

Hoke County Newsletter



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CONGRATULATIONS SHERIFF PETERKIN

After serving as the Vice President of the North Carolina Sheriff's Association in 2014-2015, Sheriff Hubert A. Peterkin will be formally elected to the Presidency for the year 2015-2016 on Tuesday, July 28th, 2015.

There will be an Administration of Oath and Swearing-In ceremony held in Sunset Beach, NC.



Congratulations to our Hoke County Sheriff!

Welcome to the Hoke County Newsletter.

Inside you'll find information of what's going on inside Hoke County.

If you have any questions, comments, or concerns, please email

Newsletter
@hokecounty.org

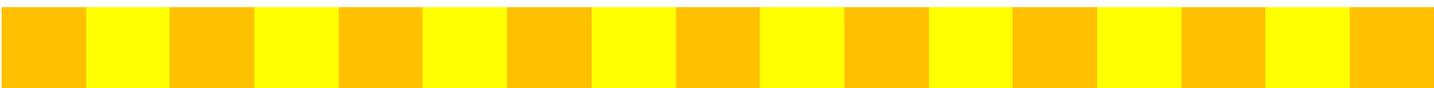
PARKS & RECREATION SUMMER UPDATE

Baseball Season was a great success! The All-Star teams for baseball are getting ready to have their district tournament. The boys will be held in Dunn, NC and Coats, NC, and the girls' tournaments will be held in Lillington, NC.

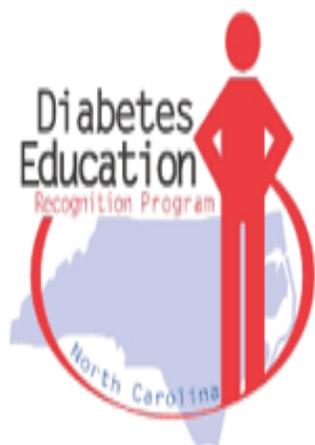
Summer Camp has begun and East Hoke Middle School. Camp is scheduled to last from June 15- July 24, Monday through Friday 7:30-5:00. The children will build character and friendships, and will also be going on exciting field trips!

Fall registration for soccer, football, and cheerleading will begin July 1, 2015. If your child has not played a sport in our program, please provide birth certificate.

~ Candace Hargrove
Parks & Recreation



SWEET COMMUNITY



Diabetes Self-Management Education Program

Individual and/or Group sessions

Get ready to BE IN CONTROL of your Diabetes with the help of our team:

Joy Stafford, Registered Dietitian

Cindy Morton, Registered Nurse

Ulva Little, Health Educator

Sweet Community supports people living with diabetes and pre-diabetes as you make daily choices on how to manage your disease. Gain new information and insight: meal planning, carb counting, checking blood sugars, medications, prevention of complications, stress management, foot & eye care, physical activity, and how to change old habits...

Call to register:

Joy Stafford, RD, LDN

Phone: (910) 875-2298
Ext: 2131

Fax: (910) 875-9306

Email:
jstafford@hokehealth.org

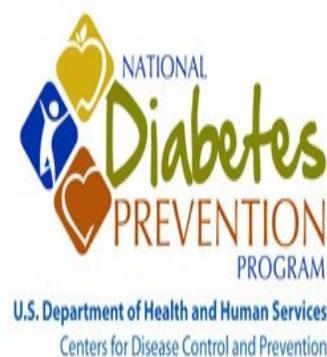
DIABETES PREVENTION PROGRAM (DPP)

If you have prediabetes or are at risk of Type 2 diabetes, you can take charge of your health.

The National DPP Lifestyle Change Program helps you make lasting changes which reduces your risk of developing diabetes. American Association of Diabetes

Education (AADE) DPP-sites are a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). Participants must be 18 + years of age and can be diagnosed with prediabetes or have a HbA1c (range 5.7-6.4).

For more information contact Joy Stafford, RD, LDN, Phone : (910) 875-2298 Ext: 2131 or Email : jstafford@hokehealth.org.



