

HOKE COUNTY NEWSLETTER

WINTER 2013

Scurlock Convenience Site Now Open

We are pleased to announce the opening of our new convenience site in the Scurlock community. Things seem to be going very well and most are becoming acclimated to a larger and more customer-friendly facility.

Traffic still enters from Rockfish Road and exits onto Philippi Church Road, just as the previous site. Please use caution since with the larger gates two vehicles sometimes enter or exit at the same time.

For our customers in the farming community, the additional size has allowed us to build a pesticide container drop-off like the ones at the other four convenience sites. This will give us more total capacity and reduce driving time for those living in that area.

Finally, be sure to thank your County Commissioners, whose concern and financial responsibility allowed the building of this facility!

Don Russell, Solid Waste Director



New Emergency Communications Center Up and Running



Hoke County Emergency Communications moved into its new building on January 23, 2013. Construction began on the facility in April of 2012 and was completed in October of 2012. At that point, dispatch furniture, radio consoles, a recording system and the 911 telephone system were installed. The project includes a telephone system upgrade to the old Communications Center which will be utilized as a backup Center. The new

Center has an Uninterruptible Power Source (UPS) that serves the dispatch consoles, servers, and computers as well as a generator that powers the entire building.

The new Communications Center has 5 consoles. 2 are manned 24/7 and 1 additional console is manned 12:00 pm-12:00 am. The other consoles will be manned by additional staff should call volume demands

necessitate it. One of the consoles will also be utilized for the initial training and continuing education of personnel.

The new Center also has a kitchen area, conference/classroom and offices as well as an equipment room on a separate air conditioning system for the servers, telephone system, radio system, recording system, and other computers.

Jimmy Stewart, E-911 Director

Inside this issue:

Parks & Recreation	2 & 3
Planning & Inspections	4
Tax Information	5
Social Services	6
Library	7
Veteran Services	10
Cooperative Extension	12

Welcome!

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



Annual Breakfast with Santa a Hit



On December 8, 2012 Hoke County Parks & Recreation held their annual Breakfast with Santa event for children 6 and under in the community.

The children and their parents enjoyed a delightful breakfast with Santa and his elves! Even Smokey the Bear made an appearance!

Each of the children had an opportunity to have their picture taken with Santa, and the elves presented them with stockings to celebrate the holiday.



County-Wide East Egg Hunt

Bring your family out for a wonderful time at the park! Hoke County Parks & Recreation will be teaming with Hoke County Relay for Life to bring you an Easter Egg Hunt for children ages 2-10.

In addition to the Easter Egg Hunt there will be

raffles, prizes, face painting and even a visit from the Easter Bunny!

** Please bring your own basket. Parents MUST stay with their children throughout the event! **

All proceeds will go to the Hoke County Relay for Life.

When:
March 30, 2013

Where:
Hoke County Parks & Rec
3195 Red Springs Road
Red Springs, NC 28377

Time:
12noon—3pm

Cost:
\$5.00 donation to participate in the egg hunt



Upcoming Events



Line Dancing
6:00pm—8:00pm
February 19 & 26
March 5, 12, 19 & 26
April 2, 9, 16, 23 & 30
May 7, 14, 21 & 28

Shag & Swing Dance
6:00pm—8:00pm
February 7, 14, 21 & 28
March 14, 21 & 28
April 4, 11, 18 & 25
May 2, 9, 16, 23 & 30

Zumba Classes
at Hoke High School
5:30pm—6:30pm
Tuesdays & Thursdays

Senior Bingo
In the Senior Room
1:30pm—3:30pm
March 4
April 1

Senior Bingo
at the Library
10:00am—12:00pm
April 10
May 8

Senior Citizen's Bowling
1:00pm—4:00pm
EVERY THURSDAY
at Lafayette Lanes

Friday Night Social
6:00pm—9:00pm
March 15

Senior Citizen Mother's Day Luncheon
Saturday, May 11, 2013

BASEBALL & SOFTBALL REGISTRATION
February 1—March 1
Contact:
Hoke County Parks & Recreation
423 E. Central Avenue
Raeford, NC
(910) 875-4035



In Remembrance of



Elgin Blue

In Loving Remembrance, the HCPR Staff

Elgin Blue was always encouraging staff with words of wisdom. He always looked at the "Beauty of Life." His favorite things to say were,

"I don't care what they say about you, but you're alright with me!" and, "The wisest decision may not be the most popular decision and the most

popular decision may not be the wisest decision."

Elgin Blue is gone by never will be forgotten. He reigns In our minds and he lives in our hearts.



Elgin Blue, the Director of Hoke County Parks & Recreation, passed away on January 31, 2013.

Elgin always had a passion for sports and education. He mentored many youth in the Hoke County community. He was a longtime former coach, and Hoke County athlete.

Blue was inducted into the Hoke County High School Athletics Hall of Fame.

"Elgin loved The Blue Family and Hoke County. You could not talk with him but a few minutes without learning how much he loved people and this county."

Ellen McNeill, Vice-Chair
Hoke County
Board of Commissioners



New Hoke County Planner!

The Hoke County Planning Department would like to welcome its newest employee, Robert Farrell.

Robert is filling the vacant planning position and is

looking forward to working with the county and is available anytime for questions about the department or zoning.

Please do not hesitate to

contact Robert Farrell, Planner or Jackie Lowery, Zoning Clerk at (910) 875-8407.

