

SPECIAL  
POINTS OF  
INTEREST:

- Commissioners' Meetings Monday, January 6th and Tuesday, January 21st and Monday, February 3rd and 17th

NEWSLETTER  
STAFF:

- Calvin Connally
- Karen Davies
- Rose Farmer
- Rhonda Griffin
- Sharon Hendricks
- Tonya Pegg
- Sherry Ramsey
- Debbie Rascoe
- Mindy Satterfield
- Paula Seamster
- Melissa Williamson
- Robbie J. Yarbrough

INSIDE  
THIS ISSUE:

- EMS News 2
- CCPR Youth O/E Program 3
- Movies at the Library 3
- Appreciation Luncheon 4
- Senior Center News 6
- Sheriff's Office 6
- Extension News 7

# The Caswell Connection

VOLUME 3, ISSUE 1

JANUARY / FEBRUARY 2014

## Library News

By: Rhonda Griffin

### Upcoming Library Programs

**Afternoon Book Baggers**—Every Tuesday afternoon at 3:45 p.m. for ages 5 & up.

**Special Program: January 28th—All About Dinosaurs from the North Carolina Museum!**

### Lambs and Lions Story Time

Every Wednesday morning at 10:00 a.m.

**Special Program: February 26th—NC Museum Mammals!**

**Teen Programs**—Thursday from 3:30—4:30 p.m.

### Changing America Grant:

The Caswell County Historical Association in collaboration with the Caswell County Public Library, PCC, DEEDs, and the Town of Yanceyville has been selected as one of only 50 sites throughout the United States to host the "Changing America Exhibition".

*Changing America* will help public audiences understand and discuss the relationship between two great peoples' movements that resulted in the Emancipation Proclamation, and the March on Washington in 1963. One hundred years separate the Emancipation Proclamation

and the March on Washington, yet these two events are profoundly linked together in a larger story of liberty and the American experience.

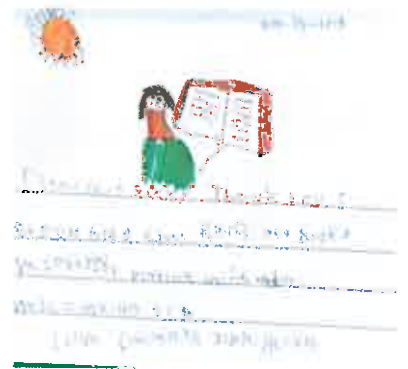
The exhibition will be housed (dates to be announced) in the Art Gallery of Yanceyville Town Hall. Dr. Omar Ali, an African-American scholar and history professor at UNCG, will be consulting in organizing the public programs that will be offered through the project.



### Thanksgiving and Christmas:

The holidays force us to slow down and think about what is important in life. The library is proud of the fact that people of all ages, religions, ethnicities, classes, and political affiliations all come together under one roof. Every one of the library staff, whether reading aloud to children or working behind the scenes planning

programs, paying the bills, or cataloging materials, work hard to help each person and make them feel welcomed. And although they do their jobs without asking for any appreciation or acknowledgement, it's always nice to be thanked. Over the holidays, Ms. Becky, who readily acknowledges the work of the rest of the staff, received a book of Thank you letters from some of our favorite patrons: Dillard Special Needs Class.



### Library Staff:

After 5 years working at the library, Karen Hanville decided to retire to become a famous world traveler. We wish her good luck and god speed!

Rebecca Foster joins the library staff as the new Adult Services Programmer, so be on the lookout for some great new Library Programs geared for Adults!

# EMS News

By: Jeff Sicz

*"In the end,  
we will  
remember  
not the  
words of our  
enemies, but  
the silence of  
our friends."*

*-Martin Luther  
King, Jr.*

## Easy to Fix

Each year thousands of Americans unnecessarily fall at home, elderly being the vast majority. Over 12,800 die and 1.6 MILLION are treated in emergency rooms. The lucky leave hoping for a quick recovery. For too many it is a crippling disability, long-term rehabilitation and/or a serious reduction in their quality of life. A fall for the elderly can open the door to a much too early death. Hazards, overlooked but easily fixed, cause most falls. Floors should have clear paths of travel. Move the furniture to the sides. Throw rugs are properly named...they will throw you to the floor. Throw them away or use double sided tape so they don't slip. Keep objects off the floor, especially wires and cords. Bundle and secure them in a location where they cannot be a trip hazard. DO NOT place wires under carpets. Steps must be sturdy and maintained, as do handrails. A loose step and rickety handrail equal a trip to the hospital. Handrails should be on both sides of a stairway. Light all stairs with a switch at the top and bottom. Regularly used items should be in easily accessed locations on shelves waist high or lower. Buy a good step stool with a bar to hold on to when in use. If the step stool needs more than two steps you are storing items too high.

