

May is Stroke Awareness Month

BY LESLIE BEACHBOARD
Bertie Ledger Advance

WINDSOR - Fast thinking could save a life.

National Stroke Awareness Month is recognized in May.

It is an annual event held within the United States.

The aim of National Stroke Awareness Month is to make Americans aware that they may be able to save the life of a person experiencing a stroke.

According to the National Stroke Association, someone suffers from a stroke every 40 seconds in the United States.

A stroke happens when there is a block-

age of blood flow to the brain. It can cause temporary or permanent damage to a person's brain or body.

Strokes are the fifth leading cause of death in the United States. They afflict people of all ages or races. There are preventive steps an individual can take before or during a stroke to minimize or negate its negative effects.

Strokes can be caused either by a clot obstructing the flow of blood to the brain, which is called an ischemic stroke, or by a blood vessel's rupturing and preventing blood flow to the brain, which is called a hemorrhagic stroke.

The brain is an extremely complex organ that controls various body functions.

If a stroke occurs and blood flow cannot reach the region that controls a particular body function, that part of the body will not work as it should.

There are several risk factors that increase the possibility of a stroke.

High blood pressure (hypertension) is the leading cause of stroke and the most controllable risk factor for stroke.

Diabetes is an independent risk factor for stroke. Many people with diabetes also have high blood pressure,

high blood cholesterol and are overweight. Each of these additional factors increase the risk of stroke.

While diabetes is treatable, the presence of the disease still increases the risks of a stroke.

A person should try to incorporate at least 30 minutes of activity into his or her daily schedule.

A poor diet can lead to an increased risk for stroke. Diets high in saturated fat, trans fats and cholesterol can raise blood cholesterol levels.

Diets high in sodium (salt) can increase blood pressure. Diets high in calories can

lead to obesity.

Other risk factors include: high blood cholesterol, peripheral artery disease, obesity, carotid artery disease, atrial fibrillation, sickle cell disease and other heart disease.

There are some risk factors that cannot be controlled, such as age, a family history of stroke, and gender.

Sometimes other symptoms appear such as sudden confusion, trouble speaking, sudden numbness or weakness of face, arms or legs, trouble seeing in one or both eyes, sudden trouble walking, dizziness, and loss of balance or coordination.

The National Stroke Association recommends using the letters in "FAST" to spot signs and know when to call 911.

F.A.S.T. stands for:
* Face drooping,
* Arm weakness,
* Speech difficulty, and
* Time to call 911.

The type of treatment for a stroke depends on the type of stroke. These treatments may include medication or mechanical assistance.

The National Stroke Association recommends anyone with concerns to visit his or her primary care provider to discuss risk factors and preventive methods.

Police

From A1

to 103 Camden Street in Windsor in reference to a possible breaking and entering in progress.

After making entry into the residence, officers found two people inside the abandoned residence. "The investigation revealed the two broke into the residence to

complete a transaction for paid sexual acts," Windsor Police Chief Todd Lane said.

Henry Luther Wiggins of 719B Indian Woods Rd. in Lewiston Woodville was charged with misdemeanor breaking and entering, soliciting prostitution and resisting arrest. He was placed under a \$500 secured bond. His first

appearance in Bertie County District Court will be June 7.

Sarah Elliot of 205 West Watson Street in Windsor was charged with misdemeanor breaking and entering, prostitution and simple possession of marijuana. She was placed under a \$500 secured bond and will make her first appearance June

7.

Later on May 27, Cpl. Ratzlaff and Laniere were conducting a checkpoint on Granville Street near Water Street.

"At approximately 10 p.m., the officers noticed a Kia Forte turn around prior to the checkpoint," Chief Lane said. "The officers proceeded to overtake

and stop the vehicle. They immediately observed a strong odor of marijuana coming from the vehicle."

After removing the occupants from the vehicle, the officers searched it and found bags of marijuana under the driver's seat and a container with marijuana near the right rear passenger

door of the vehicle.

Jaquise Jarel Smith of Toby's Lane in Windsor was charged with possession with intent to sell and deliver marijuana. He was placed under a \$3,000 secured bond.

Da'shawn V. Cherry was cited for simple possession of marijuana.

Tillmon

From A1

acy to use and carry firearms in relation to drug trafficking offenses from November 2013 to April 2015;

■ Count 33 — Attempted possession

with intent to distribute 1 kilogram or more of a substance containing heroin in October 2014;

■ Count 34 — Use of a firearm during and in relation to a drug trafficking crime in Octo-

ber 2014;

■ Count 48 — Attempted possession with intent to distribute more than 1 kilogram of a substance containing heroin in March 2015;

■ Count 49 — Use of a firearm during and in

relation to a drug trafficking crime in March 2015;

■ Count 32 — Federal programs bribery in August 2014;

■ Count 36 — Federal programs bribery in October 2014; and

■ Count 54 — Federal programs bribery in March 2015

The remaining 14 defendants are tentatively expected to be sentenced next month.

Investigated

From A1

and his parents have been advised that striking a teacher/school official is a crime that can be pursued as a felony in North Carolina.

"It happens much too frequently these days, and that is what we

are alleging occurred here," she continued. "I am confident that local police will make this determination as well."

The student has been removed from HCLA, according to the statement by Dr. Bazemore-Hall.

"The parents have

exercised their right to withdraw him from our school to enroll him in another school, and we sincerely wish them well," she closed.

Windsor Police Det. Sgt. Justin Jackson, who is investigating the incident, said the case is still under review.

BCI among three prisons receiving new leaders

RALEIGH - The Division of Adult Correction and Juvenile Justice has named new administrators at three state prisons.

Ken Beaver will serve as the administrator at Alexander Correctional Institution in Taylorsville. Beaver is a long-time assistant superintendent for custody and operations at Lanesboro Correctional Institution in Polkton, who served under the past four Lanesboro administrators. He replaces Susan White, who retired.

Beaver began his career in 1991 as a correctional officer at Piedmont Correctional Institution in Salisbury. He advanced to the rank of captain there before transferring to Lanesboro as an assistant superintendent. He serves as a DPS general instructor and is a

graduate of the NCDPS Correctional Leadership Development Program.

Lanesboro Correctional Institution houses up to 1,800 inmates in close, medium and minimum custody.

John Sapper is appointed as the new administrator at Bertie Correctional Institution in Windsor. For the past nine years, Sapper has served as the operations manager for the Coastal Region, overseeing 12 prisons in eastern North Carolina. During that time, he also served as interim administrator at both Bertie and Maury Correctional Institutions.

Sapper started his corrections career in 1989 as an officer at Yadkin Correctional Center before advancing through the ranks. He is a U.S. Army veteran, a graduate of High

Point University and a graduate of the NCDPS Correctional Leadership Development Program.

Bertie Correctional Institution currently houses about 1,000 inmates in close and medium custody.

Mike Ditta is the new superintendent at New Hanover Correctional Center in Wilmington. New Hanover is a minimum-security prison housing about 400 inmates, including many on work release.

Ditta began his corrections career in western North Carolina in 2000, serving at Marion and Craggy Correctional Institutions, before moving east to work at Pender CI and New Hanover CC. He was promoted to lieutenant and then assistant superintendent at New Hanover.

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