

Senior Center News

In 1999, Senator John McCain introduced legislation to designate the month of May as National Military Appreciation Month. Both the Senate and House of Representatives adopted resolutions calling for Americans to observe the month as a symbol of unity, to honor the current and former members of the U.S. Armed Forces, including those who have died in the pursuit of freedom. The month of May is characterized by six national observances highlighting the contributions of each: Loyalty Day (May 1st), Military Spouse Appreciation Day (May 6th), Public Service Recognition Week (May 1st-May 7th), Victory in Europe Day (May 8th), Armed Forces Day (May 21st), and Memorial Day (May 30th). Caswell County is also doing its part to recognize and honor our Veterans. Below are activities throughout the month of May scheduled to honor, recognize and assist our local Veterans.

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Veterans Health and Benefits Fair – Wednesday, May 4 – 10 am to 1 pm

Caswell County Civic Center
Representatives from U.S. Senator Richard Burr and Tom Tillis along with a representative from U.S. Congressman Mark Walker will be in attendance. The Durham and Greenville VA will be in attendance to discuss and accept claims for Veterans Benefits. The Veterans of Foreign Wars, Disabled American Veterans, the American Legion, the National Order of the Purple Heart Association will also be in attendance. Health Checks will be available from Caswell Family Medical Center and the Health Department. Other local organizations will be available to discuss their services as they pertain to Veterans. All Veterans are invited and encouraged to attend. Sponsored by Veterans of Foreign Wars Post 7316 and the Caswell Senior Center

1st Annual Memorial Remembrance 5K Run & Walk – Saturday, May 21 – 9 am

High Rock Community Center, 103 John Long Rd, Blanch, NC 27212
Entry fee is \$15. Registration will be from 7:30 to 8:30 am. Individuals may register onsite or by mail. Those who pre-register by May 12 will be guaranteed at t-shirt. For more information call 336-694-5595. All proceeds will benefit the Caswell County Veterans Memorial Project. Sponsored by the American Legion Auxiliary Unit #210

Veterans Connect Breakfast – Wednesday, May 25 – 9 to 10 am

Caswell Senior Center – offered the 4th Wednesday of each month.
Hospice & Palliative Care Center of Alamance-Caswell is a proud participant in the *We Honor Veterans* program, a program of the National Hospices and Palliative Care Organization and Veterans Administration. As part of their salute to Veterans they provide education about available resources, and opportunities for Veterans to connect and enjoy fellowship. Coffee and biscuits are provided by local restaurants. For more information contact Shannon Pointer at 336-264-9387 or Jeannine Everidge at 336-694-7447.

Memorial Day Breakfast – Saturday, May 28 – 9 am

Caswell Civic Center
Guest Speaker will be Chaplain, Colonel David L. Morrow (USAF Retired)
For more information please call Naomi Totten at 336-694-5595
Sponsored by American Legion Auxiliary Unit #210

Memorial Day Ceremony – Monday, May 30 – 11 am

Caswell Civic Center
Guest speaker Adolphus Gwynn, US Army – West Point Graduate
Special Singing by the Senior Clef Choir
Sponsored by Veterans of Foreign Wars Post 7316 and the Caswell Senior Center

Newsletter Editor:

Paula P. Seamster



~ Submitted by Katey Briggs

HAPPY MEMORIAL DAY

SUPPORT OUR TROOPS!



Hello from the Tax Office & Register of Deeds

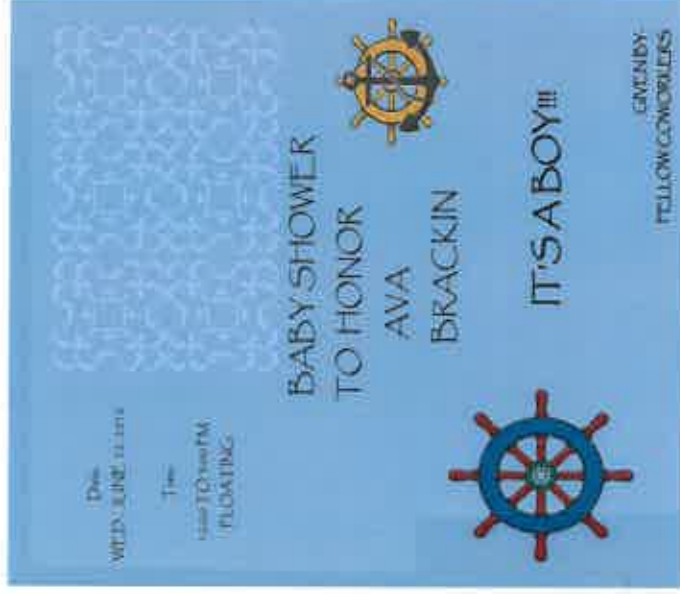
- ANNUAL RELAY FOR LIFE SURVIVOR DINNER- May 3, 2016- We are in need donations for door prizes & items to stuff goodie bags with. (Contact Jonna Lunsford if you would like to make a donation 336-583-2376)

