



# Hoke County Newsletter

## Summer 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

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### New Firearm Safety Ordinance

In June, the Hoke County Board of Commissioners held a public hearing in regards to a proposed firearm safety ordinance. This was a result of multiple requests from Hoke County residents who have expressed concern about unsafe gunfire in certain parts of the county.

Although several people spoke in favor of the ordinance, several also voiced concerns about certain parts of it. The board voted at a resumed meeting to put restrictions on the firing of guns under certain circumstances while also making exceptions for situations where people use the weapons for defense of lives and property.

The approved ordinance states that the increased population in the county has resulted in a higher population density with people living closer to each other, and therefore the shooting of personal firearms poses a greater danger than it has in the past. After hearing from residents on a number of

occasions regarding "a number of incidents in which firearms have been discharged within dangerously close distances of homes and other such places where people are likely to be," the board decided it was "reasonable to regulate the shooting of firearms near places where people live, work, shop or are otherwise likely to be present."



### Restrictions

The ordinance bans anyone from shooting a gun within 1,000 feet of a dwelling or other building or structure designed to be occupied by people; carelessly or heedlessly in wanton disregard for the safety of others; or without due caution or circumspection and in a manner so as to endanger any person or property and resulting in the unlawful property

damage or any bodily injury of another. Additional measures of the ordinance ban any person from firing a weapon on someone else's property without written permission signed by the landowner or lessee, and the shooter must carry the written permission with them when shooting on someone else's property. It's also now illegal to shoot a weapon in such a way that the projectile leaves the property on which it is fired. The firearms ordinance also bans firing a gun any day before sunrise and after sunset, except as allowed by state hunting regulations. It is now illegal to fire a gun on Sunday except between the hours of 1-5 p.m.

There are exceptions to the restrictions, as well as citations carrying a \$500 fine that can be issued if someone is found in violation of the ordinance.

A full copy of the ordinance is available at [www.HokeCounty.net](http://www.HokeCounty.net)

### National Night Out

Hoke County Sheriff's Office would like to announce that our annual National Night Out com-

munity celebration will be held on Saturday August 9, 2014 from 5:00 pm to 8:00 pm at the Hoke

County Recreation Complex, 3195 Red Springs Road.



### Congratulations!

We would like to take this opportunity to congratulate Sgt. Ruben Castellon

Sgt. Ruben Castellon, who serves in the Investigative Division of our

agency, recently completed his graduate program with Liberty University. Sgt. Castellon received a Master's Degree in Business Administra-

tion and Criminal Justice Administration. The ceremony was held on May 10, 2014 at the Liberty University campus in Lynchburg, Virginia.



### Safety Tips for the Upcoming Holiday Weekend

Each July Fourth, thousands of people are injured while using consumer fireworks, the best way to safely enjoy this 4th of July is to watch a public fireworks display conducted by professionals. However, if fireworks are legal where you live and you decide to use them, be sure to follow these important safety tips.

#### Safety Tips for the Use of Fireworks

Never allow young children to handle fireworks.

Older children should use fireworks only under close adult supervision.

Light fireworks outdoors in a clear area away from onlookers, houses and flammable materials.

Know your fireworks.

Read the caution label before igniting.

Obey local laws. If fireworks are not legal where you live, do not use them.

Alcohol and fireworks do not mix.

Wear safety glasses whenever using fireworks.

Never relight a "dud" firework. Wait 20 minutes and then soak it in a

bucket of water.

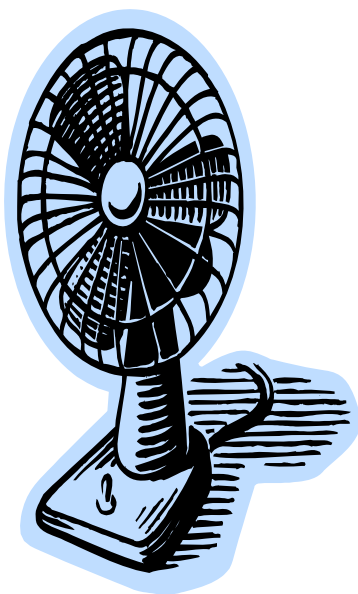
Soak spent fireworks with water before placing them in an outdoor garbage can.

Avoid using homemade fireworks or illegal explosives: They can kill you!

Report illegal explosives, like M-80s and quarter sticks, to the fire or police department



## Keep Your Cool in Hot Weather



Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. Heat exposure can even kill you: it caused 7,233 heat-related deaths in the United States from 1999 to 2009.