Bathrooms are death traps. Is the tub/shower floor slippery? Place a non-slip rubber mat or self-stick strips on the floor of the tub/shower. Are there grab bars (not handrails) in the tub/shower area and near the toilet to help you get in/out and up/down? Finally, with today's technologies, you should have a phone, with large emergency numbers, in the bathroom and other areas throughout the house. It seems silly, but place the phone on the floor in the areas where you may fall, but keep it out of the way. Purchase an alarm system that you carry on your person at all time. I've fallen and I can't get up is funny until it is a loved one and they spend a life-threatening amount of time on the floor or outside on the ground. The strength of youth is useless without the wisdom and experience of the elderly. It is your turn to help those that have nurtured, held, healed, and loved you for so long.

## Heart Attack

It is the time of season for joy and frivolity. All that unfortunately makes tragedy even worse. Information to maybe help you save your own or someone you love life. Remember, like all of these warnings that you receive, these do not mean you are having a heart attack, but with this information you can make

a better decision.

Every day: Weigh yourself in the morning before breakfast, compare it daily, and take your medications as prescribed. If it says to take two only take two. With medications more is seldom better or will work faster. Check feet, ankles, legs, and stomach for swelling. That is excessive swelling. Eat food low and use little salt and balance activity with rest. You are in the "green zone" if you have no shortness of breathe, no major and sudden weight gain, no excessive swelling, and no chest pain. "Yellow zone" if prolonged shortness of breath, unusual swelling of ankles, feet, legs or stomach, no energy, tired for no reason, dizzy, and hard to breath. Trust your gut. If you don't feel right, something is wrong. This is a proven fact. People, who tell us they are going to die and have a certain look on their face, often do die. "Red zone" if you are confused or can't think clearly, have chest pain that seems to move to other locations of your body, and difficult time breathing in any position. CALL 911 immediately. This is the gloom, and doom message before the joyous Christmas stories. Let's make this holiday season happy, but if tragedy strikes, let's give the patient the best chance possible.

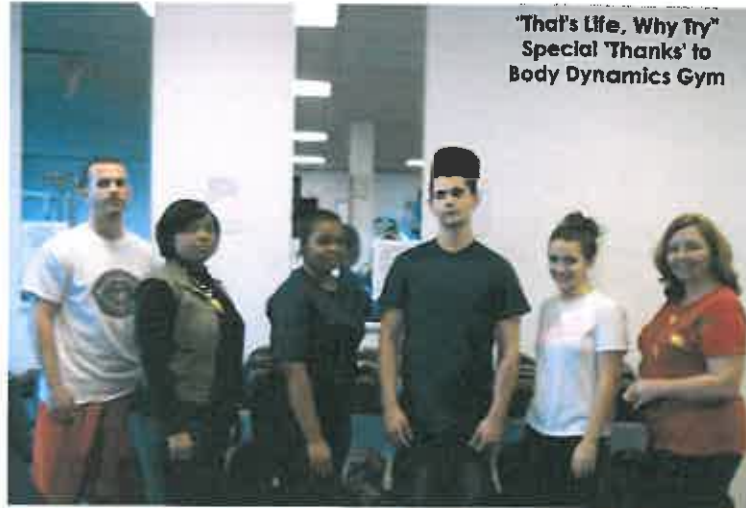
# CCPR Youth O/E Program News

By: Tonya Pegg

We are super excited to have Kamara Graves join our staff. Kamara is the Coordinator of Community Service/Restitution and Teen Court. Only two weeks on the job and she has dove in and already making a difference.

Teen Court will be up and running in January. We appreciate all the youth volunteers that have signed up and are ready to make this program a success.

One of our "That's Life Why Try" Life Skills classes focused on Defense Mechanisms. We visited Body Dynamics Gym to learn positive ways to release our anger. Special "Thank you" to Don Donovan and Kendal Cobb.



