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## Good 2Be Alive

Stephanie Ferrugia and Ciji Moore with Get Fit Dan River Region has asked Caswell County to participate in another celebrate life and health in our community campaign. Last year Caswell County participated in the Get Fit Dan River Region campaign lead by Shelly Stone at Piedmont Community College. In partnership with Caswell County government officials, Pittsylvania County Parks and Recreation and Danville Parks and Recreation, Get Fit recently launched a wellness campaign called Good 2 Be Alive. This year Bryan Miller and I (Paula Seamster), have been asked to lead this campaign. Get Fit is a grant-funded wellness initiative established by the Danville Regional Foundation in 2010. The goal of this wellness initiative is to tackle our community's high obesity rates by promoting smarter nutrition choices and making sure those options are available and by incorporating physical activity into daily routines. Monday, December 7th the Caswell County Board of Commissioners were challenged with the "Caught in the ACTIVE" program. The Commissioners have been asked when they see one of their constituents doing something healthy (participating in physical activity or practicing good nutrition habits) they are to pass along a Get Fit bag with water bottle so don't be shocked if you are chosen as that person. Have fun with this campaign. If you would like to participate or follow this campaign please send a friend request to my Facebook page, Paula Powell Seamster. If you do not have Facebook and would still like to participate send me your email address and I will communicate that way. This information will also be shared on the Caswell County Government Facebook page so please Like us on Facebook. Get ready, Get set, get Caught in the ACTIVE!!!!!!!!!!!!



Newsletter Editor:  
Paula P. Seamster



~Submitted by Paula Seamster

Pictures From The Good 2 BE Alive Challenge on December 15th



# Spotlight on Seniors



Every December, the Senior Center's Gadabout Club has their annual Christmas Luncheon. For the past few years the Gadabout members in attendance have participated in "Dirty Santa". I'm sure all of you are familiar with this holiday game and how it can sometimes be a bit dramatic... This year one of our participants suggested in lieu of gifts we have a can food drive. The staff decided to give it. Our expectations were far surpassed.

Our Gadabout members as well as regular participants came out in full force for this cause. When the day came to box up the donations for two local food banks to pick up I decided to count all the donations just to see how well the seniors did. Over a span of 3 weeks, our participants brought in a total of 484 nonperishable food items!!!

Words cannot explain how proud I am of our participants and their desire to help strangers and their neighbors in this county.



*~Submitted by Katey Briggs*

# Congratulations!



Mikayla Seamster, daughter of Sam and Paula Seamster, graduated from N.C. State University on Friday, December 17<sup>th</sup> with a B.S. degree in Wildlife Biology. Go Wolfpack!!!!!!



## LOOKING FOR LOVE

141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.) (Source: Hallmark research)

### Did You Know?

*In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, Australia, Denmark, Italy and Japan.*



Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the observance, making Valentine's Day a procrastinator's delight. (Source: Hallmark research)  
Research reveals that more than half of the U.S. population celebrates Valentine's Day by purchasing a greeting card. (Source: Hallmark research)

*~Submitted by Sherry Ramsey*

# Library News

*~Submitted by Rhonda Griffin*

## Holiday Programs:

### Book Baggers (Every Tuesday @ 3:30)

The Books Baggers had a busy December: Sarah Lewis taught the Book Baggers about Hanukkah.



They also visited the Richmond-Miles History Museum to learn about family trees and genealogy! The leg, rotary phone, and guns were all a big hit!

## Holiday Party:

Santa and other local talent visited the library for the annual holiday party December 16<sup>th</sup>!



For more pictures go the library's Facebook page! Everyone did such a great job singing, reading poetry, and playing music. Then the kids got to meet Santa and have refreshments. We even had our every own "Elf on the Shelf"!

*Continued on the next page . . .*

**Regular Programs start back in January!**



**H is for Horse!**

Story Time Programs will be continuing with the letter I January 6th! Each week focuses on an animal that begins with a different letter! We appreciate Tim Smith bringing his horse Dakota in December for H is for Horse! (Anyone have an iguana?)

**Teen Programs:**

Teens made snow globes one of the December Teen Programs. (Teen Programs Every Thursday @ 3:30)!

January 21, the teens will be coloring or drawing pictures to send to troops or senior citizens through a non-profit organization called, Color a Smile. They will be able to get volunteer hours. <http://colorasmile.org/>

On January 28, the teens will be watching Furious 7. February 11 is our Valentine's party. :-)



## MOVIES AT THE LIBRARY

### **Black or White (2015)**

PG-13, Drama, Jan. 30, 2015 (USA)

<http://www.imdb.com/title/tt2883434/>

#### Storyline

Black or White is the story of a grandfather (Kevin Costner) who is suddenly left to care for his beloved granddaughter. When her paternal grandmother (Octavia Spencer) seeks custody with the help of her brother (Anthony Mackie), the little girl is torn between two families who love her deeply. With the best intentions at heart, both families fight for what they feel is right and are soon forced to confront their true feelings about race, forgiveness, and understanding. Anchored by an all-star cast and based on real events, the movie is a look at two seemingly different worlds, in which nothing is as simple as black or white.



