

## Cotton TIMES



### Increased Beneficiary Pay

In a December 11, 2023 Executive Board meeting our treasurer, Dr. Carl F. Hill, Sr., recommended an increase in our beneficiary pay from \$1000.00 to \$2000.00 based on economical changes and its importance to our sustainability in the 21st century. The Executive Board, after a feasibility review, approved the recommendation be brought before the general assembly. On January 23, 2024 during the general assembly the motion was carried.

This is the first increase since January 2012 under the leadership of former President Ida B. Sullivan who presided from 1997-2012.



**November 17, 2024 | 1:00PM**

102nd MPHPS Annual Day  
Mount Pleasant CME Church  
I-71 Baron Road  
Knoxville, AL 35469

**December 2024**

Greene County Nursing  
Home Care Packages  
509 Wilson Ave  
Eutaw, AL 35462

### Annual Day Guidelines

Each member is expected to participate and contribute \$25.00 towards Annual Day. Annual Day dues may be paid on Annual Day, mailed or online

Members are encouraged to wear The Society colors of black and white on Annual Day.

The Ancestors began the Annual Celebrations as a way to increase the treasury and to recruit new members. This has been carried on down thru the ages. We must continue this tradition as it is stated in our By-Laws.

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MPHPS

**PO Box 96**  
**Ralph, AL**  
**35480**



**MPHPSOCIETY**  
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**CONTACT US**

**205-514-9591**





## By-Laws updates from the Vice President

Nakia F. Hundley, Esq.

*Motivated by a desire to better serve the Mount Pleasant Home Protection Society and our community, our Bylaws Committee proposed amendments to our bylaws, which were subsequently adopted by our membership. On January 27, 2024, the membership voted to create the officer position of Assistant Warden (4.8), specify a financial contribution for all members of twenty (\$25) dollars for annual day (7.3.3) and increase the beneficiary payment to two thousand (\$2,000) dollars upon the death of any member who has maintained their membership for at least twenty-four months (9.1). The membership also approved amendments requiring the Society's President to be bonded for their duties to the Society (4.2, 10.4) and for the Society's financial records to be audited annually by a certified Public Accountant (10.3). On May 18, 2024, the membership voted to require the Treasurer to also be bonded for their duties to the Society (4.5, 10.4).*



### ARE YOU REGISTERED TO VOTE?

By Ida Tyree-Hyche Hill, Esq.

Registering to vote in Alabama is not only a civic duty but also an essential way to ensure that your voice is heard in shaping the future of your community, state, and country. Voting allows you to have a say in critical issues such as education, healthcare, and local governance. Every vote counts and participating in elections gives you the power to influence policies and leaders who directly impact your life.

Alabama, like all states, has voter registration deadlines to ensure that all eligible citizens have time to register and participate in elections. It's important to stay informed about these deadlines so you don't miss the opportunity to vote.

In Alabama, you can register to vote online, by mail, or in person. The general deadlines are as follows:

- Online or in-person registration: You must register at least 15 days before the election.
- By mail: Your registration must be postmarked at least 15 days before the election.

**Make sure to check your registration status and confirm your eligibility ahead of these deadlines to avoid any complications on Election Day. Registering to vote is a small step with a significant impact—take it today to ensure your voice is heard in Alabama's future.**

## *The Chaplain's Musing.*



*Ida Tyree Hyche Hill, ESQ*

*It appears our World is becoming more and more anxious, less tolerating and less compromising. We watch the news; then we worry. How do we worry less about what we see on the News?*

*\*PANICKING SOS- In a fight or flight moment, anchor your mind and body in the present.*

*\*CHOOSE KINDNESS - Practice setting firm, but kind boundaries with anyone who may be rude to you — and remember, there is often more going on behind the scenes than you may realize.*

*\*MAKE SPACE FOR YOUR FEELINGS - Practice setting aside anxious thoughts while still validating them and guide yourselves in a prayer or meditation for recognizing your feelings.*

*\*SET BOUNDARIES AROUND THE NEWS -It feels good to be up-to-date on the latest news, yes, I understand that, but there are negative effects of scrolling too often.*

*\*ASK YOURSELF, WHAT WOULD JESUS DO? Yes, use WWJD to “check yourself!” Jesus taught reconciliation. He taught love, acceptance & forgiveness not only to friends but even to enemies (see Luke 10).*