SUMMER YOUTH CPR & FIRST AID TRAINING



The Hoke County Health Department will be offering for county employee Children only First Aid/CPR/AED training for teens ages 13-18 at a cost of \$27. Our regular fee for the class is \$60.

The following are class dates: July 24th and August 7th, 9 am-5 pm. If you would like for your teens to attend one of these classes please contact Ulva Little, (910) 875-3717 Ext: 2106.



SUMMER BABY THINK IT OVER PROGRAM

The *Baby Think It Over Program* is designed to prevent teen pregnancy through providing an experience for young adults that simulates the parenting of an infant.

Summer session start date Monday, June 29th @ 5:00-7:00 PM; pre-registration fee is \$6.00.

All adolescents ages 11-18, who wish to participate in the

Summer Baby Think It Over Program, must pre-register by June 25th!

For more information/to register; contact Mrs. Cornelia Murchison (910) 875-3717 Ext: 2104.



WIC-NUTRITION EDUCATION AT SAND-HOKE



STAFF BRAIN STORM PROGRAM & PLANNING



CHILD HEALTH FAIR JUNE 11, 2015



STARS

SENIORS
TAKING
ACCOUNTABILITY and
RESPONSIBILITY
SENSIBLY

STARS is a new program offered by Terri Roberts at Hoke County Senior services to encourage and support senior citizens in the community to take back control of their lives, their health and their future.

By signing up and participating in the program, you will be taking steps to help insure you are; active, social, eating healthy, sleeping well, exercising and continuing to learn and grow.

Becoming a STAR member is the first step on the sensible path to empowering yourself and putting yourself back in the driver's seat of

your own life.

STARS is for those that want to feel accomplished and be an active participant in their own story.

Studies have shown that keeping yourself active and social is a great benefit to your health and overall wellbeing. Add Physical exercise into the mix, and you are doing the best you can for your body and health.

STARS will be geared towards moving forward and knowing that every single day is an opportunity to begin again and that *something* is better than *nothing*. You DO NOT have to be in perfect or even great physical condition you just have to have a desire to "move forward". If you have physical limitations we can adapt. If you have

physical conditions we can adapt. Again, your positive attitude and desire to do the best you can for your body, mind and spirit is all that's required to join in!

Please be sure to check with your doctor and let them know that you are joining STARS and whatever you do, always listen to your own body and honor it. Just don't let "I can't" be your mantra.

STARS will include; Chair Exercises, resistance band work outs, working with weights, Walking, Stretching and Balance, as well as healthy eating, cooking and food choices.

Who can join?
Anyone 60 years of age or older that lives in Hoke County can join as long as you have your doctors approval.

Cost – Most sessions will be free however certain activities or events may require a fee.

Attire – Please wear flat shoes preferably sneakers, comfortable layered clothing, and have a bottle of water and a hand towel.

STARS sessions will be held in the senior room at Hoke County Senior Service every other Monday and every Friday from noon to 1:00PM.

Classes will begin in August. Please come in to get your application and Doctor release form and have both filled out and turned in prior to class start date.

~ Terri Roberts
Senior Services

SOLID WASTE UPDATE

The North Carolina Electronics Recycling Program was established based on the collective value of all items recycled. We continue to get too many items (especially television) that have been dismantled and robbed of all the parts that have value.

To make this program self-sustainable it is imperative that we either stop the pilfering of parts, or start charging fees for the recycling of electronics. A

number I heard at a recent solid waste technical meeting was \$12 per television.

With the summer months we are getting complaints from customers at the disposal sites about odors. Those waiting to accumulate larger volumes of garbage are the culprits. In extremely hot weather you can't store perishables for many hours before they putrefy. Please bring your trash in a timely manner.

Please be reminded that yard waste can only be disposed of at our L.C.I.D. facility at the Transfer Station on Doc Brown Road. It is illegal to commingle yard waste with other waste streams since it cannot be placed in M.S.W. landfills.

Join us in welcoming Gideon Locklear to our staff at the Transfer Station. He replaces Larry Hunt whose familiar face many are missing and asking about.

Gideon has some big shoes to fill.

