



### Library News

By: Rhonda Griffin

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#### Library Programs:

**Lambs and Lions – Every Wednesday morning at 10:00!**

County Manager, Bryan Miller, read to the children at the annual Valentine Day Party!



#### Black History Program

Clerk to the Board, Paula Seamster, presented a Black History program that highlighted local “firsts” in our community.



#### Teen Programs:

Teen programs are held every Thursday after school at 3:30pm.



Gunn Memorial Public Library	
TEEN TRIGRAMS	
Spring 2016	
Thursdays - 3:30-4:30	
March 10	Teen Games
March 17	St. Patrick's Day Scavenger Hunt
March 24	Capsule Ward!
March 31	No Meeting/Spring Break!
April 7	Teen Screen: The Hunger Games: Mockingjay Part 2
April 14	Learn All About 4-H with Brandi Boaz
April 21	Jolly Bolly Bone Boozled Challenge
April 28	Teen Games
May 5	TEEN SCREENING: JYVAH WITH THE POLICE SHERIFF AND CLERK COUNTY
May 12	Teen Create: Tie -Dye T-Shirts
May 19	Fact or Crap Board Game
May 26	Teen Games
June 2	Party! Last Meeting Until September



Newsletter Editor:

Paula P. Seamster



**A  
RAPROSDOKIANS**

*Where there's a will, I want to be in it.*

*If I agreed with you, we'd both be wrong.*

*We never really grow up, we only learn how to act in public.*

*To steal ideas from one person is plagiarism. To steal from many is research.*

*Money can't buy happiness, but it sure makes misery easier to live with.*

*I thought I wanted a career. Turns out I just wanted paychecks.*

*(Figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.*

# Library cont'd...

## Adult Programs:

### Book Club

The Book Club meets the 2<sup>nd</sup> Monday of each month. Call Rebecca Foster to find out what book is being read and to pick up a copy! 336-694-6241

### Book-A-Librarian

The Caswell County Public Library is proud to continue to provide one-on-one assistance for job searches, resumes, and cover letters. A grant via the State Library has allowed the library to hire three temporary part-time employees to help people at the library with career questions and concerns. In addition, the program provided a successful job fair at the library that helped more than 25 people looking for employment! If you are interested in one-on-one job seeking assistance, just call 336-694-6241 and ask to "Book-A-Librarian".

### Movies at the Library

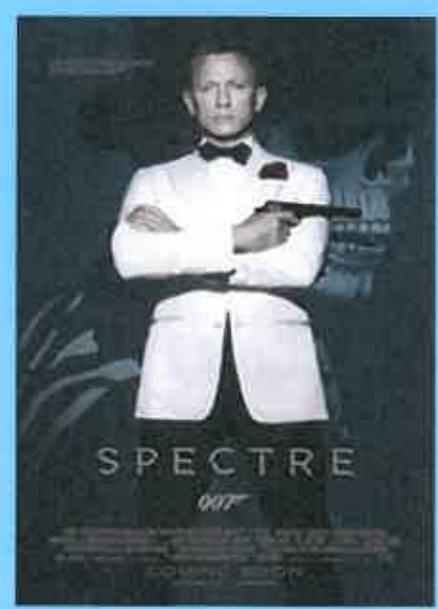
#### SPECTRE (2015)

Rated PG-13 for intense sequences of action and violence, some disturbing images, sensuality and language |

<http://www.imdb.com/title/tt2379713/>  
Storyline

A cryptic message from Bond's past sends him on a trail to uncover a sinister organization. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind SPECTRE.

Goofs: During fight on the train, dining car has several other diners and waiters, until bad guys appears. Then, mysteriously, everyone disappears.





**EQUAL HOUSING  
OPPORTUNITY**

## Section 8 Housing



Caswell County Section (8) Housing is still taking applications on the first Tuesday of each month from 8:00am to 5:00pm with a break for lunch from 12:00 to 1:00. Our next application day is March 1, 2016.

Documents needed to bring with the applicant include:  
 Pictured ID for anyone 18 years of age and older.  
 Birth Certificates for every one listed on the application.  
 Social Security Cards for every one listed on the application.

All applications must be taken in the office. No exceptions.

