

# 'Breakthrough miracle of the natural cure'

## Protecting your family from nutrition fraud and misinformation

Have you ever read a claim for a food or nutrition product that seemed too good to be true? Could be, your hunch was right.

The claim or advertisement you saw may have been an example of nutrition fraud, which is an abuse that occurs as the result of a misleading claim for food and nutrition products. Nutrition fraud is part of the larger area of health fraud, which costs consumers a staggering \$25 billion annually.

The results of nutrition fraud can be devastating, from financial losses to substituting poor nutritional practices for sound ones. Some victims of nutrition fraud may put their hopes and money into a useless product and



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fail to seek necessary medical treatment.

Nutrition fraud is difficult to stop for several reasons. While there are federal and state agencies that regulate health fraud, it is difficult to control misleading statements about food and nutrition. Fraudulent promoters have become skilled at making subtle claims in books, on talk shows, in magazine and newspaper articles, and in advertisements that can deceive even the most discerning consumer.

These flim flam artists may ply on peoples' fear of disease or their desperation to find a cure for a medical condition. They also take advantage of the fact that people tend to believe that printed information is truthful and credible.

addresses and phone numbers are available and factual. Often, testimonials will be attributed to first names with last initials or even two initials, which make statements impossible to trace.

- Be skeptical of "star" or "celebrity" endorsement. Remember -- those people are not health experts, and what they say in an ad is not scientific evidence. Also keep in mind that celebrities are usually compensated for their endorsements, which severely limits their credibility and objectivity.

- Be careful of self-diagnosis based only on symptoms. This can be hazardous if the diagnosis is false. Remember that everyone gets tired and has occasional pains. There are many causes for such universal symptoms. A proper diagnosis requires a physical examination by a health professional. Delaying treatment can allow a disease to progress and increase in severity. If you need medication, your doctor should prescribe it.

- Be cautious of recommendations for vitamin and mineral doses larger than the recommended daily allowances or non-nutritive compounds. Reliable sources will only recommend vitamin and mineral doses in line with the RDAs. Only certain conditions, like pregnancy or serious illnesses require doses beyond the RDAs.

- If you have doubts about a nutrition product, check the product with a qualified health professional, such as your physician or a registered dietitian.

- Don't buy a product immediately from a mail order, door-to-door or phone promoter. Insist upon time to think the product over. Check out the product and its claims. A legitimate product will withstand your evaluation and research.

- Watch out for cures for serious diseases. Be especially careful of products that claim to cure multiple health problems.

- And remember, if it sounds too good to be true, it probably is.

Information for this article came from "Nutrition Misinformation" by Janice Herman, Oklahoma Cooperative Extension Service

**Gladys B. Harrison**  
Gladys Baucom Harrison, 1208 Bethune Avenue, Raeford, died Monday, September 8, 2003 in FirstHealth Moore Regional Hospital in Pinehurst. Mrs. Harrison was a member of the United Daughters of the Confederacy and a member of Raeford Presbyterian Church.

Graveside services will be conducted at 11 a.m. Thursday, September 11 in Raeford Cemetery held by the Reverend Kevin Campbell.

Survivors include one son, David Harrison of Charlotte; and one daughter, Martha Jane Harrison of Raeford. Memorials may be made to Raeford Presbyterian Church Fund, PO Box 1570, Raeford, NC 28376

Crumpler Funeral Home and Cremation Services of Raeford served the family



Gladys Harrison

**Floyd W. Caldwell Jr.**  
Floyd William Caldwell Jr., 82, of 702 Oakridge Ave. Fayetteville, died Wednesday, September 3, 2003 in Cape Fear Valley Medical Center in Fayetteville

Mr. Caldwell worked for the Hoke County School System for 37 years, retiring as a principal. He was the son of the late Leola and Floyd Caldwell Sr. from Tallapoosa, Alabama. He received his education in the public schools of Alexander City, Alabama and joined the U.S. Army and served a period of almost four years. He enrolled in Morehead College, and later transferred to Fayetteville State University, where he received a degree in education and taught for many years in Hoke County. Later he received a degree in administration from A&T State University and served as principal of Scutlock Elementary School for a number of years. Mr. Caldwell also served with the Upchurch and McLauchlin schools.

Funeral services were conducted Saturday, September 6 in St. John AME Zion Church held by the Reverend Wayne Brown. Burial was in Rockfish Memorial Park.

