

Hoke County Newsletter

Winter 2014



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

Inside this issue:

Health	2
Information Technology	4
Senior Services	5
Utilities	6

February is African American History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the

birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all color on the subject of the contributions of African Americans to our history and culture.

The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

(Excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History)

AFRICAN AMERICAN
HISTORY MONTH



New Year's Resolutions Can Fuel a Fitter 2014



For people fighting to get fit in 2014, fitness experts say a New Year's resolution to get in shape can be an important first step and can increase overall success.

Losing weight and getting fit are among the top five resolutions every year although many good in-

tentions run aground by the spring. But the resolution itself carries some power.

"Research suggests that success is higher (among those who make resolutions), than those who make no resolutions at all," said Dr. Barbara Bushman, a clinical exercise specialist with the American College of Sports Medicine.

Bushman, a professor at Missouri State University, said success favors the realistic. About 45 percent of Americans make New Year's resolutions, according to researchers at the University of Scranton. About eight percent achieve their goal. Jacqueline Ratliff, an exercise physiologist with the

American Council on Exercise, borrows an acronym from project management to delineate successful goal-setting.

"With regard to New Year's resolutions, it is important for people to make these goals S.M.A.R.T. (specific, measurable, attainable, relevant, and time-bound)," she explained. Although the initial motivation might be something intrinsic, like the desire to fit into a smaller size, Ratliff said success is sustained through internal motivation, such as enjoying the feelings associated with working out. "Think of health and fitness like the stock market," she added. "Your goal in initially investing is

not to get rich quick, it is to secure long-term wealth or, in this case, health."

Arizona-based wellness and weight management coach Lauve Metcalfe said: "Many people have difficulty with New Year's resolutions because they have unrealistic expectations." She said lack of positive support and negative family dynamics can wreak havoc on the best of intentions. "Putting yourself first is paramount," she added.

BY DORENE INTERNICOLA [HTTP://WWW.REUTERS.COM/ARTICLE/2014/01/06/US-FITNESS-RESOLUTIONS-IDUS-BREA050OX20140106](http://WWW.REUTERS.COM/ARTICLE/2014/01/06/US-FITNESS-RESOLUTIONS-IDUS-BREA050OX20140106)

Leadership Hoke Visits the Hoke County Health Department

The 2014 Leadership Hoke visited The Hoke County Health Department on January 14th.

Participants had the opportunity to learn about the departments programs and services. At the conclusion they took a tour of the facility.



East Hoke Middle School Annual Science Symposium

The EHMS Science Symposium was hosted on January 17th. About 60 8th grade students had the opportunity to learn about Germs and how humans interact with them in their environments. At the conclusion students participated in a hand-washing activity.

Go Red for Women: Increasing Heart Disease Awareness

During the month of February, the American Heart Association promotes "Go Red for Women," an educational movement that advocates for more research and increases awareness on women's heart health.

Did you know that heart disease is the No. 1 killer of women, causing one in three deaths each year? People often tend to view heart disease as an ailment that affects men more than women, yet nothing could be further from the truth.

According to the American Heart Association, the number of women who die of cardiovascular disease each year far exceeds that of men and has been on the increase since 1984. The Harvard Medical School reports that by the year 2000, there were 60,000 more women dying of heart disease than men in the United States every year. Yet cardiovascular issues

are so often misdiagnosed in women and serious conditions are not attended to until it is already too late. As a cardiologist, I strongly believe that awareness, knowledge and prevention are paramount when it comes to women and heart disease.

Heart Disease: The Basics

Heart disease, which is also known as cardiovascular disease, can actually be a number of diseases that prevent blood from flowing properly to the heart. The most common form of heart disease for both men and women is coronary artery disease, which happens when plaque builds up on the main artery walls making it difficult for oxygen-rich blood to reach the heart. This causes the heart to strain to supply the vital organs, which can in turn lead to heart attacks. In addition, the plaque can also dislodge from the artery walls and

send blood clots travelling through the bloodstream to the brain causing a stroke.

Causes of Heart Disease in Women

The major risk factors for heart disease in both men and women are lifestyle-related and include obesity, lack of exercise, smoking and stress.

Family history also plays a huge role, as does diabetes, high blood pressure and elevated LDL cholesterol levels. However, for women there may be additional risk factors as well. Women are more likely to develop heart disease after menopause, which many researchers believe is due to a decrease in estrogen and an increase in cholesterol, blood pressure and abdominal fat. In addition, the risk of heart disease may be higher for women who smoke than men and for women suffering from depression.