### Income limits for families:

1 Person	\$11,770.00
2 Persons	\$15,930.00
3 Persons	\$20,090.00
4 Persons	\$24,250.00
5 Persons	\$27,550.00
6 Persons	\$29,600.00
7 Persons	\$31,650.00
8 Persons	\$33,700.00

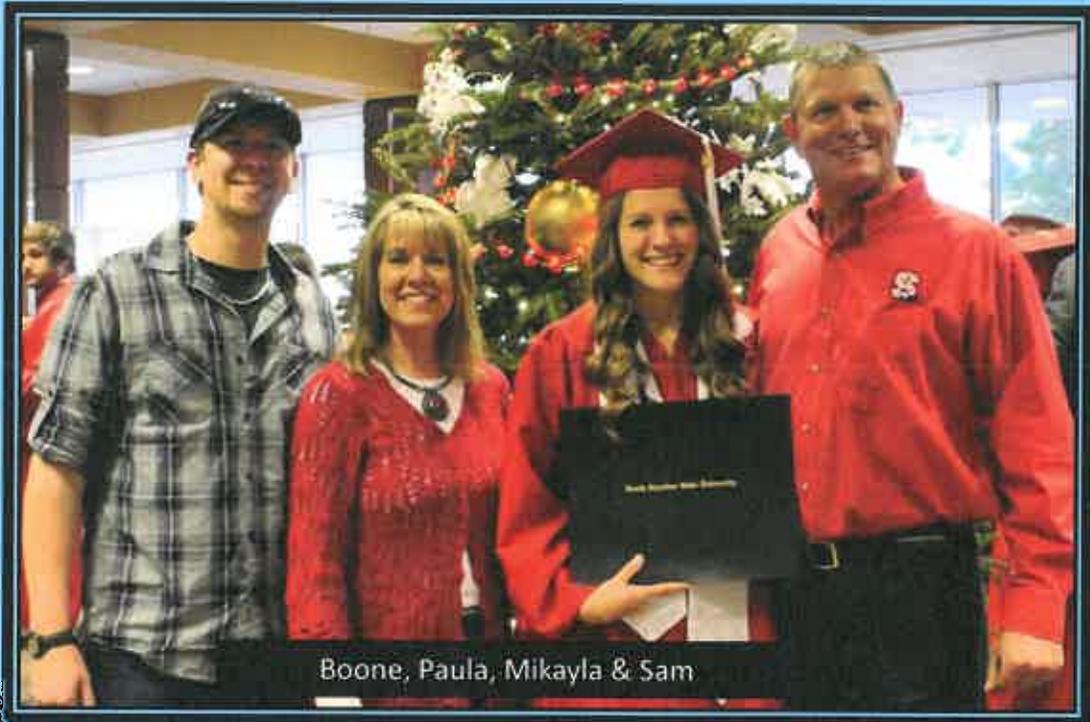
Questions? Please call (336) 694-9318



## HOUSING



~ Submitted By Tonya Pegg



Boone, Paula, Mikayla & Sam

**Congratulations to Mikayla who graduated from N.C. State University on December 18th with a Bachelors of Science degree in Fisheries, Wildlife and Conservation Biology. She is working as a temporary at the NC Wildlife Resources Commission and hopes to have a full time job with benefits soon. We are so very proud!**



*~ Paula P. Seamster*

### **FitBit and the Cold, Hard Truth**

It has been said that we lie best to ourselves and apparently we have been lying to ourselves for years about how many calories we really need. We used to rely on the online calculators and then enter our stats and we thought we were losing weight but then we bought the FitBit. This bad boy measures your activity and your heart rate. You think you are doing good by burning 2400 calories a day then bam you check your FitBit and it tells you "No, Queen or King of Self Delusion, you only burned a measly 1640 calories. Step away from the snack cakes." To say we were disappointed is too mild. Heartbroken might be more accurate. Not quite suicidal, but it was a dark moment. But once we recovered we started paying WAY more attention to what we eat and eventually our jeans fit a lot better or we look better in our clothes that we bought last year and never wore. Keep up the good work guys we are all feeling better and spring is just around the corner and we want to be able to enjoy the weather.

*~Submitted by Paula Seamster*



## Life Skills Class:

Students made a 5-year goal collage to exhibit their long-term goals. We covered that long-term goals are achieved through a series of short-term goals. It takes time, hard work, and patience so don't give up!



