

SCHOOLS

Rising sixth graders shine in ceremony

Hoke Schools fifth graders were honored Thursday night at the President's Education Awards Program, sponsored by the school system and Partners in Education at West Hoke Middle School.

The gymnasium was filled to overflowing by parents and well wishers as each student went to the stage to receive his or her award. One-hundred-fifty students were so honored:

Chavez R. Adams, Jecia E. Anderson, Tiffany L. Avina, Jacob M. Baggett, Joshua A. Baldwin, Glenn T. Baltour, Joy M. Barefoot, Melany J. Bates, Morgan S. Birky, Chelsey D. Blackston, Amber N. Blue, Ronald D. Brady, Katrella Bronson, Brittany C. Brown, Thomas Busbee, Edward Camp, Meagan Cohee, Julia Contreras, Devin W. Cook, John Cook III, Bradley N. Crete, Melissa A. Crockett, Charles G. Crowder.

Also, Harry L. Crowell Jr., Diane A. Cuchine, Matthew D. Cummings, Ryan J. Currie, Sarah K. Currie, Brooke Davenport, Angela L. Dew, Frika M. Dowdy, Shannon Durham, Kaithe A. Earl, Rory Eddings, Haley Edmiston, Deanna Edwards, Trevor Ellis, William L. Emmel IV, Jessica L. Ferrer, Darrilyn C. Fisher, LeQuisha D. Flowers, Jernicha Ford, Jerticha Ford, Nicholas G. Frahm, Tess A. Free, Cory D. Freeman, Candi R. Garner, Mandi R. Garner, Brittney R. Gillam, Christina A. Green, Kayla Guerra, Stephanie A. Harris, Desmond Henderson, Kristina M. Higgenhurst, Jasmine Holcomb, Jordan E. Howard, Shakyla Hubbard, Nathan Hutchison, Nicholas Hutchison, Benjamin L. Jacobs, Jessica S. Jaro.

Also, Casandra M. Johnson, Aaron M. Jones, Ashley Jones, Quytilya Jones, Lesley Katzenberger, Aaron J. Kenley, Casey M. King, Natasha Ledford, Letika L. Leggett, Tangelita A. Leggett, Kyle P. Lewis, Shalette



West Hoke Elementary's Brooke Sosa, daughter of David and Amelia Sosa, was the last to receive the President's Education Award.

Livingston, Amber M. Locklear, Bryant J. Locklear, Leslie A. Locklear, Richard Locklear, Jasmine S. Lomaek, Ronnie B. Lowery, Margarita Lucio, Jennifer A. Markham, Mariah S. Martinez, Joshua P. Mason, George B. Maxwell, Edward T. McAllister, Jessica L. McAllister, David L. McCoy, Kerris T. McKoy, Joan P. McGirt, Kaleb M. McKinnon, Kayla L. McLaughlin, Jeme D. McNair, Amanda C. McNeill, Jadya McNeill, Keandre McNeill, Okie S. McNeill, Da'esa McPhaul, Rhian L. Merwald, Jennifer Miller, Tiffany L. Miller, Shamain L. Monroe, Melvin A. Montes, Trisha Morris.

Also, Jeffrie Ann Moss, LaSheeda Murchison, Luis Muro IV, Lauren S. Myatt, Rowan Naidoo, David B. Nance, Dileysya Nater, Trevor R. Neumann, Sadarah A. Norton, Harold Nunn, Meagan O'Neill, Benjamin E. Parvi, Alisha Pedzinski, Corey

Peterkin, Phalecia Phair, Michael A. Phillips, Morgan G. Pierce, Megan E. Pope, Cody Porter, Gabrielle Powell, Vanessa R. Prather, Candice M. Rabon, Ricardo K. Ramos, Kiron Richardson, Thomas J. Richardson, Amanda M. Rinehart, Kalecia K. Rodgers, Kaitlin W. Russell, Krystal Saenz, Adan Salas, Thomas Sanderlin, Sarah N. Sanders, Chase Sapp, Kathryn M. Scott, Jeremy J. Shaw, Jessica C. Shaw, Whitney Simmons, Lucas Smith, Wardell J. Smith, Gregory C. Solewin Jr., Brooke Sosa, Leonard J. Stewart IV, Alan S. Stockdale, Shaniqua Stubbs, Kenle R. Sumler, Morgan L. Thacker, Devan J. Thaggard, Tyler Thomas, Tyra L. Thomas, Candace B. Thompkins, Daniel W. Thockmorton, Mitchell Turlington, Chelsea Turner, Heather D. Walker, Abby L. Walters, Crystle Westbrook, Kendra R. Williams, Shayla M. Williams.



Student of month
Carlos Purcell was named Turlington's student of the month for May.



Volunteers at EHMS
The End-of-Grade Testing at East Hoke Middle School went well, thanks to the help of the Parent and Community Volunteers. Students were tested during the week of May 20 - 22.



Bosses Week
Teachers, staff and students showed principal George Marston and assistant principal Dr. Joann Williams with gifts all week long as they celebrated Boss' Week at Sandy Grove Elementary. The faculty, staff and PTO surprised both with a candlelight luncheon that included soft music, balloons, streamers and steak on the menu. An additional surprise was greetings from their spouses.