Building in Hoke County continues to remain steady. The total residential construction of new homes for 2012 was 383.

January 2013 kicked off with 41 new residential construction permits.

There are 8 three-story apartment buildings currently in the process of being permitted. There is also a Family Dollar Store in the process of being permitted on North Parker Church Road.

Building in 2013 continues to look promising, as building permits pour in daily. Building in Hoke County is on the rise and the future is looking bright for our community!

Cynthia Love, Inspections



Rufus Leggett Retires After 20 Years

Hoke County Public Works said farewell to Mr. Rufus Leggett on January 30, 2013.

Mr. Leggett retired from Public Works after 20 years of service. Thank you, Mr. Leggett, for all of

your hard work for Hoke County! We wish you a happy retirement!

Onnie Dudley Retires

Hoke County would like to thank Ms. Onnie Dudley for her years of service to the community.

Ms. Dudley was appointed as the Hoke County Register of Deeds in 2003. Prior to that, she

had served under Della Maynor, the previous Register of Deeds. Thank you, Ms. Dudley!



Camille Hurst Appointed as Register of Deeds

Upon recommendation of former Register of Deeds, Onnie Dudley, the Hoke County Board of Commissioners appointed Camille Hurst to serve as her successor.

Hurst worked in the Register of Deeds office for more than 10 years prior

to her appointment to the position.

Hurst will fulfill the entirety of the four-year term as the Register of Deeds. She will continue to work to improve the office and help it to grow.

Congratulations, Ms. Hurst!

Hoke County Register of Deeds Office

113 Campus Ave.
Raeford, NC 28376
Monday—Friday
8:00am - 5:00pm

Phone: (910) 875-2035
Fax: (910) 875-9554

2013 Municipal Election Schedule

Candidate Filing Period:	One stop Voting:	Election Day:
12:00 noon July 5 - 12:00 noon July 19	Thursday, October 17— Saturday, November 2	Tuesday, November 5



Message from the DMV



The Hoke County License Plate Agency is open Monday through Friday, from 9:00 a.m. to 5:00 p.m.

We would like bring awareness to the public that every license plate agency is compensated per transaction. Therefore, since our agency is operated under the County of Hoke, all trans-

actions you bring to us rather than processing them by mail or online are ultimately benefitting the county!

Our office continues to maintain an exceptional error rate, well below the state average, and we try our best to have little to no wait times, so come see us!

We are located at 520 W. Donaldson Ave., Raeford, NC, 28376, and we look forward to serving you!

* * * * *

Our office will be closing for lunch from 1:00 p.m. to 2:00 p.m. on the following days:

February 20, 21, 22 & 27
March 28
April 3, 4, 5 & 8.

Tax Announcements

Delinquent tax notices went out on February 8th and 11th.

The last day to pay 2012 taxes to avoid advertisement is March 29, 2013. The advertisement list will appear in the April 10th addition of the News

Journal. If you are under Bankruptcy or have a current payment plan with the tax office, the letter is for your information only.

Garnishment and debt setoff processes are operating in full compliance, however to avoid these

processes be sure to visit the tax collection office to make satisfactory arrangements.

Remember you can now view and pay taxes online at www.hokecounty.org.



About North Carolina's New Tag and Tax System

The North Carolina General Assembly passed a new law to create a combined motor vehicle registration renewal and property tax collection system (Tag & Tax System). In doing so, the new law transfers the responsibility for motor vehicle tax collection from the 100 counties across North Carolina to the Division of Motor Vehicles (DMV).

One Payment – made either in person, online or by mail...

This new system has been designed as a convenient way to pay annual vehicle tag renewals and vehicle property taxes. Now, your annual vehicle inspection, registration renewal and property tax are all due the same month each year.

The new system is scheduled to be phased into effect with vehicle registration renewals that are due in July, 2013. By June 2014, all North Carolina vehicles will be enrolled in the system. If your address is current with NC Division of Motor Vehicles, you will receive a Tag & Tax Notice listing both vehicle registration fees and taxes due. Just

as in the past, owners will receive the notice about 60 days prior to their vehicle's registration expiration.

For more information, visit www.ncdot.gov/dmv and click on Tag and Tax Together or call the Hoke County Tax Office at 910-875-8751.

Jenny Gibson, Tax Assessor

Thank You from the Department of Social Services

The Hoke County Department of Social Services would like to extend a special thank you to all organizations, groups, churches, departments, and individuals who contributed to social services during the Christmas season and beyond to assist with various gifts and donations for families, foster children, and adults. This made the holidays a lot better for many recipients.

The department provides assistance to many citizens who find themselves in need. Staff members work diligently to provide families with essential needs to maintain a safe,

healthy, and warm environment through the services offered by the department. Through the many kind acts from others the Department is able to make a difference in so many ways. A lot of the programs are limited in what they can provide to an individual or family. You have made a difference by contributing gifts to meet basic needs such as clothing, personal care, and food items.

The adult services unit works with disabled and elderly individuals for whom the agency director has been appointed legal guardian. The unit would like to thank the staff at

Hoke County Health Department for their generosity and kindness shown by providing gifts for many of these individuals to help meet their basic needs.

The children services and foster care units wish to thank everyone for their generosity shown by the many different acts of kindness shown to families and foster children to meet their needs and brighten their holidays.

