

CENTERPIECE

INSIDE
CenterStage to
perform *Funny Girl*

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KentuckyOne Health Dreidel Dash darts ahead despite cold weather



Ande Gorce and Ben Wilson, winners of the 2017 Kentucky One Health Dreidel Dash

Photos by Debby Rose



By Lee Chottiner
Interim Editor

Some 50 runners and walkers of all ages braved frigid temperatures Sunday, January 8, to finish the Second Annual Kentucky One Health Dreidel Dash 5K.

The runners and walkers, one of whom with a dog in tow, broke away from the starting line outside the Jewish Family & Career Services at 1:30 p.m., traversing the out-and-back course to Keneseth Israel synagogue before turning around and finishing where they began.

Ben Wilson, 38, was the first across the finish line, logging a time of 21:32.

Seconds behind him was the first female finisher, Ande Gorce, 53, who clocked in at 21:36. Both are from Louisville.

It was Wilson's first competitive race win. Asked if he was happy with his time despite the conditions, he said, "Totally. This is early in the season, and in this cold!"

Gorce said she hadn't raced in a couple years before signing up for the Dash. "I'm very pleased."

Race Coordinator Tara Stone said Wilson won a three-month membership to The J, while Gorce took home a free night at the Hyatt Downtown.

A corps of volunteers was stationed about the course to direct the pack, which drew praise from the participants.

"The volunteers were awesome," Wilson said. "It's great to have volunteers at every stretch. It's cool."

Afterwards, the participants gathered in the upstairs gym of The J, which staged the race, for a party with latkes, hot and cold drinks, games for the kids and raffles.

Participants also donated nonperishable food to the JFCS Pantry.

Ben Goldenberg, marketing director at The J, said he hopes the Dreidel Dash will become a tune-up race for Louisville runners preparing for an active race season.

"We wanted to make sure people had a starting point for their spring races," he said. "This race gives them a benchmark to begin their spring training."

The J is also hosting a running and race training group that meets on Wednesdays and Sundays. For more information, call the Wellness Desk at 502-238-2727.

The J therapists helped Abramson recover from fall

By Lisa Hornung
Special to Community

Les Abramson was at his cousin's house in September 2015 searching for a light switch in the dark when he tumbled down the stairs.

"If I close my eyes, I can still think about that sensation of flying through the air," he said. "I went down 17 steps."

At the bottom of the stairs, he didn't realize quite how bad his injuries were. "I tried to get up. When I sat up, things were swirling around like you'd see in a comic strip. So, I lay back down."

After EMTs and firefighters got him back up the stairs and to the hospital, he learned two vertebrae in his neck were broken. His two front teeth were broken off and his nose and one finger were broken. He also had several abrasions on his face.

"The fact that the stairs were carpeted was probably the only reason I wasn't paralyzed," he said.

Luckily, he didn't need surgery and only spent three days in the hospital.

His recovery wasn't easy. He had to wear a cervical collar for three months to immobilize his neck while it healed, and he went

back to work nine days after his accident. A law professor at the University of Louisville, Abramson felt he shouldn't make someone else take over his class.

"At that time, I hadn't had the new false teeth put back in so I sounded like Sylvester the Cat! 'Sufferin' succotash.' I had this huge gap. There were some words I'd try to say, and air was just flying out," he said with a laugh.

He had to learn his body's abilities all over again, and The J played a major part in that recovery.

"Sometimes, when you first hurt yourself, you're not sure what you can do," Abramson, 70, said. "Some of the things we take for granted are things like sneezing. I wasn't sure whether I was going to have some sort of whiplash. So, I would just kind of brace myself."

"And reaching for things," he continued. "They told me I wasn't supposed to lift anything more than 10 pounds. I did one time, and I realized why they said that; it strains your neck. You have to be very stiff and follow directions."

Abramson's sense of humor and work ethic helped him recover. Once his neck brace came off, he began physical therapy, see **RECOVERY** page 4

20 Named Finalists for Louisville's Got Talent

By Ben Goldenberg
Marketing Director

There is a wide variety of acts for the *Louisville's Got Talent Finale* on Sunday, February 26. Twenty acts were named to the Finale from the more than 50 who auditioned on Sunday, January 15. The fourth annual competition was open to anyone in the Louisville area between the ages of 6 and 18.

