

Caswell Connection



CASWELL COUNTY GOVERNMENT

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What is Happening at the Senior Center

By: **Katey Briggs**

February is Heart Health Month and the Senior Center is working to help make sure our participants stay active and healthy. The Senior Center will be hosting a weight loss challenge beginning February 16th entitled *Eat Smart, Move More, & Take Control*. The goal of this challenge is to inform, empower, and motivate you to live mindfully as you take control and make healthier eating choices as well as become more physically active. Sonya Patterson with Caswell Cooperative Extension and the Senior Center has partnered to offer a 12 week challenge. Sonya will encourage and share with participants throughout this 12 week challenge, how to eat and cook healthier foods. Classes begin on Monday February 16 at 10:00 am. Weigh in and

measurements will start at 9:00 am each Monday before the class begins. Cost for the class is \$25 – which will cover the cost of all materials. Participants will set their own weight loss goal and the person closest to their goal will receive a \$50 Food Lion gift card. To sign-up for the challenge or to receive more information please call the Caswell Senior Center at 694-7447.

The Caswell Senior Center will also be offering two new exercise classes in February. Frank Shields will be leading a chair and floor based Yoga class beginning February 12th at 2 pm. This class will be held Tuesdays and Thursdays. We are excited to have Frank on board to offer this class. Frank is a certified Yoga instructor with the Danville

YMCA. Cost for the class will be \$2 per session. We also have Fit-4-Life classes that will be on Mondays and Fridays beginning February 2nd at 8:30 am. This class will offer basic resistance and stretching techniques as well as some aerobics. The Senior Center's very own Katey Briggs will be instructing the class. Katey is a certified Clinical Exercise Specialist. There will be no charge for this class. Patty Smith-Overman will continue to teach Yoga classes at 5:45 pm Thursday evenings. Come join us and take the steps in 2015 to be "Fit-4-Life".



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Caswell County Youth O/E Program

By: Tonya Pegg

The Caswell County Youth O/E Program feels a little more permanent with our new door decal. We hope this will make it easier to find our offices on Wall Street.



We are also proud to announce that our yearly monitoring by the JCPC committee went great and we are definitely on the right path.

The youth volunteers of the Caswell County Teen Court program are shifting into high gear as we prepare for the upcoming Teen Court Summit. The Summit is organized by the North Carolina Teen Court Association in efforts to strengthen Teen Court performances among our youth volunteers throughout the state who serve the roles as Officers of the Court. Each county is given the Mock Trial Scenario to prepare for the competition. Our team consists of Defending Attorneys: Kelsey



Simpson and Alana Blackwell, Prosecuting Attorneys: Tamera Durden and Casey Blackman, Bailiff: Jared Turner, Clerk of Court: Chelsea Talbott, and Defendant: Ariana Graves.

Life Skill classes are going great. Among other things the middle school class covered Tearing Off Labels. We discussed how easy labels are to get 'put on' but how hard they are to 'take off'. We talked about labeling others because of religion, image, mental stability, and race. One of our activities includes milk; white, light chocolate or dark chocolate... it is still milk.



I would like to thank Lynn Simpson with Solutions Accounting, Tax, & Consulting, LLC for donating her time to the high school classes. Mrs. Simpson covered filling out applications and writing resumes.



Kamara later gave one-on-one mock interviews for the jobs applied for. Although the some students were nervous, they stated they now feel more prepared to get a job.

~Failure is an Event and never a Person~

"TO LIVE A CREATIVE LIFE, WE MUST LOSE OUR FEAR OF BEING WRONG."

-JOSEPH CHILTON PEARCE

North Carolina Association of County Clerks By: Paula Seamster

The North Carolina Association of County Clerks' Conference will be held Thursday, March 26—28, 2015 at the Ramada Inn, Burlington, NC. Alamance and Caswell Counties are co-hosting this event. The clerks will arrive in

Caswell County Friday, March 27 around 4:00 p.m. so if you see the clerks please make it a point to welcome them to Caswell County. The clerks will be touring downtown Yanceyville and uptown Milton during their visit to Caswell County.



