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The Chile Paper

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JCC Designer Home Showcase

benefiting Children's Programming, Scholarships, and Services at the JCC

Two Great JCC June Events Not to be Missed!
JCC DESIGNER HOME SHOWCASE
Spectacular. Stunning. Sensational. Those are
just a few of the adjectives to describe the JCC
Designer Home Showcase available to tour
Thursdays through Sundays in June. In addition
to tours, this breath-taking \$2.2 million,
5,600 sq.ft. Scott Patrick Home (SPH) located
in El Bosque, will serve as a venue for several
unique events sponsored by the JCC. Some of
New Mexico's foremost interior designers will
showcase their exquisite talents and provide
visitors with unlimited ideas. You will even
have the opportunity to buy the house "as is"
or specific items from the designers!

ALL proceeds from all the events scheduled
during June, as well as the BIG TICKET RAFFLE
will benefit children's scholarships, programs,
and services here at the "J." Some of the
events include our opening night, Baila en el
Bosque, a Feng Shui lecture and demonstration,
a fabulous fashion show, cooking classes by
Vivace, and our closing event BBQ that
includes our RAFFLE drawing.

Meryl Manning Segel, JCC President and
Designer Home committee member collaborated
with SPH to secure this gorgeous home. This
first-of-its-kind endeavor undertaken by the
JCC is being co-chaired by **Elisa Baca** and
Denise Cordero-Lapetina. Their energy and
creativity will certainly make this first venture
difficult to match!

When committee members **Genie Stuart**,
Kathy (Kat) Erdman, **Annabell Poteat**, and
Rivka Gisser aren't at group exercise class
or working out upstairs, rest assured they can
be found securing raffle prizes, selling raffle
tickets, or working on details to make sure that
the Designer Home will be a success. **Marilyn
Gruen** helps to keep our media ideas on track,
and **Emma Casey** is once again helping with
sponsorships. Welcome to our newest member
Tamara Pezzarossi. We look forward to
working with you.

Please, please, please...if you see or talk
with the committee members, thank them for
their planning and hard work on the Designer
Home Showcase. Their efforts enable us to
continue to provide outstanding children's
services! Watch for more details on these
exciting events. If you have any questions,
please contact me at 348-4450 or
peggyh@jccabq.org.

- Peggy Hughes

New Mexico Humanitarian Awards

Just a reminder...Please return your
nomination forms for your choice of
honoree for the New Mexico Humanitarian
Awards (NMHA) by May 9th. The NMHA will
be presented annually to those who have
demonstrated the spirit of humanity in a
local, national, or international capacity.

The New Mexico Humanitarian Dinner,
which will be held August 21, is a
distinguished recognition program born
from the desire to raise awareness of the
spirit of humanity and to inspire
individuals, organizations, and businesses
to pursue humanitarian goals.

Thank you for your time, effort, and
energy in nominating a truly deserving
individual, business, service organization,
youth group, or innovative program. Forms
are available on our website at
www.jccabq.org. For more
information contact Jay Jacobs at
348-4449 or jayj@jccabq.org.

- Peggy Hughes

Pre-Exercise Essentials

If you are one of many who prefer (or are forced to be) an early morning exercise enthusiast, it's best to plan the night before exactly what you will need when that alarm clock sounds. Of course there's the 4 S's (shoes, socks, shorts & shirts – all of which are required to use the facility - PLEASE), but many times the things our bodies need the most to get going in the morning, are forgotten . . . fuel and hydration.

What you need and how much, varies for each person. Even with a light snack, a banana, oatmeal, or yogurt, your body will need at least 20 - 30 minutes to digest it. Foods high in fat should be avoided because they are hard to digest. Exercising on a full stomach can cause discomfort, cramping and nausea because your body is pulling blood into the stomach to assist in digestion. So finding the right combination for you is essential.

With all the hustle and bustle we sometimes forget to drink until we are actually thirsty. By this point, our bodies are already dehydrated. Research has shown that exercising when your body is even 5% dehydrated can affect your performance significantly. Drink water before, during and after you exercise to stay hydrated throughout the day. This will not only help you with your fitness performance, but also with recovery.

Many people will tell you that drinking coffee will give you the added energy you need to get through an early morning workout. It does so by working as a stimulant. However, too much caffeine is actually a diuretic and can result in dehydration, which decreases your performance. So if you are planning on working out for 1-1/2 hours or less, water is your best bet.

