Hoke County's newspaper since 1905

RAEFORD & HOKE COUNTY N.C.

Wednesday, January 23, 2013

Raeford man killed on Bragg identified

By Catharine Shepard Staff Writer

No. 46 Vol. 107

A man from Raeford was killed on Fort Bragg last week in a traffic accident involving an armored military vehicle.

The man, whose name has not been released by the Army Crimi-

nal Investigations Command, was pronounced dead at the scene January 16 when the passenger car he was riding in struck a Caiman Mine Resistant Ambush Protected (MRAP) vehicle on Chicken Road around 5 p.m. A passenger in the civilian vehicle was not seriously injured, military officials said in a

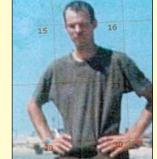
statement.

The News-Journal received a phone call from a man in Idaho who said he is the deceased man's twin brother. The deceased man's name was Kurt J. Mills, 56, of Raeford, Kent Mills reported. Kurt Mills was an Army veteran who served in Germany and had lived

in Raeford for about 10 years, his brother said.

The woman in the vehicle was Mills' longtime girlfriend, the family said. Mills' family is questioning the cause of the wreck and said they have not received much information from the military about what

(See KILLED, page 6A)



75¢

Kurt Mills



William Maness, 9, packs a box of soup and supplies to be donated to people in need. Maness was one of several young people who volunteered Monday at the Hoke County Public Library and other locations around the county in honor of Martin Luther King Ir. Day.

King honored with day of service

By Catharin Shepard Staff writer

Caleb Debouse, 14, held his arms up and carefully rotated them, demonstrating for the senior citizens at Autumn Care Nursing Home how to work their muscles. Following his lead, they stretched out their own arms, smiling and shaking their orange pom-poms.

Helping seniors get a gentle workout was Debouse's way of

giving back on the national day of service Monday in honor of the life and legacy of civil rights leader Dr. Martin Luther King Jr. Debouse was one of several young people who joined family members and nonprofit groups in the day of service planned by Martha Beatty and Tyshica Smith of Community Outreach Advocates.

Debouse had some prior experience in working with senior citizens and enjoyed helping them.

"When my aunt was sick, I used to

help her with her exercises," he said.

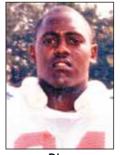
While Debouse helped the seniors get their workout, East Hoke Middle School student Shawna Rattler, 13, visited with other residents at Autumn Care to read to them. Both teens with Abundant Life Ministries also dropped by the Hoke County Public Library beforehand to help pack boxes of soup to give to those in need.

About 25 people turned out to the (See KING, page 6A)













Second round of Hall of Fame inductees named

By Catharin Shepard Staff writer

The second class of athletes and athletic supporters soon to be inducted into the Hoke County High School Athletics Hall of Fame will include the director of Parks and Recreation, a longtime coach and teach-

er, a football star and more. The Hall of Fame Committee announced last week that Elgin Blue, Billy Colston, Sakellie Daniels, Micheaux Hollingsworth, John Roper and George Small will join the Hall of Fame in recognition of their excellence in sports

and the work they have done to help others excel.

The new members will join last year's inaugural inductees Raz Autry, Gilbert "Gil" McGregor, Terrell McIntyre, Kathy McMillan and John Pecora in the Hoke County High School Athletics Hall of Fame during a special ceremony February 1 during the home basketball game at Hoke County High School. The inductees will also enjoy a Hall of Fame banquet dinner in the Gibson Cafeteria beginning at 5:30 p.m. Each honoree will be allowed to speak at (See INDUCTED, page 4A)

Those gunshots you heard were from officers in training

By Catharin Shepard Staff writer

Even though licensed nurse practitioner Lori Thompson knew the gunfire blasting through Cape Fear Valley Family Medical Center was only noise from an airsoft gun and the screaming intruders were really sheriff's office deputies in disguise, the mock "active shooter" training scenario held Friday

at the local medical office was still frightening.

"It was...it was...scary," she said, just moments after escaping the building with other "hostages." "They came in and said get down, get down, and fired two shots."

Thompson was one of about 20 Cape Fear Valley Family Medical Center employees who played the victims in the training scenario Friday at

the clinic on Main Street in Raeford. The joint training session between the Hoke County Sheriff's Office, Raeford Police Department and the State Highway Patrol gave the officers the chance to experience responding to an "active shooter" situation, the kind of attack on civilians seen in recent months and years in schools, movie theaters, hospitals and other

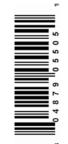
(See TRAINING, page 4A)



Officers prepared to enter the Cape Fear Medical Center.

This Week

Calendar	2B
Classifieds	
Deaths	3A
Editorials	2A
Legals	3B
Sports	5A
Worship	2B



By Ken MacDonald

At lunch last week in a school cafeteria, a sixth-grade boy leaned over to be heard against the din and asked, "Do you pray before you eat?"

Wanting to be honest, and to abide even a most personal question, I answered, "Usually, but I don't close my eyes."

He pondered it, and I thought we were about to get into a First Amendment discussion. "Yeah," he said with a look of understanding

on his face. "Someone might take your food." A discussion about the Bill of Rights would be a welcome reprieve, however, from the

constant and shallow pontification you get subjected to on Facebook these days, particularly now on the Second Amendment.

"We don't blame cars for drunk drivers!" one obnoxious post reads, "why blame guns for violent people?"

Huh? You're saying we shouldn't regulate guns because we don't regulate cars? Right.

I understand that it feels good to reduce complex issues to a Facebook slogan or t-shirt or bumper sticker, but I'm beginning to think this level of thinking is the greatest peril our country faces.

I think we're making a tactical mistake by (See OTHER STUFF, page 4A)

Man charged with fraud

A Hoke County man was arrested last week on charges related to a motor vehicle breaking and entering case that was first reported in October 2012.

Deputies with the Hoke County Sheriff's Office arrested Danny Kion Gillespie, 22, of the 100 block of Ellicott Court in Raeford on charges of two counts of felony breaking and entering into a motor vehicle and one count each of felony financial transaction



felony financial card fraud, felony obtaining property by false

card theft,

Gillespie pretense and misdemeanor larceny.