**"Get your facts first, and then you can distort them as much as you please."**

**-Mark Twain**

## Movies at the Library!

### Blood and Chocolate (2007)

98 min - Drama | Fantasy | Horror - [26 January 2007 \(USA\)](#)

Ratings: 5.3/10

A young teenage werewolf (Bruckner) is torn between honoring her family's secret and her love for a man (Dancy).

### Storyline

In Bucharest, Romania, the orphan Vivian was raised by her aunt after losing her parents ten years ago in the Rocky Mountains, Colorado. Her family belongs to a bloodline of werewolves and Vivian is promised to the leader of the pack, Gabriel. When the American cartoonist Aiden, who is researching werewolves for his publisher for the next edition of his magazine, meets Vivian, they immediately fall in love for each other. However, the evil son of Gabriel and Vivian's cousin Rafe poisons Gabriel about the love of Vivian, forcing her to choose between her bounds with her family and her passion for Aiden.



## Employee Appreciation Luncheon By: Paula Seamster

The Employee Appreciation Committee hopes that all the county employees enjoyed the Luncheon this year. We would like to thank Judy Jennings, Debbie Rascoe, Naomi Stewart's Group and a very special thank you to the Senior Clef Singers for singing this year during the luncheon. Thank you to all the departments that donated door prizes this year. The Committee would also

like to thank the Board of Commissioners and Kevin Howard for supporting this event each year. I would personally like to thank the Employee Appreciation Committee for their hard work that they did this year to get this luncheon ready. I don't think anyone understands how much time is put into pulling this off. The Committee starts meeting in August of each year to hold

this event in December.

Thank you: Calvin Connally, Rhonda Griffin, Sharon Hendricks, Tonya Pegg, Sherry Ramsey, Debbie Rascoe, Mindy Satterfield, Melissa Williamson and Robbie Jean Yarbrough. You are the best team anyone could ask for. We are looking forward to next year's Employee Appreciation Luncheon. If you have any new ideas please let us know.

*"Action and reaction, ebb and flow, trail and error, change—this is the rhythm of living. Out of our over-confidence, fear; out of our fear, clearer vision, fresh hope. And out of hope, process.."*

*-Bruce  
Barton*





***“Excellence  
is not a skill.  
It is an  
attitude.”***

***-Ralph  
Marston***



## Senior Center News

BY: Robbie Jean Yarbrough

### New Director at the Senior Center

The Senior Center is excited to have Jeannine Everidge as our new director. Jeannine has been at the Senior Center for 12 years working with the Caregiver Program as well as the SHIP Program.

Jeannine currently resides in Prospect Hill with her husband John. Their twin daughters, Maghan and Melissa are 24 years old and are currently living in Nashville, TN attending graduate school. Jeannine and her family moved to Caswell County 18 years ago and it quickly became home to them.

Born in North Carolina, Jeannine spent most of early years growing up outside of Gainesville, Florida and she and her family are big Florida Gator fans.

She notes that she is very excited about being the new director of the center and bringing new programs to the senior adults of Caswell County, "It is truly a pleasure working with the senior adults at the center and every day is a new

challenge". She says "I have had jobs where some days I dreaded having to get up and go to work, but I can honestly say I look forward to going to work every day at the Senior Center".



## Sheriff's Office

By: Karen Davies

We would like to take a moment to say "Thank You" to A.D. Rainey for his 31 1/2 years of service with Caswell County. A.D. came to work with the county in December of 1984. A.D. has worked in different departments within the county, including EMS and Maintenance, before becoming a Detention Officer with the Caswell County Sheriff's Office. A.D. worked as a detention officer for 23 years. During those years he held the positions of Sergeant, First Sergeant and Jail Administrator. A.D. and his wife, Joyce, have been married for 20 years. He has 1 daughter and 4 grandchildren. Again we would like to say "Thank You".



**Caswell County  
Government**

PO Box 98  
144 Court Square  
Yanceyville, NC 27379  
Phone: 336-694-4193



*PRESERVING THE PAST,  
EMBRACING THE FUTURE*

## EXTENSION NEWS

BY: Sherry Ramsey

As I reflect over our year, I can truly say it has been a good one for our office. The programs, classes and conferences that we participated in were numerous from: 4-H, Family Consumer Sciences, Livestock, Crops, Pesticide Recertification classes, we were there. Day after day, month after month this year our staff was involved in teaching, helping and improving the lives of the citizens of Caswell County. As I look into 2014, we already have our calendar filling up with various classes and events. Please contact our office at 336-694-4158 or visit our website at <http://caswell.ces.ncsu.edu/> to see what classes will be offered through North Carolina Cooperative Extension Service, Caswell County Center in 2014.