The department along with the food and nutrition services unit would like to thank each and every one of you including staff members who have

helped in contributing non-perishable food items to assist families who have not received benefits during this transition to the new NCFAST program. The department is still in a transition phase of converting cases to the new system. Donations of food items are still being accepted until this process is complete. The many contributions provide food on a monthly basis for those who do not get their benefits.

Again, many thanks for all you do.



MAPP CLASSES

MAPP (Model Approach to Partnerships in Parenting)

Do you want to help a Child? Become a Foster / Adoptive Parent?

Training Requirements:
30 hours of training

Learn the 12 skills to be a successful foster and adoptive parent

For more information contact a foster care social worker at
(910)-875-8725

FIVE CONSECUTIVE SATURDAYS

FEBRUARY 23, 2013
through
MARCH 23, 2013
Time: **9:00 – 3:00**

Location: Hoke County
Department of Social
Services

Social Services Employee of the Year: 2012

The Hoke County Board of Social Services at the December Board Meeting presented a certificate to Tera Campbell.

Tera is being recognized as employee of the year for 2012. She is a team player and dedicated employee. She exhibits a

great deal of initiative in her work. She is always polite and respectful to others.

L to R: Social Services Director, Della Sweat; Office Assistant III, Tera Campbell; Social Services Board Chair, Gwen Booker.



Child Safety in the Library

Hoke County Public Library is a great place for children and families to spend time, check out books, use computers, and enjoy time together. In order to make the Library safe and usable for everyone, we ask that parents follow the guidelines in our Child Safety Policy.

Please contact Director Sheila Evans at 875-2502 or sheila.evans@srls.info if you have any questions.

Clara Adams, Library

* * * * *



The Hoke County Public Library aims to provide a pleasant and safe envi-

ronment for every child and every adult who visits the library. While library staff will do what they can to ensure this, it must be understood that parental responsibility for a child does not become staff responsibility inside the library.

To help assure that everyone will have a pleasant and safe experience while visiting the library, children 12 years of age and younger must be accompanied by a parent or other responsible caregiver during their entire stay in the library. This parent or caregiver is responsible for the behavior of the child in his or her care while in the library. The exception is a child attending a library-sponsored program for children. In this case an

adult need not accompany the child during the program, but the parent or caregiver is expected to remain at the library. Adults attending meetings in the conference room should not expect the library to provide child-care during the meeting. Their children are welcome to use the library facilities according to these guidelines and within library business hours. However, children who become disruptive will have to stay with their parent or caregiver in the meeting room, as will all children if the meeting continues after the library closes.

The library is not obligated to allow disruptive persons of any age to remain on library property. If an unattended

child engages in disruptive behavior, and does not respond to staff correction, the child will be asked to leave library property. If a child age 7 or younger is with an older child who is unable to monitor or control his or her behavior, both children will be asked to leave.

If a child needs a ride home, or if it is determined that a child is lost or has been left unattended, the library staff will take appropriate steps to locate a parent or caregiver. If these steps are not successful, especially if the child is still unattended at closing time, a staff member will notify the Raeford Police Department and/or the Hoke County Department of Social Services.

Uh-oh! Overdues!

Overdues are easy to avoid! Just give us a call, stop by the library, or login to your account at www.srls.info to renew books you need to keep a little longer. Remember, there's a 2-renewal limit, and you can't renew a book if someone else has requested it.

Suppose you wind up with overdue fines, anyway? Well, Hoke County Public Library has some of the lowest late fees around — just .05¢ per day for books, periodicals & audiobooks, and \$2.00

per day for DVDs (which cannot be renewed).

There's more good news — if you have problems paying your late fees, we do have solutions. You can:

- Pay your fines in installments
- Take advantage of amnesty events like:
 - "Food for Fines", where you pay your fines by donating non-perishable goods for local charities
 - "Talk like a Pirate Day",

when we waive the fine if you talk like a pirate....Aargh, Matey!

Note: amnesty only applies to overdue items returned during the event, not to existing fines.

For more information on amnesty events, keep an eye on our calendar, or contact Sarah Oxendine with your questions on overdue & fines at 875-2502 or soxendine@hokecounty.org

Sarah McIntyre-Oxendine, Library



Hoke County Native Publishes Novel

Check out up-and-coming author R. L. (Reginald) Baldwin and his life novel, "Surrender".

Baldwin's book takes you on a journey with Jalen as he struggles to find himself.

"Surrender" is available for checkout at the Hoke County Public Library, and may be purchased in bookstores or through the author's website at www.rlbaldwin.com.

For more information, contact Shirley McLaughlin

at 875-2502 or smcLaughlin@hokecounty.org.

Reginald is a 1992 Hoke County High School graduate and currently resides in Atlanta.

Shirley McLaughlin, Library



Test Proctoring Available for Distance-Learning Students

The use of technology in homes, offices, classrooms, and libraries has made it possible for individuals to accomplish many things that were previously unattainable.

Today, an individual living in a remote area can purchase anything he or she needs – online. Executives in Miami can have a board meeting with executives in Japan - online. Students in our local high school can view a lecture being given at the Smithsonian - online. A library patron can take a college course, including exams, without entering a classroom – online. It is the

classes on line concept which has given rise to the need for proctoring services at local libraries, especially in rural areas where unemployment is on the rise.