Kellea Mozley reported in October 2012 that two of her motor vehicles were broken into while parked at her residence. Mozley told

(See FRAUD, page 6A)

January 23, 2013

TODAY'S HOMEWORK (Notes on Education) "The children are onto this game. They know that if we really val ued schooling, we'd pay teachers what we pay stockbrokers; if we valued books, we'd spend a little something on the libraries so that adults could read, too; if we valued citizenship, we'd give national service and civic education more than pilot status; if we valued children, we wouldn't let them be abused, manipulated, impoverished, and killed in their beds by gang-war cross fire and stray bullets. Schools can and should lead, but when they confront a society that in every instance tells a story exactly opposite to the one they are supposed to be teaching, their job becomes impossible. When the society undoes each workday what the school tries to do each school day, schooling can't make much of a difference." —Benjamin Barber, "America Skips School "There has never in the history of the civilized world been a cohort of kids that is so little affected by adult guidance and so attuned to a peer world. We have removed grown-up wisdom and allowed them to drift into a self-constructed, highly relativistic world of friendship and peers." - William Damon, Stanford University Center on Adolescence

Hoke too facing a big problem

There is currently an initiative taking place in Hoke County to raise awareness of the epidemic of obesity that we have in the county and the country. Yes, I said epidemic, and although I am a little too lazy to split hairs or present documentation on everything that I write, you can believe that we have a big problem. As additional evidence, I have definitely noticed that the frogs on the pond are not getting the height on their jumps that they previously did, and there has been an increase in the need for knee replacements in the frog population. As for us humans, a Hoke collaborative has been assembled in conjunction with the Hoke Community Foundation and area medical providers to educate the public and help guide people toward solutions to this problem.

Obesity is an unpleasant term that most of us would rather not use. We prefer to think of our friends and neighbors as merely overweight or pleasantly plump. In truth, it only takes a weight of 20 percent above the recognized normal to be considered clini-



of percentages, this amounts to only 20 pounds for every 100 pounds of normal weight. Looking around at the local population with this in mind will give you a pretty good idea of the scope of the problem. While you might consider an overweight person unattractive and think that they are simply irresponsible, it is more complicated than that. Bad eating habits and lack of exercise are not the only causes of this problem. There are many complex causes. Even worse are the associated health issues that go hand in hand with obesity. Eight of 10 cases of Type 2 diabetes are associated with excessive weight. The risk of heart attack also goes up. Amazingly, for every two pounds of additional weight, the chance of developing arthritis increases around 10 percent. There is a long list cally overweight, and obesity of other health problems that and dismissive of those who does not take much more. For are associated with excessive are overweight and a little more you who have forgotten the math weight. In case you think I'm supportive.

just making this stuff up, or you want to learn a little more about it, you can check out obesityinamerica.org or other sources on the internet.

So, we have this epidemic and people are reducing the quality of their lives. How does that affect me here in Frog Holler? It has not caused me to go into depression, go on an eating binge and personally add to the problem, but it is causing a huge increase in the amount of health care resources needed to combat the effects of this epidemic. There is a direct relationship between the weight of the population and our health care needs. If you have been paying attention to the health care debate, it is obvious that we cannot afford to pay for more and more health care, especially when it is preventable.

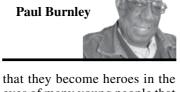
What can we do about all this? We can educate ourselves on the subject and spread the word to our friends and families that this is a serious problem with multiple causes leading to serious health problems. We can be a little less judgmental

Guns aren't the problem, people are

The top stories on TV and in other news outlets are about guns and the episodes of violence that have happened recently. On the one side, there are those who say. "There should be a ban on the sale of guns or certain types of guns." On the other side, there are those who say, "I am going to go and buy a gun to protect myself because of this violence." Guns and the sale of guns are not the problem; it is the attitude as well as the examples of the way people react and settle their disputes and frustrations today.

I can remember when I was a child. Being raised in a poor and rough part of the city, I faced a number of problems with other boys in the neighborhood. There were times I came home with a bloody nose. But the next day I was again playing with the same person or persons that I had fought. There was never any thought of retaliation. Today, things are much different. In movies, on TV, and in video games and other forms of what is to be entertainment, we are taught to get even. Revenge is the answer. I must make you pay for what you did to me.

In the last 50 years, the attitudes of people have been changed and have been influenced by what we see and hear from the news media. At times, these incidents of violence are glorified by the media. Many who perpetrate these acts of violence are publicized so much



eyes of many young people that are looking for their 15 minutes of fame. Some of them intend to give up their lives for this attention. This is why they have such little regard for the lives that they take.

Taking away the guns will not change the attitudes of these types of people. I do agree the automatic weapons should not be sold to the general public, but the majority of deaths by gunfire are committed with handguns. In our inner cities, hundreds of deaths are reported each year, all of which are committed with handguns. A ban on automatic weapons would not have any effect on these crimes. Until the attitude of the public changes, you will not change this situation.

This obsession with guns started at the outset of this country and will not be changed overnight. Guns have been ingrained in our lives for hundreds of years. In our history books, novels, movies and all forms of entertainment, the "gunslinger" has been glorified. The fastest gun was always the winner. It did not matter who was right, it was the fastest gun that won. We were taught this is the way to settle misunderstandings.

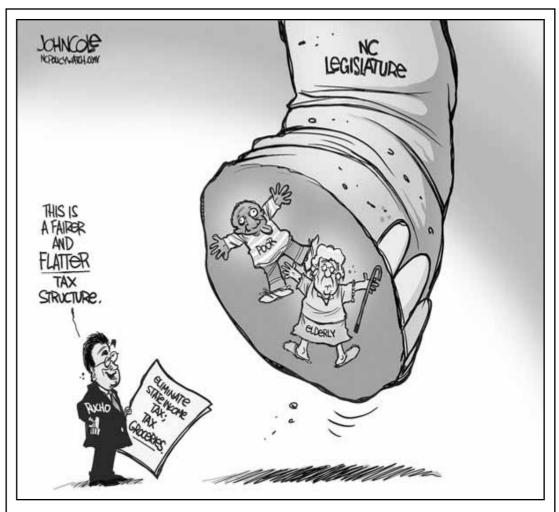
This attitude has carried over to everything from "road rage" to "romantic arguments" to "misunderstanding of minor disagreements." They are now resolved by gunfire, because this is what we have seen and heard from the media. Many of us are not aware of the strong influence of the TV shows and movies that are shown. In movies of the old west, the hero had the fastest gun. In movies of the "roaring twenties," gangsters solved all problems with guns. Some feel this is the way to solve today's problems.

I do agree that guns should not be so available to the public, but until the attitude of the public concerning this matter changes, we will have these problems. Guns to those that are mentally ill is not the problem. The majority of the gang murders and drive-bys in our cities are not done by the mentally ill. They are done by those who have the attitude that this is the way matters were handled before and so

is the right way now. This attitude has been demonstrated to us in books, movies and in all forms of print and voice media for over a hundred years. It can be changed, but it is going to take time and education of the public.