If you need to RSVP contact Sandra Meadows @ 1-276-806-5488

- RELAY FOR LIFE EVENT- June 3, 2016 5pm-midnight at Bartlett Yancey High School
- HOMEMADE WREATHS- If you would like an awesome wreath made contact Jennifer Hammock/ Jenniferz Wreaths. She can make any wreath, any style/theme. If you imagine it she can create it.

Contact: jdhammock@centurytel.net
find her shop on ETSY @ JenniferzWreaths

- Please join us for A Baby Shower to Honor Ava Brackin, Register Of Deeds, WED., JUNE 22, 2016 Time: 12:00 TO 3:00 PM FLOATING @ Register Of Deeds Office- See Invitation attached



REGISTERED AT: TARGET
BABIESRUS

LOCATION: REGISTER OF DEEDS OFFICE



~Submitted by Jonna Lunsford

Caswell County 4-H

4-H Summer Fun will be distributed to the schools by May 12th and sign up will be May 25th from 4:30 pm – 6:00 pm.

4-H Clubs

Crafting 4-H Club

Come out and learn more about our new 4-H Crafting Club! This club open to youth ages 5 -18 will explore arts such as cross-stitching, sewing, knitting, crocheting and more. During our first meeting we will learn more about the basics of our club & 4-H and do a small craft!

Meeting: First Monday of the month 6:30 pm

Place: Agricultural Building, Assembly Room

4-H Club Leader: Faye Asad

PLEASE CALL 694-4158 TO REGISTER

Caswell Cavaliers 4-H Horse Club

If you love horses or would just love to learn more about them then this club is for YOU!!! Youth 5-18 are welcome to join us in our quest for information on our favorite animal, THE HORSE!!!

Meeting: 3rd Sunday of the month 2:00pm

Place: Agricultural Building, Assembly Room/ or other location please call for exact meeting space.

4-H Club Leader: Melissa Herke

Caswell Clovers 4-H Club

This homeschool community club learns about something new every six months!!! This fun, upbeat club is always into something! Stop by to one of their meetings to learning what they are into this month!

Meeting: First Thursday of the month 2:00pm

Place: Agricultural Building, Assembly Room

4-H Club Leader: Joyce Bustamante

For more information on any 4-H program please contact Brandi Boaz, [336-694-4158](tel:336-694-4158).

Pesticide Disposal Day

The NC Department of Agriculture and Consumer Services (NCDA&CS) Pesticide Disposal Assistance Program, a non-regulatory and cost-free program, in cooperation with the Caswell County Cooperative Extension Service, will be sponsoring a Pesticide Collection Day on **May 5, 2016 from 10 am to 2 pm** at the Caswell County NC Forestry Service Building/Parking Lot on the corner of Firetower and County Home Road in Yanceyville. Caswell County Cooperative Extension Service is coordinating the collection with NCDA&CS and Caswell County's (Solid Waste/Emergency) Management Department. Nearly all pesticide products will be accepted, including banned and outdated pesticides. For pesticides with unreadable or missing labels, contact the Caswell County Cooperative Extension Office for instructions. Participants are asked to save any portion of the label to help identify the material to be disposed of. Unknown materials cannot be accepted. For gas cylinders or containers greater than five gallons in size and for tips on transporting pesticides safely to the collection event, contact the Caswell County Extension Office before the collection day for special instructions and information.

For more information, contact Joey Knight at the Extension Office at 336-694-4158.

~Submitted by Sherry Ramsey

Library News

Library Programs:

Lambs and Lions – Every Wednesday morning at 10:00 through May 25th.

The NC Zoo is coming May 17 for Bookbaggers and May 18 For storytime!

June 9th – Summer Reading Kick-Off!
Summer Reading Programs – June – July at the Caswell County Civic Center!
See the attached Summer Reading Flyer for more information!

Teen Programs:

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

- May 5 – Star Wars – the Force Awakens
- May 12 – Tie-Dye T-Shirts
- May 19 – Board Game
- May 26 – Teen Games
- June 2 – End of School Year Party!

