

# HOKE COUNTY NEWSLETTER

FALL 2013

## Your Local Health Department is Accredited!



Your local health department in Hoke County was recently accredited by the North Carolina Local Health Department Accreditation Board (NCLHDA). Since 2002, this board has served under the North Carolina Institute for Public Health, which determines the standards for the accreditation process of NC local health departments. The board established that the NC health departments should provide optimal quality of care by performing the following: assessment, assurance, and policy development.

This marks the beginning of a new era at the health department. Accreditation is awarded to health departments who have met the standards set forth by the board and maintain those standards over their time of accreditation. Hoke County Health Department is accredited from this year until 2017. At that time, the health department will once again go through the re-accreditation process.

As an accredited health department, the residents of Hoke County are assured that the public health services provided

in Hoke County are standardized and premium quality. We are committed to creating a healthier community by providing "cutting

edge" programs and services.

We are proud of this honor and the health department will receive an official plaque awarding the accreditation achievement. In the next few weeks, look for the seal on the doors signifying our new award. A special thanks to the Board of Health, County Commissioners, County Manager, other County Department Heads, Clerk to the Commissioners, NC Cooperative Extensions, First Health, Dr. Karen Smith, and department staff for their hard work and support during the process.

~ Hoke County Health

## Sandy Grove Middle School Grand Opening



The Sandy Grove Middle School Grand Opening was on August 17, 2013 with an official ribbon cutting ceremony.

The school is the first energy-positive, public-private funded school in North Carolina, and

is expected to save nearly \$16 million in energy costs over the next 40 years. It is designated as a "STEM school" since it will emphasize science, technology, engineering, and mathematics.

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### 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





### Commissioner Ellen McNeill Honored

Hoke County Commissioner Ellen McNeill was recently honored at the annual North Carolina Black Association of County Commissioners in Greensboro.

McNeill was voted the NCABCO Commissioner of the Year. She was nominated by Viola Harris from Edgecombe County, who nominated McNeill

because she is an “encourager, and works hard for Hoke County.”

“It is truly humbling to be chosen from among your colleagues. It is also gratifying to know that others recognize that I do fight for Hoke County,” said McNeill, about being presented with the award.

### Hoke Reading/Literacy Council 35<sup>th</sup> Anniversary 1978-2013

On Saturday, September 07, 2013 Hoke Reading / Literacy Council celebrated 35 years of service to the citizens of Hoke County. The “Celebrating Literacy” event was held at the Senior Services room of the L.E. McLaughlin Building, and included a yard sale and games. A complementary hot dog lunch was also provided. At 6pm the evening reception and recognition ceremony took place.

Robert Barnes, Assistant Superintendent of Hoke County Schools, presented the following students with achievement awards: Alia Williams, Jamonte Riggins and Zykerra McPhaul.

Mr. Barnes also presented the Raz Autry Award to the student of the year, Miss Zykerra McPhaul for her hard work and excellent attendance.

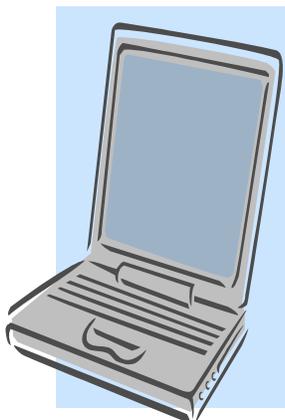
Keith Walters presented the J.D. McAllister Award to the supporter of the year, Hoke County Government; Chairman. James Leach accepted the award.

Dion Rouse recognized Ms. Kazia Morris as the volunteer of the year. He accepted the award on her behalf.

Carole Taitt accepted the Doris Calloway Award for tutor of the year on behalf of Mrs. Kathy Thompson.

Refreshments were provided by Wal-Mart, Food Lion, and Sherra’s Sweet Sensations.

Entertainment was provided by the Freedom Feet Praise Dancers of Freedom Chapel AME Zion Church of Raeford.



#### Hoke Reading/Literacy Council Computer Lab

**New Schedule**  
Effective 09-10-2013

**Monday: 5pm - 8pm**  
*Public Access*

**Tuesday: 6pm - 8pm**  
*Hoke County Students only\**

**Wednesday: 5pm - 8pm**  
*Public Access*

**Thursday: 6pm - 8pm**  
*Hoke County Students only\**

**Saturday: 9am - 1pm**  
*Public Access*

\*Open when school is in session

\*Closed during school holidays

Contact Information:  
910-875-2145 or email  
([hrlc@nc.rr.com](mailto:hrlc@nc.rr.com))



## THE HOKE COUNTY EMERGENCY TELEPHONE NOTIFICATION SYSTEM (ETNS) IS NOW AVAILABLE FOR CITIZEN AND BUSINESS OPT-IN

Hoke County is now using the Everbridge system for Citizen Alerts to communicate with thousands of businesses and residents in minutes in the event of an emergency.

With the Everbridge system, Hoke County will be able to alert residents of Hoke County and the City of Raeford about severe weather, fires, floods, toxic environmental issues and in process violent crimes. Messages can be sent to individuals using a variety of contact mechanisms— cell phone, landline, email, text messaging, fax, pager, and more – ensuring that residents and town/city staff receive life-saving emergency information and

important public service announcements in minutes. Citizens listed in the County's 9-1-1 landline database, which includes the City of Raeford, will be automatically subscribed to alerts by landline. Individuals and businesses may also self-register, provide additional contact information or opt out. This is accomplished through the Citizens Opt-in Portal. In addition, the County plans to use the Everbridge system to notify residents about other important activities, such as road closures and water utility maintenance.

Citizens may also sign up for weather alerts and other alert options at the

sign up Opt-in Portal. Everbridge uses AccuWeather & Weather Decision Technologies to provide weather alerts based on projected locations of weather problems and issues alerts accordingly. At the sign up portal, you may choose what specific weather warnings you want to receive based on 1 or more locations in Hoke County e.g. work, home and your child's school. You may also let us know about special needs or hazards that may be present at your business.

