

Not Just a Horse Race

Hard to believe that we are in May already. Busy time in Louisville. When my family first moved to Louisville in 1985, I commuted for most of that year. My wedding anniversary is in May, so I flew in to see my husband that weekend. We were out at dinner, and I asked our server why everything was busy. Why were car dealerships and other businesses closed? Why couldn't I get a rental car? I had all of these questions that I could not find an answer for.

I was told that it was Derby week. When I looked at them and responded with, "What?", I was then told that the Kentucky Derby was the next day. I replied with, "That's just a horse race." Then I got a five-minute lecture on why it was important and how dare I insult the traditions that went with it. I have never made that comment again without an explanation.

Derby and its various events and festivities represent an economic boon to our community. It puts Louisville on the international sports map for more than the two minutes of racing. Many local businesses depend on the many visitors that come in for the parade, mini-marathon and marathon, parties, festivities and yes, the races.

Of course, when I moved here, I learned we had Oaks Day and Derby Day. Then Thurby was added. This year brings us another day—Winsday has been added to the week. Described on the Churchill Downs website as "Great Thrills for the Greater Good in Partnership with the Community Foundation of Louisville," the two organizations have found a way to "shine the spotlight" on 50 local charities and nonprofits. When a race goer purchases tickets through the non-profit for Winsday, the guest gets a great seat while also contributing to a local non-profit of their choice. A definite win-win for all.

May is also home to Baby Day, Star Wars Day, Cinco de Mayo, International Harry Potter Day and Mother's Day. These are listed in order by date, not by importance.

May is also host to Well-Being Week in Law. What is that? Quoting from their website, "The aim of Well-Being Week in Law is to raise awareness about mental health and encourage action and innovation across the profession all year-round to improve well-being." These programs include topics such as meditation, career well-being and understanding your psychological well-being. You can find information on these programs here: <https://lawyerwellbeing.net/well-being-week-in-law/>.

Continuing with the theme of well-being, our Health and Wellness Committee is dedicated to promoting our member's health and well-being through their programs. Watch the eBriefs and *Bar Briefs* for more information on their efforts.

Many of us, including me, make New Year's resolutions. Get organized, lose weight, eat healthier, exercise more. All of these are commendable goals. How can we move forward on these resolutions? One of our member benefits through the LBA includes access to fitness partnerships at local facilities that can help you with at least one or two of those goals. These are Genesis Health Club, Elevate Fitness and WEL at Humana. If you are looking to join a health club or exercise facility, please consider one of our fitness partners.

This year is also our 125th anniversary and our initial attempt at a celebration was cancelled due to weather. This is just a reminder that we will try again, and information will be sent out as soon as the event/celebration is finalized. Also, watch for information about Pickleball and other fun activities.

And if you are interested in getting involved with the association, there are still several sections that need a chair and/or vice-chair. If you are not ready to be in leadership but have an interest in a particular section, please go online to our website, <https://www.loubar.org/section-chairs/>, and see which of the sections might interest you and join the section today.



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Maria A. Fernandez
LBA President