*Therefore, in a world filled with chaos, hatred, malice; and, yes, LOVE amidst all that, our Hope lies in looking to the perfect example: J-E-S-U-S!*

*Let us pray:*



*Heavenly Father, Thank you for the gift of Your Son, Jesus, who lived as a perfect example for us to follow. Please guide our actions and words so they reflect Your love and grace to everyone we encounter. Fill us with humility, compassion, and kindness, just as Jesus demonstrated in His life. Help us to serve others selflessly and to be a light in the world, drawing others closer to You through our example. Strengthen our faith and give us the courage to live boldly for Your glory. In Jesus' name, we pray. Amen.*

# A Trip Down Memory Lane



As I reflect on the countless times, I have attended Mount Pleasant Home Protection Society (MPHPS, also known as The Society) meetings with my mother, as a child, young adult and now as an adult, I realize that I have witnessed their activities for more than fifty years.

When I think of my attendance of the MPHPS (The Society) annual days, I am amazed at the many changes that have taken place in both our world and The Society.

Some of the faces of past members, who are no longer present, I can recall in past meetings: James Jones- Past President, Ruth Jones, Cleo Dunn- Treasurer, Annie Glen Knox- Secretary- Treasurer, Rachel B. Dunn, Robert Dunn, Mattie Knox, Nettie Ruth May, O D Crawford.

All of whom provided leadership and direction to the Society. There are many more that I am unable to recall but have heard the names in the business meetings.

My! How the time has past so rapidly. When I think of my almost 70 years of life and all the changes that I have witnessed; I know the legacy members, aged 80 to 90 years old, can surely agree to the many changes that have occurred in The Society and its membership.

When I think of the meticulous recording by hand of the minutes and the funds collected by the past MPHPS officers I am astonished by the specific details of the society that were documented. I can recall how time consuming and quite boring the roll call and collection of the monthly dues were. During those times, it appeared to me, most of the meeting dealt with collection of dues. Unbeknownst to me then, the \$0.50 and \$1.00 dues that were paid sometimes took more than an hour or more to complete the task. Yet, due to their determination that all documents would be accurate, there was much time and debate that took place at each meeting.

What I can recall from those times is that the officers and members seemingly had too much discussion over such a meager amount of funds. Yet today as I look back, I can see the dedication and sincere determination for the business of The Society to be transparent and strictly enforced with each person being accountable for their responsibilities.

*Continued*



## **A Trip Down Memory Lane**

The members were dedicated to attending the monthly meetings where the business of The Society was conducted as well as the fellowship and bond established within the society members. Although the focus was to conduct the business of the society; joy and laughter of the members always erupted at the end of each meeting as they fellowshiped. The occasion allowed them the opportunity to bond and enjoy the company of each other. You see at each meeting there was a fellowship time at the end which always consisted of light refreshments and the opportunity to socialize together.

This was an important time for the members because during those days there were no cell phones, very few house phones and limited transportation for most members. The MPHPS meetings were very much a special group of members that treasured the purpose of the organization and its meetings. The members eagerly worked together to maintain its membership and fundraising efforts as well as celebrate each year the annual day.

I am certain the legacy members truly miss the opportunity to fellowship and share with its members at the end of each meeting. For today most of the meetings have primarily been held virtually through zoom or conference calls since the 2020 COVID pandemic. This has resulted in a lack of opportunity to fellowship with one another or have the benefits of seeing each other's face, warm smiles, friendly hugs, and comforting touch, that was once so freely given during the meetings. Therefore, many of the special benefits of the in-person meetings are definitely a missed luxury.

Many achievements have occurred and continue to be beneficial to the livelihood of The Society. We no longer require the tedious time-consuming task of collecting the monthly dues during the meetings. The members have an opportunity to pay their dues electronically at any time desired. The meetings are no longer held monthly but are bi-monthly with the goal of no longer than one hour in duration. Membership has significantly increased due to exposure through multiple sources of advertisement and social media.

Currently, the MPHPS is a 501c3 organization:

- has an active membership of more than 80 members
  - provided several activities for the elderly and youth in the community,
  - has adopted residents of the Green County Nursing Home.
  - established the Robert Kirk Memorial Scholarship
- received grant funding through the Black Belt Foundation



# ANNUAL DAY MEMORIES



**MATHIAS**





## A Trip Down Memory Lane

I am thankful for the dedicated legacy members that have valiantly insisted the MPHPS remain an active and available organization. It is through their perseverance and determination that MPHPS continues to exist today. I imagine through the eyes of the legacy members there has to be mixed emotions as they see the progress of today, yet long for the precious memories of days gone past. It must be quite difficult to witness the changes. However, they are a strong and viable group of members that demand the business of the society is conducted in a professional and efficient manner.