Symptoms of Heart Attacks in Women

Another reason that heart disease is so often misdiagnosed or undetected in women is that many women experience very atypical symptoms. For example, many men feel sharp intense chest pains (also known as angina) when they are having a heart attack. For women, this is not always the case.

According to the American Heart Association, the warning signs of a heart attack for women could also include:

- Chest, back, shoulder, neck or jaw pains.
- Pressure or pain in the lower half of the chest or upper abdomen
- Unexplained fatigue
- Shortness of breath
- Dizziness or fainting
- Nausea or vomiting
- Breaking out in a cold sweat

~ Dr. Cynthia Thaik

Wear Red. Raise Your Voice. Go Red on National Wear Red Day®



Hoke County Public Library

Hoke County Health Department

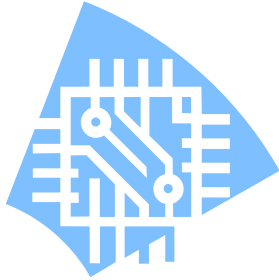


Hoke County WIC Department



Hoke County Tax Office

From the Hoke County IT Department



As we look ahead toward the cyber threats facing us this year, some key challenges will result from the advancements in technology that are becoming part of our daily lives. Ranging from the Internet of Things to online currencies, devices and systems have never been more interconnected. Before we adopt these new technologies, we need to ensure we understand the security implications, and have appropriate layers of defense in place.

Below are highlights of several of these new advancements and how they may affect us.

The Internet of Things

What is the Internet of Things? Put simply, the Internet enables connectivity from virtually any end-user device or thing. The latest trend is connecting things such as small appliances, refrigerators, personal medical devices, wearable health trackers and many other items.

One of the most common examples of how the Internet of Things impacts our daily lives is the automobile, which has become a sophisticated computer device. Researchers have demonstrated the ability to

hack an automobile's systems to control the brakes, steering wheel, and even shut down the engine. Numerous discussion forums focus on the use of vehicle-to-vehicle (or V2V) technology, which will allow vehicles to talk to each other via wireless connectivity.

Bluetooth, which is a standard feature in many automobiles with options to include a personal hotspot, can allow a modern smartphone to connect to the automobile's stereo system to receive continuous Twitter feeds, or a system that may allow a technician to provide assistance in case of emergencies. Researchers have discovered ways to inject malicious codes/programs through CD players or iPod connectors. So theoretically, an infected song on your iPod or CD, when played in your automobile, potentially can spread malicious code from the automobile's entertainment network to other components of the automobile without many restrictions.

In another example of how the Internet of Things can impact us is from a recent news story, which suggested electric teakettles and other small appliances were able to exploit unencrypted WiFi and send data back to foreign servers.

Internet-connected devices that are able to process sensitive personal information tend to be high priority targets for cyber criminals. It will become increasingly

critical in 2014 to protect these devices from unintended or unauthorized connectivity.

Bitcoins

A Bitcoin is a digital currency stored in a downloadable wallet on a user's personal computer or with an online wallet service provider. Each wallet has a unique identifier that allows users to transfer bitcoins to other users' wallets. Bitcoin is a decentralized, peer-to-peer payment system, currently with no regulatory authority. It is gaining popularity, with mainstream businesses adopting it as an alternative form of payment or investment.

While the long-term use of Bitcoin is uncertain, for at least the near term in 2014, the increasing adoption and publicity will continue to draw the interest of cyber criminals who target Bitcoin users' wallets for theft, or compromise systems to generate bitcoins via malware infection.

Mobile Transaction Risks

Every new smart phone, tablet or other mobile device provides an opportunity for a potential cyber attack. New features such as Near Field Communications (NFC), as well as AirDrop and Passbook for Apple, will continue to expand in 2014, increasing the opportunities for cyber criminals to exploit weaknesses. NFC and AirDrop allow for similarly config-

ured smartphones to communicate with each other by simply touching another smart phone, or being in proximity to another smartphone. This technology is being used for credit card purchases, boarding passes, and file sharing, and will most likely be incorporated into other uses in 2014.

Risks of these technologies could include eavesdropping (through which the cyber criminal can intercept data transmission such as credit card numbers) and transferring viruses or other malware from one NFC/AirDrop-enabled device to another.