To sign up for emergency alerts, please visit [www.hokecounty.net](http://www.hokecounty.net). On the main page hover on HOW DO I and in the

pop down box hover over SIGN UP. Click on EMERGENCY TELEPHONE NOTIFICATION SYSTEM and follow the sign up instructions. You can also directly link to the page at <https://member.everbridge.net/index/892807736721708>.

If you have any questions concerning the Opt-in Portal or the Emergency Telephone Notification System in general, please contact Jimmy Stewart, Director of Emergency Communications at 910-848-4645 or email [jstewart@hokecounty.org](mailto:jstewart@hokecounty.org).

~ Jimmy Stewart  
Communications Director

### 9-1-1...(Stay on the line, You do make a difference!)

From calls as simple as a scratch on the hand to calls as serious as a cardiac arrest, the Hoke County Emergency Communications Center operates under a standard call-taking protocol developed by the International Academies of Emergency Dispatch (IAED). This Emergency Medical Dispatch or EMD protocol is approved for use by the Hoke County EMS System Medical Director.

Each Telecommunicator is certified as an Advanced Emergency Medical Dispatcher (EMD). Each Telecommunicator attends a 3-day training course and must pass the International Academy EMD exam in order to receive their certification. Continuing Education is required each month to stay current in updates

and changes in the EMD protocol. Re-testing and recertification is required every two years as well as maintenance of State certification as an EMD.

When a 9-1-1 call is received for EMS, the Telecommunicator immediately begins the EMD protocol by asking the series of questions. The information obtained assists in determining scene safety, the appropriate responders to send, and which medically approved instructions to provide.

The National Academy EMD Protocol System has four components that lead the EMD through a prioritized, structured telephone questioning procedure.

**Entry Questions**  
Standard method for obtaining information

needed to process the call. This includes location of incident, caller contact information, and patient information, "What is happening NOW" (EMS is dispatched during this stage.)

**Key Questions**  
Detailed questions about what is wrong with the patient. Also, patient care instructions are provided prior to EMS arrival.

**Exit Protocol**  
Universal instructions for a variety of situations.

**Pre-Arrival Instructions**  
Scripted instructions to guide callers through detailed patient care. Instructions include CPR, labor and delivery, bleeding control, and more.

The EMD program allows the Telecommunicator to focus on each situation by

eliminating inconsistency and vagueness in the call-taking process through a standard and precise approach to each call.

This is why it is important for callers to remain on the telephone, attempt to remain calm, and try to answer all the questions to the best of their ability. The EMS call is being dispatched while the call-taking process is going on so the questions do not delay the dispatch of an EMS unit. Every bit of information is important and can make a difference. While we realize that calling for help for a loved one or even a complete stranger is stressful, your responses and willingness to answer the questions can make a difference in their eventual outcome.

## Revaluation 2014

### What is a Revaluation?

A Revaluation is a process in which all property in a taxing jurisdiction (Hoke County) is revalued to its market value as of the effective date. It is also sometimes called a reappraisal or mass appraisal. This market value is the new assessed value for the property until the next revaluation. The next effective date for our revaluation will be January 1, 2014.

Our last revaluation was effective January 1, 2006.

### Why Do We Have A Revaluation?

The North Carolina General Statute 105-286 states that each County of the State reappraise all real property every eighth year. The purpose is to redistribute the tax burden based on property value.

### When Will The Revaluation Start?

The revaluation process started in the spring of 2012. We will begin searching sales and compiling a schedule of values based on current market values. Actual field work (visiting the properties) will begin in July, 2012 and continue through November, 2013.

Officials from the Hoke County Tax Assessors

office will conduct the reappraisal. They will have proper identification as tax office staff.

All owners of real property in Hoke County will be mailed a notice containing the new value for 2014.

If any questions arise, citizens may call the tax office at 910-875-8751.

~ Jennie Gibson  
Tax Assessor



## Public Works News Briefs

We are pleased to announce that the Local Government Commission in conjunction with USDA-Rural Development has issued their notice to proceed for the bidding of the Waste Water Treatment Plant. Bids will be opened on October 3<sup>rd</sup> at 2:00 pm in the Commissioner's Board Room. Pending final approval of the financing by LGC, construction will begin around November, with a completion date of early 2015.

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Mike Dean and Randy Wright represented the Hoke Regional Water System at the North Carolina Rural Water Association Conference. While there they received

an award on behalf of the department for being one of the first systems in the state to develop a Well-head Protection Program.

\*\*\*

The 2008 Drought Bill (NCGS 143.355.4) has set certain requirements that must be met in order for public water systems to access state funds for infrastructure projects, which became effective April 1, 2013. A key provision is that water loss be maintained at 10% or less. If this is exceeded a water system is required to develop and operate a "Leak Detection and Repair Program" (LDAP). On our last audit conducted by the North Carolina Rural Water System we had a water loss of

8.75%. Water loss is any unaccounted for water produced by the system. Common losses occur through flushing of lines, firefighting, underground leaks and theft. Our customers can help prevent water loss by notifying our office if anyone other than fire department or utility staff is seen tampering with a fire hydrant. Your information will be confidential.

\*\*\*

Fortunately we have seen an abundance of rain over the past few months that has helped to strengthen the aquifer that we draw our water from. However, as a conservation measure, we remain under water restrictions. Please visit our

website or contact our office for a copy of the restrictions.

\*\*\*

The Rockfish Community Building open house was held on August 13<sup>th</sup>. This facility located at 2749 Lindsay Road is adjacent to the Rockfish Park which provides a great amenity for family and community gatherings.

\*\*\*

### HOKE COUNTY PUBLIC WORKS

423 E. Central Ave.  
Raeford, NC 28376  
Ph: 910-875-6704  
Fx: 910-904-1640  
[www.hokecounty.net](http://www.hokecounty.net)

### Hours

Monday - Friday  
8 a.m. - 5 p.m

### News from the License Plate Agency

The Hoke County License Plate Agency would like to welcome our newest employee, Yolanda McCoy! Yolanda will be working with us part time. She is a native of Hoke County, and recently to us from Georgia. She comes to us as a Hoke County High School graduate, and is a welcome addition to our office.

