



# News at N4Cs

Northern Columbia Community and Cultural Center

## *A Time to Recap and Honor*

*A Tribute to Many*

Each year N4Cs celebrates its anniversary with a dinner to which everyone is invited. The third annual celebration gave friends and neighbors a chance to socialize, to eat well, to recap the Center's successes, and to honor those who have made significant contributions. This year we had much to celebrate.

After welcoming everyone, Center Director Rob Hutchison encouraged the crowd to dig in and sample the home-cooked meal—needless

to say, not a lot of encouragement was necessary. Everyone agreed that Kathy Ball and Lisa Ruggles, and the rest of the kitchen staff, outdid themselves this year. Guests enjoyed a dinner of ham, stuffed chicken breast, manicotti, vegetables, and a variety of delicious desserts.

After dinner, the serious business began. Craig Merluzzi, outgoing board president, introduced his successor Paul Reichert, and new board members Abigail Ritchie, Frank Trainor, and Steve Tyree.

He then outlined the wealth and variety of successful programs that the Center sponsored this past year. Among those Craig highlighted include an increasingly popular ballet program, yoga, Zumba (see related article), and the just-completed Summer Youth Program.

### **A Time to Honor**

As everyone knows, the Center could not function without its dedicated volunteers. This year, N4Cs honored three members who have made substantial contributions—Chuck Chapman, Kay Chapman, and Russ Seward.

Chuck and Kay Chapman have been instrumental in the creation of the Center. They each actively participated in the initial planning, the actual building process, and its ongoing operations. They also planned

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Kay and Chuck Chapman, honorees; Ellen Hall, presenter

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### **Special Interest**

- *N4Cs' Third Anniversary*
- *A History of the 1910 Benton Fire. Book on sale for \$6*
- *Chuck and Kay Chapman honored for their service*
- *Russ Seward honored for his service*
- *Best Christmas Pageant Ever, December 10, 11, and 12*

## Rob's Corner

*Success is not the key to happiness. Happiness is the key to success.*

*Herman Cain*

*Happiness is like a  
kiss...you must share  
it to enjoy it.  
Unknown*



*Happiness is your own  
responsibility. Don't  
blame outside condi-  
tions or people for your  
unhappiness.*

*To forgive is the  
highest, most beau-  
tiful form of love. In  
return, you will re-  
ceive untold peace  
and happiness.  
Robert Muller*

Happiness is something everyone wants to achieve! On the surface people may seem to be looking for money, recognition, or other things, but what they actually seek is happiness. Unfortunately, many people never reach the level of happiness they desire because they are looking in the wrong places.

While I can't claim to be the happiest person in the world, I have learned some things about being happy in my life. So, I'd like to share some ways that helped me find happiness.

With that in mind, here are some ways that might help you find happiness:

**1. Stop comparing yourself with others**

It doesn't do any good. You will either feel proud when

you are above, or feel jealous and frustrated when you are below.

**2. Count your blessings**

There are so many things we should be grateful for, but we often forget them.

**3. Help someone**

Giving is an essential key to happiness.

**4. Spend more quality time with loved ones**

Relationships give us happiness more than any material thing in the world.

**5. Appreciate nature**

The beauty of nature can give you peace. Go out and see the beauty in nature.

**6. Pray or meditate**

A most effective ways to calm your mind and get inner happiness. When you feel overwhelmed, a session of praying or meditation could help you clear your mind.

**7. Say thank you**

Sometimes we are so accustomed to people around us that we forget to thank them.

**8. Smile**

Smiling is a very simple

thing to do, yet it has great effect. The mere act of smiling can brighten an otherwise dark day.

**9. Listen more than you speak**

You will feel happier not only by understanding yourself, but also by understanding people around you. A simple way to do that is by listening more than you speak.

**10. Forgive yourself and forgive others**

We all make mistakes; no one is perfect. So forgive yourself and release the burden. Besides forgiving yourself, you should also forgive other people who wrong you. Not forgiving them will only hurt you.

If you are a basically happy and content person then you already know these little things in life, but remember to wear Sun Screen.

Rob Hutchison

## *Volunteer of the Quarter: Bob Parks*

N4Cs selected Bob Parks as its Volunteer of the Quarter, for Q3 2010. Bob does an enormous amount of work for the Center, but many people do not see him because most of his efforts occur behind the scenes. He is Chairman of the Building and Grounds committee, an N4Cs' Board Member, and an all-around handyman at the Center. He and his Building and Grounds committee perform monthly maintenance and safety inspections, and plan for building improvements. Bob has helped with many of the renovations of the N4Cs' Thrift Shop, and was instrumental in both disassembling and reassembling the skateboard park at the Center. Bob says that he "likes to do things and keep things up to date"—and Bob, N4Cs is glad. As a result of that attitude, Bob offers his services in any way he can. This past year he sat on committees for the Heritage Days celebration, the annual Auction, and the Antique Show.

Bob and his wife Jackie moved to Benton from southern New Jersey in 2000 after his retirement from Bell of PA—where he worked for 37 years. He belongs to St. Luke's Lutheran Church in Bloomsburg. When he is not volun-

teering his time at the Center and visiting grandchildren and great grandchildren around the country, Bob is tracing his genealogy. So far he has traced his family back to 1754 when they came to this country.

Every quarter N4Cs recognizes an individual who has made a significant contribution to the Center. Bob Parks certainly meets those criteria. However, the reality is that N4Cs could not operate effectively without each of its volunteers; it is thanks to all of our volunteer participants that the Center has achieved the success it has and has become such an integral part of the community.

*Bob Parks: "I like to get things done and keep things up to date."*



Bob Parks, Volunteer of the Quarter

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historical and social significance of the Fishing Creek Confederacy and the history of the Benton fire in 1910.