"This year's Top 20 has a great variety of acts including playing jazz piano while wearing a blind fold, writing and singing a song and many many more," said Jake Latts, Louisville's Got Talent producer.

"We were deeply impressed by the talent

from this year's auditions. It was clear that they spent many hours rehearsing and their skills will be on display during the Finale," said John R. Leffert, CenterStage Artistic Director. "While we wish we could include everyone in the final showcase, the Top 20 are sure to blow the audience away."

All proceeds from *Louisville's Got Talent* will directly benefit CenterStage Acting Out, a touring children's theatre troupe that travels to schools and community venues, presenting educational musical theatre to students of all ages. Through collaboration with educators, Acting Out integrates the performing arts into the learning process, thus enriching the lives of each audience

see **TALENT** page 3

WINTER ART CAMP



Calling all little artists! The J resident teaching artist, Mrs. Marlesha "Super Cooper" Woods will help budding artists develop their talents by exploring a variety of mediums including paint, pastels and more.

**THURSDAYS,
FEB. 9-MAR. 16**

**Grades: Pre-K - 4
6:30-7:30 p.m.**

**FEE: \$150,
\$125 The J Members**

[JewishLouisville.org/
winterart](http://JewishLouisville.org/winterart)

SCHOOL'S OUT DAY



**FEBRUARY 27
ALL THINGS PINK
9 A.M.-4 P.M.
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

Visit Chicago with your friends from The J

Take a guided tour of the third largest city in the United States with all of your friends from The J June 19-23. We are taking a five-day, four-night trip to the Windy City and will stop at all the hot spots including The Art Institute of Chicago, The World Famous 360 Chicago (formerly the John Hancock Observatory), historic Navy Pier and Chicago's Money Museum, The Field Museum and a skyline cruise of Lake Michigan.

"This trip will have something for everyone. There is a wide variety of activities planned from guided sightseeing tours to some time to explore Navy Pier," said Diane Sadle, senior adult director at The J. "The trip is a safe way to explore Chicago for a very affordable price."

The trip costs \$499, \$469 for The J and Club Members for double occupancy rooms. It includes motorcoach transportation leaving Louisville and throughout the trip, four breakfasts, four dinners and the guided tour.

The Senior Department at The J has been taking trips for years but is now opening the trips up to the entire community. Past trips have included Nashville, Atlanta, Washington DC and many other places. This trip will include some more active stops, but will still be accessible for those with mobility issues.

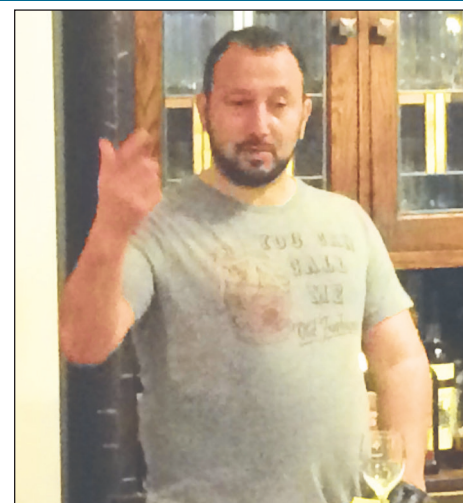
An informational meeting will be held on February 1 at 2 p.m. for everyone to learn more about the trip. A \$75 deposit is required to hold your spot. RSVP for the



meeting or pay your deposit online at www.jewishlouisville.org/chicago. Travel insurance is available.

For more information, please contact Diane Sadle at 502-238-2749 or dsadle@jewishlouisville.org.

PICTURE THIS: JOFEE RESTAURANT NIGHT



Ramsi Kamar, owner of Ramsi's Cafe on the World and Raising Hope Farm



More than 30 people attended the first JOFEE Restaurant Night at Ramsi's Cafe on the World on January 24. The group enjoyed a buffet with Ramsi Kamar, the owner of Ramsi's and Raising Hope Farm. He spoke to the group about growing up in East Jerusalem, his work bringing multicultural, locally sourced food to Louisville and his hopes for the future of the city's food culture. The next JOFEE Restaurant Night will be at The Table on February 21 at 6:30 p.m. The Table is a pay-what-you-can nonprofit restaurant in Portland that helps ensure that all Louisville residents have access to fresh, local gourmet food. Participants will meet with The Table's staff about their work and representatives from other Portland organizations working to ensure access to healthy, affordable food. Registrations can be made online at www.jewishlouisville.org/jofee-restaurant.



adventures >>> THROUGH TIME

**THE J MEMBER PRIORITY
REGISTRATION BEGINS
FEBRUARY 1**

**FOR GIRLS AND BOYS
AGES 2 YEARS-12TH GRADE**

Free swim daily!