Summary

Before adopting any of the myriad new technologies that are rapidly being deployed, it's important to understand the implications and risks. While interconnectivity can yield many benefits, the risk could outweigh the benefit if the devices, systems and technologies are not properly secured.

For More Information

Georgia Tech:
[Emerging Cyber Threats Report](#)

Sophos:
[Security Threat Report 2014](#)

WebSense:
[2014 Security Predictions](#)

Symantec:
[2014 Predictions](#)

February is the Month of Love

The month of February focuses our attention on love. Cards are bought, candy is given, kisses abound. What is it about love? We simply cannot get enough of it.

"I love you" and "I'm in love with you." Is there a difference? Yes. "I'm in love with you" has more infatuation and projection attached and "I love you" has more of day-to-day companionship attached. Each has its mystery.

This second month of the year also brings our focus to the heart, this vital or-

gan which beats an average of 100,000 times each day. But our emotional heart is complicated: it has both dark and light places.

On the dark side of the heart are emotions such as jealousy, envy, rage and revenge. These negative feelings feed on themselves and harbor ill will. Our personalities become more "whole" when we pay attention to our inner worlds as well as our outer worlds and behaviors. Developing the "Self" (which I think is the sacred part of us) is

key to our personal happiness when we desire a compassionate and loving relationship with our God, ourselves and others as well.

And so, my Friends and Readers, I embrace the frequently quoted bible passage, "There are in the end three things that last: faith, hope and love and the greatest of these is love." A wise thought indeed which offers each of us an immediate and beautiful plan to make Every Day Matter.

~ Senior Services



February is Heart Health Month

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

As you begin your journey to better heart health, keep these things in mind:

Don't become overwhelmed. Every step brings you closer to a healthier heart.

Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.

Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.

Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-

headed, or faint.

- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

~ Senior Services

Martin Luther King, Jr. Banquet

On January 20, 2014 twenty-three Senior Service seniors *honored* this holiday day by attending a banquet honoring the man for which this holiday was given, Reverend Dr. Martin Luther King, Jr. The banquet was held at Mount Pisgah Missionary Baptist

Church. Our seniors being cohorts of the Civil Rights Era they really enjoyed the presentation honoring the work of Reverend Dr. Martin Luther King Jr. a passionate man who brought thousands together in a movement to achieve equality.

The banquet was also a great opportunity for them to get out and fellowship with other seniors and the many different community leaders in attendance.

~ Senior Services



Hoke County's FOG Program

WHAT IS FOG?

Fats, Oils, and Grease (FOG) is produced from cooking in your home, apartment, restaurants, schools, churches, hotels, condominiums, or anywhere food is prepared. Help reduce clogs and sewer overflows by learning the proper way to handle F O G !

TYPICAL FOG

- Meat fats
- Sauces / dressings
- Cooking oil
- Shortening
- Butter and Margarine
- Frying oil
- F o o d s c r a p s
- Baked goods
- Lard
- Dairy Products

WHY IS FOG A PROBLEM?

Grease hardens at room temperature and can cause blockages in home plumbing pipes and even overflows in your home or yard. These substances also cause clogging in the Public Works Collection System.

WHAT IS THE HARM IN POURING FOG DOWN MY DRAIN?

When FOG is put down the drain, it solidifies causing clogged pipes and sewer overflows.



These can be costly to fix and damaging to the environment. If you have or see a sewage back-up, please call 910-875-6704 to report it.

PLEASE DO

Pour cooking grease and oils into a sealable container and freeze. Then throw away!!

Scrape food scraps into the trash!!

Wipe cookware and

dishes with a paper towel to remove FOG before putting them into the sink or dishwasher.

Place strainers in your sink to catch food and then throw the food scraps in the trash.

If you have large amounts of cooking oil, think about reusing it!!!

PLEASE DON'T

Never pour FOG into sinks, toilets, external drains, or storm sewers.

Don't rely on your garbage disposal!!! Grinding food up before rinsing it down the drain does not remove FOG and can clog pipes.

Don't run hot water over dishes, pans, fryers, and/or griddles to wash oil and grease down the drain. It will eventually solidify and cause problems.

Don't use de-greasing detergents to break down grease in your pipes. This can move grease through pipes to cause problems further down the line!

To view Hoke County Public Works Sewer Use Ordinance Please go to: hokecounty.org And look under the Public Works link

FOG Questions: Please call Stephanie Hall at (910) 878-1251

Hoke County Public Works 423 East Central Ave Raeford, NC 28376