Survivors include his wife, Rita Caldwell of the home; three sons, Clarence Caldwell of Fayetteville, Floyd Caldwell of San Diego, California and Michael Caldwell of Margate, Florida; one sister, Mary Bradley of Alabama; one brother, James Caldwell of Alexander City, Alabama; and six grandchildren.

Payne Funeral Homes and Memorial Chapels of Fayetteville served the family

**George Armstrong**  
George Armstrong, 76, of 127 Shady tree Drive, Raeford, died Sunday, August 31, 2003 in Autumn Care of Raeford

A graveside service was conducted at 11 a.m. Thursday, September 4 in Silver Grove Community Cemetery held by Pastor Tyrone Tillman.

Buie Funeral Home of Raeford served the family.

**Lola Mae Overstreet**  
Mrs. Lola Mae Overstreet, 87, 114 Seventh Avenue, Red Springs, died Saturday, September 6, 2003 in Southeastern Regional Medical Center in Lumberton.

Graveside services were conducted at 11 a.m. Monday, September 8 in Alloway Cemetery held by the Reverend Dr. Paul Jones

Survivors include her husband Wilton Overstreet of Red Springs, two daughters, Margaret Bressy and Virginia McCrason, both of Greenville, South Carolina; one sister, Mary Starnes of Tatum, South Carolina; and five grandchildren

Crumpler Funeral Home and Cremation Services of Red Springs served the family.

**Frederick L. Fowler**  
Frederick L. Fowler, 80, of 496 Singleton Road, Red Springs, died Saturday, September 6, 2003 in VA Medical Center in Fayetteville. Mr. Fowler served in the US Army during World War II. His parents, George and Anna Fowler; a sister, Mary Bous; a brother, Richard Fowler; and a daughter, Kathleen Fowler, preceded him in death

Funeral services will be conducted at noon September 10 in Shannon Assembly of God held by Reverend Mitchell Oxendine. Burial will be in Sandhills State Veterans Home at Spring Lake.

Survivors include his wife, Cella Mae Fowler of the home; four sons, Raymond Fowler and Wayne Fowler, both of Red Springs, Frederick L.

Fowler Jr. and Michael Timothy Fowler, both of Hempstead, New York; five daughters, Joyce Fowler, of Garner, Laura Mae Fowler of Lumber Bridge, Lydia Marie Pirozzi, of Glen Cove, New York, Patricia Ann Fowler and Sharon Denise Fowler, both of Hempstead, New York; two brothers, George Fowler of Amityville, New York and John Fowler of New York; one sister, Katherine Galloway of South Carolina; 34 grandchildren; and 58 great-grandchildren.

Crumpler Funeral Home and Cremation Services of Red Springs served the family.

**Effie M. Forbis**  
Mrs. Effie M. Forbis, 83, of 103 School Street, Lumber Bridge, died Monday, September 8, 2003 in FirstHealth Moore Regional Hospital in Pinehurst.

Mrs. Forbis was a charter member of the Lumber Bridge Fire Department Ladies Auxiliary and a member of the Lumber Bridge Town Council.

Funeral services will be conducted at 11 a.m. Wednesday, September 10 in Lumber Bridge Presbyterian Church held by the Reverend Dr. John D. Ropp. Burial will be in Lumber Bridge Presbyterian Church Cemetery.

Survivors include one son, Elbert Forbis of Lumber Bridge; one daughter, Carolyn F. Schoch of Merritt; three brothers, Laurin McColl of Red Springs, Thomas McColl of Rockfish and Robert McColl of Knoxville, Tennessee; two sisters, Bernice Robertson of Swannanoa and Margaret Shaw of Rex; two grandchildren; and five great-grandchildren.

Memorials may be made to Lumber Bridge Presbyterian Church, PO Box 520, Lumber Bridge, NC 28357.

Crumpler Funeral Home and Cremation Services, Inc of Raeford served the family.

**Loru C. Pierson**  
Loru Cole Pierson, 7951 Fayetteville Road, Raeford, died Monday, September 8, 2003 in Kingswood Nursing Center in Aberdeen.

Funeral services will be held at 8 p.m. Thursday, September 11 in Jernigan-Warren Funeral Home Chapel in Fayetteville by the Reverend A. Edward Beddingfield Jr. A graveside service will be conducted at 11 a.m. Saturday, September 13 in Myrtle Hill Cemetery in Tampa, Florida

Survivors include two daughters, Dale P. Boyer and Judy Pierson, both of Raeford; four grandchildren; and five great-grandchildren.