**REGISTER ONLINE:
www.jcclouisvillecamp.org
502-459-0660**



Funny Girl captures the imagination of vaudeville star

By Ben Goldenberg
Marketing Director

Set in the opulent world of Broadway's early years, CenterStage's *Funny Girl*, presented by Platinum Travel and Lions of Judah, and tells the story of famed comedienne, Fanny Brice. She clowns her way up and through vaudeville, on her way to becoming Ziegfeld's "Greatest Star." No honeymoon lasts forever, and soon Fanny finds herself having to choose between a career she adores and the husband she loves, but who resents her success.

The show opens on January 26 and runs through February 12 in the Linker Auditorium at the Jewish Community Center. Tickets are \$20-22 in advance or \$22-24 at the door and can be purchased by calling 502-238-2709 or online at www.CenterStageJCC.org.

Funny Girl features music by Julie Styne, lyrics by Bob Merrill and is based on the book by Isobel Lennart. The show ran for more than 1,300 performances on Broad-

way and was nominated for eight Tony Awards. The original production starred Barbara Steisand. She was joined on stage by Sydney Chaplin, Kay Medford and Jean Stapleton.

CenterStage Artistic Director John R. Lefert is thrilled to bring the Broadway gem to CenterStage. "*Funny Girl* is one of those classic quintessential, Broadway musicals with which I grew up watching and one among a few I give credit for doing what I do. The music is brilliant and holds a certain nostalgia for many people. *Funny Girl* has everything. Don't get me wrong, directing *Funny Girl* is a daunting task for any director, but with a star like Jennifer Poliskie leading an amazing ensemble cast, I know we will rise to the challenge."

For the CenterStage production, Jennifer Poliskie will shoulder the task of filling Streisand's shoes as Fanny Brice. CenterStage veterans Rusty Henle (Nick Arnstein), Frank Goodloe III (Eddie Ryan), Glenna Godsey (Mrs. Brice), John Youngblood (Florenz Ziegfeld Jr.) and Barbara Myerson Katz (Mrs. Strakosh) will join Poliskie on stage.

There are only two more shows in CenterStage's 16/17 season. Disney's *Mary Poppins* runs March 16-April 2, 2017 and *Sondheim on Sondheim* follows May 11-21, 2017. Season subscriptions are still available. Subscribers receive priority seating, save 20% on the price of tickets and receive discounts to other J Arts & Ideas events. People can subscribe by contacting The J at 502-238-2709 or online at www.CenterStageJCC.org.



FUNNY GIRL

Thursday, Jan. 26 7:30 p.m.
Saturday, Jan. 28 7:30 p.m.
Sunday, Jan. 29 2 p.m.
Thursday, Feb. 2 7:30 p.m.
Saturday, Feb. 4 7:30 p.m.
Sunday, Feb. 5 2 p.m.
Monday, Feb. 6 7:30 p.m.
Thursday, Feb. 9 7:30 p.m.
Saturday, Feb. 11 7:30 p.m.
Sunday, Feb. 12 2 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 January 26 and February 6. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

TALENT

Continued from page 1

member and "Opening Minds One Act at a Time."

The Top 20 are competing for a grand prize valued at over \$2,000, including professional coaching sessions, a photo shoot, a salon makeover with a top Louisville stylist, performance bookings, special appearances and up to \$400 cash. This year's competitors will be divided into two age groups, 6-12 and 13-18, with a winner chosen for each age group as well as a grand prize winner. There will also be a "People's Choice Award" which will be voted on and chosen by the audience at the live, final showcase performance. All acts in the showcase perform for not only a sell-out audience, but also many Louisville talent agents and theatre/film directors.

Louisville's Got Talent began as a bar mitzvah project by Jake Latts whose passion is theatre and music. His goal in cre-

ating Louisville's Got Talent was to not only provide a performance opportunity for young performers, but also raise money for CenterStage Acting Out so that more children across the Louisville area can benefit from live, educational, musical theatre.