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Submit letters to the editor online: Look for heading "Send Us Stuff" at www.thenews-journal.com



Berger isn't deviating from radical approach

By Chris Fitzsimon N.C. Policy Watch

Senate President Pro Tem Phil Berger met with members of the media Wednesday to discuss the upcoming legislative session and his remarks and answers to questions about what to expect this year had a bit of an odd ring to them.

Berger predictably trotted out many of the usual right-wing talking points about taxes, education, and the state budget. And though some of the details were different, most notably plans for radical tax reform, it was in many ways an appearance that was reminiscent of last session, when Berger and House Speaker Thom Tillis ruled the Republican roost and constantly battled and often belittled Democratic Governor Beverly Perdue.

Republican Pat McCrory is

incumbent state senator with no serious opposition.

Berger's appearance felt like not only a preview of the session but a reminder of his importance and ambition, an indication that he is bound and determined to be a powerful figure, whether there is a Republican governor or not.

From a policy standpoint, Berger's agenda was more disturbing news for people hoping that maybe the election of a governor who ran Charlotte as a moderate Republican mayor for 14 years would trim the tea party sails of the legislative leaders.

Instead Berger hit most of the radical talking points, including a discussion of tax reform that would abolish the corporate and personal income taxes and partially replace the revenue with a higher sales tax on more things, including food.

Think about that for a mo-

port for an unnecessary and disenfranchising mandatory government-issued photo ID requirement to vote, though he wasn't clear if he would support funding an effort to make sure that the hundreds of thousands of people without photo IDs could obtain one.

Berger offered a few misleading talking points about unemployment benefits in support of the N.C Chamber's plan to make unemployed workers suffer to pay for a series of unwise business tax cuts that forced the state to borrow money from the federal government to pay benefits when the Great Recession hit.

And of course, Berger expects no action on any proposal to tighten North Carolina's gun laws in the wake of the Newtown, Connecticut murder of elementary school children and school staffers.

'Think about that for a moment. The tax plan of Berger's top lieutenant, Senator Bob Rucho, would force poor families to pay state sales tax on food to help eliminate the income taxes on corporations and wealthy individuals.'

governor now, the titular head of the Republican Party in North Carolina, and the man who will most likely drive his party's agenda for the next four years.

But McCrory's name barely came up in Berger's news conference. In fact, he mentioned U.S. Senator Kay Hagan more times than he mentioned Mc-Crory, criticizing her for not persuading the Senate to give North Carolina a way to slash unemployment benefits for some laid off workers without losing a federal extension of the benefits for others.

Berger then deflected questions about rumors of his plans to challenge Hagan when she seeks re-election in 2014, saying that he has been approached about running but at this point is a candidate for no other office. He wasn't asked about his 16-minute-long political bio-pic produced last year, likely the first one ever produced for an

ment. The tax plan of Berger's top lieutenant, Senator Bob Rucho, would force poor families to pay state sales tax on food to help eliminate the income taxes on corporations and wealthy individuals.

Berger took the tea party line on the Affordable Care Act, saying there's not support among Senate Republicans for expanding Medicaid, even though it would provide health care coverage for more than 500,000 low-income North Carolinians with the federal government picking up the entire cost for the first three years and more than 90 percent after that.

Berger didn't attend a bizarre "nullification" rally held by tea partiers last week outside the Legislative Building and dutifully covered by Raleigh's leading right-wing think tank, but he didn't have to. He already shares their views.

He also restated his sup-

This is the General Assembly after all that voted last session to allow concealed weapons in parks and playgrounds and seriously considered allowing bar and restaurant patrons to carry hidden and loaded weapons.

Finally, Berger said he hoped the state budget would be smaller this year than last year, when it was balanced with massive cuts to education, human services and environmental protections.

The first step in the budget process is a presentation of a spending plan by the politician living in the governor's mansion now, the governor that it's not clear Berger wants to talk about very much.

That was the inescapable conclusion from Berger's media appearance this week. The Senate President Pro Tem clearly won't be giving up the tea party mantle or the limelight any time soon if he has anything to say about it.

The News-Journal

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Obituaries



Mary N. Creech

Mary N. Creech

Mary Nobles Creech of 3697 Red Springs Road died Monday, January 21, 2013 in her home at the age of 85.

She was born in Columbus County on October 4, 1927 to the late Willie Lee and Minnie Lee Nobles. She was preceded in death by her husband, Samuel L. Creech.

She was a member of the Raeford Evangelical Methodist Church and also attended Hillcrest Baptist Church where she was active in the Ladies Missions group for 10 years prior to her death. She was also a member of the Woodmen of the World and the Home Extension Club in Raeford. She was a very loving woman who enjoyed caring and talking with others and tending to their needs. She also enjoyed and was dedicated to selling Stanley Home **Products**

Survivors include her sons, Larry Creech and wife Kay of Wilmington, Greg Creech and wife Susan of Red Springs, and Chris Creech and wife Angie of Mooresville; her daughter, Barbara Lippard and husband Dickie of Raeford; her brother, Onzie Nobles and wife Thelma of Chadbourn; her sisters, Sarah Robinson of Whiteville, Emma Lee Edwards of Chadbourn, Sadie Hammonds of Chadbourn, and Martha Duncan and husband Grady of Chadbourn; 10 grandchildren, Tim, Kristi, Marianne, Scott, Amy, Katie, Emily, Megan, Alana, and Samuel; eight great-grandchildren; a greatgreat-grandson; four brothersin-law, James Creech of Loris, South Carolina, Charles Creech of Lumberton, John Creech of Red Springs, and Bobby Creech of Red Springs; two sisters-in-law, Frances Ray of Red Springs, and

Arabia Food Mart.

Eunice Nobles of Hallsboro; and many nieces and nephews.

Visitation will be held Wednesday, January 23from 6-8 p.m. at Crumpler Funeral Home, 220 E. 4th Ave, Red Springs.

The funeral will be held at 2 p.m. Thursday, January 24at Crumpler Funeral Home Chapel with the Rev. David Walters Jr. and the Rev. Barren Nobles officiating. Burial will be in the Alloway Cemetery.

Online condolences may be made at www.crumplerfuneralhome.com.

Isabell T. Bratcher

Isabell T. Bratcher, 80, of Raeford died Tuesday, January

Survivors include her daughters, Mary McLaurin and Debbie Miller; sons, Calvin Headen, Michael Edward, Ricky and Christopher; 12 grandchildren; 26 great-grandchildren; and a greatgreat-grandchild.

The funeral was held at 1 p.m. Saturday, January 19 in Freedom Chapel Church cemetery.

