

SPECIAL POINTS OF INTEREST:

- Independence Day—
July 4th
- Commissioners' Meetings
Monday, July
1st and 15th,
August 5th
and 19th

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

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Parks and Recreation News

By: Ashley Williams

Summer 2013: June Updates!!

We had some great sports camps in June for girls and boys.

June 10-14th Girls Basketball Camp: We had 6 girls that learned new skills to help them with basketball. They learned dribbling, passing, playing defense, shooting, boxing out and rebounding. Many thanks to Alfreda Corbett, Dillard Middle School Girls Basketball Coach, for taking time to help with the girls. We are having another Girls Basketball Camp July 15-19th 4-6pm \$35.00 ages 8-14.

June 10-14th Boys Basketball Camp: We have 9 boys that were in the camp; learning skills to help with basketball. They learned dribbling, passing, playing defense, shooting, boxing out and rebounding. Many thanks to Marshall Corbett, Dillard Middle School Boys Basketball Coach, for taking time to help with the boys. We are having another Boys Basketball Camp July 15-19th 6-8pm \$35.00 ages 9 to 14.

June 17-20th Girls Softball Camp: We had 12 girls that were in the softball camp. They learned valuable skills to help them with playing softball. Base stealing, fielding stance, lock and load batting, and relay teams were some of the great skills they learned. Thanks to Jessye Crews, Taylor Dix, and

Jessica Long (Averett College Softball players) for teaching the girls. We are having another Softball Camp July 15-18th 9-12noon \$40.00 ages 6-14.

June 17-19th Pitching and Catching Camp: 17 boys were in the pitching and catching camp. The boys learning different skills with pitching baseball. They learned correct stances and how to relax and just throw. Catchers learned how to block balls and skills in catching and throwing to different bases. Pitchers and catchers learned about team work and how they have to help each other. Thanks to Zak Jones, attending Montreat College to play baseball, and Caleb Mishue, attending Danville Community College to pitch, for working with the young pitchers and catchers. We are having another Baseball Camp July 17-19th 9-12noon \$35.00 ages 7-12.

June 24-27 Soccer Camp: We have 16 soccer campers. They are learning skills with keeping the soccer ball under control, hitting with the side of your foot, and working on passing to team mates. Thanks to Claire Kirby, Luran Collie, and Miranda Simon for teaching the campers about soccer.

We are now having Fall Soccer and Football Sign-ups until July 31st!!! \$25.00 for ages 3-14 boys and girls. You can find

information in the newspaper, call the Rec department or look on Facebook for announcements as well (Facebook/Caswell Parks)

We are going to be painting on the walking track some fun games and art work from the local children, so be looking for bright colors to spruce up the park.

Camps coming up in July!!!!
SIGN UP TODAY!!!!!!!!!!!!

July 8-10th Volleyball Camp
Ages 7-18 boys and girls 9-12noon \$35.00 includes t-shirt

July 15-18th Girls Basketball
Camp Ages 9-13 4-6pm \$35.00 includes t-shirt

July 15-18th Boys Basketball
Camp Ages 9-13 6-8pm \$35.00 includes t-shirt

July 15-18th Girls Softball
Camp Ages 6-14 9-12noon \$40.00 includes t-shirt

July 17-19th Boys Baseball
Camp Ages 7-13 9-12noon \$35.00 includes t-shirt

July 22-26th Tennis Camp Ages
9-13 boys and girls 9-11noon \$35.00 includes t-shirt

July 22-24th Junior Bucs Football
Camp
Ages 7-13
6-8pm
\$30.00
includes
t-shirt





*"One's first step in wisdom is to question everything—and one's last is to come to terms with everything."
-Georg Christoph Lichtenberg*

Let's Take A Trip Down Memory Lane!

Part 2 of "Do You Remember When? Or "Did You Know?"

By: Debbie Rascoe

Pit Stop! Let's continue with our road trip down memory lane.....

The year is 1940. Mrs. Wilson has resigned. Miss Robena McLean and Miss Isla Mae Coward has served as acting Superintendent until the appointment of Mr. B.B. Flowers.

In late 1941, the need for new space for the department was met by rented space over the Bank of Yan-ceyville.

In November of 1942, Mr. Flowers was granted military leave and upon return from the war, Mr. Flowers resigned and Miss Leona Graham (Smoot) became the Superintendent.

The salary scale in 1944 called for a minimum salary of \$160 monthly for the Superintendent and \$115 minimum for caseworkers. Rent was increased to \$50 monthly for which the department was allowed the use of four rooms. Heat, water and janitorial services were included in the increased rent.

The staff in 1946 was three workers in three rooms. Word was received in July 1947 that Miss Robena McLean, a former case-worker and acting Superin-

tendent, had been killed in an airplane crash.

