



News at N4Cs

Northern Columbia Community and Cultural Center

Fishing Creek Heritage Days

Success in spite of the weather!

Visitors from many areas arrived in Benton on Saturday and Sunday, July 24 and 25, to celebrate Fishing Creek Heritage Days. The two-day community festival commemorates the significant history of the region. This year focused on the Fire of 1910 that destroyed a large part of Benton. However, visitors also took advantage of the variety of other attractions at the festival.

Although the weather did not cooperate in encouraging visitors (hot one day and torrential rain the next) those that braved the elements learned a lot, witnessed some of the talented crafts people in our area; were entertained (with both drama and music), and ate well.

To remember the 1910 Fire, local historian George Turner gave several well-attended

lectures. Professor Turner described the cause of the fire, its affects on the community, and the economic and social impact it had. A book, produced from an article that Dr. Turner published, was also sold by N4Cs.

Another local resident, M.R. Daniels, wrote a dramatic play, *Damaged Trust*, that continued the

story of how Benton men, during the Civil war, were abducted from their homes by the union soldiers and imprisoned near Philadelphia for desertion and draft evasion. The play dealt with the theme of trust among families and friends, and how it can be destroyed by rumors, gossip and suspicions. Fishing Creek Players offered four per



Cast from "Damaged Trust" play: First row L to R: TJ Schultz, Kathleen McKenzie, Grace Filohoski, Olivia Zeitler; Second row L to R: Gerri Ann Danilowicz, Sean Christian, Geraldine Laubach, Kevin Hickman, Brandon Hartman (Director), John Schultz, Colleen Schultz, Jerry Arcuri, & Jennifer Welliver.

(Continued on page 5)

Volume 2, Issue 3

August 2010

Inside this issue:

<i>Fishing Creek Heritage Days</i>	1
<i>Rob's Corner</i>	2
<i>Volunteer of the Quarter</i>	3
<i>Veterans' Memorial</i>	3
<i>A Feast for the Eyes</i>	4
<i>Summer Youth Program</i>	6
<i>Events Calendar</i>	6

Special Interest

- *Nina Ford Volunteer of the Quarter*
- *Summer Youth Program welcomes hundreds of children*
- *The Passion of Dracula—October 29, 30, 31*
- *Auditions for "The Best Christmas Pageant Ever" in October*

Rob's Corner

Use It or Lose It!



*Maintain your physical well-being:
Come to the Center
and Use It!*

If you have ever been in a Sit N Fit class you have more than likely heard me say “Use It or Lose It!” That advice is sound for both our physical and mental well-being.

A team of researchers found that middle-aged people, who maintained a reasonable level of physical activity, were more likely as they age, to walk distances, climb stairs, and maintain their sense of balance.

*Maintain your mental well-being:
Come to the Center's Library or
Game Room and
Use It!*

Their research also showed that, among men and women aged 50 to 69, across all weight ranges, the rate of decreased physical ability later in life was twice as high among those who were less physically active. Their

findings also showed that although being overweight was associated with an overall increased risk of physical impairment, people, regardless of weight, who engaged in some sort of physical activity, were more likely to remain mobile later in life.

Physical activity of about 30 minutes, three or more times a week, resulted in fewer than 13 percent of people developing some sort of physical disability, while this rate increased to 24 percent when subjects were less active.

Maintain your physical well-being: Come to the Center and Use It!

When I think of aging well, I think about my mental facilities in addition to physical activity. Our brains need mental activity, physical activity, and proper nutrition. Here's some advice to keep our minds sharp and active.

Keep reading well into your golden years.

All of our abilities improve with time if we continue to use them.

My mom, who is 77, plays a computer game called “Brain Age.” When I played this game with her, my brain age was 52, compared to her young 38! Try to find the game, or start doing crossword puzzles, Sudoku or other brain teasers.

Maintain your mental well-being: Come to the Center's Library or Game Room and Use It!