June – July = Teen Summer Reading Contests!

Adult Programs:

Book Club

The Book Club meets the 2nd 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”.



2015 Teen Summer Reading Bingo

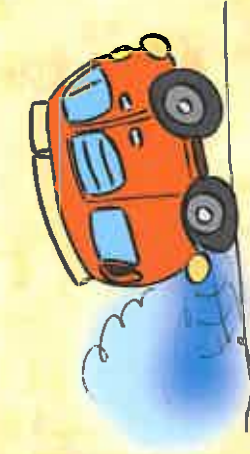
Use this bingo card to track your progress during the summer reading program. Each square represents a different reading goal. When you complete a goal, mark it with an X. You can win prizes for completing the entire card. Start the year with a goal!

Prizes include a library tote bag, coloring book, or a day pass. Prizes will be awarded to the student who completes the most goals. The more goals you complete, the more prizes you win!

| | | | | |
|--------------------------------------|---|--|--------------------------------|--|
| Watch a DVD based on a book | Try a book you think you won't like (you don't have to finish it) | Check out a non-fiction YA book | READ a book with scary stories | READ a newspaper article |
| READ a book of your choice | Get some fresh air and READ a book outside | FIND the GOLDEN TICKET – WIN A FREE BOOK | READ a biography | READ while on a family road trip |
| READ a Graphic Novel | READ a book your friend loves but that you haven't read yet | FREE SPACE | Like us on Facebook | Take turns READING a page at a time with a sibling |
| READ a book with more than 250 pages | READ the first book in a series | Visit the library with a friend | READ on the BEACH OR LAKE | READ a book written by a celebrity |
| READ a book about an animal | Email elowdermilk@caswellcounctync.gov with an idea for a library program for teens | READ a book from a genre that's new to you | VISIT the library | Find the GOLDEN TICKET – WIN A FREE BOOK |

Congratulations!

Marion Evans retired February 29, 2016 from Caswell County Area Transportation System. Marion has been employed with the county since March 31, 2009. The Caswell County Area Transportation System gave Marion a surprise retirement party on February 29th at the CATS' facility. Marion will return to the transportation system in a month to work part-time. We all look forward to having her return to the transportation department.



~Submitted by
Melissa Williamson



Movies at the Library

Inside Out (2015)

Ratings: **8.3/10**

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school.



Caswell Emergency Management

Caswell Emergency Management with the assistance of other agencies in the county puts on a 5k trail fun run to benefit a county resident who is currently undergoing treatment for Breast Cancer. The first person to receive funds from last year's race is Shirley McLaughlin. Last year prior to being diagnosed with breast cancer she participated in our 5k. Shirley says that she plans on walking in our 5K this October. The Caswell Breast Cancer 5K is scheduled for October 8, 2016.



On Monday morning April 11, 2016 many of you may have seen several dark blue vehicles parked in the Old Wal-Mart parking lot or driving through the county. These were members the North Carolina National Guard 42nd Civil Support Team (CST). This is a 22 member team that has the capability to respond to all types of Hazardous Material incidents to include biological, radioactive or chemical spills. The 42nd CST chose Caswell County to hold their biannual accreditation exercise. Caswell Emergency Management assisted the Army North division and NC National Guard in putting on this evaluation exercise. The scenario that they were give was that local first responders had found a suspicious lab in the old prison and called for assistance from guard. The team was notified at 6 AM and responded to old Wal-Mart and staged until being sent down to prison. The exercise lasted from 6 AM until 1030 PM.



~ Submitted by Barry Lynch

10 Make-Ahead Lunches Under 400 Calories

The time has come to give your lunch routine a makeover. You deserve to look forward to lunch! Say sayonara to boring sandwiches and canned soup, and say hello to festive noodle bowls and hearty salads with decadent dressings. Prep a few of these simple make-ahead lunches on the weekend to stay energized at work all week long.

1. [Skinny Egg Salad](#) | Kim's Cravings

Combining hard-boiled eggs with protein-rich Greek yogurt creates a deliciously healthy stand-in for traditional mayonnaise-laden egg salad. Fresh parsley, lemon zest and dill add a fresh twist to this tasty and quick lunch option. Serve in a whole-grain pita or over a mixed green salad. Recipe makes 5 servings at 1/3 cup each.