Public criticism of the Welfare Department seemed to increase after the war years. With the passage of the lien law which became effective in September 1951, eighteen OAA clients chose to terminate their assistance rather than have a lien.

In January, 1953, the agency intake received an average of three applications per week. The office hours of the department were established in February 1953 as 8:30 to 5:00 Monday through Friday. The Department would no longer be open on Saturday. **In 1956, Elvis Presley emerges as one of the world's first rock stars with many hit singles including "Heartbreak Hotel."**

In January 1956, Miss Graham (Smoot) resigns after serving almost twelve years as Superintendent. Mr. Maurice Blevins was appointed as Superintendent in March 1956.

With mounting concern over providing ADC for children born out of wedlock, the Welfare Board adopted a policy on 4/26/1956 requiring "that an applicant applying for assistance for an ille-

gitimate child must first have issued a warrant for the putative father before eligibility is established."

In the early 1960's the agency continued to grow as well as the need for additional services. The Welfare Board, at its meeting in October, 1963, discussed the need for Day Care Facilities for Children and a Clothing Closet. Mr. Daylon Green was appointed Director in March 1964. In September 1964, the County Board of Commissioners secured land for construction of a new building for the Department of Social Services. By 1965, the staff had grown until the Director was not able to supervise all staff so that it was necessary to create a Casework Supervisor position. **PIT STOP!**

Let's take a moment to jump ahead to 2013 to congratulate two DSS employees that recently retired. Nancy Maness retired with 30 years of service and Esther Mitchell retired with 15 years of service. We wish only the best for Nancy and Esther. For the remaining employees, our day is coming, Lord willing.

Section 8 News

By: Charity James

Caswell County Section 8 would like to take this opportunity to celebrate our co-worker Tonya Pegg for the new direction her career is taking with the Juvenile

Crime Prevention Council (JCPC).

Tonya has been a real asset to our department and we will miss her daily presence and wonderful smile. We

take comfort in knowing that the JCPC is still "County Family" and she won't be too far away. Good luck Tonya Pegg! We will miss you!!

Upcoming Library Programs

By: Rhonda Griffin

Summer Reading!!

Thursdays at 10:00 a.m. at the Civic Center!

July 11 0 String Celebrations

July 18—Fred Motley

July 25—Grey Seal Puppets

Computer Classes!!

The library will be offering basic computer classes free to the public. Call or stop by the library for dates and times. (336) 694-6241.

Teen Programs—Fear Factor

The library is in the process of developing teen programs. “Fear Factor” was one program that was truly enjoyed...Be on the lookout for more Teen Programs once school starts back!!!

Teen Grant—\$35,000

The library is excited to announce the receipt of an LSTA Collaboration Grant to Teens!

The State Library awarded \$35,000 to the Caswell County Public Library to create a teen area in the library, provide teen programming, and implement “The Book or the Movie” series in conjunction with the Parks and Recreation Department. Teens will be given books to read. A couple of weeks later Parks and Recreation will show the

corresponding movie. Then the teens will meet to discuss which they preferred, the book or the movie....

“If patience is worth anything, it must endure to the end of time.”

-Mohandas Gandhi



Movie

The Hobbit: An Unexpected Journey (2012)

<http://www.imdb.com/title/tt0903624/>

169 min—Adventure/Fantasy—14 December 2012(USA)

Ratings: 8.1/10

A younger and more reluctant Hobbit, Bilbo Baggins, sets out on an “unexpected journey” to the Lonely Mountain with a spirited group of Dwarves to reclaim their stolen mountain home from a dragon named Smaug.

GOOFS:

Near the end of the film when the eagles are carrying the company of their aerie, they pass over mountaintops, and some fresh long ski tracks can be seen on the farthest mountain to the right of the screen.

Saruman’s beard changes color from white to black to dark gray.



News from the Senior Center

BY: Robbie Jean Yarbrough

The Meals on Wheels, which provides a hot meal to homebound seniors is dependent upon volunteers in order for the program to work. The Caswell Senior Center administers the program and currently 145 people volunteer each month to serve 117 needy seniors. We have recently lost several volunteers and when they are not replaced, the seniors receiving the service go without. Many volunteers deliver one route a month – think of it as giving up one lunch hour to help approximately ten people. The meals are delivered from the Senior Center at 10:00 am. If your work schedule is flexible so that you could take an early lunch hour, would this be something you would consider doing? Not every day, just once a month! The county has approved that an additional 30 minutes can be used on their time if the route runs over the normal

lunch hour period, contingent of course on workplace availability.

