

Hoke County Newsletter



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SUMMER HAS BEEN SIZZLING AT HOKE COUNTY SENIOR SERVICES

Our seniors have been painting, crafting, celebrating and even learning to dance the Electric Slide and Cupid Shuffle!

Keeping active and social is so very important for everyone, but as we age we don't always get out as much or get involved with activities outside the home. Our senior activity Involvement here is at an all-time high. With fun crafts, STARS program, newly donated cornhole boards, selling handmade beautiful wreaths and getting ready for our Annual Yard Sale September 4th we have been keeping those mental and physical gears well-greased!

We are also getting excited about the upcoming Poultry/Turkey festival where we plan to have a booth to share and sell some of the projects we have been working so hard on!

Also, our "Sponsor A Senior" program is in full effect. Anyone can sponsor a senior!

Contact us for more information on purchasing your very own handcrafted wreath or to find out more about how you can sponsor a senior!

Contact (910) 875-8588

*Mary Hollingsworth
Senior Services Director*



MUNICIPAL ELECTION IS TUESDAY, NOVEMBER 3, 2015

Residents in the City of Raeford are eligible to vote in this Municipal Election.

Absentee One-stop (Early) Voting will begin on Thursday, October 22, 2015 and ends on Saturday, October 31, 2015.

CANDIDATES FOR
RAEFORD CITY COUNCIL
(YOU MAY VOTE FOR THREE)

- Robert L. (Bobby) Conoly
- Shirley Hart
- Jeremy Hollingsworth
- John O. Jordan
- Mary Neil King
- Jackie McLean



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



ARE YOU PREPARED FOR A DISASTER?

The next time a disaster strikes are you prepared? Disasters can strike at any time, in many cases you may not have much time to prepare. During the first critical hours after a disaster, emergency response teams will be very busy assessing the needs of the community. The Hoke County Health Department's Disaster Preparedness Program wants Hoke County citizens to be prepared to be on their own for at least three days. Learn how to prepare now for an emergency and protect your family and yourself by planning ahead.

The following are some tips that can help you prepare:

Before an emergency or disaster strikes:

Choose a place for your family to meet after a disaster.

Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.

Know how to contact your children at their school or daycare, and how to pick them up after a disaster. Let the school know if someone else is

authorized to pick them up. Keep your child's emergency release card up to date.

Put together an emergency supply kit for your home and workplace. If your child's school or daycare stores personal emergency kits, make one for your child to keep there.

Know where the nearest fire and police stations are located.

Learn your community's warning signals, what they sound like and what you should do when you hear them.

Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.

Learn how to shut off your water, gas and electricity. Know where to find shut-off valves and switches.

Keep a small amount of cash (\$200-\$300) available. If the power is out, ATM machines won't work.

If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies. Make sure they can find their cards at all times.

Conduct earthquake and fire drills every six months.

Make copies of your vital records and store them in a safe deposit box in another city or state. Store the originals safely. Keep photos and videotapes on your home and valuables in your deposit box.

Make sure family members know all the possible ways to get out of your home. Keep all exits clear.

Make sure all family members agree on an emergency plan. Give emergency information to babysitters or others.

During an emergency or disaster:

Keep calm and take time to think. Give assistance where needed.

Listen to your radio or television for official information and instructions.

Use the telephone for emergency calls only.

If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

After the emergency or disaster is over:

Use caution in entering

damaged buildings and homes.

Stay away from damaged electrical wires and wet appliances.

Check food and water supplies for contamination.

Notify your relatives that you are safe. Remember don't tie up phone lines because they may be needed for emergency calls.

If government disaster assistance is available, the news media will announce where to go to apply.

This information is made available through the American Red Cross, Centers for Disease Control, and <http://www.doh.wa.gov/emergencies>.

For additional information, contact the Health Education Office at (910)875-3717 Ext: 2104 or go to our website www.hokecounty.net.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Hoke County Health Department's Breast and Cervical Cancer Program (BCCP) would like to remind everyone that "October is Breast Cancer Awareness Month", which is an annual campaign to increase awareness of the disease.