Yolanda 'Lynn' Simpson, MBA with Believe Consulting & Services, LLC came to cover completing an employment application and conducted mock interviews with the students.

Kamara and I attended *Mental Health First Aid USA* training on 02/09 in Person County. This training introduced us to the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.

*Mental Health First Aid USA* is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. *Mental Health First Aid USA* worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

Each newsletter we will provide information about a specific mental health challenge. This edition we would like to look at First Aid for Suicidal Thoughts and Behaviors. Suicide is the second leading cause of death for young people. In the U.S. in 2008, an average of one young person (age 15-24 years) dies by suicide every two hours and three minutes.

### How to Tell Whether a Young Person is Suicidal

- Threatening to hurt or kill themselves
- Seeking access to pills, weapons, or other means to kill themselves
- Talking or writing about death, dying or suicide (including in schoolwork, creative writing, and artwork)
- Expressing hopelessness, no reason for living, or having no sense of purpose in life
- Having rage, anger, or seeking revenge
- Acting recklessly or engaging on risky activities without thinking
- Feeling trapped
- Increasing alcohol or drug use.
- Withdrawing from friends, family or society
- Having a dramatic change in mood (may even be a shift from being sad or depressed to happy, with a sense of resolve; often with no clear indication of how or why the shift in mood occurred)
- Sleeping all of the time or being able to sleep
- Being anxious or agitated
- Giving away prized possessions

(Cont'd on page 6)

If you see some warning signs that a young person may be feeling suicidal, it is important to ask the young person directly about suicidal thoughts. For example, “Are you having thoughts of suicide?” or “Are you thinking about killing yourself?” Always seek professional help when a person is suicidal.

How should I talk with a young person who is suicidal?

It is important to

- Tell the person that you are concerned and that you want to help.
- Express empathy for the young person and what they are going through.
- Respect the culture of the young person and respond in ways that demonstrate this respect. For example, consider issues such eye contact, physical space, and language as well as the role and relationship of the first aider with the young person.
- Clearly state thoughts of suicide are common and that help is available to discuss these thoughts, because this may instill a sense of hope.
- Tell the young person that thoughts of suicide do not have to be acted on.

Encourage the youth to do most of the talking, if they are able to. Suicidal thoughts are often a plea for help and a desperate attempt to escape from problems and distressing feelings. Listen to the youth, and talk about some of the specific problems the youth is experiencing. Discuss healthful ways to deal with problems but do not attempt to solve the problems yourself.

How can I tell how serious or urgent the situation is?

First, determine whether the young person has definite intentions to take their life. To do this, you need to ask the young person if they have a plan for suicide.

- “Have you decided how you would kill yourself?”
- “Have you decided when you would do it?”
- “Have you taken any steps to secure the things you would need to carry out your plan?”

Next, you need to know about the following extra risk factors:

- Has the young person been using alcohol or other drugs? The use of alcohol or other drugs can make a person more susceptible to acting on impulse.
- Has the young person made a suicide attempt in the past? A previous suicide attempt makes a person more likely to make a future suicide attempt.

**ALL THOUGHTS OF SUICIDE MUST BE TAKEN SERIOUSLY.**

Once you have established that there is risk of suicide, you need to take action to keep the young person safe. A young person who is actively suicidal should not be left on their own. Give the person a safety contact who is available at all times (such as one of the suicide hotline numbers, a friend or family member who has agreed to help, or an informal or professional help giver). **Do not use guilt or threats to prevent suicide.** For example, do not tell the young person they will go to hell or ruin other people’s lives if they complete suicide.

### Suicide Hotlines

If you or someone you know is in suicidal crisis, call a suicide hotline (toll free, 24 hours/day, 7 days/week).

1-800-SUICIDE (784-2433)

1800-799-4TTY (4889) for hearing or speech impaired

Text 741741

1-800-TALK (8255)

1-800-939-5911

Download the Suicide Safe app



# 911 Communications



~Submitted by Tonya Pegg



After the Hazard Communications Training I decided to take a tour of the remodeled 911 Communications Center. I was very proud to see how updated & upgraded the department is! I was also certain that being a 911 Operator is not a job for me; way too many things going on at once. After leaving I started having questions and Cindi Jones, Asst. Director / Training Officer, was nice enough to answer them for me.