The foods we eat also affect how our bodies and brains work. Make sure you eat something from each food group: vegetables for vitamins and minerals; fruits for glucose and carbohydrates; lean meats, nuts and cheese for proteins; fish, nuts or other food that are rich in Omega 3 fatty acids; and drink 80 ounces of water daily.

Rob Hutchison

Volunteer of the Quarter: Nina Ford

Nina Ford always offers a hearty greeting to all people entering the Center. It is for her enthusiastic support for the Center and for her consistent good cheer at the desk, that, Nina was selected as Volunteer of the Quarter April-June.

She has been a long-time supporter of the community center, loving everything about the place from the first time she stepped inside. Last year, when Nina underwent back surgery, everyone consistently asked when she would return, and enthusiastically welcomed her back after her recuperation period.

Everyone knows that Nina has a



Nina Ford, Volunteer of the Quarter

wonderful ability to meet and greet peo-

ple, but in addition to that endearing quality she has also become an excellent trainer of new front desk volunteers. In addition to relaying all of the procedural work that goes on there, Nina also shares her enthusiasm for the job and the Center. She makes sure that all new front desk workers realize that theirs is the first face that people see when entering the Center—and insists that it be a welcoming face.

Nina has been married for 37 years to Ralph Ford; they have five children and eight grandchildren. The couple moved to Benton from Maryland in 1975 and love it here.

Nina’s career was in home health, but she also worked as a dietary aide at the Bonham Nursing Center and Clear Brook Lodge. Upon retirement, Nina turned her love of people into an asset for N4Cs—and we’re glad she did.

Because of people like Nina and N4Cs’ other volunteers, the Center has become an important element of community life for so many people.

Thank you to Nina and to all of our volunteers.

“I like people and like to be around people.”

Nina Ford

“I feel grateful to be honored by N4Cs.”

Veterans’ Memorial

On Sunday, May 30 about 100 residents witnessed dedication of the Veterans’ Memorial at N4Cs.

There are bricks of patriots from as far back as the Prince Phillips War more than 100 years prior to the American Revolution--all the way up to men and women who are in the service and protecting us today .



A Feast for the Eyes

*Country Cultivators
designed and
planted the gardens
on the side of the
Center*

We all know that the cooks who prepare the food for the social gatherings at N4Cs are very experienced and that no one ever leaves an N4Cs' event unsatisfied. What many of us do not realize is that local gardeners leave our visual senses equally delighted after a visit to the Center.

The gardens at N4Cs are a real treat for all who enter. Over the past three years the landscaping has matured into a work of floral art that demonstrates the hard work, dedication, design sense, and plant knowledge of a small group of volunteers from the Center and a local gardening club.

Because of the size of the gardening task, and the large amount of space that needed cultivation and planting, the task was broken up into three sections. The first is in the front of the Community Center; the second is on the side of the Center; and the third is at the entrance on Community Drive.

The front and side garden areas are populated with mostly native plants and perennials with bloom times that span early spring through late fall, with a variety of ornamental grasses and shrubs that offer a wonderful winter presence. Barrels overflowing with colorful annuals

and herbs welcome visitors at the front door and both sides of the Center. The planting bed at the Community Drive entrance sports a colorful all-season shrub border that greets visitors to N4Cs year round.

Although a large group of Center volunteers helped in the initial planting for the front gardens, three women are responsible for their ongoing management and maintenance: Katie Knorr, Kay Chapman and Kathy Arcuri. Country Cultivators, a local gardening club, de-



Jan Swan, Melanie Anderson (from County Cultivators), Kathy Arcuri, Katie Knorr

signed, planted and maintains the side garden. And the generosity of Jan Swan made the garden at the entrance a reality.

If you haven't already enjoyed the varied textures and colors, stop by and experience this feast for the eyes.

*Jan Swan donated
the planting bed at
the Community
Drive entrance*

*N4Cs' volunteers
planted the gar-
dens at the Cen-
ter's front*

Fishing Creek Heritage Days

(continued from page 1)

formances, directed by Brandon Hartman, on the Benton High School stage.