While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

To help spread the word, the Hoke County Health Department will sponsor its annual "Breast Cancer Awareness Walk" Friday, October 2, 2015, 12:15 pm to 12:45 pm. To register, contact Cindy Morton at (910) 875-3717 Ext. 2115.

For more information about our BCCP contact Ellen Chavis at (910) 875-3717 ext. 2196.



WHAT IS PREPARED CHILDBIRTH EDUCATION?

Prepared Childbirth Education:

Teaches a variety of techniques in which a pregnant woman tries to minimize use of pain-relief medications during childbirth by learning relaxation and other coping skills.

Why Prepared Childbirth Education Classes (CBE)?

For first-time moms, you and your partner will learn what to

expect during childbirth and how to prepare for labor and birth. Topics include: pain control, breathing and relaxation techniques, labor partner training, medical procedures, the complete childbirth process and more. Likewise for experienced moms, these classes will help refresh your skills in preparation for childbirth.

CBE classes are recommended to expectant mothers who are

in their second trimester.

The Hoke County Health Department is now offering Spanish Speaking Only classes every Wednesday from 10AM-12PM. English speaking classes are held every Thursday at 6PM.

For more information contact Cornelia Murchison at (910) 875-3717 ext. 2104.



IT'S FLU SEASON AGAIN!

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent seasonal flu is by getting a seasonal flu vaccination each year. Seasonal flu vaccine protects against influenza viruses that are most common during the upcoming season. Yearly flu vaccinations should begin in September or as soon as the vaccine is available and continue throughout the flu season, well into December, January and beyond. The timing and duration of the flu season varies but outbreaks of influenza can occur as early as October and peak in late January; according to the Centers for Diseases Control and Prevention (CDC).

Every year in the United States on average, 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu-related complications; and about 36,000 people die from flu-related causes.

Who Should Get Vaccinated Against Seasonal Flu?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, The CDC's Advisory Committee on Immunization Practices, recommends certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or cares for high risk persons.

People who should get a seasonal flu vaccination each year include:

Children younger than 5, but especially children younger than 2 years old

Pregnant women

People 50 years of age and older

People of any age with certain chronic medical conditions

People who live in nursing homes and other long-term care facilities

People who live with or care for those at high risk for complications from flu, including:

Health care workers

Household contacts of persons at high risk for complications from the flu

Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Once vaccinated for the flu, it takes about two weeks for antibodies to develop that protect against influenza virus infection. However, Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.



Preventing the Flu:

The flu viruses are spread from person to person in respiratory droplets from coughs and sneezes. The single best way to prevent the flu is to get vaccinated each flu season and to follow the N.C. Division of Public Health recommended health practices:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.

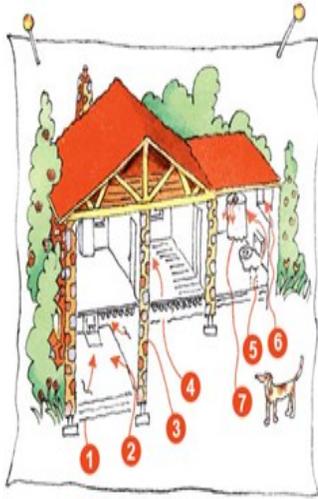
Wash your hands often with soap and water, especially after you cough or sneeze. Using an alcohol-base hand cleaner is also effective.

Avoid touching your eyes, nose or mouth, germs spread this way.

Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care for other necessities. Your fever should be gone without the use of fever-reducing medicine.

For more information about scheduling an appointment, contact the Hoke County Health Center at 910-875-3717 or your health care provider.

TIME FOR RADON TESTING



As the turning of the seasons brings colder weather to North Carolina and families close windows to keep warm, it is an excellent time to make plans for radon testing in your home. Radon is the odorless, colorless gas that is the second leading cause of lung cancer in the United States. The effects upon the families it touches can be just as devastating as lung cancer caused by smoking tobacco. Lung cancer can strike anyone, even a nonsmoker.