As of September 1<sup>st</sup>, we have begun the collection of property taxes for vehicles at the time of registration renewal as required by House Bill 1779. So far, the transition has gone smoothly; only the occasional hiccup, which the teams in both the Tax Collections and Tax Listings Departments have worked diligently with us to figure

out. This statewide change will be a learning process for everyone involved while the new system is being implemented and the "bugs" are being worked out, but will certainly benefit everyone in the long run. For more information, please log on to <http://www.ncdot.gov/dmv/vehicle/tagtax>.

The Hoke County License Plate Agency is open Monday through Friday, from 9:00 a.m. to 5:00 p.m. We are located at 520 W. Donaldson Ave., Raeford, NC, 28376, and we look forward to serving you!



### Hoke County Board of Elections

New Hoke County Board of Elections members were appointed and took office in July 2013.

They are Robert Vaughn, Chairman, Gloria Barnes Hill, Member; and Gene Shelnett, Secretary.

Appointments are made by the North Carolina State Board of Elections on recommendations from the county party chairmen, and are for two-year terms.



### 2013 Municipal Election

Candidates that filed for the 2013 Municipal Election are:

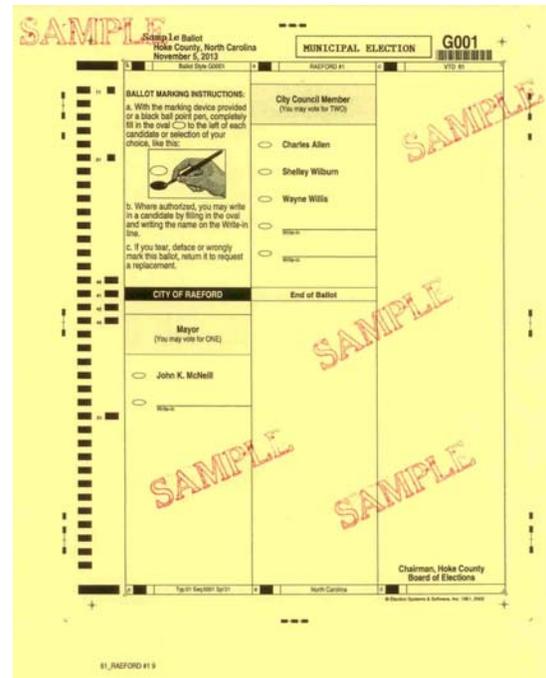
**For Mayor**  
John K. McNeill

**For City Council**  
Charles Allen  
Shelley Wilburn  
Wayne Willis

The registration deadline to register to vote in this election is:  
**Friday, October 11, 2013**

One-stop voting will begin on Thursday, **October 17, 2013** and will end on Saturday, **November 2, 2013**

Election Day is:  
**Tuesday, November 5, 2013.**



## When do you need a Residential permit?

When you start that home renovation project—whether it's a new kitchen, an updated family room, or a new sunroom—remember to check if you need a building permit.

Generally, a building permit is required for any construction, installation, repair, replacement, or alteration costing more than \$5,000. Also, a permit is required if the work involves: the addition, repair, or replacement of load bearing members or structures, the addition or change in the design of plumbing, heating, air conditioning, electrical wiring, devices, appliances or equipment.

### Examples of Work Requiring Permits

- Decks, carports, garages and backyard storage buildings of any size
- Room additions, finishing an unfinished attic space
- Installing or replacing light fixtures or adding to the electrical system

- Replacing and reconnecting furnaces, dishwashers, water heaters, etc.
- Adding to or modifying the heating and air conditioning system.
- Replacing a water heater
- Backflow device on landscape irrigation systems
- Kitchen cabinet replacement
- Sub-floor repairs

### What can be done without a permit?

- Minor remodeling and repairs on existing one and two-family structures, provided the cost does not exceed \$5,000
- Replacing fuses or light bulbs
- Repairing cord-connected equipment, lamps, washers, dryers, etc.
- Repair of damaged or burst plumbing

lines

- Repair and/or replacement of faucets

Obtaining the necessary permits will:

1. Ensure that your project is safe and up to code.
2. Save money in the long run by making sure your contractor is licensed by the state and gets the proper permits.
3. Ensure approval of loans by many mortgage companies that require code compliance checks before approving loans. Because more lenders are requiring permits, more non-permitted work is being discovered. When that happens, owners are required to expose framing, electrical, mechanical and plumbing systems so the required inspections can be performed.

This can be costly and upsetting for owners. Beware of contractors who recommend not obtaining

permits. They may tell you it will delay the job or increase property taxes, but the trust is that you are the only person to lose when you fail to get a permit. Contractors who don't want you to get a permit may not be licensed and may not have the knowledge to build in compliance with the code. When the contractor is paid and gone, you are the one responsible for any problems.

### What information is required?

An application for a building permit will include:

- A general description of the proposed work
- Signature of the owner or licensed agent
- Value of the work in place to include labor and materials including donations, site work, contractor and design professional fees, but not the cost of the land.

~ Danny Paschal  
County Inspector

## North Carolina State Law Requiring a Permit

### The General Statutes

§ 143-138. North Carolina State Building Code subsection (e)

The Code may contain provisions regulating every type of building or structure, wherever it might be situated in the State.

Provided further, that no building permit shall be required under the Code or any local variance thereof approved under subsection (e) for any construction, installation, repair, replacement, or alteration costing five thousand dollars (\$5,000) or less in any single fam-

ily residence or farm building unless the work involves: the addition, repair, or replacement of load bearing structures; the addition (excluding replacement of same size and capacity) or change in the design of plumbing; the addition, replacement or change in the design of

heating, air conditioning, or electrical wiring, devices, appliances, or equipment, the use of materials not permitted by the North Carolina Uniform Residential Building Code; or the addition (excluding replacement of like grade of fire resistance) or roofing.