In order to reach as many children as possible each year, CenterStage Acting Out relies on generous funders to underwrite many performances for schools that may not otherwise be able to afford it. "This year we are looking to expand the number of both individuals and companies who sponsor Louisville's Got Talent so that we can help Acting Out even more," stated Louisville's Got Talent founder, Jake Latts.

The Louisville's Got Talent Live Final Showcase will be held on Sunday, February 26 at 7 p.m. Tickets cost \$7 for children 10 and under and \$12 for adults and can be purchased online at www.CenterStageJCC.org/talent or by calling 502-459-0660. Louisville's Got Talent sponsorship and advertising opportunities are also available.

FAMILY MOVIE NIGHT

THE LION KING

FEBRUARY 8 • 6:15 P.M.

Enjoy a movie in Children's Place with free popcorn. Bring a picnic style dinner, some blankets, and pillows to relax with your family and watch the movie!



J Tu B'Shevat

February 10 | 6 p.m.
The Patio Gallery
Fee: \$20 per adult | \$10 per child
RSVP by February 6
jewishlouisville.org/tubshevat

Join us for a special dinner in honor of Tu B'Shevat, the Jewish holiday celebrating trees and the natural world. The program will include a variety of activities, a panel discussion with representatives from local environmental non-profits and a multi-course dinner incorporating traditional Tu B'Shevat fruits. Family-friendly activities and child care are available.



Jump Training

Fridays • Feb. 3-24, 2017 | 4-5 p.m.

Jump training is all about increasing your vertical leap. We will focus on three things throughout the class: speed, transition/technique and raw power. This class will use some advanced lifts including squats and deadlifts.

jewishlouisville.org/jump-training
or 502-238-2727

Two artists bring international flavor to The J Patio Gallery

Rachel Singel, a local artist and professor at the University of Louisville opened her show, *The Art and Architecture of the Jewish Ghetto in Venice, Italy*, on January 8.

The exhibit examines the Venetian Jewish Ghetto, as it turned 500 years old in 2016 and the influence the urban space has had on contemporary architecture. Singel visited Venice for two months to study the “city within a city.” While there, she etched the buildings and streets of the ghetto.

Her artwork reveals the significance of the architecture. “Its structures are resonantly symbolic—representing a community’s resolute will to survive and prosper in what was an exceedingly hostile social environment,” said Singel.

Singel’s goal was to not only recreate the buildings, but to but to express the emotions and soul of the city, opening the Jewish community of Venice to the world. The exhibit runs through February 21.

RECOVERY

Continued from page 1

which mostly involved stretching exercises and pulling resistance bands, he said, trying to “reacquaint my neck with the rest of myself.”

The Jewish Community Center has been a major part of Abramson’s life for decades. He took physical education classes at the YMHA on Jacob Street in the early 1950s. When the JCC moved to its current location in 1955, he played baseball and basketball and was active in youth groups during high school.

He later joined the JCC Board of Directors and served as treasurer and vice president. Through those years, he became friends with people from older and younger generations, and he learned the value of the JCC for many purposes.

While he has been involved with the JCC since childhood, he became more active in recent years after having a knee replacement. He would use the leg press and walk around the track to keep his knee strong and flexible.

Shortly after his neck brace came off, he began working with The J Personal Trainer Ryan Perryman a couple times a week.

Because of Abramson’s multiple injuries, including his knee, Perryman said he had to find different ways to approach his training. He didn’t want to put too much strain on his neck, so he decided unilateral training was the best approach.

Having the neck brace on so long weak-

ened the muscles in his neck, so Perryman helped him regain that strength.

“I gave him one-arm movements instead of a bilateral movement, or it would put too much stress on the shoulder girdle and stress his neck out,” Perryman explained. “And you’re not going to lift as much weight that way, so it’s a little easier for him. ... He won’t have all the musculature activated at the same time, and it won’t overstress the neck.”

Over the course of a few months, Abramson’s neck gained back its strength, and he resumed normal activity, albeit with caution.

“You just become more guarded,” he said. “Going down steps, you grab for any rail or banister. You can’t take anything for granted. You try not to do any moon walk imitations.”

Perryman enjoyed working with Abramson. “He’s a stand-up guy,” he said. “He’s funny, a great wit. We always have intelligent conversations when I talk with him.”

