



# Newsletter

WINTER 2005

## From the Director's Desk

At our September 26, 2004, Parents' Visiting Day, twenty students put on a talent show (pages 1-3 below). What had begun simply as a desire by a few students to perform for their parents grew, with the help of consultant Judy Weber and many members of our staff, into a full blown show, complete with stage, costumes, make-up, etc. I cannot ever remember seeing the students, or their

parents any happier. Copies of the show on DVD are available from JRC on request and may be viewed online at [www.judgerc.org](http://www.judgerc.org). We are now looking for a teacher with an interest in theatre arts who can help us with future productions such as this.

A leading pediatrician (Charles Atwood, M.D.) has written that "...coronary

artery disease [the leading killer of adults] begins during childhood and can be prevented only by reducing saturated dietary fat during these early years." Responding to this, JRC has adopted highly nutritious menus that eliminate and minimize sources of saturated fat. In September and October, we tested our students to see whether this dietary change had been effective. The data



On Sunday, September 26, 2004 JRC held its first-ever student Talent Show. More than twenty students participated in the show by singing, dancing, or helping out with stage design and costumes.

# Variety Show

(page 4) show that the mean cholesterol reading for our students dropped 21 points (13%) and that 58% of our students are now in the safe cholesterol range (150 or below), compared with only 35% prior to the dietary changes. Our administrators do a daily tasting of the food served to our students to ensure that it is tasty as well as nutritious (page 5). And we continue to invite leading nutrition experts to speak to both our staff and our students (page 5).

JRC students have begun to do volunteer work. In September, four students helped to build a house as part of the Habitat for Humanity program (page 6). In November, ten students served lunch at a veterans' home in Boston. In December, twelve students visited a homeless shelter and made plans for a return date when they will serve food. Also in December, a group of students sang Christmas Carols to elderly persons at a nursing home in Canton.

We continue to believe that a colorful and well-designed environment plays an important role in making our school an attractive place for our students to attend and for our staff to work in. Page 7 and 8 shows some of our latest efforts which include: a conference room in which the artist Lana Garner created wall hangings out of dumpster covers; a room that features the work of contemporary pop artist Debbie Brooks who "celebrates the theme of women enjoying shopping"; and a room decorated with luscious water colors by Patricia Govezensky. Take a look at these rooms when you next visit JRC.

Matthew Israel  
Executive Director



A group of eight students opened the show with a dance routine to the song "Get Loose" by Nellie.

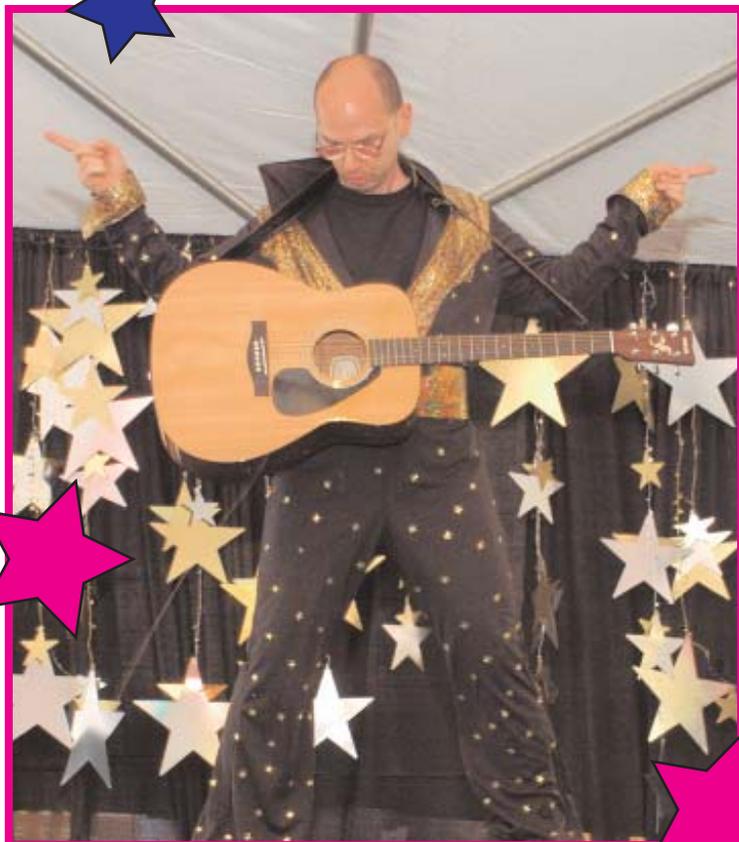


Kareem A. (foreground), Melinda V. (left rear), James W. (center rear), and Natasha B. (right rear) performed an energizing dance routine to the song "Gal Yuh A Lead" by TOK.