## Religious Buildings in Hoke County

The Hoke County Zoning Ordinance defines the term 'religious building' as "a building used for public worship and / or religious services." At the July 1, 2013 regular meeting of the Board of Commissioners a text amendment was approved that permits the use of religious building in all zoning districts within Hoke County.

A text amendment is a legislative change to the existing rules in the Zoning Ordinance. Text amendments may only be approved by the Board of

Commissioners after a recommendation is given by the Planning Board, an advisory board appointed by the Board of Commissioners to review zoning matters.

While religious buildings are permitted in all zoning districts it is important to remember that all religious buildings must receive approved permits through Hoke County Planning, Building Inspections, the Fire Marshal's Office and possibly other agencies before the building may be opened or

used for religious purposes. These approvals and permits are required by Hoke County and the State of North Carolina to ensure the safety of the people worshiping within a religious building.

If you have any questions or are interested in starting your own religious building please contact the Hoke County Planning Department at (910) 875-8407.

~ Robert Farrell  
County Planner



## Hoke County Public Library | Upcoming Events

### October

**Homework Central**  
Tuesdays & Thursdays  
3:30 -5:30 pm (ongoing)

**Friends of the Library Book Sale**  
October 3-5  
10am—5pm

**Star Wars Day**  
Friday, October 4  
2pm—6pm

**Coupon Swap Day**  
Friday, October 11  
9am—2pm

### November

**Homework Central**  
Tuesdays & Thursdays  
3:30 -5:30 pm (ongoing)

**Coupon Swap Day**  
Friday, November 8  
9am—2pm

**Native American Storytelling**  
Friday, November 15  
9am—11am

**Painting with Pixels**  
Wed, November 20  
7pm—9pm

### December

**Homework Central**  
Tuesdays & Thursdays  
3:30 -5:30 pm (ongoing)

**Coupon Swap Day**  
Friday, December 13  
9am—2pm

**Christmas Arty Party**  
Wed, December 18  
3pm—5pm

**Painting with Pixels**  
Wed, December 18  
7pm—9pm





# Dig Into READING

Hoke County Public Library  
2013 Summer Reading Program

		
<p>276 children signed up</p> <p>17 different programs</p> <p>758 attendees</p> <p>2448 prizes given</p> <p>7241 books read</p>		
		

## Keeping Senior Citizens Safe Online

### Senior Citizens are online

Senior citizens are embracing the digital age in greater numbers every year. Fifty-three percent of adults ages 65 and older now use the Internet and online tools such as email, according to the Pew Internet & American Life Project. Among those Internet users, seventy percent report going online daily.

Not surprisingly, the Internet offers many benefits to older Americans, including the ability to better stay in touch with family members, near and far and across generations. A 2012 study by Microsoft and AARP found that online communication often was credited for improving dialogue among family members.

The Internet helps senior citizens connect with society, bringing vital information and resources to them. For instance, they can bank and shop from the convenience of their homes. There are many sites geared toward the needs and interests of senior citizens, and growth of such sites is expected to continue.

### What are the risks?

There are risks associated with being online, and, sadly, many scammers target senior citizens.

Older Americans should be wary of the following types of emails, websites, or social media messages that:

Offer "free" gifts, prizes or vacations, or exclaim, "You're a winner!"

Offer discount prescription medications or other "can't miss" deals.

Appear to be from friends or family members, but the

message is written in a style not usually used by that person, has numerous misspellings, or otherwise seems unusual. This is an indication your friend or family member's account may have been hacked.

Appear to be from official government agencies, such as Social Security Administration, or banks, requesting personal information.

Set ultimatums such as "your account will be closed," or "the deal will expire" to create a sense of urgency, and trick the victim into providing personal information.

### Cyberbullying of Senior Citizens

Though there is a lot of focus on cyberbullying among children and teens, cyberbullying affects senior citizens as well.

Cyberbullying (mostly through e-mail) of seniors can take several forms, but the most common are:

Emotional abuse with rage, threats, accusations, and belittling comments, often followed with periods of silence or ignoring the victim.

Financial abuse aimed at obtaining the victim's account information, setting up online access to their accounts, and stealing their money.

Speaking out against cyberbullying can be particularly difficult for seniors who may not even know what the term means. As with victims of any age, seniors may feel violated and powerless, be confused and in denial over what's happening, feel shame and self blame for being a victim, and fear even more bullying or being ignored if they speak

out. Additionally, according to the Washington State Office of the Attorney General, in many cases, seniors are the victims of cyberbullying by family members.

### What to do: STOP. THINK. CONNECT.

To protect against these online threats, there are several basic precautions all Internet users should take, regardless of age or experience online. The following tips are provided by STOP. THINK. CONNECT., the national online safety awareness campaign.

#### Keep a Clean Machine

Keep security software current and updated: Have the latest security software, web browser and operating system installed on your computer. Enable the auto-update feature to ensure you have the most up-to-date security, if that's an option.

Protect Wireless Network: Ensure your wireless router requires a secure password.

#### Protect Your Personal Information

Make passwords long, strong and unique. You should have a different password for each online account, using a combination of upper and lower case letters, numbers and symbols.

Think before you act: Most organizations – banks, charities, universities, companies, etc., – will not ask for personal information via email. Be wary of requests to update or "confirm" your information.

Post with caution: Information you post online, especially on social networking



sites, can be collected in an attempt to steal your identity. Keep information such as birthdates and addresses confidential unless you are on a secure and reputable website.

Own your online presence. Understand how privacy settings work on social networks and websites you frequent. Set them to your comfort level of sharing.

#### Connect with Care

Protect Your Money: When banking or shopping online, enter information only into security-enabled sites that begin with Error! Hyperlink reference not valid.. The "s" means the data is encrypted in transit. Never enter bank or credit card information into a website that begins Error! Hyperlink reference not valid.