In 2012 a decrease in local jobs combined with an increase in population caused the unemployment rate in Hoke County to rise to 9.9 %. As a result, many of those individuals, that became unemployed, sought to earn additional education and training. Of course the most convenient and versatile way for them to accomplish this goal was through distance learning - online. As students in an online curriculum, these individuals are required to identify and acquire institutional approval of a local proctor who can administer the institution's exams according to its guidelines.

In the last five years we have seen a notable rise in the number of requests for proctor services at

Hoke County Public Library. This prompted the administration to develop a proctoring policy in order to make this service available to our patrons.

Throughout the year of 2012 alone, ten students enrolled in distance learning programs have utilized the proctoring services here at the public library. We have served as proctors for a variety of tests, including preliminary Accuplacer exams as well as mid-term and final exams. A distance learning proctor is required to submit his or her credentials to each institution for approval. Upon approval, the proctor will receive a communiqué from the institution with explicit test instructions for an identified student. However, it is the student's obligation to contact the proctor to schedule his or her exam. Once the exam has been administered, the proctor must see that the test, along with all testing ma-

terials, is remitted to the institution according to instructions, thereby completing the process. We have served several different institutions across the nation. Whether the institution is Columbus Technical College in Georgia or the University of Alaska, Fairbanks, we endeavor to offer our distance learning students the best in proctoring services. Some of these students have very interesting stories, like, Shona Lloyd, who is a local transplant from the land down under. Shona is enrolled in a distance learning program at MONASH University in Victoria, Australia. She was so grateful that Hoke's library proctor was willing to meet the international requirements in order to serve as her proctor, that she returned the favor by presenting a children's cultural program entitled "Aussie Awesome Australia."

Lynette Dial, Library



Friends of the Library Book Sale!

Friday, February 22 | 9:00am—5:00pm
Saturday, February 23 | 9:00am—4:00pm



Inter-Regional Loan—What’s in it for YOU?

Inter-Regional Loans, also known as IRLs....a really awkward way to say that if we don't have the book you need here at Hoke County Public Library, we'll try to borrow it for you from another library in the Sandhill Regional Library System.

And best of all, it's **FREE!**

It's easy to make a request — just find the title on our catalog at www.srls.info; then bring the information to the circulation desk, or give us a call at 875-2502, and we'll do the rest.

New books, reference books & AV materials usually aren't available through Inter-Regional L o a n .

Books generally take between 1-2 weeks to arrive, depending on availability & delivery options.

Any staff member can help you place a Inter-Regional Loan request, or you can contact Melinda Patterson at mpatterson@hokecounty.org or 875-2502 with questions.

Melinda Patterson, Library



Hoke County Public Library Offers Computer Classes



Do you feel like technology has left you behind? Want to keep up with your kids & grandkids?

Sign up for help with basic computer skills, the Internet, email, word

processing, & more!

Just ask at the Circulation Desk, or give us a call at 875-2502!

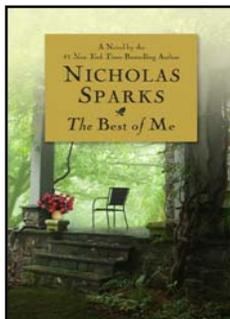
Tisha Ray, Library

Tuesdays
5:00-6:00 pm
Thursdays
10:00-11:00 am
Saturdays
10:00-11:00 am

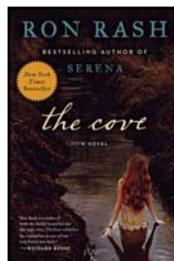
Friends of the Library Book Club

Everyone is invited to join us at the next monthly Friends Book Club meeting on Friday, February 22 from 11:30 am to 12:30 pm in the Library History Room.

This month's book is "The best of me" by Nicholas Sparks.



Friends of the Library t-shirts are available for purchase at the circulation desk!



Book Review | The Cove

Ron Rash's newest Appalachian tale is set in WWI-era North Carolina, and tells the story of Laurel Shelton, who lives with her war-wounded brother Hank on their family's land in 'the cove'. Their home is a bleak place held in deep suspicion by superstitious neighbors, who believe Laurel is a witch.

Laurel's life is isolated and dreary, until she rescues Walter, a mute musician who has been attacked by a swarm of hornets. As Walter recovers, he helps her brother on the farm, and begins to form an attachment with Laurel. When she learns that Hank plans to wed & move away, she hopes that Walter will remain, but their happiness is threatened by a secret Walter dares not share.

Ron Rash is a New York Times bestselling author, a two-time winner of the O. Henry Prize, and a professor at Western Carolina University in Cullowhee, North Carolina.
~ Sheila Evans, Librarian

Join the Friends of Hoke County Public Library!
Just complete this form and mail it in along with your check. *Do not send cash.* Memberships are tax deductible.

Thank you for your support!

NAME _____

MAILING ADDRESS _____

CITY,STATE,ZIP _____

TELEPHONE _____

EMAIL _____

Membership Type & Annual Dues
(Except Life Membership)

<input type="checkbox"/> Junior (Ages 0-18)	<input type="checkbox"/> Individual
\$5.00	\$15.00
<input type="checkbox"/> Family	<input type="checkbox"/> Civic Organization
\$25.00	\$50.00 or more
<input type="checkbox"/> Patron	<input type="checkbox"/> Sponsor
\$100.00 or more	\$200.00 or more
<input type="checkbox"/> Benefactor	<input type="checkbox"/> Individual Life
\$500.00 or more	\$500.00 or more

Friends of Hoke County Public Library
334 N. Main St., Raeford NC 28376 | 910-875-2502



NEW! Veteran's On-The-Job Apprenticeship Training Programs!

