



News at N4Cs

Northern Columbia Community and Cultural Center

Fourth Anniversary Celebration

A Great Success

N4Cs celebrated its 4th birthday (wow four years old already) with a modern dance performance and festive dinner. Alchemy Dance Company, a Philadelphia-based modern dance troupe visited and gave a dramatically-impressive performance at Benton High School. The group delivered two inspiring dance routines, providing some audience members with their first taste of modern dance, and to others a captivating per-

formance. The initial dance, based on Stravinsky's "Right of Spring" abstractly depicted death and resurrection, with some interpretation derived from research on several foreign cultures. A second routine was lighter and more free-spirited showing street artists performing in a large metropolitan area.

Alchemy Dance Company's presence at the celebration was sponsored by the Pennsylvania Council on the Arts

and First Columbia Bank. The group was created by Amy Harding, a Bloomsburg native and daughter of attorney Elwood and Dolores Harding. She formed Alchemy to highlight the role that dance plays to transform our lives. The group strives to create dance that awakens, enriches and entertains. And based on feedback from many audience members, they successfully achieved their goal.

Dance students from surrounding communities were invited to attend the performance free of charge, thanks to the generosity of Mr. & Mrs. Harding. More than 80 dance students from local areas took advantage of this opportunity. After the performance many of the dance students remained to pose questions

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Alchemy Dance Company

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Special Interest

- *Alchemy Dance Troupe revenue aids Benton EMA*
- *Art classes will restart in the near future.*
- *Artist Reception: Nov. 14*

Rob's Corner

Tips on Living Longer, Feeling Better and Looking Younger



*Leanness matters—
if you want to look
younger.*

*Calorie restriction
can improve blood
insulin levels.*

We used to think our fate was in the cards—or in the stars. Now, thanks to scientific research that is unlocking the secrets to living longer and better, we know differently. Research shows that 70% of the factors influencing life expectancy are due to good choices and good luck—not only good genes.

If you want to take advantage of this research, read on to get some tips on how to look younger, stay fit and live longer. The findings are so powerful that many of the researchers have adopted them in their own lives.

Stay the weight you were at 18

Leanness matters—if you want to look younger.

Research shows that fat cells produce hormones that raise the risk of type 2 diabetes. They also make substances, called cytokines that cause inflammation, which can stiffen the arteries, the heart and other organs. Carrying excess fat also raises the risk of some cancers. Add it up. Studies show that lean people, younger than age 75, halve their chances of premature death, compared with people who are obese.

Take the dynamic duo of supplements

This dynamic duo is what Bruce N. Ames, PhD, a professor of biochemistry and molecular biology at the University of California, Berkeley, swears by. The duet includes a daily dose of 800 mg of alpha-lipoic acid and 2,000 mg of acetyl-L-carnitine. In these amounts, he says, the chemicals boost the energy output of mitochondria, which power

our cells. "I think mitochondrial decay is a major factor in aging," Ames maintains—it's been linked to diseases such as Alzheimer's and diabetes.

Skip a meal

This one move could have truly dramatic results in looking and feeling younger. The hearts of the leaner human-calorie-cutters appear 10 to 15 years younger than those of regular eaters. In other research, calorie restrictors improved their blood insulin levels and had fewer signs of damage to their DNA. Eating less food, scientists believe, may reduce tissue wear and tear from excess blood sugar, inflammation, or rogue molecules known as free radicals.

Try these suggestions.

An let me know how you feel.

Respectfully,

Rob Hutchison
Center Director

Volunteers of the Quarter: Becky Westover and Chuck Chapman

Two dedicated people were elected in a tie vote for N4Cs' Volunteers of the Quarter award. Becky Westover and Chuck Chapman have volunteered at the Center for years and were celebrated with this award.



Becky Westover

Becky has served as a front desk volunteer for several years, always greeting those who enter with a pleasant smile and professional attitude. Becky grew up in Tampa, Florida, and moved to this area after marrying her air force sweetheart, Fred. They have been married for over 50 years and have two children (Fred and Kathy), five grandchildren (Jamie, Craig, Justin, Amber, and Aaron), and three great grandchildren (Katie, Anna, and Aiden.) Becky says that volunteering at the Center has been one of her greatest pleasures, thanks to all of the wonderful people she has met. Becky has also recently published a novel, entitled "The Fireplace," which is something she could have never imagined. It strengthened her resolve to step out of her comfort zone. She wants to thank her friends at the Community Center for their support in this undertaking.

Chuck Chapman has been an instrumental part of the Community Center since its inception. Starting in 1997 he led the effort for the construction of N4Cs, helping raise enough money to start building the Center. He has continued to write grants, bringing money to the Center for several events, and has raised money to help create the Center's Veterans' Memorial and its Memorial Walk.

During his professional career, Chuck worked as an executive with GMC, a division of GM, and ended a 33-year teaching career in 1998 at Bloomsburg University where he retired as a professor of management. In his "spare" time, Chuck has been owner/operator of Shady Hollow Angus, a registered Angus breeding op-



Chuck Chapman

eration since 1977, during which time he served as President of the Pennsylvania Angus Association and a member of its Board of Directors.

Becky's involvement with the Center has been one her greatest pleasures.

N4Cs relies heavily on its volunteers. It is because of people like Becky, Chuck, and the many, many other volunteers that N4Cs has become such an important and integral part of the community.