Remember your early morning ABC's

A: Always drink water & eat a light snack 20 – 30 minutes before you exercise,

B: Body – we only have one, be aware of what you put into it for fuel, and

C: Coffee and caffeine are better left for later, if at all.

- Lolli Villanueva

2008 LEXUS OF ALBUQUERQUE GOLF INVITATIONAL

Hey all of you golfers out there, please mark your calendars for the June 2nd Lexus of Albuquerque Golf Invitational benefitting the JCC and Congregation Albert. Co-chairs Debbie and Jay Greenhood are planning a grand event at Four Hills Country Club complete with competitions and the possibility to win a 2008 Lexus on the course, courtesy of Lexus of Albuquerque.

Other previous committee members who are helping again this year include **Steven Rogers, Pat Abel, Adam Greenhood, Paula Hollinger, and Tom Gallagher**. They are working on securing sponsorships as well as making sure that the event goes off without a hitch. New comers **Adam Schaer** and **Colin Shaw** have jumped into the mix and are helping to make this Golf Event better than ever.

Price per individual golfer is \$150. For more information on sponsorships, or if you have any questions, please contact Jay Jacobs at 348-4449 or jayj@jccabq.org or Steven Rogers at 766-7202 or steven.rogers@wellsfargo.com.

- Peggy Hughes

Dear Jacobo,

I have made a big mistake. I need you to let me know how big it is and what are my options. I walked into my house a couple of weeks ago and on the table were 2 dozen beautiful red and pink roses. There was also food and my favorite desert from my favorite restaurant. I knew instantly I had forgot our anniversary. I tried to not let it show on my face, but I had nothing for him and know way to cover this up. I felt so bad, I had to tell him I forgot. He did not seem mad or upset, but I could tell he was disappointed. We still had a nice evening, but I can't seem to let this go. Is he really mad at me and just not telling me? Am I a horrible person? What should I do?

"Only Human"
Albuquerque

Hello "Only Human",

There are some things in life you just don't forget. Tax deadline, your child's birthday and ANNIVERSARIES... Now I know we all make mistakes, but for all of my loyal readers, let me give it to you straight. You DON'T forget an anniversary. Now the only saving grace you have is that it was your husband who was forgotten. We men can be much more ready to forgive under the right circumstances. I'm not saying he was not upset and he might hold onto this for dinner party conversations. But, the best advice I can tell you is to run out on your lunch break and buy something to make for his favorite meal, give him a no exception coupon that he can use to have a complete free day of uninterrupted sports watching. Now, this is the key ingredient in this guilt free recipe. By some very nice "bed time clothing" and light those bedroom candles, call him big papa and let me tell you, any sane man would drop the grudge instantly and start the dishes and vacuum the house the very next morning.

Now to my male audience, DON'T EVER FORGET ANYTHING... There is no such thing as going out and buying a "bed time outfit". Your wife / girlfriend could care less, unless maybe some one else walked in wearing it. HA, so be warned the men's dog house can last for years...

Keep those questions coming. Mail your question to the JCC, attention "Dear Jacobo".

- Jacobo.



Sign Up TODAY
for JCC Specialty
Camps!

Camp Chai is already
at 75% capacity for ALL
sessions, and will be
sold out very quickly. If
you have not registered
for camp,
do NOT hesitate...

Contributions to the JCC

Anna Jo and William Clithero
in honor of Claudia Sloves'
Bat Mitzvah

Thank you for choosing to make a donation to the JCC. We sincerely appreciate your support and welcome the opportunity to send a personalized card whenever you wish to let family and friends know you are thinking of them. Please call Sarah Katz at 348-4463 for assistance.

Familiar Faces in Fitness

It's not too hard to find a fitness center these days. Sometimes it seems like there is one at every corner. What is hard to find though, is a quality fitness facility where the camaraderie and affability of both the members and staff is genuinely apparent. That is what makes the JCC such a special place. The JCC is not just a fitness center, but it is an experience of working out with the same friendly and familiar faces week after week. Well, we would like you to know a little bit more about those familiar faces you see. More than just a greeting as you walk up the stairs or around the track; we would like to tell you about where we come from, why we work in fitness, and how we can better help you. We are lucky to have an incredible fitness staff at the JCC. Your JCC fitness staff consists of not only remarkable individuals but some of the most knowledgeable and professional trainers in Albuquerque. This month's highlighted JCC Pro Fitness Trainers are: Gary Schancer, Bob Landry, and Linda Szady.