Ruth B. Zeigler

Ruth B. Zeigler, 83, of 589 Gatlin Farm Road died Friday, January 11, 2013.

Survivors include her daughters, Brenda Forbes and Patricia; sisters, Josephine Miller and Elsie Bowen; a brother, Ernest Barron; six grandchildren; and greatgrandchildren.

The funeral was held at 1 p.m. Friday, January 18 in St. Andrew Holiness Church.

Louis F. Lawson

Louis Franklin Lawson of 121 South College Street, Red Springs, died Thursday, January 17, 2013 in Woodhaven Nursing Home at the age of 78.

He was born in Robeson County on September 2, 1934 to the late Stephen Lawson and Dula Britt Lawson. He was preceded in death by his wife, Lula Mae Lawson. He was a member of Westside Baptist Church.

Survivors include his son, Lewis "Teddy" Lawson and wife Saundra of Lilesville; his daughter, Debra L. Osborne and husband Wayne of Red Springs; four grandchildren, Christina Sessoms and husband Timmy, Denise Smith and husband Ashley, Keisha Walker and husband Brian, and Charity Cooke and husband Keith; and great-grandchildren, Ryan Smith, Hannah Sessoms, Olivia

Recent cases heard in Hoke

County Criminal District Court,

Judge Regina M. Joe presiding on

• Marquita Danielle Abbott, 28,

215 Starlight Drive, Raeford, driving

while license revoked, 45 days in jail,

to be served concurrently with any

2066 Lothbury Drive, Fayetteville,

improper equipment-speedometer,

5726 Aftonshire Drive, Fayetteville,

improper equipment-speedometer,

Eureka Ave., Fayetteville, misde-

meanor larceny, 11 days in jail, credit

for 11 days served; receiving stolen

goods/property, voluntary dismissal

ingbird Hill, Raeford, possession

of open container or consuming

alcoholin passenger area, court costs

Hosta Drive, Raeford, improper

equipment-speedometer, \$75 fine

2705 Turnpike Road, Raeford,

improper equipment-speedometer,

Hendryx Road, Red Springs, im-

proper equipment-speedometer, \$25

Pungo Place, Fayetteville, improper

equipment-speedometer, \$75 fine

and court costs; driving while license

1214SouthwoodDrive, Fayetteville,

improper equipment-speedometer,

Amanda Circle, Fayetteville, driving

while license revoked, prayer for

Correction

DavidEllsworthThompson,44,

Andrew Jovon Walls, 34, 6530

An obituary in last week's

edition of The News-Journal

included a photo of the wrong per-

son. The photo was of Buck Batton

but was incorrectly included with

the obituary of Roger Apthorp.

revoked, voluntary dismissal

\$75 fine and court costs

\$25 fine and court costs

fine and court costs

and court costs

Aaron Robert Harper, 25, 124

• Jessica Lawing Hendrix, 24,

• Whitney Sierra Hunt, 22, 41

John Nathan Martinez, 35, 508

•Emanuel Dotch, 33,900 Mock-

• Lejaune Jermaine Bowens, 31,

• Lisa Michelle Darden, 45,

William Edward Davis, 1664

other sentence now serving

\$25 fine and court costs

\$75 fine and court costs

both days listed:

Jan. 15

Sessoms, Kasey Smith, Madison Walker, Makayla Cooke, and Ad-

dison Cooke. The funeral was held at 3 p.m. ing. Burial was in the Alloway

judgment, court costs

• Jeffrey McCoy Walters, 50, 936 Reed St., Raeford, driving while impaired, Level 2, one year suspended, 18 months probation, court costs, surrender operator's license, not to operate a motor vehicle until properly licensed, not to use, consume or possess any illegal drugs or alcoholic beverages, submit to random tests for same

 Antwain Deval Williams, 42, 838 Schley Drive, Fayetteville, speeding 64 miles per hour in a 55mph zone, \$150 fine and court costs

• Jermaine Verante Wright, 36, 288 Twin Creeks Drive, Raeford, driving while license revoked, seven days suspended, 12 months unsupervised probation, court costs

Jan. 17

• Charles Howard Branch Jr., 72, 416 Scott Currie Road, Raeford, improper equipment-speedometer, \$15 fine and court costs

• Norman Ray Bullard, 44, 129 Darrell Drive, Pembroke, driving while license revoked, 45 days in jail, credit for 45 days served

 Herbert Leon Corbin, 49, 4614 Bud Geddie Road, Wade, speeding 64 miles per hour in a 55-mph zone, \$100 fine and court costs

• Steven Douglas Dye, 25, 593 Thomas Drive, Raeford, improper equipment-speedometer, \$100 fine and court costs

• Katrina Stuart Fletcher, 31, 1953 Sandhills Game Management Road, Ellerbe, improper equipment-speedometer, \$50 fine

District Court

and court costs leaf Pine Drive, Raeford, driving while impaired, Level 5, 60 days suspended, 12 months unsupervised probation, court costs, community service fee, surrender operator's license, not to operate a motor vehicle

Sunday, January 20 at Westside

• Matthew Carl Graves, 29, 113 Chapel Groves Place, Aberdeen, improper equipment-speedometer,

 Maria Isabel Humphrey, 44, 2825 Old Pink Hill Road, Deep Run, improper equipment-speedometer, \$15 fine and court costs

• Karen Easley Lambert, 54, \$50 fine and court costs

 Damion Christopher Lewis, 27, 5644 Arabia Road, Lumber Bridge, failure to stop at stop sign/flashing red light, \$25 fine and court costs

\$15 fine and court costs

• Toni Rachelle Rheames, 46, 2610 Wingate Road, Fayetteville, improper equipment-speedometer, \$25 fine and court costs

 Seth Davidson Sanders, 22, 301 Harris Ave., Raeford, operating motor vehicle with no insurance, driving while license revoked, speeding 70 miles per hour in a 55-mph zone, 21 days suspended, 12 months probation, court costs, not to oper-

Baptist Church, Red Springs, with Pastor Randy Locklear officiat-

Cemetery.