Nutrition (per serving): *Calories: 167; Total Fat: 11g; Saturated Fat: 2g; Monounsaturated Fat: 2g; Cholesterol: 227mg; Sodium: 188mg; Carbohydrate: 3g; Dietary Fiber: 0g; Sugar: 1g; Protein: 14g*

2. [Stir-Fried Cauliflower "Rice" Bowl](#) | MyFitnessPal Original Recipes

Get more vegetables into your day with our stir-fried cauliflower "rice" bowl, which is also friendly to the carb-conscious crowd. You can enjoy all the flavors of fried rice — egg, carrots and peas — on a bed of savory cauliflower "rice." If you crave a protein boost, serve with a side of lean chicken or broiled shrimp. Recipe makes 4 servings at 1 1/4 cups.

Nutrition (per serving): *Calories: 277; Total Fat: 11g; Saturated Fat: 2g; Monounsaturated Fat: 4g; Cholesterol: 212mg; Sodium: 523mg; Carbohydrate: 33g; Dietary Fiber: 10g; Sugar: 7g; Protein: 14g*

3. [Chicken & Brown Rice Bowl](#) | MyFitnessPal Original Recipes

Pack a healthy, budget-friendly lunch with this recipe for a chicken and brown rice bowl. Lean grilled chicken is served alongside brown rice tossed with celery, onion, peas and carrots, then dressed in a lemon-mustard sauce. It's a zingy lunch filled with protein and fiber to fuel you till dinner! Recipe makes 4 servings at 3/4 cup rice mixture + 4 ounces of chicken.

Nutrition (per serving): *Calories: 388; Total Fat: 17g; Saturated Fat: 3g; Monounsaturated Fat: 8g; Cholesterol: 79mg; Sodium: 363mg; Carbohydrate: 28g; Dietary Fiber: 3g; Sugar: 9g; Protein: 30g*

4. [Waldorf Chicken Wrap](#) | Love & Zest

Make this simple chicken Waldorf salad for a meal you can take on the go! This recipe remixes leftover rotisserie chicken with common ingredients like plain Greek yogurt, orange juice, mayonnaise, apples and green onions. Recipe makes 4 servings at 1 wrap each.

Nutrition (per serving): *Calories: 333; Total Fat: 14g; Saturated Fat: 6g; Monounsaturated Fat: 1g; Cholesterol: 84mg; Sodium: 976mg; Carbohydrate: 30g; Dietary Fiber: 4g; Sugar: 8g; Protein: 25g*

5. [Garlicky Bacon & Spinach Grilled Cheese](#) | Cooking Light

Meld together the simple flavors of garlic, bacon and spinach in ooey-goey grilled cheese. This garlicky sandwich is the most satisfying 300 calories you can chomp into, and it fits into your brown bag to boot. Not feeling the bacon? Add grilled chicken breast, ham or chopped egg instead. Recipe makes 4 servings at 1 sandwich each.

Nutrition (per serving): *Calories: 293; Total Fat: 11g; Saturated Fat: 5g; Monounsaturated Fat: 4g; Cholesterol: 33mg; Sodium: 666mg; Carbohydrate: 30g; Dietary Fiber: 1g; Sugar: 1g; Protein: 16g*

6. [Curried Rice, Chicken and Apple Salad](#) | Eat, Spin, Run, Repeat

Say hello to a lunch you won't want to share. Crunchy pistachios, dried cranberries and apple make this chicken and rice salad rise above the rest. It'll hold up well in the fridge for a few days, so feel free to double it if you're feeding hungry kiddos (or adults!). Use quick-cooking brown rice to have this meal ready in under 15 minutes. Recipe makes 3 servings.

Nutrition (per serving): *Calories: 379; Total Fat: 9g; Saturated Fat: 1g; Monounsaturated Fat: 4g; Cholesterol: 65mg; Sodium: 831mg; Carbohydrate: 49g; Dietary Fiber: 5g; Sugar: 15g; Protein: 32g*

7. [Loaded Veggie Avocado Tuna Salad](#) | Hummusapien

Swap the mayo for creamy, heart-healthy avocado and spicy brown mustard in your next batch of tuna salad. Crunchy fruits and veggies like celery, apple and red onion add crave-worthy flavor and freshness to this lunchtime favorite. Serve in romaine lettuce leaves for another dose of crisp green veggies. Recipe makes 7 servings.

Nutrition (per serving): *Calories: 232; Total Fat: 8g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 56mg; Sodium: 550mg; Carbohydrate: 10g; Dietary Fiber: 4g; Sugar: 4g; Protein: 31g*

8. [One Pot Sesame Noodles and Veggies](#) | Oh My Veggies

What could be better than a pot of perfect pasta with tender veggies and scrumptious sauce? This is the cold sesame noodle salad that everyone knows and loves, with a healthy twist. It's packed with crisp, colorful veggies and tastes great warm or cold, making it perfect lunch material. Use whole-wheat linguine for extra fiber. Recipe makes 6 servings.