Finally, Shannon Thomas was recognized for her outstanding bookkeeping skills. Shannon has managed the bookkeeping at the Center for the past two years. She consistently and quietly

went about her work behind the scenes. However, her efforts are greatly appreciated.

Both honorees and attendees saw the evening as a time to celebrate. We honored not only those who have made outstanding contributions to the Center, but also we also celebrated the opportunity that the Center gives us to share our good fortune.

## *The Passion of Dracula*

*A play to sink your teeth into!*

*Kevin Hickman convincingly portrayed a maniacally possessed Mr. Renfield.*

*Plays for the 2011 Season are being considered now.*

Fishing Creek Players' The Passion of Dracula created the perfect Halloween treat. It had something for everyone—love, marriage, murder, insanity and vampires, to name only some of the themes. The play, directed by M.R. Daniels, was written by Bob Hall and David Richmond. It was based on the traditional Dracula theme, but somewhat lighter and not as serious. This performance by Fishing Creek Players (FCP) displayed a wealth of excellent acting, wonderful special effects, an outstanding set, and enough eerie music to satisfy everyone until next Halloween—a perfect combination to set the scene for this classic Gothic tale!

Although always a pleasure to see returning faces to the local stage, some talented new cast members joined the ensemble for this performance. These new actors included Jenny Braun, who played an enchanting and understated Wilhelmina; Marilyn Kishbaugh-White, who portrayed a convincing Dr. Helga Van Zandt (both in her dead and undead state); Emeric Schultz, playing Dr. Van Helsing, with a superb accent that typified the stereotypical German psychoanalyst; and finally Jim Micklow, who

portrayed a subtle yet very ominous Count Dracula.

Returning cast members Chris Diltz, Brandon Hartman, Kevin Hickman, Larry Paul, and Bob Ridall rounded out the “living” cast, while Geraldine Laubauch, Kathleen McKenzie and Judy Paul added an “other-worldly” dimension to the play as the Brides of Dracula. And as a special Halloween treat, the Brides distributed flies as munchies to the audience.

More so than any other play performed by FCP, Dracula relied heavily on special effects. Thanks to M.R. Daniels; Brandon Hartman; and the sound and light crew, Sam Powalski, and the Christie family (Meme, Jillian and Kerri), for creating the macabre atmosphere required by the production.

After such a “haunting” drama we look forward to the upcoming season!



Brandon Hartman, Bob Ridall, Jenny Braun, Kevin Hickman, Marilyn Kishbaugh-White, and Chris Diltz.

**A History of the 1910 Benton Fire** by George A. Turner is on sale at the Center. Cost is \$6. The book describes the impact and historic significance of the devastating fire that ravaged Benton in 1910.

## *A Time to Recap and Honor*

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and implemented the Veterans' Memorial, located in front of N4Cs. In addition to their invaluable time, Chuck and Kay have also contributed financially to the Center, purchasing the Director's Office when Center rooms were put up for sale. After years of hard and dedicated work they are now stepping down from the Board of Directors.



Russ Seward, honoree

Russ Seward was honored for his long-standing contributions to the Center. Russ and his wife have made significant financial contributions, and purchased the Museum room during the initial fund raising campaign. Russ has also been a Board member and chairman of the Library/Museum Committee since its creation. In addition, Russ has contributed significant efforts for many other programs, including the Heri-

tage Days celebrations and the Antique Shows. He has also been a principal player in all of N4Cs' major fundraisers.

Gladys Kile was singled out for her tireless work over the past several years, putting together the well-received Annual Antique Show and Appraisal. Gladys, and the Antique Show committee, have created an Antique Show that not only offers quality antiques and first-rate appraisals, but also makes a significant financial contribution to the Center's operations budget.

Another behind-the-scenes contributor was also recognized. George Turner has done considerable work to further the cultural component of N4Cs' mission. He was instrumental in gaining the placement of Benton's historical marker, recognizing the Fishing Creek Confederacy. Professor Turner has also provided well-received and interesting history lectures as part of both Heritage Days. His two lectures described the

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Professor George Turner, honoree

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**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.

## *Zumba Has Arrived!*

No, Zumba is not an extra-terrestrial traveler that landed in Benton. Rather it is the current fitness craze that has taken the area by storm. Zumba Fitness is a cardio and toning workout that combines Latin music with Salsa, Merengue, Flamenco, and Samba dance steps. The result is an invigorating workout session that energizes participants and encourages them to MOVE, MOVE, MOVE.

Personal Trainer and the Center's Zumba Fitness instructor, Dawn Burt, says that between 30-55 people participate in each of her three weekly Zumba workouts. Cost for Members is \$4 per session or \$40 for a 10-session card;



cost for Non-members is \$6 per session or \$60 per 10-session card. Times are Monday evenings, (5:30-6:30); and Tuesday and Thursday evenings (7:45-8:45).

Zumba was started, accidentally, by trainer Alberto "Beto" Perez in Columbia. He forgot his traditional work-out music for a scheduled training class and was forced to substitute some Latin music and a dance routine. And Zumba was born!

It was introduced in the United States in 1999, and has become very popular around the country. According to Dawn, the fad has moved from large metropolitan areas has recently begun penetrating rural areas like Benton. For further information or to register call the Center.

Give it a try. What do you have to lose?!

## *Mark Your Calendars*

- **December 3:** Friday Night at the Movies
- **December 4:** Christmas Sing-a-long and Gift Exchange
- **December 10, 11, and 12:** The Best Christmas Pageant Ever presented by Fishing Creek Players. December 10 and 11 at 7PM; December 12 at 2PM. Admission is \$5 at the door.
- **December 31:** Special Kids Night Out; New Years Eve Party
- **January 7:** Friday Night at the Movies
- **January 10:** The Music of Al Lumpkin