Online condolences may be made at www.crumplerfuneral-

• Jessica D. Gay, 27, 216 Longuntil properly licensed, not to use or consume illegal drugs or alcohol

\$25 fine and court costs

90 Bridle Path Circle, Pinehurst, improper equipment-speedometer,

 Willie Junior McCaskill II, 40, 5673 Turnpike Road, Raeford, improper equipment-speedometer,

ate a motor vehicle until properly licensed, not to use or possess any illegal drugs, submit to warrantless searches, random tests for same,

judgments consolidated • William Gage Sessoms, 17, 5106 Sequoia Road, Fayetteville, speeding 64 miles per hour in a 55-mph zone, \$100 fine and court costs; reckless driving to endanger,

voluntary dismissal • Ryan Coty Simmons, 21, 7118 Red Springs Road, Red Springs, improper equipmentspeedometer, \$150 fine and court costs; cancelled, revoked or suspended certificate or tag, voluntary dismissal

• James Hyson Sims III, 37, 4281 High Stakes Circle, Parkton, improper equipment-speedometer,

\$25 fine and court costs • Vivian Miller Walker, 58, 292 Filly Lane, Raeford, improper equipment-speedometer, \$25 fine

and court costs • Michael Leon Wall, 32, 1183 W. New York Ave., Southern Pines, improper equipment-speedometer, \$100 fine and court costs

• Murino Woods, 63, 572 T.C. Jones Road, Raeford, driving while impaired, Level 2, one year suspended, 12 months probation, court costs, jail fee, surrender operator's license, not to operate a motor vehicle until properly licensed, not to use, consume or possess any illegal drugs or alcoholic beverages, submit to warrantless searches, random tests

Police Blotter

Raeford Police reported the North Carolina following incidents:

January 16

Breaking and entering, 100 block of Chilton Drive, victim **Countryside Apartments**

January 20

* Great Gospel Music

Simple physical assault, 600 block of Laurinburg Road, victim Courtney Virgil. Victim declined to press charges.

Disorderly conduct, parking lot of Buck Town Lounge on Harris Avenue, victim State of

Communicating threats, 600

block of Laurinburg Road, victim Erica Yvonne McKenzie Breaking or entering a vehicle,

larceny, 100 block of Yadkin Trail, victim Patricia Watkins

Simple affray, 1300 block of Fulton Street, victim State of North Carolina. Victims declined to press charges after getting into a fight in public.

January 21

Damage to personal property, damage to real property, first degree trespassing, breaking and entering, 200 block of Aberdeen Road, victims Mary Holmes and Byrd's Alignment and Storage. Police reported 19 storage units were broken into at the storage facility on Aberdeen Road. Further investigation is ongoing.

Meet the teachers at Hoke High

Parents are invited to come out to meet students' teachers for the Spring Semester at Hoke County High School on Thursday, January 24 from 5-7 p.m. Teachers will be in place to speak with parents, to confirm contact information and to give a three-week progress

report from each class to parents. Parents are asked to write down the room number for each teacher you will be visiting. The school system will not print student schedules for this event since all students already have their schedules.

The Family of Carolyn Juanita Baker (1959-2012)

wishes to thank family, friends, extended family, and the entire community for all of the love and support shown during this difficult time. The outpouring of love and support shown during the illness and recent death of Carolyn has been truly appreciated. Thank you so much and we hope that God will continue to keep you and bless you and your families.

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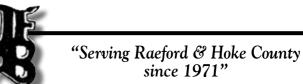
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(Continued from page 1A) public locations. It also gave the Cape Fear Valley employees the opportunity to practice their own emergency action plans, meant to protect patients and staff at the

medical facility. The training session was very realistic, the Cape Fear Valley employees reported.

"The wheels start turning, what can you do next?" Thompson said. Hoke County law enforcement agencies know they have to be prepared to handle anythingeven worst-case scenarios that everyone hopes will never happen.

"We are that fine blue line that protects Hoke County,' Emergency Management Director Maj. Freddy Johnson told the group of officers as they gathered for a briefing before the training session.

The training was one of three such sessions required annually by North Carolina Emergency Management. This particular training scenario was planned long before the recent school shooting in Newtown, Connecticut, which has since spurred heated national debates over school safety, mental health programs and gun control. The training scenario's purpose was to help officials examine the response

Inducted

(Continued from page 1A)

the dinner, which is open to the

public on a first-come, first-served

each and are available at the Hoke

High main office and at The News-

Journal. For more information,

contact Hoke High Athletic Direc-

tor Gary Brigman at 286-2346 or

The inductees are as follows:

A 1985 graduate of Hoke County

High School, Elgin was a three-sport

athlete who was captain and MVP

of his football team. He was a third

baseman for the baseball team hitting

over .300 and he lettered in basket-

ball. He was the 1985 Male Athlete

of the Year, All Conference player

and played in the East-West All-Star

football game. He received a full

scholarship to play football at Lenoir

Rhyne University. Upon graduation

from Lenoir Rhyne, he returned to

Hoke County to work in the Parks

and Recreation Department where

A teacher, coach and Athletic

Director who started teaching in

Hoke County in 1969, Colston

coached track, wrestling and foot-

ball and won his first State Cham-

pionship in 1969. He went on to

coach Hoke County to three more

State Championships including

coaching Kathy McMillan in

the 1976 Olympics in which she

won a silver medal. He assumed

he still serves as Director today.

Billy Colston

Hal Nunn at 964-0990.

Elgin Blue

Tickets for the dinner are \$25

and find ways to improve.

"There's always room for improvement," Johnson said.

There wasn't any debate among the law enforcement agents gathered in the conference room prior to the training session, only the knowledge that the first officer responding to the scene at the mock shooting would be the first officer downed by gunfire. As it turned out, first on the scene was Raeford Police Department Officer Chippewa. Under the rules of the scenario, Chippewa didn't survive. By the end of the training, several hostages and one of the shooters had "died" too.

Since it was only a drill, law enforcement simulated the response from the local fire departments and paramedics, although in a real situation both agencies would respond to the scene. To prevent any problems for unsuspecting patients, the Hoke Family Medical Center closed its doors at noon prior to the exercise. Traffic also continued uninterrupted along South Main Street, although in a real shooting situation the entire area would have immediately been evacuated and cordoned off, Johnson pointed out.

Lt. Freddy Johnson Jr., a State Highway Patrol Trooper from Cumberland County, was on hand

A 2002 graduate of Hoke

County High School, Daniels was

a three-sport athlete who scored

1,453 points for the basketball

team in her career. She participated

in the 2002 East-West All-Star

game and received a full scholar-

ship to play basketball at UNC

Charlotte. She won a Wendy's

High School Heisman Scholarship

Athletic Citizenship Award and

was the MVP of her team all four

years at Hoke. She was the Female

Athlete of the Year as a junior.