#### Be Web Wise

When in doubt, throw it out: Links in emails, social media posts, and online ads are often how scammers access your computer. If you are instructed to click a link in a message you don't trust, even if you know the sender, delete the message or mark it as junk mail.

Back it up: Store valuable work, photos, music and other information on a backup hard drive or online "cloud."

#### Recognize Cyberbullying

If you think you, or someone you know, is a victim of cyberbullying, report it to the local law enforcement, or a local senior center for further advice and assistance.

~ Hoke County IT Dept

## Want Your VA Claim Processed Faster? *File a Fully Developed Claim!*

### What Is a Fully Developed Claim?

The Fully Developed Claims (FDC) program is an optional new initiative that offers Servicemembers, Veterans, and survivors faster decisions from VA on compensation, pension, and survivor benefit claims.

Veterans, Servicemembers, and survivors simply submit all relevant records in their possession, and those records which are easily obtainable, such as private medical records, at the time they make their claim and certify that they have no further evidence to submit. VA can then review and process the claim more quickly.

### Many Types of Claims

There are many types of claims for disability compensation. For example, if you're filing a VA claim for the very first time, you have an original claim. A reopened claim means you have new and material evidence and you want VA to reconsider a claim it once denied. There are also new claims, secondary claims, and special claims.

To learn more about which type of claim you may have and the evidence and forms you need with your submission, view the [Claims and Evidence](http://www.benefits.va.gov/FDC/checklist.asp) page at <http://www.benefits.va.gov/FDC/checklist.asp>. Your claim must meet all the applicable requirements listed to be considered for the FDC program.

### Who Can File an FDC?

Veterans may file an FDC for disability compensation for the following reasons:

An injury, disability, or condition believed to have occurred or been aggravated by military service.

A condition caused or aggravated by an existing service-related condition.

Servicemembers may use the Benefits Delivery at Discharge (BDD) program to submit a Fully Developed Claim before discharge.

The BDD program is available nationwide to all Servicemembers on full-time active duty, including members of the National Guard, Reserve, and Coast Guard.

Servicemembers who do not meet the BDD criteria or have 1-59 days remaining in service should submit a Quick Start claim on eBenefits at [eBenefits](http://eBenefits.va.gov) at [eBenefits.va.gov](http://eBenefits.va.gov).

Veterans and their families and survivors may also file pension or dependency and indemnity compensation (survivor) claims at these pages:

FDC pension claims: <http://www.benefits.va.gov/PENSIONANDFIDUCIARY/pension/vetpen.asp>.

FDC survivor claims: <http://benefits.va.gov/COMPENSATION/types-dependency-and-indemnity.asp>.

### Why Use the FDC Process?

By filing an FDC, Veterans, Servicemembers and survivors take charge

of their claim by providing all the evidence at once. By then certifying that there is no more evidence, VA can issue a decision faster.

File an FDC without risk. Participation will not affect the attention your claim receives from qualified VA rating staff or the benefits to which you're entitled. If VA determines other records exist and are required to decide a claim, VA will simply remove the claim from the FDC program and process it through the traditional claims process. Once you initiate your FDC, you'll have up to one year to complete it. Should VA approve your claim, you'll be paid back to the day you initiated your claim.

View a step-by-step process of completing a Fully Developed Claim online at <http://www.benefits.va.gov/FDC/walkthrough.asp>.

### What's the Best Way to File an FDC?

The best way to file an FDC is electronically at [eBenefits.va.gov](http://eBenefits.va.gov). Once you log on to your account, VA recommends you appoint an accredited Veterans Service Officer to help you initiate your claim, gather the required medical records and evidence, and submit your claim. If you don't yet have an [eBenefits.va.gov](http://eBenefits.va.gov) account, register online at <https://myaccess.dmdc.osd.mil/identitymanagement/registration.do?execution=e1s1>.

If you prefer to file your

FDC by paper, complete [VA Form 21-526EZ](http://www.va.gov/VAForm21-526EZ) and visit your local Veterans Service Office. While there, you can appoint an accredited Veterans Service Officer to help you prepare and submit your claim. You can also appoint your accredited Veterans Service Officer online at [eBenefits.va.gov](http://eBenefits.va.gov).

### How Should I Prepare My FDC?

Register for an [eBenefits.va.gov](http://eBenefits.va.gov) account.

Next, appoint an accredited Veterans Service Officer who can provide free, expert assistance.

Gather relevant documents, such as private medical records. While VA will obtain Federal records on your behalf, such as your DD-214 or service medical records, submitting them, if you have them will save time. If you believe there is not a notation in your service record describing your disability, submit letters from friends or those you served with that tell us about the facts of your claim ("buddy statements").

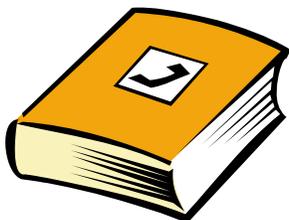
Initiate your claim at [eBenefits.va.gov](http://eBenefits.va.gov) or call 1-800-827-1000 for assistance.

For assistance, please visit your local Veterans Service Office at 129 W. Elwood Avenue or online at [www.hokecounty.net](http://www.hokecounty.net)

**"Thank You for Your Service!"**

~Randy Smith  
Veterans Services

## Hoke County Resource Directory



A resource directory that was designed by a 2012 summer in-tern, Candice, is now available at the health department. The re-source directory will be a com-munity staple in providing con-tact information for various organi-zations that serve Hoke County residents.

Included in the resource directory is contact information for mental health services, family health-care clinics, animal care services, farmers market locations, dental services, physical health facilities, and your local health department among many other resources available

in the county.

The health department has a few on hand to distribute out to our patients. In the near future, more resource directories will be avail-able to distribute.

~ Hoke County Health

## WIC Department Goes Electronic

In the very near future, WIC departments across the state of North Carolina as well as other states will be implementing a new computer system for the WIC Departments. Your local Hoke County Health Department will be participating in this exciting experience. This new system is referred to as Crossroads.