Caswell County Parks & Recreation

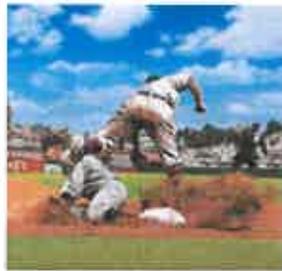
Basketball season is in full swing at the CCPR. We play games Mon-Fri starting at 6 PM. So many people are showing up to watch and cheer their favorite teams.



Spring Soccer registration just ended and we are in the process of drafting the teams. Practice to begin Feb 16th and the games will begin first week of March.



Baseball/Softball registration is underway. Last day for registration is March 6th.



By: Matthew Sidney

Relay for Life is hosting an event at the CCPR GYM on February 21st, 2015 called "DANCING FOR A CURE." It is scheduled from 8PM until 11PM. You all come out, join the fun and support a great cause.

Our Facebook page is continuously updated with latest events and schedules of coming events. Please make sure you like our page and stay up to date with your CCPR.

"SOLITUDE IS AS NEEDED TO THE IMAGINATION AS SOCIETY IS WHOLESOME FOR THE CHARACTER."

-JAMES RUSSELL LOWELL

Section 8 Housing News

We would like to introduce three wonderful ladies working with our agency.

Kristen Hamlett comes to us through the Piedmont Community College Youth Program. Kristen assists our agency with greeting clients, filing, & answering the telephone. Kristen is currently enrolled at Piedmont Community College as a full time transfer student majoring in Psychology.



Mary Thaxton comes to us through the NCBA (National Caucus & Center on Black Aged, Inc.). Mrs. Thaxton greets the public and answers the telephone. She enjoys meeting new people and is very active in her church.



Shirley McLaughlin also comes to us through the NCBA program. Ms. McLaughlin is first contact with clients, answers the tele-

By: Charity James

phone, files, and assists by using her computer skills. Ms. McLaughlin enjoys reading fiction and romance novels. She loves to travel and has visited places like, Reno, Texas and Florida.



These three ladies add an extra sense of joy and professionalism to our agency. We are lucky to have them as part of our staff!

Is 2015 the year for you to attend 4-H Camp? Sign Up NOW!!!

Caswell County youth ages 8-12 have the opportunity to attend 4-H Summer Camp at Betsy-Jeff Penn 4-H Center June 28th–July 3rd.

What better way to spend a week of your summer than meeting new friends, swimming, canoeing, and enjoying the climbing wall and so much more. Caswell County residents can apply for 4-H Camp scholarships!!! If you apply for a scholarship the full week of camp will cost \$200 or less (depending on the scholarship you receive)

2015 Turkey Show

Registration for the 2015 NC State Fair Youth Market Turkey Show is now open. How would you like to take a day old poult and raise it into a beautiful full-grown turkey to show at the State Fair? The 4-H turkey project is a fun poultry project for youth who may have limited space. All you need is a safe place, inside at first then outdoors, for your turkey to grow and prosper. You will receive two turkey poults around the first week of June and raise them into adulthood. Then on Friday, October 15th you and your family will go to the NC State Fair to show your turkey! Deadline to sign up for the NC State Fair Turkey Show is February 20th!!

2015 Beekeeping Essay

Honey Bees are hardworking, tirelessly gathering nectar and pollen to share with their hive. They provide a vital ecological service by pollinating agricultural, garden and native plants. Explore more about these fascinating insects by participating in the North Carolina 4-H Beekeeping Essay contest. The essay provides a platform for youth to creatively express their working knowledge and research of the craft of beekeeping.

Topic: "Planting for Bees from Backyards and Up"

Beekeeping has become difficult due to a lack of native plants for forage. In this essay, you will be required to discuss ways that habitats can be modified to become "bee friendly". Does your community allow roadsides and open land to grow wildflowers and encourage native planting of bee friendly plants? Survey your community to see what is being done to help honey bees. Include your state in your survey to see if there is a wildflower planting program available or any other program that could aid the honey bee.