She went on to play professional

basketball and continues to play

A 2001 graduate of Hoke

County High School, Micheaux

was an All State running back who

set the school record for rushing

at 1,678 yards in a season. In one

game he rushed for 305 yards and

five touchdowns. He also played

defensive back. He was awarded

the WRAL Extra Effort Award

and was selected to play in the

East-West All-Star game. He was

Southeastern Conference Player

of the Year as a sophomore and he

was Cape Fear All Region team

his senior year. He received a full

scholarship to play football at

N.C. A&T State University and

was All MEAC Rookie of the Year

in 2001. He has 4,537 all-purpose

yards for the Aggies. He had two

seasons where he rushed for over

1,000 in 2002 and 2003. After

Micheaux Hollingsworth

professionally today.

Sakellie Daniels

to represent that agency in the

training exercise. "In a situation like this, we would partner with the locals and come in and assist them. Intoday's scenario, when we got here, we helped secure the perimeter and didn't allow anybody in or anybody out," he said.

Although the first local training session is over, officials continue looking over the findings from the event to better prepare for the future. Even as he walked back to his car, Johnson was able to point out some things that need improvement. For one thing, communication between agencies should be better and that's something they will work on, he said.

The emergency preparations will continue with other mock scenarios that will give officers a chance to experience responding to potentially deadly situations in a safe environment. And once Cape Fear Valley's Hoke County hospital is completed, officials also hope to hold a similar training session at that location.

Additionally, Hoke officers also took part this week in a two-day nuclear incident training session in Raleigh as Hoke County is in the fallout zone for the Shearon-Harris nuclear power plant.

lina State 4A Championship in

1990. He was a pitcher who helped

the team post a 26-3 record and

he was All Conference (junior

and senior years), All Region,

All State and Southeastern Con-

ference Player of the Year 1990.

In 1988-1989, he participated in

the North Carolina State Games.

After high school, he entered the

1990 baseball draft, where he was

drafted in the 12th round by the

Cincinnati Reds. He started out in

minor league baseball and worked

his way up to play in the major

leagues in 1993, finishing in 1995

with the Giants organization. In

1993, he posted a record of 11-1

A 1975 graduate of Hoke

football, wrestling, baseball

County High School, George

and track. He excelled in football

and was named All Conference

in 1975. He was ranked 5th in

the State in wrestling and in

1975 had 13 pins. He received a

full scholarship to play football

at N.C. A&T State University,

where he played offensive and

defensive lineman. He earned

All MEAC honors while serv-

ing as team captain during his

senior year. He was awarded a

Pittsburgh Courier All-American

and was selected to the N.C. All

State Team. After graduation from

N.C. A&T, he was named as a

National Dean's List honoree and

Who's Who Among Outstanding

with the Reds.

George Small

played four sports:

Missionary Union celebrates Youth Day

Mount Pisgah Missionary Baptist on Pittman Grove Church Road was alive Sunday afternoon, January 13 as the Youth of the Hoke County Missionary Union celebrated its annual Youth Day observance.

Youths from toddlers to teens showcased their talent through song, dance, skit and oral presentations. The day also included an inspirational message presented by Stacey Stewart, the Director of Federal Programs and School Improvement with Hoke County Schools.

In her speech, Stewart used facts and data to support her theme, "Real Talk: Wisdom Is Needed; That's What's Up." She developed the concepts of readiness and wisdom as needs necessary to face the realities

of the world today. Among the many points she made, one that struck the hearts of all generations (generations X, Y, Z and beyond), was that no one is exempt from facing the reality of life and must be prepared to support themselves and their

Dropping out of life is not an option, she said. Young people must be prepared through education and training beyond high school. But coupled with educational preparedness, wisdom that comes from God is needed in order to make clear distinction between right choices and wrong choices when making decisions.

Youth Director Demarious McNeill presided over the event. Dr. Matthew Rouse, pastor of Mt. Pisgah, gave the welcome and Divine Voices provided music. Dr. Barry Shoffner, Pastor of Buffalo Springs Baptist Church, was the speaker for the session.

The Hoke County Missionary Union is composed of eight Baptist churches located in Hoke County: Buffalo Springs, Center Grove, Laurel Hill, Lewis Chapel-West, Mt. Pisgah, Rock Hill, Shady Grove and Silver Grove.

Union president and local minister Yulla Hines invited the public to attend the young adult session of the union, which will be held at Center Grove Missionary Baptist Church in the Antioch community on Sunday, March 24 at 3 p.m. Dr. Samuel Norman is pastor of the church.

Other stuff

(Continued from page 1A)

"The classroom, however, should not be merely a trade damental task of education in a democracy is what Tocqueville once called the apprenticeship wonder whether Americans still believe liberty has to be learned ing. Or have they been deluded by two centuries of rhetoric into

Worked up by Facebook and Fox News and Rush, and sometimes talking heads on the left too, we think the sanctity of assault rifles is the measure of freedom while we give up the right to take a bottle of water on board

It feels a bit dirty to quote Bill Maher, but he made a good point last week: "Last month, while no one was taking anyone's guns from anybody," he said, "the senate voted overwhelmingly to reauthorize a program where they can collect data on any American citizen and hold onto it forever. They can look at your email, your texts, your Skypes... and not a peep out of the crowd that's always bitching about what the framers intended. In fact, the answer from almost everyone seems to be 'Oh what the hell,

seen my ass anyway.""

I could blame TV for soundbite news where issues must be reduced to quickly heard and easily digested nuggets, and to some degree that's true, as is the failure to really educate in schools so that children can think through the subtleties of the complex issues we face, but really the culprit is a lack of intention. We don't value deductive reasoning, discussion or deliberation; we'd rather slam, flaunt and ridicule. It's ear candy and it sells. But it also rots and poisons.

the airport screeners have already

Share Your Christmas help acknowledged

The Hoke Emergency Liaison Program added the following names to its list of those who helped with the annual Christmas

food, blankets and other items collected and members Eric Bratcher,

Zaquanna Lloyd, Garrett Gregory, Wyatt Gregory, Hannah Squier, Buck Squier and Suzanne Maness, assistance program: Called Into Action, Inc. for who also gave a card and picture.

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IN ROCKFISH

making global competition our chief concern and gearing our schools' curriculum to be number one-in scores, at least-in science and math and technology and whatever. I agree with Benjamin Barber that we're doing it at the expense of creating critical individuals from whom the ability to think democracy relies.

school," he writes. "The funof liberty: learning to be free. I and that its skills are worth learnthinking that freedom is 'natural' and can be taken for granted?"

an airplane.

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SPORTS

Bucks outrun Scots 81-44

By Hal Nunn Sports writer

The Hoke County High School Bucks boys' basketball team carried on their winning ways last Friday night against Scotland County and again Monday in the Martin Luther King Basketball Jam in Clinton.