Each year upwards to 22,000

people die from radon-induced lung cancer. Roughly 54 percent of those diagnosed with early-stage lung cancer are expected to live no more than five years after diagnosis.

The North Carolina Radon Program of the North Carolina Department of Health and Human Services and the Hoke County Health Department educates families and homeowners about radon gas, how to test for radon gas and how to lower the radon levels within a home; lowering the

radon levels in a home lowers the risk of lung cancer.

Test your home for radon and lower your family's risk of lung cancer. The Hoke County Health Department has a limited supply of free radon test kits available 9AM-4PM Monday through Fridays by appointment at 683 East Palmer Street, Raeford NC 28376;

Contact Cornelia Murchison at (910) 875-3717 Ext: 2104 for more information.

HOKE COUNTY PARKS & RECREATION



Hoke County Parks and Recreation Summer Camp had a great and successful season. The children that attended enjoyed all the outings and events.

HCP&R summer camp was granted a scholarship from Uniliver; the funds were used for all field trips expenses.

The youth Baseball and softball had a good season; we ended both sports in June.

Upcoming Events & Programs

HCP&R annual Senior Citizens Fish Fry, will be held on Friday, September 25, 2015 at 12:00 in the L.E. McLaughlin Building, only senior citizens. Anyone that's a senior citizen and would like to attend must pre-register by contacting Hoke County P&R at 910-875-4035.

Fall sports will start on

Saturday, September 26, 2015, at our 211 complex on Red Springs Road. The sports are Soccer, Football, and Cheerleading, if you need more information call HCP&R office. We also have Adult Co-Ed Softball that will start up in mid-September, any one that's interested in entering a team, contact Kendric Maynor, Director of Hoke County Parks and Recreation at 910-875-4035.

SOLID WASTE



They say no news is good news, so perhaps everything is well in the land of trash.

A couple of reminders: Some still seem unsure as to where or whom they should direct their solid waste complaints.

Sergeant Michael Acello with the Hoke County Sheriff's

Department is the Solid Waste Enforcement Officer and all solid waste complaints should be directed to him. The numbers to call to get in touch with him are 910-875-5111 and 910-875-3111.

Don't forget that Daylight Savings Time ends November

1st and our Convenience Sites will start closing one half hour earlier than they do now. The daily hours of operation will then be 7:00am—6:00pm.

*Don Russell
Solid Waste Director*

HOKE COUNTY ANIMAL CONTROL/SHELTER

We have been very busy at the animal shelter these past few months. We have enjoyed the warm weather this summer and our weekly Ice Cream cone parties for all the homeless dogs at the shelter. We are so grateful to all the volunteers that came out to make each week a success and help us bring a little joy to the homeless pets of Hoke County.

Typically each year during warm summer months we see an increase in pets coming into the shelter whether by Animal Control, public drop offs, and owner surrenders. This year has been no different. We have been working so hard to keep up and save the lives of as many pets as possible. We are so pleased to say that our

records are reflecting our efforts. Comparing our adoptions, rescues, and euthanasia rates from this past year to five years ago there is a huge increase in lives saved. In 2010/2011 only 59 animals were sent to rescue organizations. In the past year that number has increased to 386. This is a difference of 327 lives saved just by rescues alone! Our adoptions have also increased. We had 120 more adoptions this year than we did in 2010/2011. Our euthanasia numbers have been nearly cut in half! We believe that educating the public to the importance of spaying and neutering is crucial to dealing with the pet overpopulation problems that we face as a