This system will revolutionize the way WIC operates. The WIC department staff here at Hoke County Health Department have already participated in many workshops describing how this

change will take place and what the WIC department can expect as a result of implementation of the WIC Crossroads System. The Crossroads system will be provided by the NC Division of Public Health, Nutrition Services Branch and will be implemented in health departments that offer WIC services across the state.

The Crossroads system will implement many new, exciting features. This new computer system will contain a new appointment system. WIC appointments will be scheduled through this new

system. The appointment system will allow the health department WIC staff to improve the efficiency of their ser-vices to WIC families who seek service from the health department. The appointment system will also include calendars that can be personally updated and synced according to specific WIC clinic operation for each organization.

In addition to the appointment system feature, the Crossroads system will also allow WIC departments to connect to devices such as cards readers, document scanners,

signature pads, and scales and stadiometers. These devices will be linked to the Crossroads system and will provide staff with a much more effective operating system to manage all WIC patient information in one easily accessible location. Connection to these devices will do away with lots of paperwork and hard-copied documents that are currently part of the WIC department operation. We look forward to implementation and we will keep you updated on the process.

~ Hoke County Health

## Diabetes Self-Management Workshop



Do you have diabetes?

Do you want to prevent and delay complications?

Do you want to improve your A1c?

If you answered yes to any of these questions, give us a call at (910) 875-2298.

The Hoke County Health

Department will host a Diabetes Self-Management Workshop on **October 23, 2013** from **9 am to 4pm**. As a participant you will learn the following:

\* Techniques to deals with diabetes symptoms

\* Exercises for maintaining and improving strength & endurance.

\* Healthy eating & appropriate use of medicines

It's time to take control of your diabetes!

**REGISTER NOW!**

Space is limited!

~ Hoke County Health

## Teen Time is Coming Soon!

The Hoke County Health Department is excited to start a new program. The Health Department wants to provide more services for young people in Hoke County.

Peer pressure dominates the school day for some students and it robs them of a healthy youth. The Teen Time Program was discussed by employees of the Health Department to possibly deter the risky behaviors and poor body image perceptions that result from peer pressure.

The Teen Time Program will allow teens time to express themselves to their medical provider and seek the help needed. As the program continues new services will be added.

### What is Teen Time?

During Teen Time, the Hoke County Health Department will provide healthcare services to patients between the ages of 11-19 years of age.

### When will Teen Time occur?

On the **first** and **third Mondays** of each month from **4:00 PM to 7:00 PM**. A Reproductive Life Plan Class will be at 4:30 PM. This class is for teens only. The first clinic will be on **November 4, 2013**.

### What are the services pro-vided during Teen Time?

- \* Sick visits
- \* Self Empowerment & Nutrition Classes
- \* Reproductive Health
- \* Communicable Disease Screenings
- \* Sports Physicals
- \* Annual physicals
- \* Immunizations

### Why have Teen Time?

- \* Decrease absences from school and work.
- \* Allow teens to meet others and talk about issues
- \* Allow teens and their families to receive personalized attention
- \* Provide health education that is age appropriate for the teens.
- \* Teen Support Group creation for better health

~ Hoke County Health



### BREAST CANCER WALK

**Friday, October 18th**  
at **12:15pm**

Register by October 16th  
(910) 875-3717  
\*\*Limited Space Available\*\*

Registration is \$5  
Includes a pink Celebrate Life insulated lunch bag, and Subway lunch with water.

## October is Breast Cancer Awareness Month

Approximately 1 in 8 women born today in the United States will get breast cancer at some point during her life. Aside from non-melanoma skin cancer, breast cancer is the most common cancer among women in the United States. It is also one of the leading causes of cancer death among women of all races. The good news is that early detection and treatment increases the chance for survival.

Each October is dedicated to raising awareness about the importance of early detection of breast cancer, celebrating the lives of the many

women who survived, and remembering those lost.

All women are encouraged to take charge of their health by going for regular breast screenings. Breast screenings check a woman's breasts for cancer before noticeable signs or symptoms are present.

There are three main tests used to screen for breast cancer:

1. **Breast self-exam** - When you check your own breasts for lumps, swelling, changes in size or shape of the breast, and any other changes in the breast or under-arm.

2. **Clinical breast exam** - A breast exam by a doctor or nurse, who uses his or her hands to carefully feel for lumps or other changes in the entire breast area.

3. **Mammogram** - X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause other symptoms.

Please talk with your healthcare provider about which screening is right for you.

~ Hoke County Health

## Horticulture News Update

The Hoke County Sunday Supper Local Style will be held **October 6, 2013 at 3:00p.m.** at Williamson Farms located at 1275 Bethel Road. We encourage everyone to come out and enjoy a great southern meal featuring fresh vegetables and meat from our local farmers. The cost for the meal is \$6.00 and tickets can be purchased at the Hoke

County Cooperative Extension Center. For more information contact Mary Hollingsworth at 910-875-3461 or Wanda Cohen at 910-489-4842.

The Hoke County Community Supported Agriculture program will begin its fall subscription on **October 23** and will run through **November 20**. The cost for the sub-

scription is \$70.00 for vegetables, \$60.00 for meat, and \$15.00 if you wish to receive a dozen of eggs each week. For more information contact Mary Hollingsworth at 910-875-3461.

The Hoke County Cooperative Extension Center recently held a Growing and Cooking with Herbs workshop. The partici-

pants gained valuable information on how to grow and cook with herbs such as basil, oregano, thyme and rosemary. Thirty participants enjoyed taste testing and cooking tips presented by Carol Wood.

~ Mary Hollingsworth  
*Horticulture Extension Agent*

## Parents As Teachers



During the months of June, July and August families enrolled in the Parents As Teachers (PAT) program participated in several group connection meetings. This year information on literacy is being shared with the parents. In June, parents and their children participated in Literacy Olympics. Families were able to play different types of games that encouraged literacy. In July, a workshop was

offered on the ABC's of Literacy. Families received information on what skills are involved in literacy and the stages of language development. The title of the August group connection was Share a Book With Me. The children brought their favorite book to read. Parents and children made several types of books to take home and reading skills were discussed.