Jernigan-Warren Funeral Home of Fayetteville served the family.

## FOR YOUR INFORMATION

### Mistake about sponsor

The name of Raeford attorney Greg Thompson appears in error as a sponsor of a musical show coming to Raeford Sept. 20. A show with the Love Doctor as the featured performer is scheduled to come to Raeford at the National Guard Armory on Teal Drive. Participants are invited to bring your own bottle.

Thompson, who pastors a church, said his name mistakenly appeared on the poster when it was taken from a list of potential sponsors. Thompson says, "I want to go public that I did not sponsor it."

### Learn computers free

The Hoke Reading/Literacy Council operates a public computer lab through the Rural Internet Access Authority's e-NC Initiative. The lab is open and staffed on Mondays and Wednesdays at 5-8 p.m. and Saturdays at 9 a.m.-1 p.m. The labs are for beginners or for those who want to hone the computer skills they already possess or learn how to use the internet. The address is 125 West Elwood Avenue.

### Educate yourself

What is your best protection against nutrition fraud?

Educating yourself to be a well-informed consumer is your best defense. You may have heard the phrase "Caveat Emptor," which is a Latin phrase that translates into "Let the buyer beware." This is a good rule of thumb when evaluating nutrition and health claims that seem suspicious or spark the skeptic in you.

Here are some tips for spotting nutrition fraudulent products:

- Look for key words like "natural," "miracle," "cure," and "break-through." These are not scientific words. Serious medical conditions are not cured by mail order or door-to-door sales.

- Ask to see the product's label. Only factual and non-misleading information can be on the label. As a result, most false claims are not on the product label. False claims often appear in books, TV, brochures and promotional materials.

- Insist on full identification. If the ad mentions medical clinics or medical personnel, see that full names,

# community programs & events



## MOBILE HEALTH

### Mammography and Osteoporosis Screenings

• Hoke County Health Department, Raeford - Thursday, Sept. 18, 9 a.m.-3 p.m.  
\$50 for mammography screening/\$20 for osteoporosis screening. Financial assistance available for those who qualify.  
Appointments are required.  
Please call 1-888-534-5333.

### Diabetes, Cholesterol, Blood Pressure and PSA Screenings

• Bo's Foods, Raeford-Wednesday, Sept. 24, 9 a.m.-3 p.m.  
\$20 for diabetes, cholesterol and blood pressure screening/\$25 for PSA screening. Financial assistance available for those who qualify.  
Appointments are required.  
Please call 1-888-534-5333.

If you have a location we should visit, or if you would like more information about FirstHealth Mobile Health Services, please call 1-888-534-5333.

## TURKEY FESTIVAL!

Saturday, Sept. 20

## HEALTH & FITNESS

### Gymnastics for Kids of All Ages

UNC-Pembroke Cheerleading Coach Chris McIntyre offers ongoing gymnastics classes for kids at the FirstHealth Center for Health & Fitness.  
\$34/\$45 per month. Space is limited.  
Register early.  
• Ages 3 & 4 Beginner Class, Saturdays, 9-9:30 a.m.  
• Beginner Class for All Ages, Saturdays, 9:30-10:15 a.m.  
• Intermediate Class for All Ages, Saturdays, 10:30-11:30 a.m.

### Schedule a Massage Today!

Treat yourself or a friend to a therapeutic massage!  
• 30-minute traditional massage, \$25/\$20  
• 30-minute deep-tissue massage, \$30/\$25  
• One-hour traditional massage, \$40/\$35  
• One-hour deep-tissue massage, \$45/\$40

The FirstHealth Center for Health & Fitness is located at 313 Teal Drive, Raeford. For more information, or to register for programs, call 904-7400.



- Moore Regional Hospital
- Family Care Center
- Center for Health & Fitness
- Center for Rehabilitation
- Cardiac Rehabilitation
- Emergency Medical Service (EMS)
- Diabetes Self Management Program
- Dental Care Center

# OBITUARIES

## SAT scores (Continued from page 1A)

on verbal—10 points below the 2002 results.

"We encourage all of our students to take the SAT, and to enroll in college preparatory courses that will help them," Strickland said. "Those who may do poorly are encouraged to take the SAT again to do better."

"Some students who scored very high will take the test again to score even higher because they are concentrating on attending a university or college."