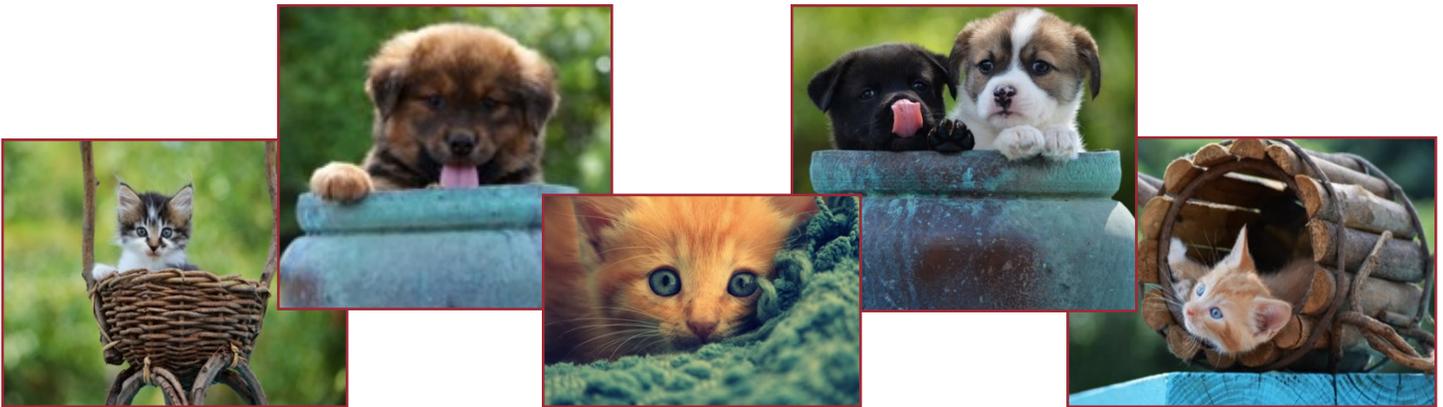
county.

We were so happy to get some good publicity in the Fayetteville Observer this August. There was such a nice write up about our shelter and with this article came more adoptions! We will also be featured in Array magazine during the month of September so don't forget to get your copy and read all about your Animal control/Shelter.

We are looking forward to our holiday months here at the shelter. In October we will do our annual Pet Halloween Costume Contest and we will hold our annual Thanksgiving Dinner for the animals. In December we will be collecting toys and treats for all of the

animals because each homeless pet always gets a brand new toy or bone as a Christmas gift. Think of us while you're doing your shopping in the next couple months as we will need supplies for the Turkey Dinner and toys for Christmas. Donations can be dropped off at the shelter anytime during business hours. Please keep an eye out on our Facebook page for upcoming dates. You can find us by searching "Assisting the Hoke Co. Animal Shelter" on Facebook. Also, if you or someone you know is looking for a great companion then make us your first stop!

*Kristi Pylant
Animal Shelter*



HOKE COUNTY PLANNING DEPARTMENT

On Thursday, August 27th the Planning Department held open office hours for the public to come learn about and discuss county transportation issues. This event was held at the request of the Lumber River Rural Planning Organization (RPO). The RPO is a partnership between the local

governments in Hoke, Richmond, Robeson, and Scotland Counties and NCDOT. By having a close relationship with the RPO Hoke County is able to participate directly with NCDOT on local transportation related issues.

The purpose of the open office hours on transportation questions was to allow the public to speak with the county planner about transportation concerns that can be brought through the RPO to NCDOT for consideration. Issues could range from roadway expansions to brand new roads.

If you have any questions or would like additional information please feel free to contact the Hoke County Planning Department at (910) 875-8407.

*Robert Farrell
Hoke County Planner*

DON'T TAKE THE BAIT ON PHISHING SCAMS

More than 200 billion emails are sent and received worldwide each day. That represents a lot of opportunity for phishing scams, in which scammers distribute emails that appear to come from legitimate organizations or individuals and try to entice the recipient into clicking on malicious links or attachments. Spear-phishing is a more targeted type of phishing in which a specific organization or person is the target. The typical goal of phishing attacks is to get the victim to give up sensitive information such as a Social Security number or financial information. Phishing is also used as a way for attackers to get inside an organization's network for cyber espionage or other malicious activity.

Scammers will use spoofed email addresses, phony websites with legitimate logos, or phone numbers to fake customer service centers operated by the scammers. Last year phishing attacks cost organizations \$4.5 billion in losses.

