



Hoke County Newsletter

Spring 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:

Fallen Heroes	2
Health	3
Senior Services	4
Information Technology	6

Fallen Heroes

On May 15, 2014 at 9:00am, the Hoke County Sheriff's Office will memorialize the fallen Law Enforcement Officers of Hoke County. In a ceremony held on the front steps of The Hoke County Courthouse, representatives of Law Enforcement agencies will com-

memorate those officers who gave their lives in the line of duty.

The Hoke County Sheriff's Office, the North Carolina Highway Patrol and Raeford Police Department will recognize the sacrifices of four individuals that gave their lives to serve

the people of Hoke County.

Please join law enforcement officials and staff as we pay tribute to these fallen officers, family, and loved ones.

The Fallen Heroes to be memorialized are listed on page 2.



Early Voting

Early voting will begin April 24, 2014 and will end May 03, 2104.

The **Board of Elections Office** One-Stop Site will vote through Friday, May 2nd, 2014 from **8:00 am until 8:00 pm**; and on Saturday May 3rd from **8:00 am until 1:00 pm**, at the Administrative Offices Building .

The **Rockfish One-Stop Site** will vote through Friday, May 2nd, 2014 from **8:00 am until 8:00 pm**; and on Saturday, May 3rd, 2014 from **8:00 am until 1:00 pm** at the Rockfish Community Building at 2749 Lindsay Road in Rockfish) Raeford.



Fallen Heroes (continued)

Chief Pleasant Clay Oakes Raeford Police Department

End of Watch: August 31, 1912

Chief Pleasant Clay Oakes of Raeford Police Department was shot and killed by a man who was angry for the chief arresting him a few days earlier for public drunkenness.

The suspect was convicted of second-degree murder and sentenced to 20 years in prison. On December of 1914, he escaped from the Caledonia Prison Farm in Halifax County. He went to Sylacauga, Alabama, where under an assumed name he became very prosperous in a lumber business. In November of 1928, he was recaptured in Sylacauga after someone recognized him and reported it to the police. He was returned to North Carolina and ordered to serve the remainder of his sentence.

Chief Oakes was 49 years old at the time of his death.

Patrolman Albert Howell Raeford Police Department

End of Watch: September 14, 1940

Patrolman Albert Howell suffered a fatal heart attack after being in a foot

pursuit through the city's cemetery. He began to feel ill shortly after the pursuit. He went home where he suffered a fatal heart attack the following morning.

Patrolman Howell was 37 years old and had served with the Raeford Police Department for 12 years. He was survived by his wife, daughter, mother, and ten siblings.

Trooper William T. Herbin NC Highway Patrol

End of Watch: August 31, 1964

Trooper Herbin pulled over a vehicle occupied by four men twelve miles north of Raeford on U.S. 401 (property now occupied by the New Cape Fear Valley Hospital). The driver resisted when Trooper Herbin attempted to arrest him for driving under the influence and

not having a driver's license. A fight resulted with the driver and one or more of the three other occupants. Trooper Herbin was severely beaten; relieved of his service revolver and shot three times in the head.

All four suspects were arrested the same day. The driver and one of the suspects were convicted of first degree murder and sentenced to life in prison on December 12, 1964. On June 3, 1965, the North Carolina State Supreme Court ordered the release of one of the suspects, stating that evidence against him was insufficient to convict him. The other suspect was paroled on January 3, 1984.

Trooper Herbin had served the North Carolina Highway Patrol for 14 years. He was survived by his wife and thirteen year old daughter.

Detective Charles Harris Southern Pines Police Department

End of Watch: April 4, 1991

Detective Charles Harris was shot and killed in his Hoke County home by several drug dealers in a case of retaliation after he arrested them.

The Eight conspirators discovered where he lived, went to his home located in Hoke County, and shot him as he answered the door. His wife was also shot and wounded.

Eight subjects were arrested in connection with his murder. The man who shot him was convicted of first degree murder and sentenced to life plus 60 years in prison. The seven other defendants were sentenced to lengthy prison terms for their participation in his murder.

Detective Harris had served in law enforcement for 20 years. He had served with the Hoke County Sheriff's Office for 18 years before joining the Southern Pines Police Department. He was well known in Hoke, Moore and surrounding counties for his work battling illegal narcotics. He was 45 years old. He was survived by his wife and three children.