Camping Read-a-thon

A fun-filled night of "camping" and reading

More than 65 children and parents attended the "Let's Read s'more!" program at N4Cs as part of the statewide PA Promise for Children Month. Kids came with books and blankets, and tents for provided to create a real indoor campsite.

Hal Pratt, from the Bloomsburg Public Library, was the featured storyteller, and other activities included campfire songs and bookmark making. Participants took home a "s'mores bag" filled with graham cracker cereal, mini-marshmallows and chocolate chips to make their own s'mores at home.

The event was spon-

sored by the Local Education and Resource Network (LEARN) team of Columbia County. LEARN helps local preschool and childcare workers by conducting bi-monthly meetings on topics of interest to the educators. In the past, it has also helped provide funding for additional training.

The local group of early childhood educa-

tors includes Head Start, the Family Center, Rainbow Hill School, Little Cubs Den, and Little Tiger Teachery. For the past 15 years, the group has collaborated to provide early childhood activities for parents and children about three times per year.

The group will collaborate with N4Cs to provide future programs for pre-schoolers.

A local group of early childhood educators has been meeting for 15 years to provide activities for parents and children.



N4Cs' Current Board of Directors

Paul Reichert, President	Jerry Arcuri	Sharon Little
Stephen Tyree, Vice President	Ellen Hall	Karl Myers
Frank Tranor, Secretary	Kay Hoosty	Paul Randall
John Kitchen, Financial Secretary	Katie Knorr	Abigail Ritchie
Judy Scavone, Treasurer	Dick Kriebel	Jim Vance

4th Anniversary Celebration

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to Ms. Harding and the other troupe members who graciously stayed to interact with the young dancers.

Following the dance, N4Cs' members and guests continued the celebration at a festive dinner in the gym. Rob Hutchison opened the evening with a tribute to Elsie Buyers, reminding us that without her generosity and foresight we would not have a Community Center. He continued his tribute with a sincere thank you to the huge number of volunteers that keep our facility running.



Paul Reichert, President of N4Cs' Board, followed Rob by thanking outgoing board members Jackie Malhoyt, Craig Merluzzi, Bob Parks, and Dot

Wilson for their dedicated work. He also announced new board members: Jerry Arcuri, Kay Hoosty, Karl Myers, and Sharon Little. Paul thanked the Board for the good work that it accomplished last year and reminded all attendees that the upcoming year will see the creation of a strategic master plan to ensure the continued success and growth of the Center going forward. The strategic assessment will help us plan effectively for sustainable growth.

Ellen Hall, Volunteer Coordinator, completed the speech-making portion of the evening by announcing the current Volunteers of the Quarter, Becky Westover and Chuck Chapman, and by officially recognizing the past year's Volunteers of the Quarter recipients, Diane Laubach, Katie Knorr and Jerry Arcuri, and all of the volunteers in the Center.

Finally, the evening was capped off with a home-cooked dinner that included baked ham and chicken, beans, pasta, salad, and dessert. By all accounts, the evening and the past year were a very great success for the Center.

Proceeds from Alchemy Dance Company performance helped Benton Flood Relief.

Proceeds Help Benton Flood Relief

Proceeds from the Alchemy Dance Company performance were donated to the Benton Emergency Management Agency to help Benton flood relief efforts. In addition to the proceeds from the dance, two donation containers were placed at the ticket tables. In all, a total of \$665 was given to the Benton Emergency Management Agency. Thank you to all who contributed.

Northern Columbia
Community and Cultural
Center

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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.

N4Cs Offers Flood Relief

Hundreds helped through volunteer efforts at N4Cs

Community spirit and good old-fashioned neighborliness abounded in Benton after the devastating flooding in September. Many residents were faced with immense clean up efforts, with no food, no water, no electricity, and in many cases no clothing.

In response to this urgent need N4Cs became an Emergency Relief Center for northern Columbia County. It acted as a communication liaison for a variety of sources including: the Benton and Columbia County EMA, the Benton mayor, Benton borough and Columbia County supervisors, local police, the fire company, the Sal-

vation Army and National Guard. It provided a location for FEMA meetings, and held two tetanus shot clinics.

Volunteers stayed in contact with the water company to provide status updates on contamination levels. And the Center offered free showers to those families without hot water, and provided a constant supply of drinking water. It also offered its facility to anyone needing a place to sleep, and coordinated efforts with AGAPE in Bloomsburg to provide food for residents.

The Center put out a request to help those in need, and received a generous outpouring of

cleaning supplies, food and clothing to help flood victims. As a result, it assembled hundreds of "flood buckets" with an array of disinfectants, bleach, mops, and much more to help with the clean-up efforts.

N4Cs collected over \$735 in donations and added \$665 to that (from proceeds from Alchemy Dance Company) to offer a check of \$1400 for Benton Borough EMA for disaster supplies and equipment.

Thank you to all who helped in any way during this crisis. Your generosity of time, spirit, goods and services are immensely appreciated by so many people.

Mark Your Calendars

- **November to December 4: Art Show featuring art of Barbara Henne**
- **November 9: Bill Baillie will speak on "The Waller Civil War"**
- **November 14: Meet the Artist Reception: 6-9PM**
- **November 19: OATS Prefest Bluegrass Jam and Raffle: 6PM-??**
- **December 4: Christmas Tea: 3-5PM**
- **December 14: George Turner will speak on "Civil War Prisons"**
- **January: Annual Membership Campaign and Fund Drive**