Common Phishing Scams

When it comes to phishing, the best line of defense is you. If you pay attention to potential phishing traps and watch for telltale signs of a scam, you can minimize your risk of becoming a victim. Here are some scenarios you may encounter:

An email appearing to be from a bank, credit card company, or other financial institution requests that you "confirm" your personal account information. Supposedly, your information has been lost, or your account is going to be closed, so it is "urgent" that you respond immediately.

A phony email from the "fraud department" of a well-known company asks you to verify your information because they suspect you may be a victim of identity theft.

An email may take advantage of a current event, such as the Anthem data breach, which scammers used to send phishing emails with malicious links for "free credit reporting."

An email claiming to be from a state lottery commission requests your banking information to deposit the "winnings" into your accounts.

A scammer pretends to have a large sum of money and needs "someone trustworthy" to help access it. The scammer promises to share the wealth in exchange for your help - specifically, your financial information.

Easy Tips to Protect Yourself from Phishing

Do not send any sensitive personal information via email. Legitimate organizations will not ask users to send information this way.

Visit banking or financial websites by typing the address into the address bar. Do not follow links embedded in an unsolicited email.

Only open an email attachment if you're expecting it and know what it contains. Be cautious about container files, such as .zip files, as malicious files could be packed inside.

If you want to verify a suspicious email, contact the organization directly - but don't call the number which is provided in the email.

Use discretion when posting personal information on social media. This information is a treasure-trove to spear phishers who will use it to feign trustworthiness.

Use antivirus software to detect and disable malicious programs, such as spyware or backdoor Trojans, which may be included in phishing emails. Keep your Internet browser updated with the latest security patches.

*Candace Pierce
Hoke County IT*

For More Information

Anti-Phishing Working Group:
www.antiphishing.org

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

Federal Trade Commission:
www.consumer.ftc.gov/articles/0003-phishing

NATIONAL VOTER REGISTRATION DAY

Tuesday, September 22, 2015 is National Voter Registration Day!!

There will be several sites available in Hoke County for citizens to register to vote on this day or update your existing registration record if you have recently had a change of name or address.

Volunteers will be available to offer registration forms and

assistance in registering to vote for those who may have recently become eligible (turned eighteen), or may have recently moved into Hoke County, or may have missed registering to vote earlier.

Those locations will be at:

Hoke County Public Library (for all Hoke County Citizens) at 334 North Main Street in Raeford;

Hoke County High School (for students and faculty) at Laurinburg Road in Raeford;

Sandhills Community College (for students and faculty) at 1110 East Central Avenue in Raeford;

Other Locations available every day are:

The Driver's License Office when you are conducting DMV business;

The Department of Social Services Office when you are conducting DSS business;

The Employment Security Commission Office when you are conducting ESC business;

The Hoke County Board of Elections Office at 227 North Main Street in Raeford, NC.

So, "Save the Date" and **REGISTER TO VOTE** on Tuesday, September 22, 2015!

HOW TO MAKE AN EFFECTIVE 9-1-1 CALL

The act of reporting a crisis is not as simple as dialing 9-1-1. Information is needed and the caller (that's you) is the only one who can provide it. However, during a high-stress situation we don't always think clearly or act in an appropriate manner. So what should you do (and say) if you need to call 9-1-1?

Stay calm. No matter what try to stay calm. If you feel yourself losing control, take a few deep breaths to calm down. It is difficult to understand you when you are yelling, screaming, crying, arguing, etc. This also causes important information to be missed, not understood, or received wrong.

Know your location. It is important to know your location and the surroundings so responders can get to you quickly. Though landlines allow your address to appear on the dispatcher's screen, dispatchers still have to confirm the address of the emergency. If you call or text on your cell phone, the information may not

be available.

Let the Dispatcher guide the conversation. Dispatchers are trained to ask questions to get detailed information about the situation you are calling about. While asking you the questions they are typing them in a computer and giving the information to the responders. Telling the Dispatcher to stop asking so many questions and other similar activities only serves to slow the process.