There are 6 legacy members currently in the society today: Ida B Smith Sullivan, Past President; Lue Birtha Crawford, Past Vice President- Warden-Chaplain, Delois Pruitt, Past Secretary; Norma White, Queen Knox; and Essie Rice. We are thankful for their many years of devotion and dedication to the work of MPHPS. We give thanks to God for their presence and abilities to continue to be active members. As a result of their determination to maintain an active membership The Society exists today.

It is my prayer that the Mount Pleasant Home Protection Society will continue to exist for many years to come.

Marilyn T. Sullivan Archibald  
Former Vice President



### Pineapple Upside Down Cake

PREP TIME:	COOKING TIME:	SERVES:
10 MIN	30 MIN	8



#### Ingredients

1/2 c. butter  
1 c light brown sugar  
1 8oz. can of sliced pineapple  
2 tbsp lg whole pecans  
1 c sifted cake flour  
1 tsp baking powder  
1/8 tsp salt  
3 eggs separated  
1 c granulated sugar  
5 tbsp pineapple juice

#### Directions

1. Melt butter in lg baking pan.
2. Spread brown sugar evenly in pan.
3. Arrange pineapple slices on sugar, filling in spaces with pecans.
4. Sift flour, baking powder and salt together.
5. In a bowl mix cake.
6. Beat egg yolks until light, adding sugar gradually.
7. Add pineapple juice and sifted flour.
8. Fold in stiffly beaten egg whites.
9. Pour batter over pineapple slices.
10. Bake in oven at 350 for 30-35 minutes.
11. Cool 5-7 minute.
12. Turn upside down on cake plate.

Mount  
Pleasant  
Home  
Protection  
Society  
Recipes



THE LATE MS. MATTIE  
KNOX



# The Benevolent Voice

ELIZABETH SULLIVAN

As the Benevolent Committee, we have mailed many cards with words of encouragement and well wishes. If you know of any member we can provide a card to uplift their spirits, in time of sickness or bereavement of a loved one, please let us know. Please email requests to [lizsull@sbcglobal.net](mailto:lizsull@sbcglobal.net) or leave a message at (317) 443-1557 with the individual's name and expression desired.

This essential act of love and kindness operates solely from the love offerings of members and friends.

"We are our Brothers Keepers"



Humbly submitted, Liz Sullivan & Patricia Bolling



## Graduates



**Serena Tyree Graham**  
Elementary to Middle



**Joseph Lee Kouassi**  
Elementary to Middle



**Jaylynn S. Sullivan**  
High School



**Gabrielle Alston**  
Middle School to High School



**Mattie Knox 2023**



# For Your INFORMATION

General Meetings are held bi-monthly. The bi-monthly meetings will be held the fourth Saturday of January, March, May, July, and September. The Annual Day will be held in the fall season and will be the last meeting of the calendar year. Special call meetings may be called by the President when deemed necessary. The executive board shall meet at least once per quarter to transact the business of the Society. Dues are payable in January 1 thru December 31, and may be paid: in person or by mail to MPHPS, Post Office Box 96, Ralph Alabama 35480; PayPal, Givelify or Cashapp

A 501(c)3 Charitable Non Profit Organization

## MOUNT PLEASANT HOME PROTECTION SOCIETY

**Officers 2024-2025**

**Patsy Edwards**  
President

**Nakia Hundley, ESQ**  
Vice President

**Willie Ann Edwards**  
Secretary

**Rev. Dr. Carl F. Hill, Sr.**  
Treasurer

**Ida Tyree Hyche-Hill, ESQ**  
Warden I

**Georgia Leatherwood**  
Financial Secretary

**Patricia Bolling**  
Warden II

**MPHPS**  
Mount Pleasant Home Protection Society  
RHOKEVILLE ALABAMA

Est. 1922

ROBERT KIRK

THANK YOU

Donate

PO Box 96 Ralph, Alabama 35480 | [mphpsociety@gmail.com](mailto:mphpsociety@gmail.com) | <https://mphpsociety.org>

**Ways to Pay**

**MPHPS**

Give now with Givelify

Make Checks Payable to MPHPS  
PO Box 96, Ralph AL 35480

## JOIN NOW

Any person who desires to join MPHPS must be no younger than one (1) year old and no older than eighty-five (85) years old when joining the society.