1) On the average, how many calls does 911 receive a day?

This can vary from day to day. We receive administrative telephone calls for the Sheriff's Office and Jail as well as emergency calls. Basically, people call the 911 center about EVERYTHING! Between 100-150 phone calls a day.

2) What is one of your most memorable calls?

The one where the elderly lady lost both her arms during a dog attack or the 80+ year old gentleman begging for help while trapped, hanging upside down from a ladder with a broken leg.

3) How many employees does the 911 have?

11 full time and 2 regular part time

4) What are the shift hours?

They are 12 hour shifts from 6am - 6pm and 6pm - 6am.

5) What type of training is necessary?

We have 40 hour courses in Medical, Fire and Police dispatching. The SBI requires 40 hour training courses for each dispatcher. Along with monthly continuing education we have recertification courses every 2 years. There is also lot of hands on training with learning the county itself and county specific procedures. Here at 911 we learn something new EVERY day.

6) Any advice for calling 911?

One of the biggest problems I have noticed is people not knowing where they are. Have you ever thought about driving down the road and having a flat tire or even an accident? Would you be able to call 911 for help and know how to tell the 911 operator where you are? With cell phones that allow us to call from many different locations now people don't think about or maybe they don't see the need to know where they are. At 911 we don't automatically

know where you are. Even though technology has improved by leaps and bounds over the last 10 years and some depict 911 as being able to find you regardless of the circumstances it just doesn't always work that way. There are situations where yes, we can find you but that is only if you are at the right place at the right time and your call bounced off just the right tower at just the right time. People still need to be familiar with their surrounding and know where they are.



Obviously this is not a simple job or a job for a one-track mind type of worker. Lots of training, 12 hour shifts, away from family on holidays, unnecessary calls, lots of emotion to deal with... these employees deserve our respect. Thank you to Caswell County 911 Communications!





# 2016



# MARCH MADNESS

# MARCH MADNESS

Luminaria Ceremony  
American Cancer Society  
Relay for Life of Caswell County

We would like to invite you to participate in this year's event by having a candle lit in memory of a loved one lost to cancer or in honor of a survivor. Please join us in lighting the way in the Crusade to Conquer Cancer.

I would like a candle lit for each of the following people:  
Name: (Please print as it should appear on the Luminaria.)

- 1. \_\_\_\_\_  In Memory  In Honor
- 2. \_\_\_\_\_  In Memory  In Honor
- 3. \_\_\_\_\_  In Memory  In Honor
- 4. \_\_\_\_\_  In Memory  In Honor
- 5. \_\_\_\_\_  In Memory  In Honor
- 6. \_\_\_\_\_  In Memory  In Honor

Luminaria's are ~~\$10.00 each or 3 for \$25.00~~ **5.00 EA.**

(Please print name and address of person(s) purchasing Luminaria(s).)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_

Please make check payable to: American Cancer Society

*Please fill out information below.*

Return form and check/cash to your team captain or mail to:

American Cancer Society  
Attn: Relay For Life of Caswell County  
4A Oak Branch Dr  
Greensboro, NC 27407

Team Name	
Sold By	
Amount Paid:	
Total Luminaria Sold	

Deadline date for returning: ~~April 12, 2016~~ **March 8, 2016**

in order to get names listed in Luminaria Booklet and names typed on labels for bags.

\*If you have emailed your order to KC at [kc.stevens.rfl@gmail.com](mailto:kc.stevens.rfl@gmail.com), please do not complete an additional form

See Jonna  
in  
Tax Office

# MARCH MADNESS

# 336-583-2376



# 2016



## Luminaria Ceremony American Cancer Society Relay for Life of Caswell County

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- 6. \_\_\_\_\_  In Memory  In Honor

**Luminaria's are \$10.00 each or 3 for \$25.00.**

(Please print name and address of person(s) purchasing Luminaria(s).)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone # \_\_\_\_\_

Please make check payable to: American Cancer Society

*Please fill out information below.*

Return form and check/cash to your team captain or mail to:

American Cancer Society  
 Attn: Relay For Life of Caswell County  
 4A Oak Branch Dr  
 Greensboro, NC 27407

Team Name	
Sold By	
Amount Paid:	
Total Luminaria Sold	

Deadline date for returning: April 12, 2016

in order to get names listed in Luminaria Booklet and names typed on labels for bags.