First, the Bucks completely outmanned the Fighting Scots last Friday in Raeford, almost doubling up Scotland County in an 81-44 rout. The Buckshad four players in double figures with Tarique Thompson and Juwane Harris leading the way with 14 points each. Rashad Parker had 12 and Keshawn Shaw-Willis had 11.

Monday, in Clinton, the Bucks

were invited to play in the M.L.K. Jamagainst Wilmington Hoggard, a team they beat in December during the Leon Brogden Holiday tournament in Wilmington. The Bucks prevailed in the second meeting with Hoggard 69-57. Tarique Thompson led the way with 19 points and for the second straight game the Bucks had four players in double figures with Brennen Wright adding 15, Juwane Harris adding 15 and Tymel Blue adding 11.

Last night the Bucks traveled to Lumberton, who is 5-10 overall and 0-2 in Southeastern Conference play. Friday night the Bucks will be back home to face Purnell Swett, who is 3-11 overall and also 0-2 in the conference.



Courtney Pate (right) scored 18 points in the Lady Bucks 34-86 loss to the Fighting Scots.



Octavious Williams goes up for two points in the Bucks rout of Scotland County last Friday night in Raeford. Hoke County had I I players score in the game.



Juwane Harris (left) follows through for one of his two three-

pointers in the Bucks 81-44 win over Scotland County last

Friday night. Harris was one of four players in double figures

and was even with Tarique Thompson as they both led the way

Sports News Deadline: Friday Noon Call Hal at 875-2121 or sports@thenews-journal.com



City of Raeford Oil and Grease Awareness

Did you know that cooking grease is the main cause of most sewer collection system blockages? These blockages can result in sewer spills throughout the city.

Cooking grease coats the inside walls of sewer pipes, similar to the way fatty foods can clog your arteries. The grease that clings to the inside pipes builds up over time and acts as a host for other materials to cling to, restricting the size of the pipe even more. Eventually the pipe becomes completely clogged and sewage will back up either in the homeowner's yard or through a manhole into the city streets and possibly to streams.

By doing the following, you can help prevent costly sewer spills and reduce environmental impacts associated with spills.

DO

- Scrape excess grease in a container and dispose of it in the garbage.
- Place foods scraps in waste containers or garbage bags for disposal with solid wastes, or start a compost pile; promote use of scraping dishware prior to washing.
- Place a wastebasket in the bathroom to dispose of garbage. Disposable diapers and personal hygiene products do not belong in the sewer system.
- Promote the concept of "3R's": Reduce, Reuse, and Recycle.

DO NOT

- X Pour grease, fats, and oil from cooking down the drain.
- Use the toilet as a wastebasket.
- X Use the sewer as a means of disposing food scraps.



GREASE GOBLIN

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Hall of Fame Dinner and V.I.P. Banquet set

Sports writer

The 2nd Annual Hoke County High School Athletic Hall of Fame Dinner and V.I.P. Banquet is set for Friday, February 1, 2013 at Hoke High. The Hall of Fame dinner and banquet will begin at 5:30 p.m. in the Gibson Cafeteria and culminate in the MacDonald Gymnasium. Tickets can be purchased at the Hoke High main office or at The News-Journal for \$25 per person. Space is limited to the dinner and banquet. The

price includes the Hall of Fame dinner, V.I.P. banquet and tickets to the Hoke vs. Richmond game following the dinner.

There will be a public ceremony between the girls' and the boys' game that night following the banquet. The six nominees that will be inducted that evening are Elgin Blue, Billy Colston, Sakellie Daniels, Micheaux Hollingsworth, John Roper and George Small. For more information, contact Hoke High Athletic Director Gary Brigman at (910) 286-2346 or visit www.ihigh.com/ fightingbucks.

Grapplers compete at **Scotland Duals**

By Hal Nunn Sports writer

The Hoke County High School boys' wrestling team competed at the Scotland Duals this past weekend against Cape Fear, Cardinal Gibbons, Parkland, Topsail and West Forsythe. The Bucks had a record of 2-3 at the tournament; however, three Hoke wrestlers gained four or more wins in the meet. De'Jon McLean won five matches, Bailey Cooper and Austin Rivera won four matches each and Frederick Minton and Colby Porter won three each. Other winners during the meet were Ameer Shakir, Kristopher Scott, Joshua Henderson, Lucas Hardin, Rhasborn Thomas and Julius Casear-Wilson. The Bucks will compete Wednesday at Lumberton in the Lumberton Duals meet.

Sports Briefs

Upland Trace Golf Course Saturday group winners were Don Frykholm, Al Smith and Huse Lowery. The Sunday morning winners were Mitchell Sports, Steve Jumbelick, Gary Cook and Bill Wright. The Sunday afternoon group winners were Chad Ham, Ken Norbeck, Ray Crumpler and Johnny Boyles.

Bayonet at Puppy Creek Wednesday shootout winners were Gene Carter, Chris Chambers and Robert Crowder. On Sunday, Ralph White hit a hole-in-one on #3, 148 yards using a 5 Hybrid.

Hoke County High School graduate and N.C. State Safety Earl Wolff had several tackles and recorded an interception for the East team in the East-West Shrine game this weekend in Florida. The West won the game 28-13. Wolff now continues his workouts at IMG Academy in Bradenton, Florida preparing for the 2013 NFL Scouting Combine February 20-26 in Indianapolis, Indiana.

Fighting Bucks Sports Schedule

January 23 Boys Wrestling at Lumberton

January 24

Bowling at Lumberton 4 p.m.

Girls Freshman Basketball Home vs. Richmond 4:30 p.m. Boys Freshman Basketball Home vs. Richmond 6 p.m.

January 25

Girls JV Basketball at Purnell Swett 6 p.m.

Girls V Basketball Home vs. Purnell Swett 6 p.m.

Boys Freshman Basketball at Purnell Swett 4:30 p.m.

Boys JV Basketball at Purnell

Swett 7 p.m.

Boys V Basketball Home vs. Purnell Swett 7 p.m. January 26

Boys Wrestling at Pine Forest January 28

Girls Freshman Basketball Home vs. Lumberton 4:30 p.m. Boys Freshman Basketball Home vs. Lumberton 6 p.m.

January 29

Girls JV Basketball Home vs. Pinecrest 5 p.m. Girls V Basketball at Pinecrest

Boys JV Basketball Home vs. Pinecrest 6:30 p.m.

Boys V Basketball at Pinecrest

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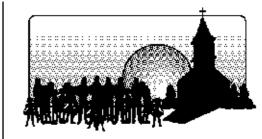
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Doctors and physician assistants: Karen Smith, Bob Townsend, Marcus Lowry, Vicki Hardy, William Laurence, Delores Johnson, Mariaeugenia Sierra-Donovan, Martina Dockery Monroe, and

Collaborative addresses Hoke obesity problem

The Hoke County Collaborative on Obesity and Diabetes held a reception at the Raeford Hoke Museum Thursday to share information, progress and recommendations of the local medical community on the "Weighing in on the Future" initiative.