More than 500 friends and family members attended the first JRC Talent Show.

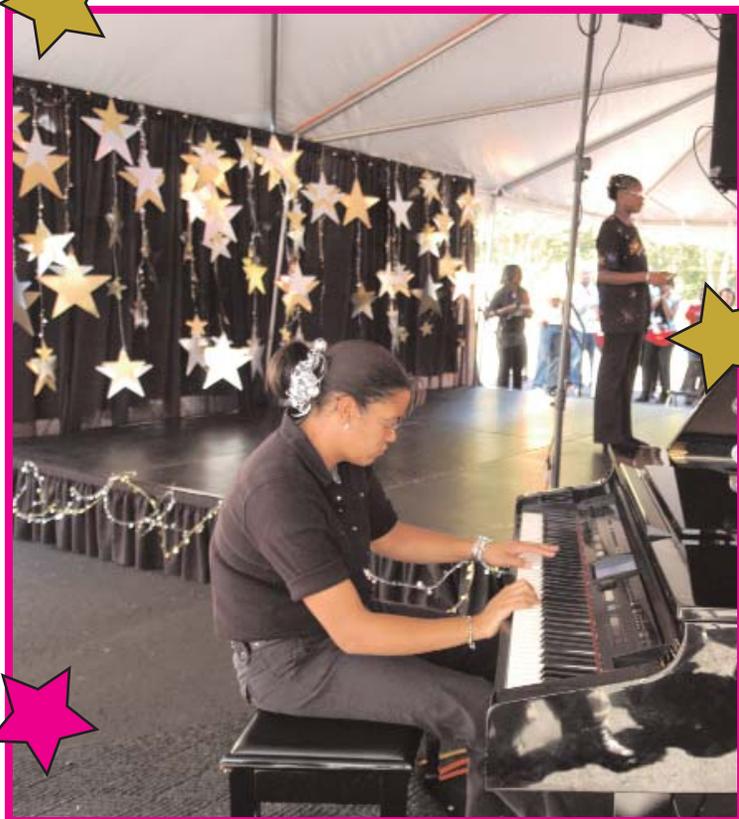
# Variety Show



Greg M. danced to "Blue Suede Shoes" by Elvis.



Lisa H. sang her heart out during her solo of a song titled "Leave" by JoJo.