Happy New Year!

From North Carolina Cooperative Extension  
Service Caswell County Center.

## More Extension News

By: Sherry Ramsey

Mike Lanier, Area Agribusiness Agent with Cooperative Extension is now working one day a week in Caswell County. His experience is in Agricultural Economic Development and has helped farmers with alternative enterprises for their farms, including grass-fed meats, dairy, and poultry, as well as produce, grains, and aquaculture. Up to this point these enterprises have been mostly direct to consumer sales, but the market for local food has grown to the point where local wholesale options are now becoming more of a possibility, especially for a group of farmers willing to work together. Mr. Lanier's objective is to find more profitable enterprises and models for farmers and to increase income per acre that will not only help farmers, but help boost the rural economies where they live.

Mr. Lanier is also available to help farmers work through marketing ideas and other business aspects of their alternative farming enterprises or ideas. If you would like to schedule a meeting with him, call the Caswell County Extension office at 336-694-4158.





**Stompin',  
All Over Cancer**

**Sunday, February 9<sup>th</sup>  
11am – 10pm**

**Texas Roadhouse will donate  
10%  
Of your total purchase to  
Caswell County**

**Relay For Life!!**

**Give this flyer to your server!!**



**Call Ahead Seating!**

**(336) 584-1205**

**1651 Glidewell Dr. • Burlington, NC**



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# January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day	2 Happy Birthday Jennifer Eastwood	3 Happy Birthday Yvette Williams David Travis	4
5 Happy Birthday Danielle Hall	6 Happy Birthday Desiree Benson  Commissioners' Meeting—6:30	7 Happy Birthday Robert Webb	8	9 Happy Birthday Misty Dawn Coe Brenda Richmond	10 Happy Birthday Don Loper	11 Happy Birthday Kevin Newcomer Judy Jennings
12 Happy Birthday Walter Lewis	13 Happy Birthday Michelle Waddell	14 Happy Birthday Lisa McDowell	15	16 Happy Birthday James Shell	17 Happy Birthday Maria Cable	18 Happy Birthday Denise Wilkins Cynthia Williamson
19 Happy Birthday Audrey Simpson	20 Happy Birthday Mel Brown  Martin Luther King, Jr.'s Birthday	21 Happy Birthday John Gunn  Commissioners' Meeting—6:30	22	23 Happy Birthday Julie McSherry	24 Happy Birthday Ryan Daniel Gary Johnson Kenneth Travis	25
26	27	28 Happy Birthday Tammy Riggs	29	30	31	

# February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <i>Happy Birthday</i> <i>Chris Jones</i> <i>Teresa Young</i>	3 <i>Happy Birthday</i> <i>Bettie Lea Knight</i>  <i>Commissioners'</i> <i>Meeting—6:30</i>	4 <i>Happy Birthday</i> <i>Diana Norton</i> <i>Kedrick King</i> <i>Jennifer Pinkston</i>	5 <i>Happy Birthday</i> <i>Nicole Langley</i>	6	7 <i>Happy Birthday</i> <i>Marion Evans</i>	8 <i>Happy Birthday</i> <i>Samantha Campbell</i>
9  <i>Stompin' All Over</i> <i>Cancer</i> <i>Texas Roadhouse</i>	10 <i>Happy Birthday</i> <i>Bobby Badgett</i>	11	12	13	14  <i>Valentine's Day</i>	15 <i>Happy Birthday</i> <i>Janice Garland</i> <i>Susan Trost</i>
16 <i>Happy Birthday</i> <i>Pamela Turner</i>	17 <i>Happy Birthday</i> <i>Lucinda Wilson</i>  <i>Commissioners'</i> <i>Meeting—6:30</i>	18	19	20 <i>Happy Birthday</i> <i>Herbert Rudd</i>	21	22 <i>Happy Birthday</i> <i>Wanda Connally</i> <i>Michael Griggs</i> <i>William Reynolds</i>
23	24	25 <i>Happy Birthday</i> <i>Jeremiah Greene</i>	26 <i>Happy Birthday</i> <i>Michael Welch</i>	27 <i>Happy Birthday</i> <i>Heather Young</i> <i>Tonya Fuller</i> <i>Renisha Brown</i> <i>Irvin Watlington</i>	28	