Follow instructions. Sometimes the dispatcher will give you instructions. Listen carefully and follow each step exactly, ask for clarification if you don't understand. The instructions are designed to protect you, the victim(s), the patient(s), bystanders, responders, etc.

Don't hang up! When you call 9-1-1, stay on the line until the dispatcher tells you to hang up.

If you call 9-1-1 by accident. Remain on the line and tell the dispatcher that it is not an emergency. If you don't, law

enforcement will have to investigate your "9-1-1 hang-up call" to make sure everything is okay.

If you call 9-1-1, and remain quiet or just hang up, the dispatcher will call the number back and if there is no answer, will dispatch an officer to "check it out".

If you need 9-1-1 and cannot speak for any reason, just keep the telephone line open. Do Not Hang Up! Try to stay calm and know that help is on the way! The dispatcher will send you the help you need. The 9-1-1 dispatcher is trained to listen to the back ground noises (respiratory distress, groaning, fighting, etc.) and inform responders of what they hear.

Circumstances that may prevent you from talking to the dispatcher include, but are not limited to:

- ◆ An abuse or domestic situation
- ◆ An injury or physical impairment

- ◆ An intruder or crime in progress
- ◆ A kidnapping
- ◆ A medical emergency (i.e., difficulty breathing, choking, or going to pass out)

911 Telecommunicators are there to get you the help you need. By remaining calm, answering the questions you are asked, and giving accurate location information, you will shorten the call-taking process and will aid the response of the assistance you need.

*Jimmy Stewart
Communications Director*



EMERGENCY COMMUNICATIONS PERSONNEL COMPLETE COURSES



Randi Rowland and Sarah Zurn both completed the course for and passed State examination for Emergency Medical Technician.

Tricia McKnight completed the FEMA certification class for Communications Unit Leader (COML). The COML is the Leader of the Communications Unit when a Unit is established post-disaster or for a large event. The Communications Unit Leader (COML) is responsible for integrating communications and ensuring that operations are supported

by communications. The COML must understand ICS and local response systems to support the efforts of Incident personnel.

Tricia McKnight and Ron Fairbanks completed the FEMA certification class for Communications Unit Technician (COMT). The COMT operates within a

Communications Unit and are responsible for managing a Strategic Technology Reserve (radio cache, mobile communications vehicle, or other deployable communications assets) during a Communications Unit activation.

*Jimmy Stewart
Communications Director*

VETERAN'S SERVICES

North Carolina Division of Veterans Affairs Scholarships

In appreciation for the Service and Sacrifices of North Carolina's War veterans, a four year scholarship at North Carolina approved schools has been established for the qualifying deceased, disabled, combat or POW/MIA Veterans. For additional information about the scholarship program contact your local Veterans Service Office, or Call 844-NC4VETS, or Log on to www.NC4VETS.com

Wanted: Work Study Employees

North Carolina Division of Veterans Affairs is now hiring Work Studies/Interns in virtually every office across the State. If you would like to explore this opportunity to earn while you go to school, please contact Daniel Hackley at daniel.hackley@doa.nc.gov or call 919-807-4235 to get started with an application.



New Research reveals Considerable PTSD in Some Vets—even decades after war

Many veterans who served in the Vietnam War still have war zone related post traumatic stress disorder, according to a new study published in JAMA Psychiatry. to file a claim for Vietnam war related symptoms, Please see you County Veterans Service officer for more details.

Veterans' ID cards- secure, accessible documents-

North Carolina offers its veterans the opportunity to

obtain a "Veterans " identifiers on a North Carolina Drivers License or ID. In order to receive the designation, veterans must be able to provide proof of veterans status (DD214, or DD215), and meet all other North /Carolina requirements, including a one time payment of the original renewal or replacement fee.

For more details on any the before mentioned information . please contact Jackie Haliburton, Hoke County Veterans Office(CVSO) at 910-875-2147.