Musical entertainment was provided by a variety of artists to meet all tastes. Music ranged from old time country and banjo/fiddle music to blue grass, gospel and patriotic. Featured musicians and groups included Bill

Civil war re-enactors reminded us of Fishing Creek's heritage. The men, women and children, dressed in period costumes and Civil War uniforms, educated visitors and awed them with cannon firings.

And what is a festival that honors our heritage in the local area without critters? Whitenight Family Farm offered hand-milking



1st Company, 1st Battalion Mifflin Guard comprised of 81st PA Company K from PA

Bailey; Jean Masich; Benton Beauties; Pat Hess and Friends; Dave Catlin and Company; Greenwood Valley Boys; Raven Creek Band; Bluegrass Jam; Doug Ward; and the Silver Foxx DJ.

This year Heritage Days boasted a large variety of crafts people demonstrating their talents and selling their goods. Vendors included Black Bear Pottery; Brandy's Crafts and Toys; Earth Shine Wool Products; Gifts of Wood and Fabric; H & P Embroidery; Hands On Recovery Recycled Jewelry; Henny Penny's Country Store; J & S Gegwich Antiques; Kathy Ball Candles; Mary Rajkiewicz Jewelry; North Mountain Art League; Northern Columbia Quilt Guild; Ol' Country Barn; One of a Kind Design by

demonstrations, small farm animals and agricultural information. Lucky J's Miniature Donkeys showcased their young donkey stock.

A Community Festival wouldn't be complete without a wealth of food—and Fishing Creek Heritage Days had plenty. Home-cooked food was provided by Audrey's Castle, Benton Lions Club, Benton United Methodist Church, Hillbilly Kettle Korn, Smokehouse BBQ, St. Gabriel's Church, and Waller United Methodist Church.

Look forward to an even better celebration next year. Plans are already underway.

Northern Columbia
Community and Cultural
Center

42 Community Drive
Benton, PA 17814
570-925-0163
www.N4Cs.org

Newsletter Editor
Jerry Arcuri
jarcuri@epix.net

Center Director
Rob Hutchison
rhutchison@n4cs.org

Become Part of
Our Family

Visit...

Enjoy...

Join!

N4Cs provides social services, cultural and educational opportunities, sports programs, and health and wellness activities for people of all ages. Thanks to the dedication of our founders, donors, staff, and volunteers, the greater Northern Columbia County and surrounding municipalities have become a better place to live and raise our families.

Summer Youth Program

It's hard to find a time when the children at the Center's Summer Youth Program are relatively quiet, but here's a picture that shows a time that the Program Directors cherish—Snack Time! It is one of the few times that the kids take a break from their varied activities and field trips.



This year the Center welcomed between 50 and 60 local children, aged 6 to 12, daily to its Summer Youth Program. Each day the kids were treated to fun-filled activities ranging from arts

and crafts, board games, reading, and movies to sports activities, swimming, nature hikes, special events and field trips.

Kids particularly liked the field trips to Knoebel's Amusement Park, Camelback Water Slide Park, the Children's Museum in Lancaster, and Clyde Peeling's Reptile land. However, they also enjoyed swimming at Ricketts Glen and Nay Aug Park, the ice cream social, and their Halloween Party in June.

Three paid staff members, aided by three members from the States' Career-Link Summer Youth Experience program, guided children and supervised activities daily. Each day, a free lunch was provided and served by Tapestry of Health's Summer Food Program.

By all accounts, the Summer Youth Program was a success for both the children and the staff.

Mark Your Calendars

- **August 17:** Plant A Row Fresh Food Donations
- **September 7 and 21:** Plant A Row Fresh Food Donations
- **October 22:** 2010 Anniversary Celebration
- **October 29, 30, and 31:** "The Passion of Dracula" presented by Fishing Creek Players
- **December:** "The Best Christmas Pageant Ever" presented by Fishing Creek Players