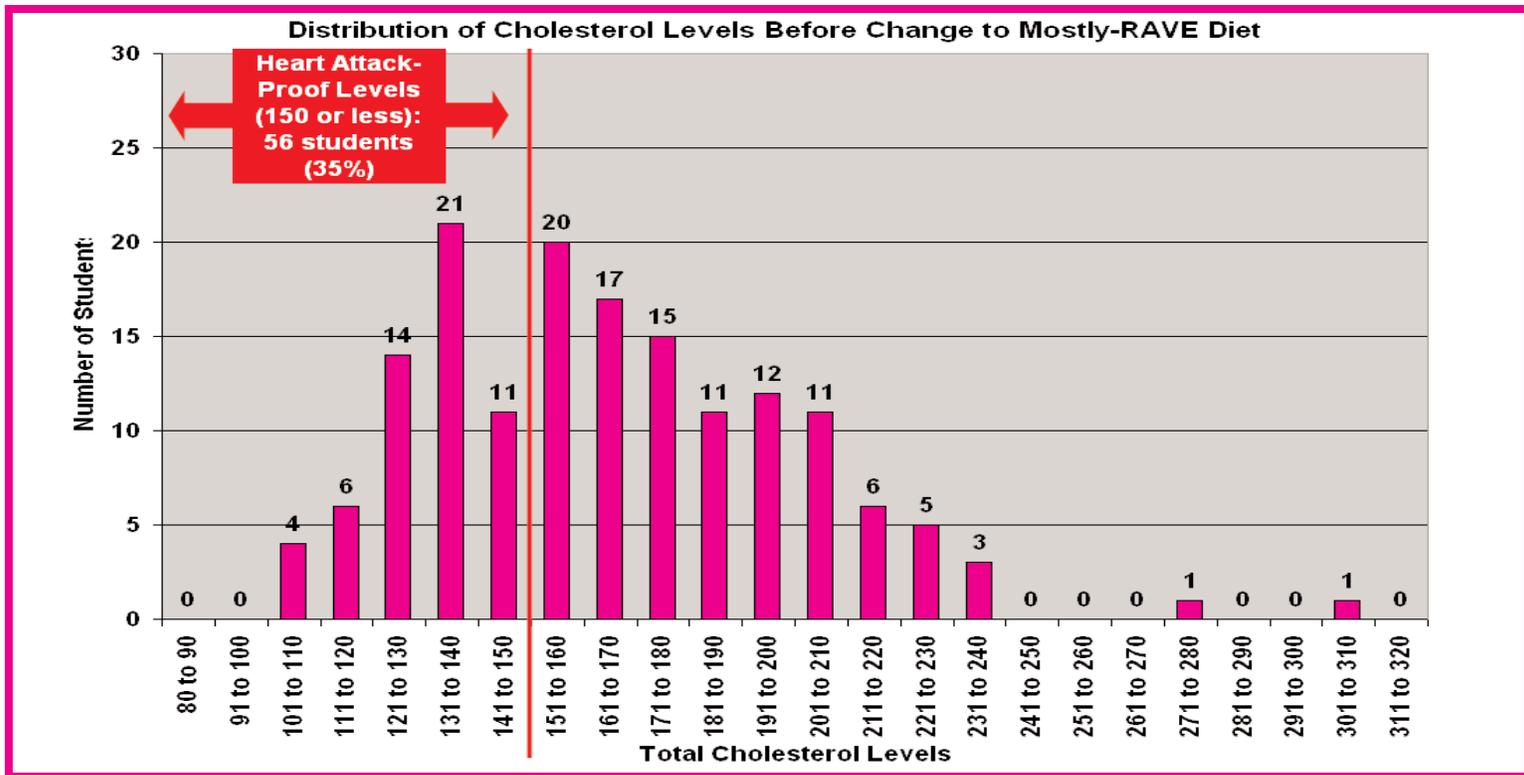


Performing on her own and as back-up to many of the singers and dancers, Jen M. shined on the piano.