~ Don Russell
Solid Waste



TAX ASSESSOR NEWS



Summertime means school is out, vacation time and hot weather!

It also means it is time for your property tax bill. Bills are generally mailed in late July with the County offering a 2% discount if you pay your bill in full by August 31, 2015.

Tax bills are due on September 1, 2015 and

payable at par until January 5, 2016.

If you have sold property since January 1, 2015, you will still receive the tax bill as the January 1 owner of record. Please notify the new owner of the outstanding tax bill.

If your taxes are paid by a mortgage company, please check with them to see if

they have the current tax information.

For questions or concerns about your tax bill, our office is located at 227 N Main St, Raeford, NC. Our Phone number is 910-875-8751.

~ Jennie Gibson
Tax Assessor

PLANNING DEPARTMENT

This has been an active quarter for the Planning Department with a lot of interesting things happening in Hoke County. Recently in May a new approximately 25 acre solar farm was approved by the Board of Commissioners. This makes the second large scale solar facility in the unincorporated zoning jurisdiction of Hoke County. Hoke County has also permitted a new facility for the Lumbee River Electric Membership Corporation. This new office and maintenance yard is located at the intersection of Highway 401 and Pittman Grove Church Road will

feature offices, a drive through service, and a fenced rear area for housing service trucks and equipment.

There has also been continued residential construction. Subdivisions such as the Bedford Subdivision received final approval so expect to see construction begin on homes in the area on Highway 401. A new section of the Bridgeport subdivisions called the Commons at Bridgeport was also approved on Johnson Mill Road near the Cape Fear Hospital.

Hoke County Planner Robert Farrell was also asked to lead a discussion of the Fort Bragg Regional Land Use Advisory Committee (RLUAC) on the subject of permitting trends in the counties around the military base.

Finally, Hoke County Planning would like to make everyone aware that Hoke County and Cumberland County are jointly working on a Regional Hazard Mitigation Plan. Hazard Mitigation Plans are mandated by the state and FEMA to be updated every five (5) years. The last update was in 2010 so it is time to begin the process

again. This time the State of North Carolina has required that Hoke and Cumberland County create a combined plan for the region. A major part of this planning process is public involvement so please watch out for future notices, announcements, and public meetings where we will be asking for your input. Hazard Mitigation Plans are required in order for local governments to qualify for disaster relief funding from the State and Federal Government in the event of things such as tornados, floods, and hurricanes.

~ Robert Farrell
County Planner

2015 MUNICIPAL ELECTION SCHEDULE

Candidate Filing Period:

8:00 am July 6 - 12:00 noon
July 17, 2015

One-Stop Voting:

Thursday, October 22 - Saturday, October 31, 2015

Election Day:

Tuesday, November 3, 2015

SOCIAL ENGINEERING THROUGH THE INTERNET

Social engineering refers to the methods attackers use to manipulate people into sharing sensitive information, or taking an action, such as downloading a file. Sometimes a social engineer is able to rely solely on information posted online or will sometimes interact with the victim to persuade the victim to share details or perform an action.

Oversharing Online

Information posted online can seem harmless, until you think about how a social engineer could use the same information. By gathering multiple pieces of information from various sources, a cyber criminal could have enough facts about you to craft a very convincing social engineering scam. Think about how these seemingly innocuous details might be valuable to the cyber criminal:

Posting a picture of your pet might give away your pet's name, or posting a photo of your car would identify its color. Pet's name and car color are common security questions.

Answering a "meme" can give away personally identifiable information (PII) such as your date of birth or other sensitive information, including answers to security questions.

Be careful about how much information you post and think about how the various pieces might be combined for use by a cyber criminal.

Persuasion Scams

The following three common types of persuasion methods highlight different ways social engineers target victims through the Internet.

Tech Support Call Scams

In Tech Support Call Scams the scammer, claiming to work for a well-known software or technology company cold calls victims in an attempt to convince the victim that their computer is at risk of attack, attacking another computer, or is infected with malware, and that only the caller can remediate the problem. In convincing the victim, the scammer often persuades the victim to provide remote access to the victim's computer. The scammer can then install malware or access sensitive information. In some variations the scammer persuades the victim to pay for unnecessary or fictitious antivirus software or software updates.