Kevin Costner Octavia Spencer

**black or white**

It isn't about the family. It's about what you see.



JANUARY 30

The Caswell County Parks and Recreation Department would like to send a SPECIAL THANK YOU to the following people and organizations for your involvement in acquiring the Outdoor Utilization Training Equipment installed here so that Caswell County residents and visitors may participate in the "Get O.U.T" movement:

ALPHA UPSILON THETA CHAPTER OF  
PHI THETA KAPPA HONOR SOCIETY  
AT PIEDMONT COMMUNITY COLLEGE  
JEANEAN BUSTAMANTE, CHAPTER PRESIDENT  
EDNA BROWN, ADVISOR, PHI THETA KAPPA HONOR SOCIETY  
ED MOYE, DIRECTOR, FILM & ANIMATION  
PIEDMONT COMMUNITY COLLEGE  
GET FIT  
DAN RIVER REGION  
DAN RIVER BASIN ASSOCIATION  
DANVILLE REGIONAL FOUNDATION

THANK YOU

*Michelle Totten, Parks & Recreation Director*

## HOLIDAYS AND EMAILS

The Holidays can be a time of great joy and re-connecting with family and friends for many people.

Unfortunately there are others who are out and about in cyberspace looking for a good time too-at your expense.

From Early November until Jan. 31 every year there is a pattern of heightened risks associated with the internet and email.

This is the timeframe where a lot of emails come through promising that you have been selected to receive large amounts of money, property, and sometimes bogus bills/invoices.

Here are some good ideas to apply not only during this time of the year but all year round.

- If you are not expecting an email from someone with an attachment delete it.
- Never believe any scams associated with foreign countries claiming you are a "beneficiary".
- Do not open attachments from anyone that claims they are needing to "verify your account".
- If you see an email and you think "who is this" then delete it.
- Do not click links within suspicious emails, as most take you to malicious content.
- If someone you know seems to be the sender, call them and ask if they sent you an email, it is highly likely they are infected.
- Nothing is "free" today, do please do not buy into the fact someone you do not even know has a "freebie" just for you.

The IRS or your bank will send legitimate things through the mail, not via your email address. What the goal here for hackers is to obtain your personal information.

Emails that are sent to you that request information like your name, address, phone number and banking info is called "phishing".

Phishing is the procurement of information. The next step is for that info to be disclosed to hackers or even sold to others.

From there it just gets more dangerous as once your info is compromised much financial damage can be done like Identity Theft.

Use some common sense with your email, look upon all unknown email with skepticism and anytime a friend or family member sends an email and there is an attachment you were not expecting. When in doubt, call them and ask BEFORE opening it. The safest bet? DELETE. They can always re-send if it was a legitimate email.

Have a safe and Happy Holiday Season!

*~Submitted by Robert Webb*

# UGLY SWEATER DAY IN CASWELL COUNTY GOVERNMENT



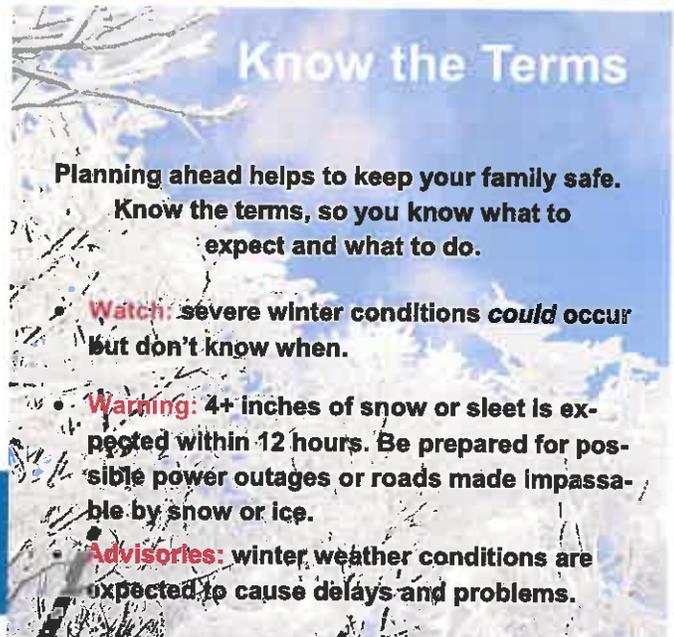


# Are you **ReadyNC?** ... for Old Man **Winter**

North Carolina's proximity to the Appalachian Mountains, Atlantic Ocean and Gulf Stream make winter weather unpredictable. Typically, there are 6 to 12 winter storms (with measurable snow, sleet, freezing rain or cold rain) each year in the central part of the state. The coastal regions usually have less than 4 events per year, while the mountains and foothills have # of winter storms annually.