Veterans can use their VA Benefits to pursue "on-the-job training" ("OJT") or apprenticeship training with a private sector employer. This option is a win/win for the employer and the Veteran. The employer has an opportunity to bring a Veteran on as a trainee while he or she pursues the employer prescribed training program towards the journeyman position. The Veteran is provided monthly benefits from VA to supplement their trainee wages. At the end of the training—the employer has a fully trained journeyman employee. This program needs to be approved by their local State Approving Agency (SAA). [See State Approving Agencies below]

Spread the word, these programs provide a wonderful benefit to the Veteran and any employer. Businesses need a skilled workforce and are often willing to pay to train their employees....these programs make hiring a Veteran a good business proposi-

tion.

Both on-the-job (OJT) and apprenticeship training programs are available for Veterans using their VA education benefits, including the Post-9/11 GI Bill. These programs allow Veterans to learn a trade or skill through training on the job participation rather than attending formal classroom instruction. A Veteran generally enters into a training contract for a specific period with an employer or union, and at the end of the training period, the Veteran gains job certification or journeyman status.

Employers or unions generally pay a reduced OJT/apprenticeship wage (generally 40 - 50% of journeyman wages). Veterans in an approved program can use their GI Bill benefit and receive a tax-free stipend. The Post-9/11 GI Bill stipend is the equivalent of the Monthly Housing Allowance (MHA) of an E-5 with dependents, which is paid in addition to the entry-level wage.

The stipend is reduced 20% every six months thereafter as the Veteran's wages regularly increase until the Veteran has attained journeyman status and pay. Stipend payments for other GI Bill programs are found here: http://www.gibill.va.gov/resources/benefits_resources/rate_tables.html

Approved employers can use this benefit as a recruiting tool by using wages + stipend to attract Veteran candidates.

State Approving Agencies (SAA)

The State Approving Agencies are responsible for approving OJT/apprenticeship programs in their respective states. Requirements generally entail submitting a training request form that specifically outlines the proposed program, wages, and standard workweek information, as well as the company contact name and phone number. Once all required documents are submitted, approval is generally completed in 1-2 months. For more infor-

mation regarding OJT & apprenticeship programs, and how to apply see: http://www.gibill.va.gov/resources/education_resources/on_the_job_apprenticeship_training.html

Vocational Rehabilitation & Employment (VR&E) OJT/ Apprenticeships

In addition to the services listed above, VR&E also provides employers with other benefits through the Special Employer Incentive Program (SEI). Employers hiring Veterans with a service-connected disability who are approved for VR&E services may be entitled reimbursements up to 50% of the Veterans' salary for six months to offset training costs. Additional information about the VR&E OJT program is located here: http://www.vba.va.gov/bln/vre/emp_resources.htm

For more information contact: www.va.gov or call 1-800-827-1000.

Stipend =	First six months of training	100% of your applicable MHA
	Second six months of training	80% of your applicable MHA

A Visit to Senator Clark

On February 13 Ellen McNeill, the Vice-Chair for the Hoke County Board of Commissioners stopped by Senator

Clark's office for a quick visit. She was in the area following a meeting, where she serves on the North Carolina Associa-

tion of County Commissioners (NCACC) committee.



Inside Story Headline

What is Cyber Crime?

Cyber crime is a term that covers a broad scope of criminal activity using a computer. Some common examples of cyber crime include identity theft, financial fraud, web site defacements and cyber bullying. At an organizational level, cyber crime may involve the hacking of customer databases and theft of intellectual property. Many users think they can protect themselves, their accounts, and their PCs with just anti-spyware and anti-virus software. Cyber criminals are becoming more sophisticated and they are targeting consumers as well as public and private organizations. Therefore, additional layers of defense are needed.



An Example of Cyber Crime

An example of one type of cyber crime is an "account takeover." This happens when cyber criminals compromise your computer and install malicious software, such as "keyloggers" which record the key strokes, passwords, and other private information. This in turn allows them access to programs using your log-in credentials. Once these criminals steal your password, they may be able to breach your online bank account. These criminals can be anywhere in the world and may be able to trans-

fer your money almost immediately.

What are the Effects of Cyber Crime?

The effects of a single, successful cyber attack can have far-reaching implications including financial losses, theft of intellectual property and loss of consumer confidence and trust. The overall monetary impact of cyber crime on society and government is estimated to be billions of dollars a year.

What Should We Do?

Training and awareness are important first steps in mitigating these attacks. All citizens, consumers, and employees should be aware of cyber threats and the actions they can take to protect their own information, as well as the information within their organization.

So... What can you do to minimize the risk of becoming a cyber crime victim?

1. Use strong passwords

Use separate ID/password combinations for different accounts and avoid writing them down. Make the passwords more complicated by combining letters, numbers, special characters, and by changing them on a regular basis.

2. Secure your computer

Enable your firewall

Firewalls are the first line of cyber defense; they block connections from suspicious traffic and will keep out some types of

viruses and hackers.

Use anti-virus/malware software

Prevent viruses from infecting your computer by installing and regularly updating anti-virus software.

Block spyware attacks

Prevent spyware from infiltrating your computer by installing and updating anti-spyware software.