The initiative was started two years ago by the Hoke County Community Foundation (HCCF) because the county has one of the highest diabetes rates in the state. The numbers in Hoke County had become so dramatic that community leaders and healthcare professionals came together to help tackle the problem.

'When our advisory board in Hoke started looking at the issues that we needed to help address, this one rose to the top," said John Jordan, HCCF president.

Jordan told the crowd that the HCCF had convened members of

the medical community almost two years ago to raise awareness about the crisis level of diabetes in their local community. "We all learned about resources available to assist the high population struggling with diabetes and the expense that accompanies this illness in Hoke County."

Dr. Karen Smith shared that the Hoke County Commissioners endorsed a resolution supporting the initiative in June. The commissioners recognized the fact that obesity in Hoke County is fast approaching epidemic proportions.

Others attending the reception included Ken Booker, Board of Health chair, Helene Edwards, director of the Hoke County Health Department, Ulva Little, doctors Marcus Lowry, Bob Townsend, and Vicki Hardy; physician assistants Lu Caceres and

Mariaeugenia Sierra-Donovan; and Delores Johnson, Martina Monroe, Jean Hodges, Jeff Mc-Neill, Linda Kinney, Jennifer Borton, Mary McCaskill, Scarlet Blue and Roxanne Elliott.

The next Hoke Collaborative meeting is February 5 from 6-7:30 pm at the Hoke County Health Department in Raeford.

Jordan thanked the Mayor, John McNeill and his wife Delia for hosting the evening's recep-

Dr. William Laurence, committee member and physician with Hoke Family Medical Center, welcomed guests and invited all physicians present to introduce themselves and share information about their practice. He also thanked FirstHealth of the Carolinas and Cape Fear Valley Health Hospital for their financial support with this initiative.

King

(Continued from page 1A) event to pack the boxes with soup donated by Campbell's and additional items donated by other businesses. But there was a special twist - instead of distributing the boxes through a central service agency, each volunteer was to go out in their community and find someone who would appreciate the gift.

"That will be your service project, to go out and find someone in the community in your area that you can bless and enlighten their day and share with them what you've done today," Smith said.

"You get more hands-on when you get 25 people going out and meeting the needs of other people," she added.

The idea behind the day of service honoring King is to continue the work of the assassinated Civil Rights Movement leader by reaching out to people in need, wherever and whoever they might be.

"It's a day off but it's actually a day on to be able to serve others in the community and to help other people who may be a little less fortunate than you are," Smith said. "Martin Luther King Jr. fought a lot to help other people that sometimes their voices weren't always heard so we're here to be the voice for other people in the community of Hoke County."

As part of the day's activities, the group members went around introducing themselves and took turns reading quotes from King that were placed on the tables for discussion purposes. Eric Dubose with Abundant Life Ministries picked up his quote and read it aloud to

Fraud

(Continued from page 1A)

investigators a financial transac-

tion card belonging to her was

stolen during the crime. Investiga-

tors followed leads that ultimately

led to the identity of the suspect,

16 and held under a \$10,000 se-

cured bond. Further investigation

is ongoing and additional criminal

Gillespie was arrested January

officials said in a statement.

charges may be pending.

the volunteers.

"The timing is always right to do what is right," he read.

Others took their own turns: "Even if tomorrow I knew the

exercises at Autumn Care Nursing Home.

Caleb Debouse with Abundant Life Ministries leads pom-pom

world would go to pieces, I would still plant my apple tree.'

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. Whatever you do, you have to keep moving forward."

"People fail to get along because they fear each other. They fear each other because they don't know each other. They don't know each other because they have not communicated with each other."

Suzanne Maness, director of nonprofit youth organization Called Into Action, and her nine-year-old son William were among those who took time to volunteer during the day of service. She was also able to share information about her own group for those interested in continuing their service to others beyond Dr. Martin Luther King Jr. Day.

"We offer leadership development training, mentoring, we're getting ready to start a nutrition and fitness class," she said.

The group also held a brain-

about ways to get more involved in the community. Hopefully, Smith said, the event will turn into an annual service project and the ideas generated this year can be used to

improve the program for next year.

Beatty took the opportunity to share information about the Hoke County Coalition Against Homelessness and its upcoming point in time count. The count, set for January 31, will once again reach out to any homeless individuals or families living in the county to help officials get a better idea of the scope of the issue in the local community.

'We're doing what we can," she said. "If everybody does what they can to help support each other, then we are better together and united we stand. You all know the rest of it – divided, we fall."

Beatty called for local volunteers to organize and support existing groups that seek to serve the community.

"There's so much we can do as a group of people," she said.

For more information or to volunteer, contact Beatty at 261-5894.

Coalition Against Homelessness volunteer Pat Wilson provided storming session to share ideas breakfast for the gathering.

Killed

(Continued from page 1A) happened.

"They won't give me anything," Kent Mills said.

Mills' body was transported to Minnesota for burial.

Authorities reported the civilian sedan was traveling east

on Chicken Road and struck the military vehicle as it was entering the road from the post's Range 52. Army medics on the scene provided immediate medical assistance to the civilians, officials said. The passenger was transported to Cape Fear Valley

Medical Center for treatment.

Fort Bragg military police and special agents from the Army Criminal Investigation Command continue to investigate the wreck. No further information was made available to the public due to the ongoing investigation.

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Where?

Raeford, NC

workshop.

disease.

Who Can Attend?

Anyone with diabetes.

Hoke County Health Department,

Committed to attending an all-day

quality of life while battling the

•Who want to take control and self

•Interested in improving their

manage their condition.

Why Attend?

- Prevent and delay complications
- •Improve your A1c (quarterly blood sugar reading)
- •Understand the importance of an action plan

About The Program:

- 1. Teaches skills in the daily management of diabetes to improve the quality of life.
- 2. Designed to build confidence, increase knowledge about symptom control and the disease's impact.
- 3. Highly Interactive and focused on skill-building, support and experiential sharing.
- 4. Assist in problem identification and solving.

Participants will make action plans, share experiences and help one another solve problems encountered while involved in this workshop.

YOU WILL LEARN:

- 1. Techniques to deal with diabetes symptoms, fatigue, pain hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration.
- 2. Exercises for maintaining and improving strength and endurance.
- 3. Healthy eating and appropriate use of medication.
- 4. Working more effectively with health care providers.