Nutrition (per serving): *Calories: 266; Total Fat: 8g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 750mg; Carbohydrate: 41g; Dietary Fiber: 5g; Sugar: 10g; Protein: 7g*

9. [Mason Jar Quinoa Salad](#) | Fit Foodie Finds

Salads in a jar are all the rage — and for good reason! Layering the greens on top and crunchy veggies on bottom prevents the salad from getting soggy by lunchtime. Simply shake up the fluffy quinoa, black beans, corn, tomatoes and drool-worthy Greek yogurt dressing for a delicious lunch in minutes. Recipe makes 4 servings.

Nutrition (per serving): *Calories: 393; Total Fat: 21g; Saturated Fat: 3g; Monounsaturated Fat: 6g; Cholesterol: 1mg; Sodium: 244mg; Carbohydrate: 52g; Dietary Fiber: 14g; Sugar: 4g; Protein: 14g*

10. [Hearty Chicken & Corn Chowder](#) | MyFitnessPal Original Recipes

Dive spoon-first into this hearty chicken and corn chowder. The soup is thickened by pureeing a portion in the blender, rather than with flour. This also gives it a creamier texture without added milk or cream. This soup also reheats easily without separating in a microwave. Prep lunch portions ahead of time, and freeze until ready to enjoy. Recipe makes 4 servings at 1 3/4 cups each.

Nutrition (per serving): *Calories: 308; Total Fat: 7g; Saturated Fat: 3g; Monounsaturated Fat: 2g; Cholesterol: 71mg; Sodium: 663mg; Carbohydrate: 33g; Dietary Fiber: 5g; Sugar: 6g; Protein: 29g*



COUNTY DAY

What do Schreck, Sparky the Dog, a bounce house and slide, 600 Hot Dogs, Big Smokey, Snow White, Fat Cat and the Aflack Duck have in common? If you guessed that they were all found at “County Day” then ding, ding, ding you win the prize!

“County Day was so much fun. We were able to get employees from all departments together at one time, fellowship with other departments, and visit with people we serve and inform them of the services we offer (I believe the last is most important but it was all way too much fun).

Fun, Fun, Fun but a lot of hard work went into this event as well. We said early on that County Day would only be as successful as we made it and each department delivered on every aspect of the things we spoke about. Employees worked across department lines, everyone delivered on a creative way to explain the services they offered to the citizens, and we portrayed our departments in a positive light to the citizenry.

Joey Knight, Sherry Ramsey, and Angie Talbott at Cooperative Extension made and served approximately 600 hotdogs with all the fixings (with a lot of help from Tammy Hodges and Carol Lynn from DSS, Frank Huffman and Paul Stanley from Maintenance and Barry Lynch from Emergency Management)! Barry Lynch did an outstanding job organizing tables and providing everyone with the tools and equipment they needed to make their booths a success. Rhonda Griffin and the library staff did a great job advertising the event through their weekly programs held at Gunn Memorial Library. Mindy Satterfield and Angela Wilson did a great job ordering and organizing promotional products for the event. Colon Cassidy and the Maintenance department did a great job keeping everyone stocked with water and drinks as did Matt, Will and Donnie from Environmental Health! Brian Collie and the Town of Yanceyville provided the music and logistical services.

I would also like to thank the following people for their service after the event was over. They stayed until after 8:00 helping clean up:

Brian Collie – Town of Yanceyville
Barry Lynch – Emergency Management
Brad Jordan - EMS
Gaither Clayton - EMS
Colon Cassidy – Maintenance
Frank Huffman - Maintenance
Paul Stanley – Maintenance

I am sure I have missed someone in recognizing everyone that contributed above and beyond the call of duty and for that I apologize but I wanted to make a point by recognizing how many people and how many departments contributed to making this event a success. Everyone really pulled together and for that, I wanted to say THANK YOU! Please accept my appreciation for all you did for the citizens of Caswell County on “County Day” and for the even more important things you do each and every day. Your hard work is not unnoticed or forgotten! And, if that’s not what you guessed, then maybe you should see what our County departments come up with next year for “County Day”!