3. Secure your mobile devices

Be aware that your mobile device is vulnerable to viruses and hackers. Download applications from trusted sources. Do not store unnecessary or sensitive information on your mobile device. It is also important to keep the device physically secure; millions of mobile devices are lost each year. If you do lose your device, it should immediately be reported to your carrier and/or organization. There are some devices that allow remote erasing of data. Be sure to keep your mobile device password protected.

4. Install the latest operating system updates

Keep your applications and operating system (e.g. Windows, Mac, Linux) current with the latest system updates. Turn on automatic updates to prevent potential attacks on older software.

5. Protect your data

Use encryption for your most sensitive files such as health records, tax returns and financial re-

ports. Make regular back-ups of all your important data.

6. Secure your wireless network

Wi-Fi (wireless) networks at home are vulnerable to intrusion if they are not properly secured. Review and modify default settings (information on doing so can be found in our August of 2012 newsletter.) Public Wi-Fi, a.k.a. "Hot Spots," may also be vulnerable. Avoid conducting sensitive transactions on these networks.

7. Protect your e-identity

Be cautious when giving out personal information such as your name, address, phone number or financial information on the Internet. Make sure that websites are secure especially when making online purchases, or that you've enabled privacy settings (e.g. when accessing/using social networking sites, such as Facebook, Twitter, YouTube, etc.). Once something is posted on the Internet, it may be there f o r e v e r .

8. Avoid being scammed

Never reply to emails that ask you to verify your information or confirm your user ID or password. Don't click on a link or file of unknown origin. Check the source of the message; when in doubt, verify the source.



Hoke County Cooperative Extension News

Family and Consumer Science

A new year means a fresh start and another opportunity to commit to some of the many New Year's resolutions you have made throughout the year, including "losing weight". If you are overweight, you are at a greater risk for certain chronic diseases. Obesity, along with unhealthy dietary habits and lifestyles that include very little or no physical activity, is the second leading cause of preventable death in the United States. The Key word is "Preventable".

Health is defined as the condition of being sound in body, mind, or spirit, especially: freedom from physical disease or pain. The gift of happiness is elusive, but tangible. You cannot seek to find that which makes you happy for happiness comes from within and by your own choice.

Hoke County Cooperative Extension in collaboration with Hoke County Health Department is offering it's annual Eat Smart Move More Weigh Less classes 12 - 1 pm at Cooperative Extension and 5 - 6 pm at the Hoke County Health Department each Thursday until May 9.

Eat Smart Move More Weigh Less is a program that helps you achieve and maintain a healthy weight by identifying strategies to help you eat smart and move more. The program shows you how living

mindfully can help you achieve and maintain a healthy weight and help you create new, lifelong habits.

Expanded Food and Nutrition Education Program

Stephanie McDonald-Murray has joined the Hoke County Cooperative Extension team. She is the district supervisor for the Expanded Food and Nutrition Education Program (EFNEP) and oversees the program in 10 counties. EFNEP focuses on helping families and youth improve behaviors. Participants increase their ability to select and buy food that meets the nutritional needs of their families and gain new skills in food preparation, food storage, and food safety. Program Assistants deliver the nutrition program to participants. For more information, or to contact Stephanie, please call the Hoke County Extension Office.

4-H Life Skills

The 4-H Life Skills Specialized Committee will be holding the first meeting of the year 2013, March 28th at 4:00pm in the conference room of the NC Cooperative Extension Center and we are excited to have some new members on our board, we will planning new ways to help our children and youth cope with life in our changing society.

New Administrative Secretary

Debbie Humphrey joined the Hoke County Cooperative Extension team as the Administrative Secretary on January 1, 2013. She worked in Robeson County with Cooperative Extension for five years as the Agriculture Secretary before joining the Hoke County team. Please help us welcome Debbie to her new role. She may be reached by phone at (910)875-3461 or at debbie_humphrey@ncsu.edu by email.

Beef Cattle

Profitability in beef cattle herds is always a challenge and even with high calf prices, profitability is not a guarantee. Agents in Bladen, Columbus, Cumberland, Hoke, Robeson and Scotland hosted the 4th annual Cape Fear Cattle Conference to bring researched based information to area cattle producers. Specialists from North Carolina State University presented on troubleshooting electric fences and common cattle diseases. These are topics that can impact profitability on a beef farm. This year 72 producers attended the event.

Results from the evaluation showed that 97% of

attendees learned new practices and plan on implementing those practices on their farm. Feeding costs represent over 60% of the cow-calf operation. The electric fence demonstration taught farmers how to troubleshoot their fencing and the importance of grazing management. By following the recommendations, farmers could reduce their feeding costs by \$34,000 through more efficient grazing of their operation and increase their profitability.

The evaluation also asked if they had attended the conference last year and 40 people had and 94% used information from last years meeting to make changes on their farm. Those 40 producers own 3,187 head of cattle. One topic was on using crossbreeding systems in their cattle, assuming that calves gained an extra 15 pounds due to hybrid vigor from crossbreeding this would bring the farms an extra \$46,722 due to heavier weight calves.

2013 Cape Fear Cattle Conference

Dr. Matt Poore, Extension Beef Specialist set up a fence trouble shooting demonstration at the Southeastern N.C. Agriculture Events Center.



Upcoming Agricultural Workshops

Weed Control in Pastures and Forages

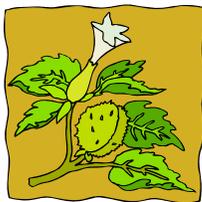
Learn how to control warm season weeds including sandbur in pastures.