HOKE COUNTY 4-H'ERS HONORED AT STATE 4-H CONGRESS

Two Hoke County 4-H'ers were inducted into the 4-H Honor Club at the recent State 4-H Congress. This year's 4-H Congress, held in Raleigh July 18-21, attracted 518 young people and their adult leaders for activities including presentations on a variety of subjects, leadership and citizenship training, service opportunities, officer elections and more.

Abigail Clark, age 16, daughter of Aric and Angie Clark of Raeford, and Drayton Hancock, age 18, son of Jim and Krista Hancock of Stedman, were inducted into the 4-H Honor Club, one of the highest honors a 4-H'er can achieve. New Honor Club members were tapped during a candlelight ceremony Saturday

night, July 18th. Membership in the Honor Club is based on service to the 4-H program, leadership, moral standards, 4-H activities and project achievement. Less than one-half of 1 percent of North Carolina 4-H'ers is selected for membership each year. Members must be at least 16 years old and have a minimum of three years 4-H experience.

Clark has been active in the 4-H program for 10 years, and Hancock has been active in 4-H for 12 years.

Another highlight for Hoke County on Saturday, July 18th, Alora and Lianna Edwards, daughters of Phillip and Linda Edwards, competed at State Presentations. Lianna won

silver in Poultry Production and Alora participated in Fisheries & Aquatic Resources.

The 4-H program is the youth education program of North Carolina Cooperative Extension, based at North Carolina State and North Carolina A&T State Universities. More than 232,000 young people between the ages of 5 and 19 participate in North Carolina 4-H activities each year with the help of 20,563 adult and youth volunteers.

*Howard Wallace
Director
Hoke Cooperative Extension*

Pictured
Top: Drayton Hancock
Bottom: Abigail Clark



VETERANS CHOICE PROGRAM



The Veterans Choice Program provides eligible Veterans the option to receive VA Community Care from approved providers in their communities.

Am I eligible?



- ✓ Have you been told by your local VA medical facility that they can't schedule your appointment **within 30 days** of the clinically indicated date or if no such date can be determined, your preferred date?
- ✓ Is your current residence **more than 40 miles** from the closest VA medical facility?
- ✓ Do you need to travel by air, boat or ferry to the VA medical facility closest to your home?
- ✓ Do you face an unusual or excessive burden in traveling to a VA medical facility based on the presence of a body of water or a geologic formation that cannot be crossed by road?

If you were enrolled in VA Health care on or before Aug 1, 2014 or you are eligible to enroll as a combat Veteran, and answered

"YES"

to any of the questions, you may be eligible!

How do I set up an appointment?

Call:
866-606-8198

1

Gather your information about any other health insurance coverage you may have (e.g., employer, union-based health plans)



2

Call 1-866-606-8198 to make sure you qualify + schedule an appointment. When you call, we will walk you through the following steps:

- You will be asked to enter your ZIP code, and first and last name.
- We will check to make sure you are eligible for this program.
- We will check which of your needs are covered by the VA.
- You will be asked for your address and the name of your preferred VA Community Care. Unfortunately, not all providers will be eligible to participate so if your preferred provider is not available, we will recommend other providers in your area.



3

We will then work with you to schedule an appointment.



This hotline is exclusively for making sure you are eligible for the Choice Program and setting up a VA Community Care appointment. If you have questions about other aspects of your VA medical care or want to learn more about enrolling in VA health services, please visit www.va.gov/health.



Free **Driver's Ed Program**
at your library



Visit srls.driving-tests.org to start!

Driving-Tests.org
FREE. ONLY PARENTS/TEACHERS. 2013



ANNOUNCING
1st Annual Raeford-Hoke
"Read for Success"
READ - A - THON!



Where: Hoke County Public Library Stage
Start Time: Friday, Oct. 16 @ 7:00 pm
End Time: Saturday, Oct. 17 @ 7:00 am

Registration & Pledge Forms (All HC Schools, Literacy Council, Public Library)

Photo Contest: Post a picture to our FB page with time stamp of your family, organization or agency reading and win a prize for the best photo.