Romance Scams

In Romance Scams the malicious actors create fake profiles on dating websites and establish relationships with other site members. Once a sense of trust is established, the scammer

fabricates an emergency and asks the victim for financial assistance. The scammer generally claims they will repay the victim as soon as the crisis is over, however, if the victim sends money, the scammer will prolong the scam, sometimes stealing thousands of dollars from the victim.

Traveler Scams

In this scenario, also known as the "Grandparent Scam," malicious actors use information posted on social media websites by a traveling family member to trick other family members into sending money overseas. Often the scam targets the elderly, who are less likely to realize the information was originally posted online. The scammer will monitor social media websites for people traveling overseas, and then contact the family members, through the Internet or via phone, with a crisis and requesting that money be sent immediately. The scammers rely on all the information users post online about themselves and their trips, in order to convince the family member that they know the traveler and are privy to personal details, and thus should be trusted.

Easy Tips to Protect Yourself from Social Engineering

Use discretion when posting

personal information on social media. This information is a treasure-trove to scammers who will use it to feign trustworthiness.

Before posting any information, consider: What does this information say about me? How can this information be used against me? Is this information, if combined with other information, harmful?

Remind friends and family members to exercise the same caution. Request that they remove revealing information about you.

Verify the identity of anyone who contacts you through different means – do not use the information they provide you.

Do not send money to people you do not know and trust.

For More Information

Internet Crime Complaint Center (IC3): <http://www.ic3.gov/default.aspx>

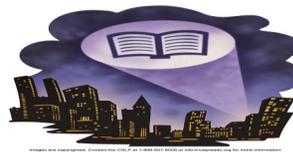
Federal Bureau of Investigation's Common Fraud Schemes: http://www.fbi.gov/scams-safety/fraud/internet_fraud

OnGuard Online: <https://www.onguardonline.gov/>

Looks Too Good To Be True: <http://www.lookstoogoodtobetrue.com/>

~ Candace Pierce
Information Technology

Summer Reading
@ HOKE COUNTY PUBLIC LIBRARY



SIGN UP, READ BOOKS, WIN PRIZES!

READING DATES:
JUNE 1 - AUGUST 7, 2015

Preschool & Elementary Story time & Programs
(Ages 0 -12)
Tuesdays @ 10:00 AM

June 23rd - R-E-A-D-I-N-G with "Ronald McDonald"

June 30th -Pets to the Rescue!

July 7th - Be a nature superhero

July 14th - Undercover Reptiles

July 21st - What's your Superpower?

July 28th - Growing up in the animal world

August 4th - Superhero Training Course

Middle & High School Programs
(Ages 13-18)
Thursdays @ 3:00 PM
June 25th - "Every Hero has their day"

July 9th - Amazing Animals

July 16th - Unmasked

July 23rd - Incredible knowledge

July 30th - Superhero Training Course

For more Summer Reading Information contact us @
334 N. Main Street, Raeford, NC, 28376

910-875-2502 to sign up, go to - **www.srls.info**

Like us on



HOW TO PREPARE FOR HURRICANE SEASON

Hurricanes are strong storms that can be life-threatening as well as cause serious property-threatening hazards such as flooding, storm surge, high winds and tornadoes.

Preparation is the best protection against the dangers of a hurricane. Know the difference between the threat levels and plan accordingly.

Know the Difference

Hurricane Watch

Hurricane conditions are a threat within 48 hours. Review your hurricane plans. Get ready to act if a warning is issued, and stay informed.

Hurricane Warning

Hurricane conditions are expected within 36 hours. Complete your storm preparations and leave the area if directed to do so by authorities.