Strickland said he was not surprised at the results of Hoke High students' academic performances. Some students took the test during the first semester and others in the second term.

"I was very pleased to receive a congratulatory phone call from Russell Smith, our Board of Education chairman, to thank us for all the hard work," Strickland said. "He thanked me on behalf of the entire school board."

According to DPI, Hoke ranked eighth on average SAT scores among 12 school districts in the region. Comparing improvements in scores, Hoke ranked not only the highest in the region, it was also the only county among neighboring Moore, Cumberland, Scotland and Robeson that demonstrated any improvement.

### High score

Among adjoining counties, Moore students attained the highest mean score on the SAT of 1,044. While Moore's score remained the same as its 2002 results, it was distinguished as the only county in the state to top the state and national averages.

### Declines

Among other counties in the Cape Fear region, several decreased on the SAT average scores from 2002 to 2003. The average score in Cumberland County dropped from 952 in 2002 to 946 in 2003, trailing results of Moore students by 98 points. Scotland County students earned an average score of 907 — six points higher than Hoke — but decreased their average score by 35 points from 2002. Robeson County students averaged a lower mean score of 869, dipping 10 points from the average score of 879 in 2002.

### State vs. Nation

Other results released by DPI showed the state edged above the 1,000 threshold in 2003. On a state-

wide basis, students in 2003 did their average scores by three points compared to 998 in 2002. These statistics crept slightly closer to the national average score of 1,026, reflecting a six-point jump in the national average between 2002 and 2003, according to DPI.

Across the state, SAT mathematics' scores averaged an increase of one point in 2003, to 506. This compared to the national mathematics' score of 519 in 2003, a three-point increase. State verbal scores improved by two points in 2003, to 495. This, compared to the 2003 national average of 507, a three-point increase.

North Carolina ranked 13th in the nation in participation, averaging 68 percent of its seniors taking the test. The state tied with Maryland for 13th place honors. North Carolina's score was higher than the Southeast United States' average score of 999.

"The trend data indicates that North Carolina's school improvement efforts are paying off with sustained higher academic performances," Howard Lee, chairman of the state board of education, said. "We need to

## Hotel (Continued from page 1A)

him about the old hotel. Those people are willing to come if you are willing to work with us," he said, adding that they would come in a week and that one was coming the following day to look at the hotel.

Mayor Bob Gentry said the hotel would not be torn down immediately. "Let the guys come," he said. "We'll entertain as long as it is standing."

His own experiences with renovation have been positive, Murphrey said. "It is the right thing to do."

While the city contemplated demolition because of the potential fire and other hazards posed by the hotel, the Downtown Revitalization Committee had asked the city to hold off on taking it down. However, in July, the Revitalization Commission decided to "step aside" with their requests because the paths they pursued had not produced results. They announced no further plans to preserve the hotel.

Murphrey is considered one of the driving forces behind the renovation of downtown Wilmington.

Gentry also received a letter from

continue asking more from all of our students and encourage them to take rigorous courses — even if higher education is not in their future.

"Anything less is a disservice to the public school students of our state."

### Criteria

SAT scores are used as an educational benchmark by virtually all colleges and universities, including the Ivy League schools. It is a test that focuses on reasoning skills, and is offered to students in all 50 states. Students are capable of achieving a score of 800 on each segment of the SAT's mathematics and verbal segments. The highest score that can be attained equals 1,600. Students customarily take the SAT during their junior or senior years of high school.

College Board officials warned educators not to use the SAT as a gauge for overall state education performance. While the SAT is useful in making decisions about individual, student academic preparedness, the scores should not be "unfairly" used to judge the capabilities of teachers, or the effectiveness of education in school districts, the board said.

Preservation North Carolina expressing concern about the hotel. The historic preservation foundation said the building would be an "excellent" candidate for adaptive reuse. "The building could again be an important place in the lives of those who live in and visit Raeford," wrote Wanda Taylor, project coordinator of Preservation North Carolina.

### Resolutions presented

In other business Monday night, councilmen were given copies of 17 resolutions involving the Fort Bragg Regional Land Use Advisory Committee's Joint Land Use Study recommending regulation by the General Assembly of approximately 21,000 acres of Hoke County property that borders Fort Bragg. Both the city and the county disapproved the JLUAS and appointed a committee to come up with the resolutions that would better reflect the interests of Raeford and Hoke.

Hoke commissioners will be given the same resolutions at their Sept. 15 meeting.