Challenging all Hoke County Schools & Communities!
Sign up today for your reading slot!
Read in memory of a loved one!

Bring your own chair, blanket, etc., "No coolers" are allowed on the grounds

Entertainment! Prizes! Surprises! Refreshments!

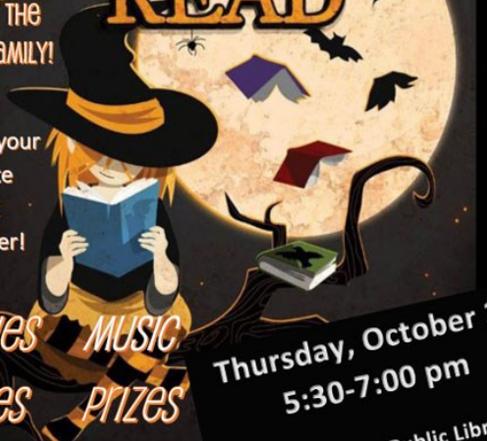
For more information Contact: Jackie McLean 875-2156 Ext. 4106 Email: jmclean@hcs.k12.nc.us
Sheila Evans 875-2502 sheila.evans@srls.info
ALL proceeds benefit: Friends of the Library & Hoke Literacy



Hoke County Public Library
ALL HALLOW'S READ

FUN FOR THE WHOLE FAMILY!

Dress as your favorite book character!



STORIES MUSIC
GAMES PRIZES
COSTUME CONTEST
REFRESHMENTS

Thursday, October 29
5:30-7:00 pm

Hoke County Public Library
334 N. Main St., Raeford
910-875-2502
www.srls.info

READ TO WIN - TEEN READING CHALLENGE!




September 1 – September 30, 2015

Beginning this year, teens across the state of North Carolina will have the opportunity to win State Fair gate passes after setting and achieving certain reading goals. Teens will utilize a special online registration program through their local public library to track their reading progress. Each teen that reaches their reading goals before the entry deadline will be eligible to enter a drawing for a State Fair prize pack. Two prize packs of four gate passes each will be awarded to each library system. Ride tickets are not included. Check the Hoke County Public Library's Facebook page under "Events" for more information on program registration.



Print documents at the library from anywhere!

Send print jobs to Hoke County Public Library from your Internet-connected or WiFi-enabled computer, tablet, smartphone or laptop, from anywhere, anytime! Then stop by to pick up & pay for your pages within 24 hours.

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Hoke County Public Library
334 N. Main St., Raeford NC 28376
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FAMILIES ALL READ

for families of children 5 & under

A FAMILY LITERACY PROGRAM - OCTOBER - MAY 2015

Family Reading Events
LIBRARY ADVENTURES THURSDAY, OCTOBER 1 @ 6:30 pm
PARENT WORKSHOP - HANDS-ON FUN + TIPS TO HELP YOUR CHILD BE READY TO READ THURSDAY, OCTOBER 8 @ 6:30 pm
FALL ALL AROUND SATURDAY, OCTOBER 10 @ 2:00 pm
BOO! HALLOWEEN IS COMING! THURSDAY, OCTOBER 15 @ 6:30 pm
FREE BOOKS for kids ages 0-5

Like HCPL on Facebook, stop by the library for monthly program schedules, or email hokefamiliesallread@gmail.com for more information.

Hoke County Public Library
334 N. Main St., Raeford
(910) 875-2502 www.srls.info

You're Invited Women's Health Symposium

Date: October 23, 2015

Time: 12 pm

FirstHealth Hospital – Hoke Campus

Conference Room

6408 Fayetteville Rd, Raeford, NC

~Speaker~
Dr. Michael Sundborg, M.D.
Gynecology Oncology

Topic: Genetics & Cancer

~Lunch~
**Lasagna, pasta, salad bread
sticks, cookies, tea**

Limit: 30

Registration deadline: October 9, 2015

Sponsored by:
NC Cooperative Extension – Hoke County Center
and
FirstHealth of the Carolinas

Contact:
Cathy James or Shirley Smith @ 910-875-2162