PAT continued to participate and meet the benchmarks in the Innovative Approaches to Literacy Project through a federal grant that the Parents As Teachers National Center was awarded. Hoke PAT was one of nine programs in the state chosen to be a part of this project.

~ Brenda Currie  
Parent Educator Program Coordinator

## Foodborne Illness

Foodborne illness, sometimes called food poisoning, is a costly yet preventable public health issue. Each year, about 48 million people get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Bacteria, viruses and tiny parasites are everywhere in the environment. They are organisms you can't see, smell, or taste and can contaminate food and

cause illness.

September is Food Safety Education Month, a great time to check out tips on how to keep food safe by following four simple steps of clean, separate, cook, and chill. ServSafe Essential is a Food Safety certification course developed by the Education Foundation of the National Restaurant Association. National Restau-

rant Association shows that an outbreak of foodborne illness can cost an operation thousands of dollars and even result in closure.

North Carolina Cooperative Extension Hoke County Center offered a ServSafe Certification Course from August 21-August 26. Seventeen participants completed the class. As of January

2014 if an establishments does not have at least one certified manager present during inspection, the establishment will lose 2 points, the establishment use to gain 2 points for having a certified manager present.

~ Shirley Smith,  
*Family and Consumer Sciences Extension Agent*

## Hoke County 4-H Youth Attends NCACC Youth Summit

A 4-H'er from Hoke County attended the fourth annual North Carolina Association of County Commissioners (NCACC) Youth Summit, which was held in Greensboro, North Carolina August 23-24, 2013. North Carolina 4-H and the North Carolina Cooperative Extension Service partnered for the fourth year with the NCACC on a multi-year initiative to increase youth involvement in county government. This initiative aims to overcome the mindset that many youth are disengaged and lack trust in government.

The 4-H'er who attended from Hoke was Abigail Clark, daughter of Angie and Eric Clark. Over 100

youth and adults from 74 counties in North Carolina attended this event. The event is sponsored and supported by the North Carolina Association of County Commissioners.

Part of the requirements to attend was to experience civic education. Abigail experienced it first hand by attending a County Commissioners meeting and writing about her experience. The night she attended allowed her to witness first hand, local issues that affect the citizens and the process that our commissioners go through in making the decisions for our community. This whole experience was a great opportunity to in-

volve youth in county government.

For more information on the 4-H program in Hoke County, please contact your local North Carolina Cooperative Extension office at 875-2162.

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 237,590 young people ages 5 through 18 participate in North Carolina 4-H activities each year with the help of 20,780 adult and youth volunteers.

For more information about 4-H contact Cathy

Brown, Extension 4-H Youth Development agent, at the Extension Center, by phone at 910-875-3461, or by E-mail at [Cathy\\_Brown@ncsu.edu](mailto:Cathy_Brown@ncsu.edu). For more information about Extension visit our website at <http://hoke.ces.ncsu.edu>.

~ Cathy Brown  
4-H Youth Development



Delegates from the South Central District 4-H Youth Council. Abigail Clark on left

## 2013 Millstone 4-H Camp

You may remember your first camping experience. Through the support of local organizations, Hoke County 4-H has been able to send youth to camp for over 20 years. This year, Hoke County 4-H raised enough money to send a total of 8 youth, one from each elementary school, to Millstone 4-H Camp, July 14-19.

The youth were selected most worthy by their teacher and/or guidance counselor. Donations were received from the Raeford Women's Club, Hoke County ECA, Co-op Quilters, local churches, and private donors.

Many of these youth would never have had the opportunity to attend camp without the support

of the community. We had a youth to attend that had lost both of his parents. Some that attended did not know how to swim or handle a canoe until they learned by doing at camp. Several Hoke County youth participated in the talent show, but one in particular sang a gospel song.

We are in the process of

raising money to send 8 youth in 2014. The cost of camp is \$420 for each child, which includes meals/lodging, store money, and a t-shirt. If you would like to make a donation, please contact Cathy Brown at 875-2162 or by email [cathy\\_brown@ncsu.edu](mailto:cathy_brown@ncsu.edu).

~ Cathy Brown  
4-H Youth Development Agent

## October 30 – Delicious, Delectable, and Dehydrated!

Come join us and learn how to dehydrate your favorite food. This is an alternative process in preserving food for later use. You will receive samples of foods we have

dehydrated and also learn to make a wonderful dessert from dehydrated apples.

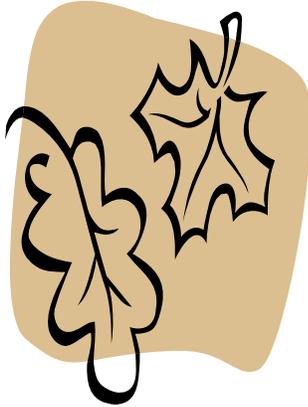
The workshop will be held at the Hoke County Coop-

erative Extension Center at 6-7:30pm.

Contact Cathy James at 875-2162 to pre-register. Cost: \$5.00 - Limit: 20



### Autumn Leaf Disposal



It is that time of year when falling leaves will again cover our yards. Just a reminder to our county residents that leaves and grass clippings **CANNOT** be comingled with household trash. These items are defined by State Law as a separate waste stream and are required to be disposed of in a manner that differs from the dis-

posal of household garbage.

A method that is perhaps easier than loading and hauling is yard composting. For more information on this, visit our Cooperative Extension web page.

For those who prefer the more widely-used method of disposal, these items must be delivered to the Hoke County Transfer

Station located off Doc Brown Road. If you are unfamiliar with our location, directions and our business hours are on the County's website.

Enjoy the upcoming fall weather!

~ Don Russell  
*Solid Waste Director*

### Summer Camp 2013

The Hoke County Summer Camp program has concluded. Everyone had a wonderful time this year, and we are already looking forward to next year's program!