Main things affecting your body's ability to cool itself during extremely hot weather:

**High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.

**Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

**People at greatest risk for heat-related illness** can take the following protective actions to prevent illness or death:

People who are at highest risk are **the elderly, the very young, and people with chronic diseases or mental illness.**

**Even young and healthy people can get sick from the heat** if they participate in strenuous physical activities during hot weather.

**Air-conditioning is the number one protective factor** against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

**Take these steps** to prevent heat-related ill-

nesses, injuries, and deaths during hot weather:

- Stay in an air-conditioned indoor location as much as possible.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Do not leave children or pets in cars.

Check the local news for health and safety updates  
Content source: [National Center for Environmental Health, Division of Environmental Hazards and Health Effects](#); June 30, 2014

## Benefits of Lemon Water

Adding lemon to water is an easy way to get some of this fruit's nutritional benefits. Lemons are low in saturated fat and sodium and are also a good source of folate, potassium and vitamin C. Folate is a water-soluble B vitamin known to prevent neural tube defects during pregnancy; it also may prevent cognitive decline, cancer, certain psychiatric illnesses and cardiovascular conditions. Potassium builds protein and muscle, maintains normal body growth and controls the electrical ac-

tivity of the heart. And lastly, vitamin C is needed for the growth and repair of tissues in all parts of the body, notes Medline-Plus. As an antioxidant, it contains nutrients that block damage caused by free radicals, which may play a role in cancer, heart disease and arthritis.

### **Cleansing Properties**

Lemon water also plays a key role in cleansing your system, according to Dr. David Jockers, owner and operator of the Exodus Health Center in Kennesaw, Georgia. Water in-

fused with lemon contains citric acid, which can clean out calcium stones and prevent calcium deposits from building up in arteries. These deposits can promote cardiovascular disease. Jockers also notes that lemon water can provide the body with hydration, antioxidants and electrolytes.

### **A Healthy Alternative**

Lemon water can serve as a tasty alternative to other, less healthy beverages. The Centers for Disease Control and Prevention says that while calories in drinks aren't

"hidden," you may not realize just how many calories beverages can contribute to your daily intake. For example, in a 12-ounce serving, apple juice has 192 calories, orange juice has 168 calories, lemonade has 168 calories and a sports drink has 99 calories. In contrast, lemon water has zero -- making it a great choice for when you want a flavorful drink but not all the added calories.

By Jaime Budzienski <http://www.livestrong.com/article/111175-benefits-lemon-water/>



**Summer Reading  
@ Hoke County Public Library**



**Sign Up, Read Books, Win Prizes!**  
Reading Dates:  
**June 2 – August 13, 2014**  
*Stop by the library & register today!*

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

- June 24th - Magic Show "Once upon my time"
- July 1st - Ronald McDonald "R-E-A-D-I-N-G"
- July 8th - Reptile Release
- July 15th - Under the Microscope
- July 22nd - Space, Planets & Constellations
- July 29th - Safety is Power
- August 5th - Exploring Flight with Winged Friends
- August 12th - Science Festivities

**Middle & High School Programs  
(Ages 13-18) – Thursdays\*\* @ 3:00 PM**

- June 26th - "Special event or performers to be announced"
- July 10th - Chaotic Reptiles
- July 17th - Dissecting Knowledge
- \*\*Saturday, July 26th - Paranormal Investigating
- July 31st - Color Pandemonium
- August 7th - Weird Science Bash

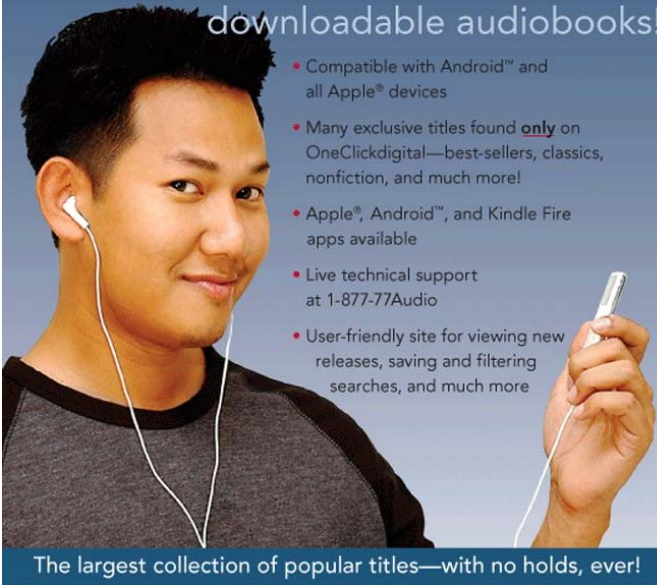
For more Summer Reading Information, contact:

**Hoke County Public Library**  
334 N. Main St., Raeford 28376  
910-875-2502  
www.srls.info  
*Like us on Facebook!*

Now at Your Library

**OneClickdigital**  
downloadable audiobooks!

- Compatible with Android™ and all Apple® devices
- Many exclusive titles found **only** on OneClickdigital—best-sellers, classics, nonfiction, and much more!
- Apple®, Android™, and Kindle Fire apps available
- Live technical support at 1-877-77Audio
- User-friendly site for viewing new releases, saving and filtering searches, and much more



The largest collection of popular titles—with no holds, ever!

Brought to you by and your local library

**For your convenience,  
Hoke County Public Library  
will open at 8:00 a.m.  
Mon-Fri, beginning  
August 1, 2014**

**NEW HOURS**

- M-W-F 8:00 am-6:00 pm
- T-TH 8:00 am-8:00 pm
- SAT 9:00-5:00
- SUN Closed



**HOKE COUNTY PUBLIC LIBRARY**  
334 N. Main St.  
Raeford NC 28376  
910-875-2502  
www.srls.info

## Cyber Security and Your Summer Vacation

### From the Hoke County IT Department

The summer vacation season is underway and for many of us that means lounging on sunny beaches, reading a book under a shade tree or hitting the road for a new adventure. It can also mean identity theft and other crimes if we aren't careful about our online activities and protecting our information. Cyber crime does not take a summer vacation; we need to remain vigilant. Fortunately, by following some best practices, we can minimize the risk of becoming the next statistic.

### Save the Social Media Vacation Posts Until You Get Back Home

It may be tempting to post details of where and when you'll be traveling, but **don't**. By revealing such specifics, you are providing information that could be used by criminals to target your home while you're gone. Another common scam involves compromising email accounts to contact your friends or family with

requests for help, claiming that you were robbed while on vacation and need money. Sending private posts and photos during your vacation to family and friends is ok, but if you post them publicly, you increase the risk of someone using that information for malicious activities. Also, make sure your children understand what, and when, they should post regarding your vacation plans.

### Do Not Use Public Computers and Public Wireless Access for Sensitive Transactions

Whether you're entertaining the kids by streaming a video on a tablet, downloading new travel apps on your smartphone or even taking your tablet poolside, there are precautions you should take to make sure your personal information is safe.

Wi-Fi spots in airports, hotels, train stations, coffee shops, and other public places can be convenient, but they're often not secure, and can leave you at risk. If you're online through an unsecured

network, you should be aware that individuals with malicious intent may have established a Wi-Fi network with the intent to eavesdrop on your connection. This could allow them to steal your credentials, financial information, or other sensitive and personal information. It's also possible that they could infect your system with malware. Any free Wi-Fi should be considered to be "unsecure." Therefore, be cautious about the sites you visit and the information you release.

Consider turning off features on your computer or mobile devices that allow you to automatically connect to Wi-Fi. Also consider using a cellular 3G/4G connection, which is generally safer than a Wi-Fi connection.

### Protect Your Smartphone, Laptop, or Other Portable Devices While Traveling

**Don't let your devices out of your sight.** Just as your wallet contains lots of important and personal information that you wouldn't want to lose, so

too do your portable devices. Never store your laptop as checked luggage. If there is a room safe available at your hotel, use it to securely store your devices.

Make sure your laptop and other mobile devices have the latest software installed. Your device manufacturer should notify you whenever an update is available.

Use of security software is a must. Many of these programs can also locate a missing or stolen phone, tablet or other similar device. These programs will back up your data and can even remotely wipe all data from the phone if it is reported stolen. Make sure you have strong passwords, and encryption where possible, on these devices in case they are lost or stolen.

### For More Information

For more information about how to stay safe in cyberspace, visit the Center for Internet Security at [www.cisecurity.org](http://www.cisecurity.org)

## New Deed Registration Requirements

Effective August 1, 2014, Hoke County requires the Register of Deeds of Hoke County not to accept any deed transfer-

ring real property unless the Tax Collector has certified that no delinquent taxes are due. Deeds must be brought to the

tax office to obtain the required stamps and signatures.