Volunteers receive a brief orientation and are accompanied by an experienced staff member on their first delivery. If this sounds like something you can do, please seriously consider it. You do use your own vehicle and gas and you do give up a bit of your time. But remember, you get more back in the form of thanks from the seniors you will be helping! If this is something that you may be interested in, please call Rita Simon at the Senior Center at 336-694-7447. Several county employees are already delivering meals regularly. Why not sign up to join them! We have several in town routes that would only take part of your lunch time. (See picture of Jane Bason-Library)

A wonderful group of seniors traveled to Washington, DC on May 8, 9 and 10, 2013 and had a great time. We traveled by train to get to Union Station in Washington, DC and our bus met us there. Thursday we toured Washington and saw the sights and Friday we visited Arlington Cemetery. A few people in our group saw Price Andrew lay the wreath on the Tomb of the Unknown Soldier. We made our way back to Yanceyville after a very enjoyable time. (See Picture) We have other trips coming up so if you are 55 or older come join us.

Our exercise room is open to anyone 55 or older. A few county employees use their lunch hours to work out on the equipment. Feel free to stop by and see what we have or to join in our morning exercise classes.



8 Summer Steps for Healthy Living

By: Melissa Williams

Improve your health with steps so simple you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.



2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being

mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

5. Be Good to Your Eyes



To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around

the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific

6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.



Caswell County Government

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*PRESERVING THE PAST,
EMBRACING THE FUTURE*

Caswell County Employees' Family PICNIC

By: Mindy Satterfield

Did you know WHY?

Did everyone get the word that the Caswell County Employee Family Picnic was cancelled, well let's hope so since it was scheduled for June 22, 2013.

It was thought from the Employee Picnic last year that employees would prefer to have an Employee Family Picnic, where we could invite our family to join in the fun and our co-workers could meet our family members and family members could meet our co-workers.

Well it did not work out as so. Out of all of Caswell County's 325 employees that were invited to the picnic (and to bring their families) ONLY 58 employees signed up to attend.

For whatever reason the interest was not as strong as employees had lead the Employees' Appreciation Committee to believe.

This is a sad thing as so many of us (probably all of us) spend more waking hours at work than we do at home and after all those that we work with become our family by default and it would have been nice for our work family to be able to spend time with our home family.

Oh well, maybe next year?

(What funding that was designated for the Employee Family Picnic will be used for the Employee Christmas Appreciation Luncheon.)

Cooperative Extension News

By: Sherry Ramsey



Pressure Canner Dial Gauge Testing

Have you had your dial gauge tested this year? Accuracy of the gauge can make the difference between over or under processed jars in your canner. You can get your pressure canner gauge tested at the

Caswell County Extension Center for free. Only dial gauge canners can be tested. Older models may not fit the tester. To get your dial gauge pressure canner tested, please contact Sonya Patterson at 336-694-4158.



Learning for Life

Are you looking for your soil sample results? Visit <http://www.ncagr.gov/agronomi/pals> or call the Extension Office at 336-694-4158.

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
Happy Birthday Beth Jones	Happy Birthday Rhonda Pleasant	Happy Birthday Dianne Moorefield	Happy Birthday Cheryl Huskey	Happy Birthday Jason Watlington	Happy Birthday Pamela Anthony	Happy Birthday Ava Ayers Lauren Hudson
7	8	9	10	11	12	13
Happy Birthday Crystal Wiley	Happy Birthday Rhonda Pleasant	Happy Birthday Dianne Moorefield	Happy Birthday Cheryl Huskey	Happy Birthday Jason Watlington	Happy Birthday Tim Hudson	
14	15	16	17	18	19	20
Happy Birthday Crystal Wiley		Happy Birthday Jane Bason Donna Kopec Michael McMillan		Happy Birthday Melissa Poole		
21	22	23	24	25	26	27
Happy Birthday AD Rainey			Happy Birthday Coleman Wilson			Happy Birthday Mike Reaves
28	29	30	31			
Happy Birthday Angela Benson	Happy Birthday Cheryl Fuqua					

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Happy Birthday</i> Mike Adkins Dr. Fred Moore Kent Williamson	2 <i>Happy Birthday</i> Carolyn Harrelson Donnie Powell	3 <i>Happy Birthday</i> Keith Fuqua
4	5	6	7 <i>Happy Birthday</i> Jessica Carrington	8 <i>Happy Birthday</i> Annie Lea Angy Turner	9	10 <i>Happy Birthday</i> Thomas Gilreath
11	12	13 <i>Happy Birthday</i> Calvin Connally Charlie King	14	15	16 <i>Happy Birthday</i> Beverly Brown	17
18	19 <i>Happy Birthday</i> Lea Walters	20	21	22 <i>Happy Birthday</i> Lisa Barnett	23 <i>Happy Birthday</i> Tammy Paschal Tonya Pegg	24 <i>Happy Birthday</i> Paula Seamster
25 <i>Happy Birthday</i> Rick Mishue	26 <i>Happy Birthday</i> Jordan Edge	27 <i>Happy Birthday</i> Mitch Thompson	28 <i>Happy Birthday</i> Jeremiah Jefferies	29	30 <i>Happy Birthday</i> Vincent Corbett Ashley Williams	31