New members may join in person during the meeting or virtually once the Secretary has received the new members application, beneficiary form and paid the joining fee of ten dollars (10.00). Dues are due annually in the amount of (60.00) sixty dollars. Any new member will pay one half thirty dollars (30.00) of the dues in the first year joined and is due by December 31st of the calendar year. Each member is expected to pay \$ 2.00 upon the death of a member as stated in the Bylaws.

# The Society in



The Society has supported the Green County Nursing Home, Senior Bingo quarterly with The McKenzie Court Senior Citizens group, A Free Wills Clinic in Eutaw, a monetary donation to The Knoxville Volunteer Fire Department to support their back-to-school give-away, and The Robert Kirk Academic Scholarships of 500.00 and 1000.00.

As of July 13, 2022, MPHPS became a 501(c)3 Charitable Non-Profit Organization. Any donations to our missions that meet IRS standards may be tax deductible.

Get  
involved!



**THE GREEN COUNTY  
NURSING HOME GIFTS**



Provided at no cost to the seniors who participated and received gifts. Also it was great socialization for them.

Care Packages were delivered to the residents of the Greene County Residential Care Facility on December 23, 2024. Among the items donated to each resident were bibs, non-slip socks, blankets, toiletries, and snacks. Five residents without a sponsor or family received gowns and pajamas. This was featured in the Greene County Democrat Newspaper.



# The Society in



## Wills Clinic

The Wills Clinic was held on Saturday, July 27th, 2024, at Greene County Entertainment Center in Eutaw, Alabama.

At the 11:00 meeting Mayor James Gaines from the Town of Union brought greeting to the group of organizers and participants. Former Alabama Supreme Court Justice, John England Jr. was Keynote speaker and provided very important information concerning Wills, real estate, property and final legal matters. Two African American Attorney's volunteered their time and services to make the Wills. Atty. Nakia Hundley (MPHPS Vice President), and Atty. Ida Tyree-Hyche Hill (Event Chair and Organizer) prepared wills on site in which the client left with their free legal will in hand. All wills were notarized by Ms. Marilyn Sanford, the Clerk from the town of Union Alabama. This was sponsored by. The Black Belt Foundation Community Arts Program.



**The Wills Clinic**



**Patsy Edwards with Robert Davis**



**ROLANDA SULLIVAN DAVIS RECEIVED THE  
WINTER SCHOLARSHIP OF 500.00**



**JAYLYNN SULLIVAN RECIEVED THE  
YEARLY SCHOLARSHIP OF 1000.00**



## The Society in



## BBCF Grant Award

Mount Pleasant Home Protection Society received it's first grant. The grant written by Patsy Edwards was awarded by the Black Belt Community Foundation . This was featured in the Greene County Democrat.



## Parents of Murdered Children

MPHPS partnered with POMC ,Family First Foundation and Mourning Moms to offer grief support, and unite families with similar circumstance in the Black Belt to help each other to cope with the lost loved ones to violent acts or murder. This took place at the Robert Young Community Center.



**FAMILY FIRST FOUNDATION**



**PARENTS OF MURDERED CHILDREN EAST AL CHAPTER**

Brain exercises helps us to keep our minds sharp and to stay focused and may also provide some relaxation.

## Harvest Word Fun

H	N	O	I	T	A	L	U	P	O	P	E	R	R
T	T	C	E	L	E	B	R	A	T	I	O	N	E
V	R	J	U	K	E	B	O	X	R	R	C	I	S
H	A	F	A	L	L	M	O	U	N	T	A	I	N
A	V	E	C	R	O	S	S	R	O	A	D	U	C
R	E	T	N	E	M	E	R	I	T	E	R	F	I
V	L	A	N	N	I	V	E	R	S	A	R	Y	V
E	U	T	N	N	C	R	I	M	S	O	N	T	I
S	A	O	A	I	S	I	L	V	E	R	E	O	L
T	P	U	M	P	K	I	N	I	A	L	T	U	R
A	E	E	R	E	U	N	I	O	N	T	A	R	U
N	Y	T	E	I	C	O	S	O	R	S	T	I	K
N	E	G	A	T	I	R	E	H	N	T	S	S	E
S	N	O	S	A	E	S	U	R	I	G	H	T	S