Hurricane Preparedness

Hurricanes can bring many hazards. As a storm travels over the open ocean, it pushes the water in front of it, which creates a storm surge that drives seawater onto land. Heavy rainfall can cause flooding both during the storm and in the days following as water

drains into rivers and lakes that overflow. High winds and tornadoes can set debris flying, and dangerous rip currents can form on the shore. Your vulnerability to these hazards depends on several factors, including the strength of the storm, where it makes landfall, and your own location. How you prepare before the storm, can make a huge difference in how you weather the event. Follow these hurricane preparedness and safety tips to ready your home and family for hurricane season. Before hurricane season:

Prepare your family. Have at least one person in your family certified in basic first aid - the American Red Cross or your local fire or police department often teach these classes. Additionally, you should build an easily transportable emergency kit and make an evacuation plan for your family. Find the route to primary and secondary meeting locations for your family, and do research to determine where the nearest emergency shelters would be located in case of evacuation.

Identify an emergency contact. Identify a trusted contact person outside your area who can keep track of your family and serve as

your point of contact if you need to share information with friends and family on your whereabouts. It's also a good idea to have this trusted contact keep a record of important phone numbers (like schools, doctors and your place of work).

Make a plan for pets. In case of evacuation, you should also create an emergency kit for your pets with food and any necessary supplies. Determine if emergency shelters in your area will allow pets in the case of storm, and if not, come up with an alternative plan.

Prepare your home. Keep trees on your property pruned, gutters cleaned and roofs clear of loose tiles or shingles. If you live in a hurricane-prone area, you may want to consider investing in hurricane shutters, which should be

properly anchored and installed before a storm hits. When a hurricane is forecasted, take inside anything that could be easily tossed about by the wind, and secure larger items that can't be brought inside.

If your community has experienced a disaster, register on the American Red Cross Safe and Well website to let your family and friends know you are safe.

You may also call 1-800-RED CROSS (1-800-733-2767) and select the prompt for "Disaster" to register yourself and your family.

~ Hoke County Sheriff's Office



LOCAL SHERIFF OFFERS TIPS FOR A SAFE JULY 4TH WEEKEND

With the approach of the July 4th weekend, Hoke County Sheriff Peterkin asks all citizens to join him in making this Fourth of July holiday period a happy and enjoyable one for all.

Traditionally during the July 4th Holiday, our highways experience one of the highest traffic flows of the year. The Sheriff reminds all Hoke County residents to follow these safety tips:

Always shift your attention every few seconds, constantly scanning the road ahead and behind you. Never blankly stare ahead nor fix your gaze on one point on the road.

When passing an automobile, always glance at the ground beside the

front wheel of the car you intend to pass. You will know instantly if the car is about to veer - giving you an extra few seconds to respond.

You should pull out into the opposite lane of traffic when passing while you are still well behind the car in front. This should give you some time and space to build up speed and will enable you to pull back into your own lane should the need arise. Never cut abruptly out of your lane into the opposite lane when passing.

Always signal your intentions with your brake lights, turn signals, horn and/or headlights so that other drivers will see you well before you change course.

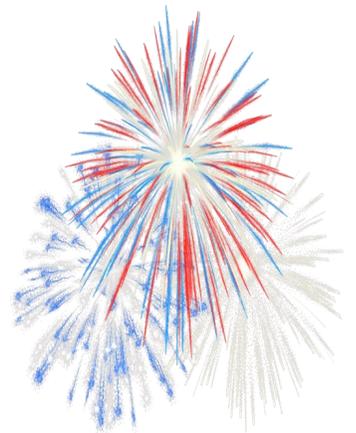
Drivers should always “aim high” in steering. That is, you should glance frequently at points well ahead of you. Not only will this help your steering, but it will also help you check the position of vehicles in front of you as well as on-coming ones.

Never follow too close. Remember that, as your speed increases, it takes you substantially longer to stop. Also remember that it’s good to have an extra cushion of space in front of you if you’re being tail-gated, on a slippery road, or in low visibility conditions.

“Lastly, I would remind all motorists to practice the Golden rule when driving. Be courteous

and tolerant of other drivers. Please don’t get angry with bad drivers or reckless ones – just get out of their way,” Sheriff Peterkin said in closing, “Let’s make this summer a safe one on the roads in Hoke County.”

~ Hoke County Sheriff’s Office



ICE CREAM PARTY AT THE HOKE ANIMAL SHELTER