Gary Schancer

Gary holds his Master's degree in Exercise Physiology and worked as the on-site Exercise Physiologist for Kirtland Air Force Base for over 8 years. Gary is currently certified through ACSM (American College of Sports Medicine) as a Health/Fitness Instructor and is an accomplished runner, competing in anything from marathons to ultra-marathons. Gary says, "Health and fitness must be our

#1 priority. It's not about overnight magic; it's about being active year-round and life-long. Exercise is not a four letter word. It should be fun and something we look forward to doing."

Bob Landry

Bob is a NSCA (National Strength and Conditioning Association) Certified Personal Trainer and a Water Safety Instructor. Bob is a retired Air Force Officer who, not too long ago, started his own fitness journey and was a top national Body-for-Life Contest finisher. In addition to personal training Bob works as a Masters swimming coach, swimming instructor, and water aerobics instructor.

Bob's philosophy is that he can help "anyone" at any age to get in the best shape of their life. Bob specializes in teaching beginners and people interested in a long, healthy life.



Linda Szady

Linda is an ACSM Health/Fitness Instructor, an ACE (American Counsel on Exercise) Certified Personal Trainer, and an ACE Certified Lifestyle and Weight Management Consultant. Linda works with a wide variety of clients and creates programs based on each client's goals, needs, and physical abilities. Linda's experience includes over 25 years of weight training, was a competitive bodybuilder

for 5 years, and now competitively runs long distance. Linda says, "I feel better at 50 than I did at 20. My goal is to help others to be the best they can be no matter what their age."



Susan G. Komen's RACE FOR THE CURE Sunday, June 15th, 2008

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. In addition to providing funds for research, Komen provides grants to organizations offering free mammograms to uninsured and low income women and to foundations that can provide financial assistance and transportation to women in need while undergoing treatment. One of every 8 women will be diagnosed with breast cancer. This rate is even higher among Ashkenasi Jewish women.

The Central New Mexico Affiliate of Susan G. Komen for the Cure is working to better the lives of those facing breast cancer in our community. Through events like the Komen Central New Mexico Race for the Cure, we have invested over \$745,000 in local breast health and breast cancer awareness projects in Sandoval, Santa Fe, Bernalillo, Los Alamos, Valencia and Torrance counties. Up to 75% of net proceeds generated by the Komen Central New Mexico Affiliate stay in New Mexico. The remaining income goes to the national Susan G. Komen Award and Research Grant program for energizing science to find the cures.

Breast Cancer Facts:

- In New Mexico approximately 1,100 are diagnosed with invasive breast cancer annually and over 220 women will die from breast cancer.
- There is a 98% survival rate among women diagnosed with early-stage breast cancer and only a 25% survival rate with late detection.
- The most effective strategy for detecting early-stage breast cancer is a mammogram.

If you would like to join us at the Race, become a volunteer, or have any questions please call us at 505-265-4649 or visit us online at www.komencnm.org.

A Letter from Jay Jacobs, CEO

Hi,

Lot's of changes at here at the "J." The big one is New Fitness Equipment. If all goes well it should be in by the second week in May. Please note, the Fitness Center will need to close for a few days to allow us to change out the equipment and train staff. Spinning and group exercise class will take place as usual. The exact dates of the change-out have not yet been determined.

Some policy changes to be aware of:

- To better meet your needs, the facility is now open at 5:00 am, Monday – Friday.
- Children between the ages of 13-16 must be certified by our Fitness Staff in order to use the Fitness Center. More information is available in the Fitness Center.
- Children using the pool this summer will be required to pass a deep water test in order to use the deep end of the pool. Please call Matt Burnam at 348-4497 for ongoing testing schedule.
- Children between the ages of 13-16 must be accompanied by a parent when using the steam room. No child under the age of 13 is permitted in the steam room.

Please know that any policy change that we make is designed to permit our members to maximize their usage and safety when using the "J."

Have a great day and thank you for being a part of our "J" family. We appreciate it and look forward to seeing you at the "J."

Membership Appreciation Day *Pool Party & BBQ!!!*

**Sunday, May 18th
12-4pm**

- Rock Climbing Wall
- Water Slide and Jumper for Children
- Jam Session in Auditorium
- Free Hot Dogs and Drinks
- Pool Games and Contests for Prizes (including races and belly flop contests)
- Fitness Demonstrations
- Music and Much More!!!

**For more information
call 348-4455.**

Upcoming JCC Programs

May 18, 2008 10am-3pm: Singles Bagel Brunch

May 18, 2008 12pm-3pm: Membership Appreciation Day

The JCC is a beneficiary agency of the Jewish Federation of New Mexico



**JCC of Greater Albuquerque
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