Hoke County Cooperative Extension Office

116 W. Prospect Avenue, Raeford, NC 28376

February 13, 2013, 6:00 pm

R.S.V.P. Required. Call the Extension Office at [\(910\) 875-3461](tel:9108753461)



Planning for the Future of Your Farm

Tools of Farm Transfer, Basic Planning Documents, Federal & State Tax Updates, Creating a Team of Advisors

Robeson County Cooperative Extension Office

455 Caton Road, Lumberton, NC 28359

February 20, 2013, 9 am - 3 pm

Registration fee of \$10 per person; \$5 for each addition family member, include workbook, lunch and snacks.

R.S.V.P. Required. Call the Robeson County Extension Office at [\(910\) 671-3276](tel:9106713276)

Corn and Sorghum Production Meeting

455 Caton Road, Lumberton, NC 28359

February 28, 2013, 6:30 - 9 pm

A meal will be served

R.S.V.P. Required. Call the Extension Office at [\(910\) 875-3461](tel:9108753461)



What's all the Cluck About?

Owning Backyard Chickens, Basic Husbandry of Backyard Chickens, Common Health Issues and Concerns

Hoke County Cooperative Extension Office

116 W. Prospect Avenue, Raeford, NC 28376

April 4, 2013, 5:30 pm

Light Refreshments will be served

R.S.V.P. Required. Call the Extension Office at [\(910\) 875-3461](tel:9108753461)

Senior Services News

The seniors held their November Thanksgiving Blast on the 27th at the Senior Center from 10am to 1pm.



The seniors Christmas Blessing celebration was held on December the 20th at the Senior Center from 10am to 1pm.





Triple H Healthy Hoke Highlights News

"Cheats" for Your New Year's Resolutions

Video Gamers use "cheats" or cheat codes to master a video game. Anyone who has made 2013 New Year's Resolutions and is struggling right now, check out www.hokecounty.org for events sponsored by the Hoke County Health Dept.

"It's All About You!" is a 15-week wellness program designed to promote healthy lifestyles. Its birth was 2009 in Hoke County and aids people with weight loss the "healthy way." "It's All about You" will start on Jan. 24, 2013 with two classes: 12 to 1 PM and 5 to 6 PM. Unveil the new **YOU** by May 2013, register today!

Do you want to be active? There are walking trails all around Hoke County. Call Ulva Little 875-3717 for a map of a walking trail close to you. (Many churches and worksites have established walking trails for fitness.)



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The Diabetes Self Management Class helps people with diabetes take charge of their health. Participants will witness positive results fast. Some benefits of taking the class are as follows:

- Prevent and delay complications
- Improve your Hgb A1c (quarterly blood sugar test)
- Learn to be proactive about diabetes

The first Diabetes Self Management Class will be January 26th (Saturday) 9 AM to 4 PM.

Hoke County Health Department

Volume 1, Issue 1

January 2013 Newsletter

Events of Interest

- **"Go Red for Women"**
February is Heart Awareness Month
Lunch & Learn with FREE Blood Pressure Checks on 2/1/2013 (11:30 to 1:30P)
- Open Board of Health Meeting on Monday, 2/11 at 7:00 PM
- Diabetes Support Group Meeting 2/12/2013 @ 5:30 PM

Call Today for more info.
875-3717 ext. 2106

"Hot Spots" Coming Soon for Smokers!

The Board of Health approved a new tobacco use policy for the Hoke County Health Department in September 2012.



Due to the dangers of secondhand smoke, there will be designated smoking areas that are 50-foot away from the building entrances and exits, air intake ducts, and 50 feet away from the storage of flammable and combustible liquids or gases.

Signs and cigarette butt containers will be placed in the designated smoking areas soon.



Work Anniversaries for HCHD Employees:

- M. Oxendine: 13 yrs.
- C. Murchison: 9 yrs.
- B. Brown: 5 yrs.

Farewell to a Board of Health Member

The Board of Health (BOH) held its first meeting of the year on January 14, 2013. The agenda was full of exciting information.



Mr. Kenneth Booker, Chair, thanked Dr. Mark Griffies for his many years of service on the BOH. He will be truly missed.

The BOH welcomed his replacement is Ms. Lisa Lewis.

Ms. Evelyn McLeod, Clerk of Court, administered the oath to the new BOH members.

The Community Health Assessment for Hoke Co. was approved after the department completed corrective action plans for two items. If you need health statistics, check out the Community Health Assessment on our webpage. This data is current information and describes the Hoke County population.



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The Hoke County Attorney, Mr. Grady Hunt provided the training on the Open Meetings Laws.



The health department is preparing for Accreditation in April 2013; therefore Helene Edwards provided an overview on BOH's involvement and requirements in the process.

Board of Health 2013

Kenneth Booker, Chair
Suzanne Balfour, Vice Chair

Commissioner Bobby Wright

Brenda Worix, RN

Mark Posey

Joann Lee, FNP

Dr. Charles Allen

Vance McGougan

Joseph Alston

Patricia Crowder

Lisa Lewis

Hoke County Collaborative Fights Obesity

The Hoke Collaborative hosted a reception for the providers in Hoke County. The reception was well attended by area providers on Jan. 17th at the Raeford Museum.