~Submitted by Bryan Miller

Happy Birthday !!



| EMPLOYEE | DEPARTMENT | BIRTHDATE |
|--------------------|-----------------------|-----------|
| Angel Soyars | Detention | MAY 2 |
| Bobby Johnson | Sheriff's Office | 3 |
| Lindsay Lewis | EMS | 3 |
| Jerri Higgins | 911 Communications | 7 |
| Charles Owens | Detention | 10 |
| Graham Staley | Sheriff's Office | 13 |
| Carol Lynn | DSS | 14 |
| Heath Gwynn | 911 Communications | 15 |
| Jennifer Holt | DSS | 19 |
| Tonya Hamm | Health | 20 |
| Jo Wilson | Sheriff's Office | 23 |
| Randy Jefferson | 911 Communications | 24 |
| Mindy Satterfield | Human Resources | 27 |
| Matthew Smallwood | EMS | 27 |
| Mabel Gunter | Detention | 29 |
| Gaither Clayton | EMS | 30 |
| Ruby Thompson | DSS | 30 |
| Samantha Shurmaker | Section 8 Housing | 31 |
| JUNE | | |
| Jerry Sellars | Sheriff's Office | 1 |
| Jonathan Miles | EMS | 1 |
| Erica Lowdermilk | Library | 2 |
| Jon Catoe | EMS | 2 |
| Sharon Hendricks | Health | 2 |
| Jacqueline Jones | Library | 4 |
| Karen Lynch | Sheriff's Office | 7 |
| Bernard Jefferys | CATS | 9 |
| Charlotte Newnam | EMS | 9 |
| Rose McKinney | Tax Office | 9 |
| Kathy Zimmerman | DSS | 13 |
| Brandl Boaz | Cooperative Extension | 13 |
| Chase Pruitt | EMS | 14 |
| John Slade | Parks & Recreation | 14 |
| William Shields | Environmental Health | 15 |
| Dana Willis | Senior Services | 18 |
| Evelyn Massey | DSS | 19 |
| Katina Graves | Finance | 19 |
| Mary Griffin | Family Services | 19 |
| Scott Halbrook | Sheriff's Office | 23 |
| Lisa Webster | DSS | 23 |
| Catesby Denison | Planning | 24 |
| Robin Motley | Health | 25 |
| John Wade | CATS | 26 |
| Kayre Watson | DSS | 27 |
| Bill Carter | Commissioner | 27 |
| Earl Farris | CATS | 28 |
| Colon Cassidy | Maintenance | 30 |
| Teresa Oakley | DSS | 30 |

County Day Pictures



Upcoming Events

Caswell County Board of Commissioners' Meetings

- Monday, May 2, 2016 @ 6:30 p.m.
- Monday, May 16, 2016 @ 6:30 p.m.
- Monday, June 6, 2016 @ 6:30 p.m.
- Monday, June 20, 2016 @ 6:30 p.m.

Community Events

- Memorial Day Ceremony – May 30, 2016 @ 11:00 a.m. – Civic Center
- Heritage Festival – Saturday, June 25, 2016 @ 10:00 a.m. – 4:00 p.m.
- Senior Center/Piedmont Electric Blood Drive – Wednesday, June 22, 2016 @ 10:00 a.m.– 2:00 p.m.



Newsletter Staff

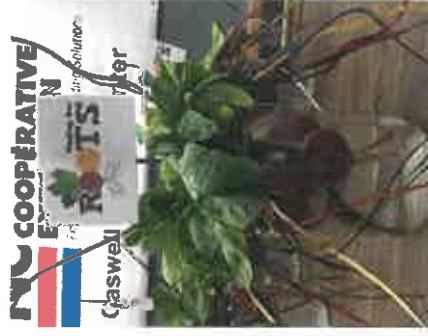
Katey Briggs – Senior Center
Rose Farmer - Finance
Sharon Hendricks - Health
Tonya Pegg – Youth Outreach
Mindy Satterfield – Human Resources
Yvette Williams - DSS

Calvin Connally - Maintenance
Rhonda Griffin - Library
Jonna Lunsford – Tax Office
Sherry Ramsey – Coop. Extension
Paula Seamster - Administration
Melissa Williamson - CATS

Cooperative Extension



Sonya Patterson our FSC Agent in Cooperative Extension is teaching a Color Me Healthy program developed to reach limited-resource children with fun, interactive learning opportunities on physical activity and healthy eating.



FCS Agent, Sonya Patterson's table creations for the Health Collaborative in conjunction with History United "Finding Our Roots" event that was held on Saturday, April 23, 2016, sponsored by the Danville Regional Foundation.