For Abramson, The J was more than just a place to work out.

“One of the ways the JCC helped me was the socialization,” he said. “You see people every day and you say hello to them, and some people just laugh and say, ‘What did you do this time?’”

Seeing the same people over time helped him measure his progress, he said. Having someone say, “I think you’re doing that better” or “You’re moving better” helped him feel better about his healing.

SENIOR CALENDAR

JANUARY 31

ElderServe Presents “CATCHing Healthy Habits for Adults” -12:45 p.m.

Join us for a series of monthly seminars to learn easy & creative ways to eat healthy and get moving at your own pace. Nutritious snacks, practical tips on healthy eating and physical activity will be presented. The first topic will be “The Skinny on Fat: Reducing Fat in Your Diet.”

FEBRUARY 7

Senior Retirees Meeting-12:45 p.m.

Liz Nickley will speak about one of the vital agencies in Louisville-Maryhurst. “Thousands of Kentucky’s children are in crisis, removed from their homes because they have been abused or neglected. For many, Maryhurst is the only answer. Recognized as one of the few agencies in the country capable of caring for teenage girls who are among the most traumatized victims, Maryhurst helps those who have nowhere else to turn for healing and hope.” Refreshments will be served.

FEBRUARY 9

KCD’s Production of Fiddler on the Roof-Leave The J at 9 a.m.

Kentucky Country Day is proud to present “Fiddler on the Roof” Jake Latts and Sarah Hyman have been cast as Tevye and Golde and Solomon Blinchevsky is playing Motel. The community service/dress rehearsal is Thursday February 9th at 9:45 am. After the performance, we will have lunch at Olive Garden.

FEBRUARY 12

Lunch & Show-CenterStage’s Funny Girl-Lunch at noon, Show at 2 p.m.

We will first have lunch catered by Gerry Burns followed by *Funny Girl*, the story of comedienne Fanny Brice as she clowns her way up from the burlesque clubs to vaudeville stages on her way to become Ziegfeld’s “Greatest Star.”

Cost of lunch & ticket: \$25/M, \$30/NM. If you already have your season ticket, join us for lunch for only \$12.

Reservations & Payment due by: Monday, February 6.

FEBRUARY 26

Jewish Film Festival-“Once in a Lifetime”-12:30 p.m. at Village 8

Based on a true story, *Once in a Lifetime* is an award-winning film that tells the story of a dedicated history teacher is determined to give the best education to underprivileged inner-city students. She tests her multicultural classroom with a unique assignment: a national competition on the theme of child victims of the Nazi concentration camps. Despite the odds of winning, these once-rebellious teens soon begin to see one another and themselves in a whole new light.”

Cost of admission & transportation: \$10/M, \$14/NM.

FEBRUARY 21

JCC Adult Social Club presents: Dr. Stephen Mattingly, University of Louisville guitar professor, 12:45 p.m.

Come and listen to the solo guitar performance of Dr. Stephen Mattingly.

Refreshments will be served after the program.

FEBRUARY 28

ElderServe Presents-“Shake the Salt Habit: Limiting Salt in Your Diet-12:45 p.m.

Come learn how foods high in salt sneak into our diet and effective ways to reduce them, without sacrificing flavor. Enjoy a healthy snack and experience low-impact exercises to increase physical activity.



Tumble Tuesday

Tuesdays | February 28-April 11
Two Beginner sessions 6 p.m. & 6:45 p.m. No class April 4

AGES 4-10

Help your child develop strength, flexibility, and coordination all while having fun and gaining friends in this introductory gymnastics tumbling course.

Each class lasts 45 minutes in the Upper Gym.

INSTRUCTOR:

Lindsey Smith
(New England Center For Circus Arts Trained)

FEE:

\$70, \$60 The J Members

FOR MORE INFORMATION OR TO REGISTER,
visit www.jewishlouisville.org/tumbletuesday
or 502-238-2727



New to The J? Then this class is perfect for you.

In this class, we will demonstrate how to use the machines and free weights as well as gym etiquette, dress code and rules.

INSTRUCTOR
Denise Joseph

FEE
\$90, \$72 The J Members

New to the Gym?
Mondays • February 6-27 • 5:30-6:30 p.m.

For more information or to register, call the Health and Wellness Desk at 502-238-2727.