The decision making members of the Hoke Collaborative are as follows: Hoke County Health Dept., First Health, Dr. Karen Smith, Cape Fear Valley Medical Center, SRAHEC, and some community leaders. The focus of the group is to decrease obesity among the adults in Hoke County who are at risk of developing Diabetes.

The Board of Health and Board of County Commissioners approved the obesity resolution on June 18, 2012. The obesity resolution was the catalyst to unify the Hoke County medical community in efforts to reduce BMI's to 27 in 5 years.



Hoke County Providers 1/17/2013

HCHD
683 East Palmer Rd.
Raeford, NC 28376
www.hokecounty.org

Healthy Hoke Task Force Needs You!

The Healthy Hoke Task Force is a group of people who have a great desire to improve the health status of Hoke County citizens. This group serves as an Advisory Council for the health department.

The Health Dept. staff uses the recommendations to provide programs and events in Churches, neighborhoods, schools, worksites or in the homes of families. The Hoke County Health Dept. wants to **promote**, **protect**, and **preserve** the public's health. If you are interested, contact Ms. Edwards 875-3717 ext. 2111.



Make a difference in the life of a struggling reader, or a student struggling in school by becoming a volunteer tutor with Hoke Reading/Literacy Council

Tutor Training Workshop

Saturday March 02, 2013

9:00am to 1:00pm

Hoke Reading/Literacy Council

125 W Elwood Ave

Raeford, NC

Class size is limited therefore registration is required

910-875-2145

Board of Health

January 14
February 11
March 11
April 8
May 13
June 10
August 12
September 9
October 14
November 12

*The Board of Health meets at 7pm at the
Hoke County Health Center
683 East Palmer Road; Raeford NC*

Social Services Board

January 28
February 25
March 25
April 29
May 20
June 24
July 29
August 26
September 30
October 28
November 25
December 16

*The Social Services Board meets at 4pm in
the Commissioners' Room of the Pratt Bldg
227 N. Main Street; Raeford, NC*



**Hoke County
Board Meetings
2013**

**Hoke County
Board of Commissioners**

January 7 January 22
February 4 February 18
 March 18
April 1 April 15
May 6 May 20
June 3 June 17
July 1 July 15
August 5 August 19
September 3 September 16
October 7 October 21
November 4 November 18
December 2 December 16

*The County Commissioners meet at 7pm in
the Commissioners' Room at the Pratt Bldg
227 N. Main Street; Raeford, NC*

**** Special meetings or date changes will be
announced as deemed necessary. Updates can be
found at www.hokecounty.net ****

Planning Board

January 10
February 14
March 14
April 11
May 9
June 13
July 11
August 8
September 12
October 10
November 14
December 12

*The Planning Board meets at 7pm in the
Commissioners Room of the Pratt Bldg
227 N. Main Street; Raeford, NC*

Board of Adjustments

January 3
February 7
March 7
April 4
May 2
June 6
July TBD
August 1
September 5
October 3
November 7
December 5

*The Board of Adjustments meets at 7pm in
the Commissioners' Room of the Pratt Bldg
227 N. Main Street; Raeford, NC*

**Parks & Recreation
Advisory Board**

January 8
February 12
March 12
April 9
May 14
June 11
July 9
August 13
September 10
October 8
November 12
December 10

*The Parks & Recreation Advisory Board
meets at 6:30pm in the
Parks & Recreation Conference Room
423 East Central Avenue; Raeford, NC*

Hoke County Cooperative Extension

Hoke County Advisory Council

January 25, 9:30am - 2pm*
March 18, 5:30pm - 6:30pm
July 15, 6pm - 7pm
November 18, 6pm - 7pm

**4-H & Youth Development
Advisory Committee**

February 18, 6pm - 7pm**
May 13, 6pm - 7pm
September 23, 6pm - 7pm**

4-H Life Skills Advisory Committee

March 28, 4pm - 5pm
August 29, 4pm - 5pm
November 26, 4pm - 5pm

Horticulture Advisory Committee

March 25, 12pm - 1pm
June 24, 12pm - 1pm
December 2, 12pm - 1pm

**Family and Consumer Science Advisory
Committee**

February 4, 12pm - 1pm
June 3, 12pm - 1pm
November 25, 12pm - 1pm

Parents As Teachers Advisory Committee

January 22, 12pm - 1pm
April 23, 12pm - 1pm
July 23, 12pm - 1pm
October 22, 12pm - 1pm

*Hoke County Cooperative Extension meets at the
Hoke County Extension Center 116 W. Prospect
Ave., Raeford, NC (unless otherwise specified)*

* Union County Extension Center, Monroe
** Edinborough Family Restaurant, Raeford

Board of Elections

January 8
February 12
March 12
April 9
May 14
June 11
July 9
August 13
September 10
October 8
November 12
December 10

*The Board of Elections meets
at 5pm in the Commissioners' Room
at the Pratt Building
227 N. Main Street; Raeford, NC*

**Senior Services
Advisory Board**

January 24
April 25
July 25
October 24

*The Senior Services Advisory Board meets
at 3:30pm in the
L.E. McLaughlin Senior Room
423 East Central Avenue; Raeford, NC*

**Hoke County Public Library
Board of Trustees**

January 9
April 10
July 10
October 9

*The Hoke County Public Library Board of
Trustees meets at 4pm in the
Library History Room
334 N. Main Street; Raeford, NC*