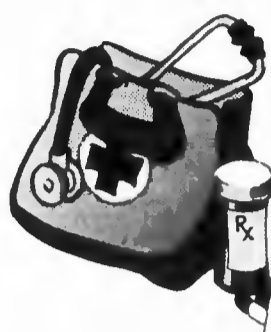
Hanging upside down for reading.
Students enjoyed fun outside on the new playground and a cook-out at Sandy Grove Elementary PTO on May 13 and 14 to celebrate their successes in reading and becoming members of the Dove reading club.



School News Deadline, Friday Noon

FirstHealth
OF THE CAROLINAS

Community Programs & Events



The FirstHealth Family in Hoke County includes:

- Behavioral Services - 904-2350**
- Cardiac Rehabilitation**
313 Teal Drive, Raeford - 904-7400
- Center for Health & Fitness**
313 Teal Drive, Raeford - 904-7400
- Dental Care Center**
400 Teal Drive, Suite 600, Raeford - 904-7450
- Diabetes Self Management Program - (800) 364-0499**
- EMS - Hoke**
Bases throughout the county - 911 for Emergency
- Family Care Center**
313 Teal Drive, Raeford - 904-2350
- Outpatient Rehabilitation**
313 Teal Drive, Raeford - 904-7407
- Specialty Care**
313 Teal Drive, Raeford - 904-2350

Mobile Health Screenings

MAMMOGRAPHY
Wednesday, June 19, 9 a.m. - 3 p.m. FREE
Hoke County Health Department, Raeford
Appointments required. Call (888) 534-5333.

Center for Health & Fitness

TEEN TRIATHLON
Saturday, June 22, 1:30 - 4 p.m. \$5/\$8
Join us for an extended workout incorporating floor, fitness and water for teens ages 13-17. Registration is required by June 19.

SENSATIONAL SUMMER SALADS
Thursday, July 11, 6:30 - 7:30 p.m. \$8/\$10
Registered Dietitian Debra Deschamps will teach you the benefits of phytochemicals found in many fruits and vegetables. Participants will learn how to prepare low-fat summer salads, and taste-testing and lots of delicious recipes are also part of the class.
Center for Health & Fitness-Raeford. Registration is required by July 9.

LET US THROW YOU A PARTY!
Celebrate your birthday with FirstHealth Center for Health & Fitness. For a day to remember, full of fun and activities - we have party packages for 5 to 15 kids.
For more information on programs or to register, call 904-7400.

Family Care Center

New clinic hours: Monday - Friday, 7:30 a.m. - 5:30 p.m. Appointments are available.
George Poehlman, M.D.
Janine Scott-Lowe, M.D.
Karen Smith, M.D.
Kathy Settle, C.F.N.P.

Visit one of the many specialists who visit FirstHealth Family Care Center. The following specialists are available for appointments:

- BEHAVIORAL SERVICES**
Tuesday - Thursday, 9 a.m. - 5 p.m.
David Ruck, M.D. Tuesdays 2 - 5 p.m.
Carolina Behavioral Care.
- CARDIOLOGY**
Peter Duffy, M.D.
Robert Sisson, M.D.
H. Allen Strunk, Jr., D.O.
Peter Vassallo, M.D.
Pinehurst Cardiology Associates. Monday mornings. (866) 654-4222 toll free
- Keith Davis, M.D.** One Friday per month, 1 - 5 p.m.
Pinehurst Medical Clinic. (Call for availability) (910) 295-9447.
- OB/GYN**
Walter Fasolak, D.O. Every other Thursday, 1 - 5 p.m.
Pamela Kantorowski, M.D. Tuesdays, 8 a.m. - noon
Southern Pines Women's Health Center. (910) 692-7928.
- ORTHOPAEDICS**
Neil Conti, M.D. Mondays, 8 a.m. - noon.
Pinehurst Surgical Clinic. (910) 295-0230.

Diabetes Self-Management Program

Diabetes affects people from all age groups and all walks of life. You may have diabetes or know someone who does. Early diagnosis, treatment and education make managing the disease easier. The FirstHealth Diabetes Self-Management Program helps individuals with Type 1 and Type 2 Diabetes. We offer programs for children, women with diabetes during pregnancy (gestational diabetes) and adults of all ages. The American Diabetes Association accredits the FirstHealth Diabetes Self-Management Program.

- The Comprehensive Diabetes Education Program includes:
- Individual counseling with a nurse and a dietitian
 - Group instruction
 - Follow-up session
- This program benefits individuals who have recently been diagnosed with diabetes but have never been through a diabetes education program. Topics covered include:
- Nutrition, including an individualized meal plan
 - Stress management, including relaxation techniques
 - Blood sugar monitoring
 - Exercise options
 - Medications
 - Maintaining your health

The Basic Diabetes Education Class is a refresher course on the skills that are needed to manage you disease. Topics covered include:

- Nutrition update
- Medications
- Exercise

For more information on the FirstHealth Diabetes Self-Management Program or for a class schedule, call (800) 364-0499.

JUNE IS NATIONAL SAFETY MONTH

National Safety Month is designed to increase public awareness of the critical role that safety and health professionals play in preventing industrial accidents, eliminating hazards, reducing insurance costs and saving lives.

- Moore Regional Hospital
- Critical Care Transport
- Centers for Health & Fitness
- Centers for Rehabilitation
- Home Medical Equipment & Supplies
- Emergency Medical Services (EMS)
- Family Care Centers

For more information on FirstHealth in Hoke County, visit us @ www.firsthealth.org

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