## Be Prepared! Follow These Winter Safety Tips

- Keep alternative heating sources prepared. Keep fire extinguishers on hand. Be sure your family knows how to use them.
- Use a National Oceanic and Atmospheric Administration weather radio. Monitor it for changing weather conditions.
- Dress warmly. Wear multiple layers of thin clothing instead of a single layer of thick clothing to stay warm. Wear hats, gloves, scarves and heavy coats.
- Properly vent kerosene heaters and keep any electric generators OUTSIDE and away from any open windows or doors to prevent carbon monoxide poisoning. Do not burn charcoal indoors.
- Keep fresh batteries on hand to use with flashlights and weather radios.
- Always keep at least a three-day supply of non-perishable food in your home.



## Drive Safely

- If you must travel during a winter storm, keep an emergency kit in your vehicle.
- If driving on snow- or ice-covered roadways, reduce your speed. Leave plenty of room between you and other vehicles.
- If conditions worsen and you can no longer drive safely, pull off the highway.
  - Stay calm and remain in your vehicle.
  - Do not set out on foot unless you can see a building close by where you know you can take shelter.



## **Winter Driving Safety Tips**

- Don't drive in snow and ice unless you have to.
- Reduce your speed.
- Be sure the gas tank is full.
- Leave lots of room between you and other vehicles.
- Approach bridges and overpasses with caution.
- Keep basic items on hand – scraper, jumper cables, blankets, flashlight, first aid kit, road map.
- If you start to slide, take your foot off of the gas pedal.

 **ReadyNC.org**

# Happy Birthday !!

EMPLOYEE	DEPARTMENT	BIRTHDATE
<b>JANUARY</b>		
Jennifer Eastwood	Health	2
David Travis	Animal Control	3
Yvette Williams	DSS	3
Anthony Bigelow	Detention	4
Desiree Benson	Senior Center	6
Robert Webb	IT	7
Rebecca Lee	Tax	10
Don Loper	DSS	10
Michelle Waddell	DSS	13
Contina Wilson	911 Communications	13
James Shell	Sheriff Department	16
Maria Cable	Health	17
Denise Wilkins	Health	18
Cynthia Williamson	Schools Resource Officer	18
Audrey Simpson	DSS	19
Mel Brown	CATS	20
John Gunn	Detention	21
Jennifer Mann	DSS	21
Maverick Muhammad	EMS	21
Lori Overman	Health	22
Julie McSherry	Tax	23
Ryan Daniel	Tax	24
Kenneth Travis	Commissioner	24
Tosha Brown	DSS	25
Abby McKinney	Health	25
Joyce Miller	Health	26
<b>FEBRUARY</b>		
Jacob Dickerson	Sheriff Department	2
Christopher Jones	Sheriff Department	2
Bettie Knight	DSS	3
Scott Norris	Sheriff Department	3
Diana Norton	Health	4
Jennifer Pinkston	EMS	4
Branden Overman	Detention	5
Tyler Murphy	EMS	6
Marion Evans	CATS	7
Samantha Campbell	911 Communications	8
Bobby Badgett	Detention	10
Janice Garland	DSS	15
Susan Trost	Detention	15
Pamela Turner	Health	16
Christopher Truitt	EMS	18
Anna Martinez	Health	19
Herbert Rudd	EMS	20
Wanda Connally	DSS	22
William Reynolds	Sheriff Department	22
Jeremiah Greene	EMS	25
Rebeca Lopez	EMS	26
Renisha Brown	DSS	27
Tonya Fuller	Finance	27
Heather Massie	911 Communications	27
Bradley Jordan	EMS	28



## Upcoming Events

### County Commissioners' Meetings

Monday, January 4<sup>th</sup> and Tuesday, January 19<sup>th</sup>  
Monday, February 1<sup>st</sup> and February 15<sup>th</sup>

### Caswell County Blood Drive

Tuesday, January 5<sup>th</sup> – 10:00 – 2:30 p.m.  
Senior Center



## Preserving the Past



## Embracing the Future!



## Caswell Connection Newsletter Staff

Katey Briggs, Senior Center  
Calvin Connally, Maintenance  
Rose Farmer, Finance  
Rhonda Griffin, Library  
Sharon Hendricks, Health  
Jonna Lunsford, Tax Office  
Tonya Pegg, Youth Outreach  
Sherry Ramsey, Cooperative Extension  
Paula Seamster, Administration  
Mindy Satterfield, Human Resources  
Melissa Williamson - CATS  
Yvette Williams, DSS