*\*If you have emailed your order to KC at [kc.stevens.rfl@gmail.com](mailto:kc.stevens.rfl@gmail.com), please do not complete an additional form*



DON'T FORGET TO SPRING FORWARD



MARCH 13

Hello Relay Supporters,

- **The March Madness Luminaria sale has started!!!! ~Half Priced Luminaria~ \$5 per luminaria. (PLEASE SEE ATTACHED FORMS)**

Also, the hope walls are on sale!!! You get to choose who you would like to dedicate the wall to, and choose the word that will appear. **Instead of the wall being \$500; during March madness you can purchase it for \$300!!!** One has already been spoken for...it's first come first serve After March 8th the wall will be set back to \$500. These need to be turned in at the next meeting on March 8th!

- We also have our Easter Breakfast coming up on March 19th.... We will have the Easter Bunny there to have your picture taken with! **Tickets are available now.**

**Details on Easter Breakfast:-Saturday, March 19, 2016 8AM-10AM @ Central Caswell Ruritan Club-\$7 donaton/adults; \$5 donaton/children (pancakes, sausage, juice, coffee, and milk)**

- ANNUAL SURVIVOR DINNER- May 3, 2016- We are in need donations for door prizes & items to stuff goodie bags with.
- RELAY FOR LIFE EVENT- June 3, 2016 5pm-midnight at Bartlett Yancey High School
- SHILOH BAPTIST CHURCH- taking donations for plastic Easter eggs & candy to stuff in them for participation in a Mission Project for Easter. Due by March 6, 2016

**CONTACT JONNA LUNSFORD @ TAX OFFICE OR CELL # 336-583-2376**

**SUBMITTED BY: JONNA LUNSFORD**

# Happy Birthday!!

EMPLOYEE	DEPARTMENT	BIRTHDATE
Fernandez Johnson	Detention	2
Dean Hodges	911 Communications	4
Racquel Hughes	DSS	4
Jean Roberts	Elections	4
Doris Hyler	Library	5
Florence Vereen	DSS	5
Mary Mitchell	Health	6
Heather Tuck	EMS	6
Rose Farmer	Finance	7
Matthew Maness	Health	8
Patricia Smith-Overman	Health	8
Ronald Hill, Jr	EMS	9
Jeannine Evendge	Senior Services	10
Marvin Overton	Farmer Lake	10
Catherine Wilson	DSS	10
Derrick Smith	Detention	15
Gwynn Brandon	Sheriff	16
Regina Becraft	EMS	18
Lella Shelton	DSS	20
Sonja Johnson	DSS	21
Ashlee Johnston	DSS	21
Stephana Wood	Health	21
Jessica Easter	EMS	22
Morgan McCaden	Detention	23
Bonnie Gibson	Health	26
Barbara Garner	Family Services	27
Mary Womack	Senior Services	31
<b>APRIL</b>		
April Durden	DSS	1
Richard McCraw	EMS	5
Kyle Underwood	Sheriff	5
Elan Ashley	EMS	7
Alan Poteat	EMS	14
Brenda Irwin	Health	16
Timothy Shaver	EMS	16
Amy Lyle	Health	18
Jacklyn Warren	Detention	18
Jerald Brown	Detention	19
A.J. Fuqua	EMS	19
Raymond Graves	Maintenance	19
Wilson Gwynn	Maintenance	20
Vincent Reyes	EMS	20
Jennifer Villeda	Detention	20
Rebecca Archer	EMS	23
Angela Talbott	Cooperative Extension	23
Pamela Cross	911 Communications	24
Wendy Wiseman	EMS	30



## Upcoming Events

### County Commissioners' Meetings

Monday, March 7<sup>th</sup> & March 21<sup>st</sup>

Monday, April 4<sup>th</sup> & April 18<sup>th</sup>

### Walking Log Turn In Days

Thursday, March 31<sup>st</sup>

Friday, April 29<sup>th</sup>

*From the Mountains to the Sea . . .*



*North Carolina Association of County Clerks*

## 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