A Tea For Mom

Sponsored by the Hoke County Health Department, "A Tea For Mom" will be hosted in the

health department's class room on April 29th at 2PM. This event is free! All mothers are invited!

Please RSVP Cornelia Murchison @ (910) 875-3717 Ext: 2104, by April 24th.

Postpartum Newborn Home Visits

The postpartum newborn home visit is a service for new moms and their babies. A Health Department nurse will provide this visit to eligible families.

The visit is covered by some Medicaid insurance plans. Ask your doctor to make a referral or write an order for a visit.

In the first few days after you and your baby leave the hospital, many changes take place. During the postpartum newborn home visit the nurse will come to your home to

make sure you and your baby are doing well.

Someone will contact you or a relative to schedule a time for the nurse to visit you in your home. The nurse will usually spend 1-2 hours with you and your baby.

What Will the Nurse Do?

- Ask questions about your health and your baby's health
- Weigh your baby
- Do a physical exam of your baby
- Check your blood pressure

Do a partial physical exam on you, if needed

Help you get health care providers' appointments for you and your baby

Help you with breast-feeding, if needed

Give you a method of birth control, such as condoms, if needed

Talk with you about other community resources you may find helpful such as

WIC, BabyNet, and reading programs

Answer your questions



Alisha Tramble, RN, BSN

Hoke County WIC Department is Switching to Crossroads! June 9th-July 9th

Crossroads will allow your local WIC Program to better serve you. However, for a week or so before the change to Crossroads, your WIC clinic may be closed or working with a limited staff. You will still get your WIC benefits. Look for posters in your WIC clinic or ask the WIC staff to find out when they will start using Crossroads.

You might ask why WIC is

making the change. There are many benefits for you:

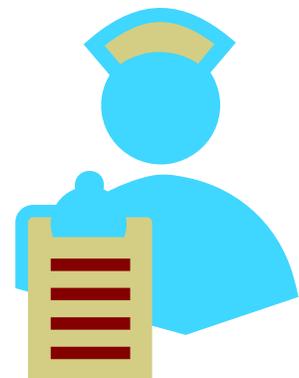
- Easier scheduling
- Quicker food instrument pick-up
- Fewer questions at check-in
- Quicker in-state transfers
- Food packages meet family needs

As we make the change, we are asking for your help.

Please be understanding...WIC staff will be busier for a few months.

Please be flexible... WIC staff will need more time for your first appointment after Crossroads starts.

Please be patient... WIC staff are learning the new computer system and want to give you the best service possible.





What's Going on!!!

We are happy to announce that Senior Services has purchased a pool table for our seniors. Our male seniors are so excited about it.

Bingo is played every Monday starting at 12:30. Everyone age 55 and above are welcome to participate.

We also have Bible Class every Wednesday from 1:00 to 2:00 in the Senior Room.

Please come out and enjoy activities with us!

Affordable Care Act

A Representative from the Senator's office came out to speak with a few of our seniors about the Affordable Care Act, in the Senior Room. She was very

informative. She also left some brochures and business cards at Senior Services. If you desire any information about the Affordable Care Act, you

can come to Senior Services and pick up some brochures which will help you with your insurance choice.



Helping Corner

This will be a donation area for needed items for our seniors. Examples include plastic to cover windows for winter, wood for stoves, help with paint-

ing, raking leaves, companionship for meals-on-wheels seniors, etc. if you are able to donate any of these items, your time, or anything you feel would

be helpful for our seniors. Please call the office at 875-8588. This will be an ongoing service so we can receive donations any-time.

March is National Women's Health Month!

Women have unique health issues. And some of the health issues that affect both men and women can affect women differently.

Some issues are:

Sexually Transmitted Diseases & Sexually Transmitted Infections

The effect of STDs/STIs on women can be more serious than on men. Untreated STDs/STIs cause infertility in at least 24,000 women each year in the

United States. STDs/STIs often go un-treated in women because symptoms are less obvious than in men or are more likely to be confused with another less serious condition, such as a yeast infection.