~ Candace Hargrove  
*Parks & Recreation*



### Parks & Recreation Upcoming Events

**Saturday, September 28**  
Opening Day  
for Fall Sports

**Tuesday, October 20**  
Senior Trip to the  
State Fair

**FALL SPORTS**  
Schedules are available  
online at  
[www.hokecounty.net](http://www.hokecounty.net)



### Senior Fish Fry

Senior Services' members were treated to a fish fry on August 30, 2013.

All staff members came together to provide the seniors deep fried flounder and whittings, hush-puppies, slaw, French

fries, potato salad, peach cobbler and beverage. It appeared everyone enjoyed lunch, including the staff!!!

This was just another way our staff appreciates the Seniors of Hoke County!



### Urgent Repair Program

Urgent Repair Program 2013 funds are available. Applications will be accepted by appointment only at the senior services office at 423 E. Central Avenue in Raeford. Applications will be taken beginning September 1, 2013 thru November 1, 2013. Deadline for having application on file is November 1, 2013 by 5 PM. Please call 910-875-8588 for an appointment.

MUST come into office to fill out application.

- Must have ownership of property (Deed)
- Proof of income (Income tax re-turn, bank statements, etc.) for each person in home.
- Proof of special need
- Picture ID



### Hoke Senior Services at the National Night Out

Hoke County Senior Services participated during National Night Out on August 10, 2013.

National night out is an opportunity for citizens to receive information on services available to them. The MAP medication assistance program)

and SHIIP (seniors' health insurance information program) both participated. We had a booth set up offering flyers and pamphlets explaining the programs. Several attendees stopped by to visit.

The MAP program helps low income and needy

individuals receive medications at no or low cost regardless of age. The SHIIP program helps seniors medicare eligible navigate through medicare part d sign-ups. These offices can be reached by calling 875-8588. ~ Senior Services



### Medicare Open Enrollment

Senior Services of Hoke County will be providing Medicare Prescription Drug (Part D) plan program assistance; the program offers plan members the ability to make changes in their coverage each year during Annual

Election Period. This year the annual election period is from **October 15** thru **December 7**. During this period Medicare beneficiaries who have not previously enrolled in a Part D plan are

allowed to do so during this time.

A Senior Health Insurance Information Program (SHIIP) coordinator along with certified volunteers will be available at the Senior Service office

to provide assistance with Medicare Beneficiaries drug plans.

Appointments are available now and are filling up fast. Please call 910-875-8588 to schedule your appointment.

### Voices of Hoke

Senior Services is still looking for seniors 55 and older in the community to join Voices of Hoke. Our

choir has several engagements coming up and would love for all the seniors in the community to

join and be blessed. Our next concert will be at Spring Hill Missionary Baptist at 3 PM.



## New Hires

Hoke County would like to welcome the following employees to our team!

### COMMUNICATIONS

Chrishana Dixon  
Ricky McRae  
Delana Vaughn

### EMERGENCY MANAGEMENT

Robin Lorenzen

### ENVIRONMENTAL HEALTH

Erik Johnson

### HEALTH DEPARTMENT

Alisha Tramble

### HOKE COUNTY JAIL

Rahsaan Abdul-Wahid  
Tony Williams

### LICENSE PLATE AGENCY

Yolanda McCoy

### PARKS & RECREATION

Candace Hargrove  
Debbie Jones

### SHERIFF'S OFFICE

Jeremi Kababik  
Elizabeth Oates  
Christina Simmons  
Michael Wilson

### SOCIAL SERVICES

Rebecca Bullard  
Blanca Carter  
Neukisha Motsinger

### VEHICLE MAINTENANCE

Joel Gilchrist

### WATER ADMINISTRATION

Makadrian Holsey



## Employee Recognitions

On September 16th, the following employees were recognized for their years of service to Hoke County!

### ADMINISTRATION

Tim Johnson  
*5 years*

### COMMUNICATIONS

Steve Graham  
*5 years*

### HEALTH DEPARTMENT

Charles Eudy  
*20 years*

### HOKE COUNTY JAIL

Raul Acevedo  
*5 years*  
John Atkins  
*5 years*

Norma Blackshear  
*5 years*  
Clarence Livingston  
*5 years*

### INFORMATION TECHNOLOGY

Thomas Hollingsworth  
*10 years*

### PARKS & RECREATION

Patricia Shouse  
*5 years*

### SHERIFF'S OFFICE

Albert Bailey Jr.  
*5 years*  
Douglas Caviness  
*5 years*  
Monica Richmond  
*5 years*

### SOCIAL SERVICES

Willie Carthens  
*5 years*  
Kamilah Douglas  
*5 years*  
Marco Pickett  
*10 years*  
Brenda Rozier  
*5 years*  
Erica Sampson  
*5 years*  
Micka Stanton  
*5 years*

### UTILITIES

Joseph Forbes  
*10 years*  
Randel Jacobs  
*5 years*

## Retirements

Hoke County would like to wish a very happy retirement to the following employees!

### HOKE COUNTY JAIL

Irene McNeill

### SOCIAL SERVICES

Jasmina Rivera





**BUFFALO SOLDIERS  
FOOD DRIVE**

**SECOND HARVEST  
FOOD BANK**  
Southeast North Carolina

**FEEDING  
AMERICA**  
A member of

A division of Cumberland Community  
Action Program, Inc. (CCAP).

**(For those in need of food- please bring your  
own bags or basket one individual per family  
will be served)**

**Saturday, September 28, 2013**

**9AM - Noon**

**Hoke County**

**429 E. Central Avenue Raeford, NC 28376**

**Old Armory, McLauchlin Building Grounds**

**Sponsored by the**

**Fayetteville Buffalo Soldiers Motorcycle, North Carolina  
Chapter**

**William Johnson, Sr., President**

**Partners in support of this Food Drive**

**County of Hoke Elected Officials and Staff**

**The Second Harvest Food Bank of Southeast North Carolina**