Guidelines:

The scope of the research is an essential judging criterion, accounting for 40% of your score. The number of sources consulted, the authority of the sources, and the variety of the sources are all evaluated. Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented.

Sources, which are not cited in the endnotes should be listed in a “Resources” or “Bibliography” list.

*Note that “honey bee” is properly spelled as two words, even though many otherwise authoritative references spell it as one word. The North Carolina state winner receives a \$50 award and the winning essay is forwarded to the National Foundation for the Preservation of Honey Bees to participate in their national essay contest. Essays are due into the 4-H Office by 5:00 pm on February 12th.

4-H Presentations- County Competition

Do you like to tell people about your favorite things to do? Well, 4-H Presentations are just that, only a little more formal. How do you feel about picking your own topic, it could be science, fashion, etiquette, animals or any topic and make a presentation on the topic? 4-H Presentations are great because you get to pick the topic and learn more about public speaking.

County 4-H Entertains

Would you like to show off your talents? Do you sing, dance, recite poetry, or have a comedy or magic act? We would love for you to come to our 4-H Entertains competition.

Your act can include as many people as you need but has to remain under the five-minute time limit.

For more information on any of these 4-H presentations/entertains please contact Brandi at 694-4158. We will have our county competition on Monday, May 11th. Please call to get your time slot for May 11th from 12:00–6:00 pm.

If you win at the county level, you will be eligible to attend District Activity Day at NC A&T on Saturday, June 13th.

For information on 4-H events/activities contact the 4-H office at 694-4158!

Library News

By: Rhonda Griffin



Please welcome Ms. Ajarie Holman as the new Children' Services Coordinator for the Caswell County Public Library!

Ajarie is originally from Caswell County. She grew up going to children's programs at the library. She loves kids and is excited about continuing to provide educating and entertaining programs for the children of Caswell County.

Join us each Wednesday morning at 10:00am for Lambs and Lions ages 0 – 5 and every Tuesday afternoon at 3:30 pm for Book Baggers (ages 6 – 12).

Movies at the library:



The Maze Runner (2014)

113 min - [Action](#) | [Mystery](#) | [Sci-Fi](#) - [19 September 2014 \(USA\)](#)

Thomas wakes up in an elevator, remembering nothing but his own name. He emerges into a world of about 60 teen boys who have learned to survive in a completely enclosed environment, subsisting on their own agriculture and supplies. A new boy arrives every 30 days. The original group has been in "The Glade" for three years, trying to find a way to escape through the Maze that surrounds their living space. They have begun to give up hope. Then a comatose girl arrives with a strange note, and their world begins to change. There are some great, fast-paced action scenes, particularly those involving the nightmarish Grievors who plague the boys

Stars: [Dylan O'Brien](#), [Kaya Scodelario](#), [Will Poulter](#) |

Signs of Road Rage and How To Avoid It

Road rage is defined as violent or visibly angry behavior by a driver of a motor vehicle which can result in crashes or other incidents on roadways. It also called an extreme case of aggressive driving.

The following are possible signs of road rage or aggressive driving:



- Generally aggressive driving, including sudden acceleration, braking, and closely tailgating
- Cutting off other drivers, or preventing other vehicles from merging
- Hitting the horn or flashing lights
- Shouting obscenities, or threats
- Hand gestures
- Intentionally causing a crash between vehicles
- Getting out of a vehicle in an attempt to start a confrontation
- Threatening to use or using a weapon
- Throwing objects from a moving vehicle

Ways to Avoid Road Rage

- Keep a cool head
- Avoid eye contact
- Never make obscene gestures
- Do not use your vehicle to intimidate others
- Get out of the left lane for other fast moving vehicles
- If you witness something you think is road rage, call police
- Do not become frustrated or stressed out—if you do, remove yourself from the situation
- Never get behind the wheel if you are tired or irritable
- Avoid confrontation