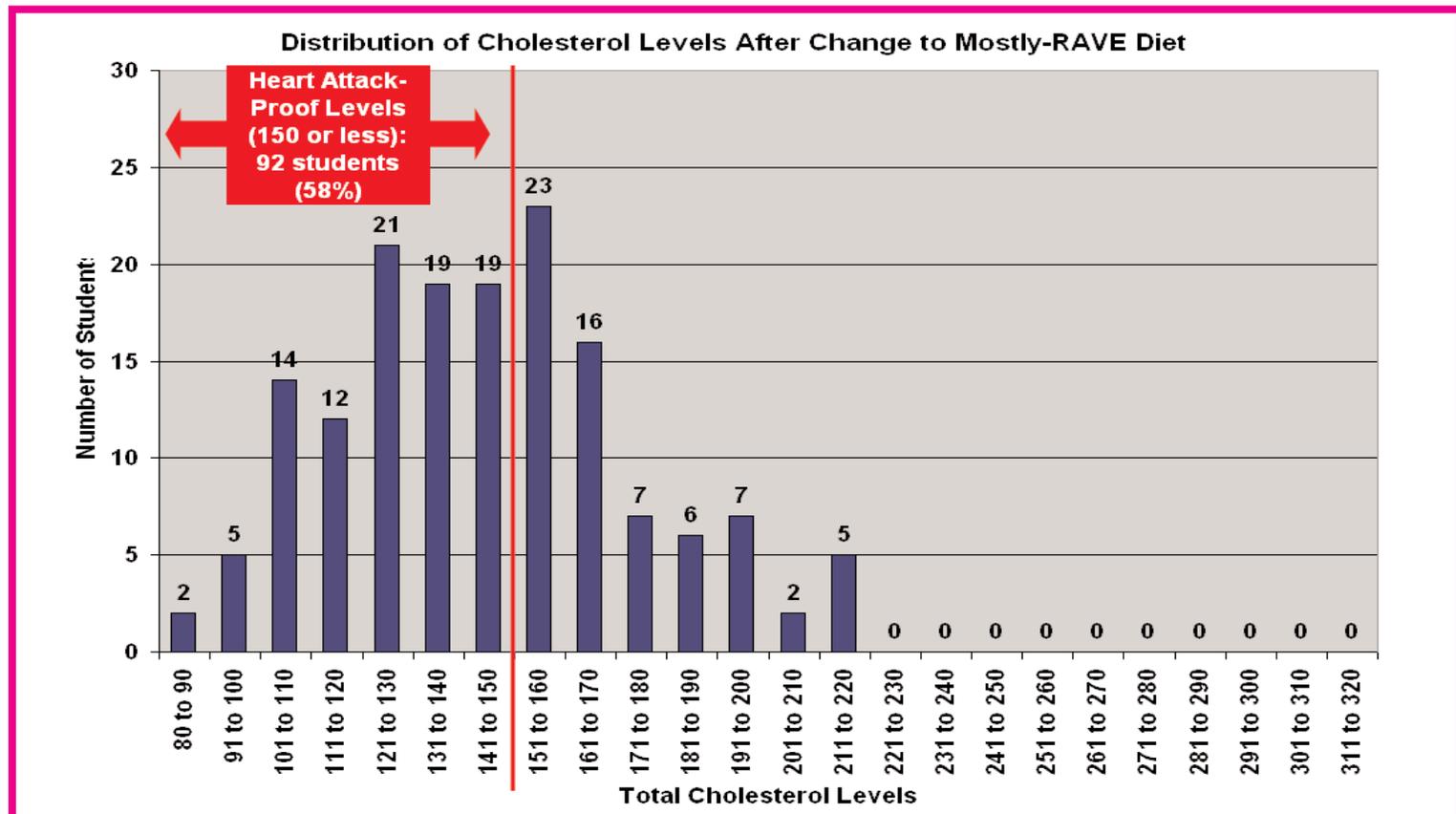


Shonda B. read a poem titled "Thanks, Mom" to the crowd.

# Students' Cholesterol Levels Drop...



To find out whether our change in menus improved the health of our students, we compared the students' total cholesterol before and after the menu change. As can be seen from the charts above and below, there was a clear shift toward lower cholesterol levels after the change in diet. The average (mean) total cholesterol value before the diet change was 166, and the average (mean) total cholesterol after the diet change was 145. This amounts to a decrease of 21 points (13%).



# ...Due to Improved Food Program



Our new nutritionist, Janel Ovrut, prepares a corn and vidalia onion salad for the students' dinner.



This is a typical scene at our daily food tasting. Around the table are food preparation staff members, senior staff, and students.



Food Service Coordinator Katherine Chellman serves vegetable lo mein to Michael L. for lunch.



On January 20th, Dr. Harvey Zarren gave a fabulously well-received talk on nutrition--one of the best that we have heard--to many of our staff members and a separate talk to about 100 of our students.

# Building More Than A House



In September, four students (from left to right, front row: Sky Y., Aaron H., Jon C., and Jose A.) participated in “Habitat for Humanity” and helped build a house for people they did not even know. They gave up an entire day on a Saturday and painted and helped out in every way that they were needed. They learned what it was like to be a team player and did not disappoint.



Aaron H. (bottom left), Jon C. (bottom right), Jose A. (second from left, middle row) and Sky Y. (far right, middle row) clown a little while posing with their fellow volunteer workers.

# Newly Decorated Rooms



This is the Lana Garner room, which has four dumpster covers, each one converted into sculptural pieces that show four major US cities. Lana also did a base for a cocktail table in this room made from an industrial fan.



Members of our Cholesterol-Lowering Incentive Program may use this brightly-colored room to enjoy a healthy lunch.

# Newly Decorated Rooms



This is the Govezensky Room, featuring some large, beautiful, original water color paintings, in the style of Tarkay, by Patricia Govezensky.



This conference room contains art pieces by a contemporary pop artist, Debbie Brooks, whose art celebrates the theme of women enjoying shopping.