Heart Disease

Heart disease is the leading cause of death for women in the United States. Although heart disease is also the leading cause of death for men in the United States,

women are more likely to die following a heart attack than men are. In addition, women are more likely than men are to experience delays in emergency care and to have treatment to control their cholesterol levels.

Mental Health

Women are more likely to show signs of depression and anxiety than men are. Depression is the most common women's mental

health problem, 5 and more women than men are diagnosed with depression each year.

Osteoarthritis

Osteoarthritis is the most common form of arthritis. It causes joint pain, stiffness, and swelling. Arthritis is the leading cause of physical disability in the United States. The condition affects almost 27 million people, and affects more women than men.

Senior Games

It's that time of the year again: Time for the seniors to show off their talents at the Senior Games.

The 21st Annual Regional Senior Games will be held on April 24—May 8, 2014. We hope that you

have registered for it already.

Please come out and participate in as many events as possible. If you were not able to register, please come out and support the seniors as they exercise their talents.

For more information contact: Lumber River Council of Governments Kristen Elk Maynor, Local Games Coordinator at 910-618-5533.



March Events



The seniors went to see the movie SON OF GOD on March 7, 2014. They really enjoyed the movie.

March 28th was a very full day for our seniors. The seniors had their monthly dinner where we watched a slide show of past events. All the Nutrition Sites were at the

Raeford Site where they enjoyed fellowshiping with one another. After the Senior Dinner was over, they watched a movie and had popcorn. The movie was very good and the seniors enjoyed it.

Later on that evening 20 of our seniors went to the

2nd Annual Hoke County Sheriff's Office Law Enforcement Awards Banquet at the M. Rouse, Jr. Community Resource Center. That was the culmination of a wonderful fun-filled day for our seniors which they thoroughly enjoyed.

Enjoying the Sheriff Office Law Enforcement Awards Banquet



Hacked! Now What?

From the Hoke County IT Department

Maybe you opened an e-mail attachment you shouldn't have and now your computer has slowed to a crawl and other strange things are happening. Or perhaps you're running an out-of-date, or unpatched, operating system software and have started to see "antivirus warnings." Perhaps your bank called, informing you that there has been some unusual activity on your account. Your friends and family may start complaining about spam messages they are purportedly receiving from you. These are all signs that your computer may have been hacked.

If your computer system has indeed been compromised and infected with a virus or other malware, you need to take action to protect your data and prevent your computer from being used to attack others.

Secure Your Computer

Ensure your computer is current with all available

patches, fixes, and upgrades. If you do not have your operating system set to automatically update, do so now by visiting your operating system's website and following the instructions. Links are provided here for [Windows](#) users and [Mac](#) users. **(In addition, note that support for Windows XP ends effective April 8, 2014. The end of support for Windows XP means that Microsoft will no longer provide new security updates and will therefore become a significant security risk. It is recommended that anyone using Windows XP migrates to products that are supported, such as Windows Vista, Windows 7 or 8.)**

Your computer's security software should also be up-to-date. To check status, click on the icon for the security program on your system. If an update is needed, it will be indicated here. If you don't have security software installed, you need to get it. Make sure you have anti-virus and anti-spyware software installed and a firewall en-

abled.

Confirm that your browsers are up-to-date. Tools such as [Qualys Browser-Check](#) or [WhatBrowser](#) can help assess status.

Secure Your Accounts

You probably access numerous online accounts, including social media, banking, news sites, shopping, and others. If you've been hacked, there is a chance that important passwords have been stolen. Reset your passwords for your critical accounts first, starting with your email account, followed by financial and other critical accounts. It is important to start with email accounts, since password resets for all of your other accounts are typically sent to your email.

Use separate and unique 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. If you are unable to log into one of your ac-

counts, contact the service provider or website immediately. Most online providers include an online form, an email address to contact, or a phone number to call.

Secure Your Mobile Devices

Our increased reliance on smart devices—including mobile phones and tablets—for everyday activities has resulted in an increased number of hacking attempts against these devices. As we do with our personal computers, we have to ensure that the proper steps are taken to protect our information and devices. This includes installing security software, where available, and keeping all installed software up-to-date.

For More Information

[Your Email's Been Hacked! Now What?](#)

[You Got Hacked! What Now?](#)

[You've been hacked! Now What?](#)