CIVIL  
CROSSROAD  
CRIMSON  
PUMPKIN  
TRAVEL  
CELEBRATION  
RETIREMENT  
STATE  
MOUNTAIN  
ANNIVERSARY  
JUKEBOX  
HARVEST  
POPULATION  
HERITAGE  
SOCIETY  
SEASONS  
REUNION  
FALL  
SILVER  
TOURIST  
RIGHTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/7572819/>

## Fundraising



Each year we have three major fundraiser campaigns. In the past we have been successful with the calendar, Gas Card Raffles and direct sales , fish Frys and vending. Please help us by your participation or donations. These are virtual fundraisers so anyone regardless of location may participate as desired. You may also join the Fundraising Committee to help plan upcoming events. Proceeds from these efforts Fund our missions and allow us to aid and support our communities.







Debra S. Hundley, RN,MBA

In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Breast cancer is a type of cancer that starts in either one or both breast. Cancer starts when cells begin to grow out of control. It's important to understand that most breast lumps are benign and not cancerous (malignant). Non-cancer breast tumors are abnormal growths that do not spread outside of the breast. They are not life threatening. Some types of benign breast lumps can increase a woman's risk of getting breast cancer.

Breast cancer can develop in any part of the breast: glands, milk ducts, nipple, fat and connective tissue or blood vessels and lymph vessels and other tissues. Any breast lump or change needs to be checked by a health care professional to find out if it is benign or malignant (cancer) and if it might affect your future cancer risk.

Breast cancer can spread when cancer cells get into the blood or lymph system and then are carried to other parts of the body. The lymph system is part of the immune system and runs throughout the body like blood vessels. The lymph system consists of nodes; whereas, the blood vessel have vein, arteries and capillaries. If cancer cells have spread to your lymph nodes, there is a higher chance that the cells could have traveled through the lymph system and spread (metastasized) to other parts of your body.

There are many different types of breast cancer. They are determined by the specific kind of cells in the breast that are affected. Most breast cancers are carcinomas. Breast cancers are also classified by the type of proteins or genes each cancer might make. After a biopsy is done, breast cancer cells are tested for proteins called estrogen receptors and progesterone receptors, and the HER2 gene. The tumor cells are also closely looked at in the lab to find out what grade it is. The specific proteins found and the tumor grade can help decide the stage of the cancer and treatment options.

Items that may increase chances of getting breast cancer are: drinking alcohol, being overweight or obese, not having children, lack of regular physical activity, taking birth control hormones such as pills, shots, implants, intrauterine devices, skin patches and vaginal rings; menopausal hormone therapy, and breast implants.

There are several treatment options for breast cancer depending on your type, stage and location of the disease. If you are high risk for breast cancer, there are two drugs on the market that may lower your risk for developing cancer by 40%. These drugs are tamoxifen and raloxifene, have side effect such as developing blood clots, cancer of the uterus, and onset of menopause symptoms.

Continued



# Breast Cancer Awareness

normally look and feel so that you are aware of changes. Alert your healthcare professional if you notice any changes in your breasts, such as a new lump, sore spot, changes in the appearance of the skin, or nipple discharge. Mammography can usually detect tumors before they can be felt, so screening is key for early detection.

## How Should A Breast Self-Exam Be Performed?

There are three steps necessary to perform a thorough breast self-exam. Each of these steps should be completed each time you perform a breast self-exam.

- 1) In the Shower - With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.
- 2) In Front of a Mirror - With your arms at your sides, visually inspect your breasts, looking for any changes in the contour or shape of the breasts, any dimpling, swelling, or other skin irregularities on or around the breasts, or any changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes, particularly on one side. Note that the left and right breasts will not exactly match—few women's breasts are perfectly symmetrical.
- 3) Lying Down - When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit. Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast changes. Also squeeze the nipple to check for discharge. Repeat these steps for your left breast.

But there is hope. According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%.. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

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month before publication. Send to Patry Edwards 502 214 2221 or  
announcements or other events please have information submitted the  
congratulate your family members or friends on accomplishments, public  
August, and December. To have your business showcased, or to  
The Cotton Times is a quarterly newsletter that is published January, April,

