing Director

Celebrate the life and music of the poet turned musician, Leonard Cohen, at the kickoff of the second season of the J Arts and Ideas Author Series. Liel Leibovitz, author of *A Broken Hallelujah: Rock and Roll, Redemption and the Life of Leonard Cohen* will speak on Sunday, September 18, at 3 p.m. at The Pointe, 1205 E. Washington St.. Originally planned for last March, Leibovitz' appearance has now been rescheduled.

The discussion will present an intimate look at the life and works of Cohen. The afternoon will also feature a performance by Cantor David Lipp of Cohen's music, including the popular *Hallelujah*.

By combing through Cohen's personal papers, Leibovitz examines the intricacies of the man who's performing career began with a crippling bout of stage fright but went on to tame a rowdy crowd on the Isle of Wight.

After success, Cohen retreated to a remote Zen camp, seeking the principles of Judaism, Zen Buddhism and Christiani-

ty. Cohen was an artist uniquely attuned to justice, lust, longing, loneliness and redemption while possessing the voice and vision that is often reserved for prophets.

Cohen is perhaps best known for "Hallelujah," a song which rose to prominence following an appearance in 2001's *Shrek*. The song has since been covered by several artists including Rufus Wainwright, Imogen Heap, Regina Spektor, kd Lang and Justin Timberlake. However, the song was originally written in 1984 for an album that Cohen's label did not release in the United States.

Cohen began performing in the 1960's, touring steadily into the 70's and has been called "one of the most fascinating and enigmatic singer/songwriters of the late '60's...and has retained an audience across four decades of music-making," according to music critic Bruce Eder.

Advance tickets for *A Broken Hallelujah* cost \$22, or \$18 for The J Members and \$14 for students and seniors. You can purchase tickets online at [www.jewishlouisville.org/artsideas](http://www.jewishlouisville.org/artsideas) or by calling 502-459-0660.

**GATORS FALL  
SWIM TEAM**  
**September 6 -  
November 18**



**JEWISHLOUISVILLE.ORG/GATORS**

J

**FREE DEMO  
CLASS  
August 27**

## High Intensity Aqua Bootcamp

**Saturdays • Sept 3-24  
11:30 a.m.-12:30 p.m.**

This is not your Grandmother's workout. Combine wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart, burn calories and improve your fitness level. Using timed intervals, get ready for a challenging water workout.

**INSTRUCTOR**  
Beth Mans

**FEE**  
\$72, \$60, The J Members

Register at  
[www.Jewishlouisville.org/aquabootcamp](http://www.Jewishlouisville.org/aquabootcamp)



# Moms, Daughters Invited to PJ Library's Tea and Fashion Show



by Jennifer Tuvlin  
PJ Library Coordinator

Fashion, friends and family is a perfect afternoon for Louisville's elementary and middle school grade girls. Building on a very well attended event last year, the PJ Library and FRESH Boutique 4 Girls will host an afternoon tea and fashion show on Sunday, September 11, at 2 p.m. at the Standard Club. The event is for girls ages 5-13 and their families.

This is the second year for the event, but this year, the girls designed the fashion the show. The steering committee has been hard at work selecting food, music and activities that they know other girls their age will enjoy.

Bring the gals and sip tea as you watch a fashion show with all of fall's newest trends. This year's fashion show will also include a raffle for a gift basket and private party from FRESH. Proceeds will benefit PJ Library and the Gina Roccisano Memorial Fund run by the Community Foundation of Louisville. PJ Library is a program of The J which provides free Jewish books for children ages 6 months to 8 years old. The program also provides

events for Jewish families to meet one another. The Gina Roccisano Memorial Fun benefits families affected by cancer.

Last year, more than 80 people showed up to enjoy the event.

FRESH Boutique 4 Girls is a locally owned boutique that sells clothes for girls in sizes 7-16 through women. Storeowners Shelly Breier and Lynn Saltzman were thrilled with last year's successful event and approached The J about partnering with PJ Library to host again.

"We love being a part of this program to give back to the community and to foster our FRESH moto, fun, respectful, empowering, stylish and happy with the girls," Breier and Saltzman said.

What makes this event so special is that it is designed for girls, mothers, grandmothers, aunts or anyone special to enjoy an afternoon of community and friendship. Be sure to register right away because any girl registered by August 26 will be entered in a raffle to be selected to model at the event. Registration is on line [www.jewishlouisville.org/teaandfashion](http://www.jewishlouisville.org/teaandfashion) or contact Jennifer Tuvlin at 502-238-2719.

J

PATIO  
GALLERY

Opening Reception  
September 11 2-4 p.m.

Searching for  
Memories  
by Sofiya Inger

September 4-  
October 11



**PARENT'S  
NIGHT OUT**  
**Shapes in 3D**  
**September 10**  
**6-10 p.m.**  
[JewishLouisville.org/PNO](http://JewishLouisville.org/PNO)

## SENIOR CALENDAR

### AUGUST 30

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

### SEPTEMBER 6

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

Tom Owen will speak on *Everybody's Gotta be from Somewhere: History of Louisville & Jefferson County Neighborhoods*.

Refreshments will be served.

### SEPTEMBER 13

**Paws with Purpose, 12:45 p.m.**

Sheilah Miles will be the guest speaker. Paws with Purpose is a non-profit organization that provided highly skilled assistance dogs to children and adults with physical disabilities or special needs.

Refreshments will be served.

### SEPTEMBER 15

**Day Trip to Huber Farm, Leave The J at 11 a.m.**

Join us for a relaxing day at Huber's. We will first start our visit with lunch at Joe Huber's Restaurant followed by shopping at the farm markets, visiting the winery and ice cream parlor!

Cost of transportation: \$12/M, \$18/NM.

### SEPTEMBER 19

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

Join us for dinner at Mimi's Café on Hustbourne Parkway.

Cost of transportation: \$6/m, \$8/NM.

### SEPTEMBER 20

**A Happy Heart is Good Medicine, 12:45 p.m.**

Dr. Clifford Kuhn will be the guest speaker. Refreshments will be served.

### SEPTEMBER 22

**It's Showtime, 2 p.m.**

We will go see The Young Hearts Theater perform It's Showtime on the Ursuline Campus on Lexington Road.

There is no charge for this program, however the Senior Adult Department will make a contribution to Young Hearts Theater. Please join us for lunch at the JCC at noon and we will leave at 1:15 p.m. or meet you at Ursuline Campus at 1:30 p.m.

### SEPTEMBER 27

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



**Fall Adult  
Basketball League  
Starts September 18**  
[JewishLouisville.org/Basketball](http://JewishLouisville.org/Basketball)

## TRAIN YOUR WAY

Personal Training and Pilates at The J



Our goal is to provide you with the **motivation and education** needed to help you meet your Health & Wellness needs. Let us help you create a fitness program based on your goals today.

Contact the **Health & Wellness** Desk today for details at **502-238-2727**.