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The Benevolent



Issue
Two
Volume 2

Mount Pleasant Home Protection Society

Est.1922

Cotton *Times*

Fundraising Event

New Members

Centennial Celebration
Updates

.MPHPS Position Vacancy
Secretary

If interested Please
Contact Patsy
205 514 9591

May 21, 2022

1:00 PM Meeting

1 617 691 8908

Or In Person At:



**Mount Pleasant CME
Church**

71 Baron Road

Knoxville, Alabama 35469

CONTACT US



MPHPS

Post office Box 96

Ralph, Alabama 35480

Email: mphpsociety@gmail.com

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The President's Corner

Greetings Members ,

I count it both a privilege and a joy to be the newly elected 9th President of Mount Pleasant Home Protection Society. This society has a history of phenomenal Presidents whose contributions helped the society reach it's 100th year. It is my prayer that I may continue the legacy of this great society.

The changes around us—whether social, political, technological, scientific, economic or otherwise—require that we make necessary adjustments as we navigate through the new and increasingly complex future.

I plan to use my thirty plus years as a professional manager to ensure that we are prepared and able to sustain many more years as a society. I appreciate you the members for your continued enthusiasm and support in the growth and cause of the Society. MPHPS now have members in more than five states. During the Pandemic the membership grew by more than fifteen members by the grace of God . Thank you

Patsy Sullivan Edwards

The bene  lent Voice

This essential effort operates solely from the love offerings of members and friends. In today's world we could all use love and kindness especially during difficult times and situations , whether it acts of kindness or thoughtful expressions. Offer our heartfelt words of comfort during your time of convalescence or offer you comfort and condolences during your difficult days of beareavements.

Encouragement, and motivation are priceless! These are the true examples of a Labor of Love when we unite to help each other in the times of need.

Additionally, we'd like to celebrate with you or your family members on their achievements, graduations, weddings, and anniversaries. Please contact; Patricia Bolling 205 799 6536, Elizabeth Sullivan 317 443 1557, or Patsy Edwards 205 514 9591.



from The Chaplain's Heart

Nehemiah 6:3

3 So I sent messengers to them, saying, "I am doing a great work, so that I cannot come down. Why should the work cease while I leave it and go down to you?" NKJV



When the Jews began to oppose other Jews causing trouble for those that was following God's law. Nehemiah was instructed to rebuild the walls around the city of Jerusalem to restore order. He gathered his people together and equipped them and led them in rebuilding the wall. After the wall was rebuilt, Nehemiah ensured that the people read God's law and understood it. As he was putting the gates on it, the officials set out to cause trouble and sent for Nehemiah.

Nehemiah refused to stop his work and come down.

A great work began in 1922 that bound hearts together in perfect harmony to ensure their loved ones had dignity in death. Dignity was taken from African Americans through the years. The founders laid a foundation and equipped those that would come after them as to ensure the work carried on.

Brothers and Sisters, we must not come down off the wall! We must continue this great work! We must oppose our enemies of laziness, sluggishness, and lack of motivation. We must continue to work and ensure the standards set before us!

Unmarked Graves"

Land Where my Father's Died" Marilyn T. Archibald

Thinking back to years long pasted, I pondered where are the graves of the men and women that died prior to my childhood years of 1950s. I do not recall hearing my mother or father talk about the burial places of their grandparents. I can vaguely remember hearing bits n' pieces of their deaths but not the burials. As I searched the internet for information on black cemeteries in Alabama and the United States there was limited information due to acknowledge the lack of historical data on African Americans that lived in the 1800 and early 1900s.

According to the History of African American Cemeteries, plantation owners were "rarely interested in the religious activities of the slaves and very few recount the events surrounding slave burials." It states that "African American slaves died by the thousands." "Death was certainly a way of life for African American slaves." The burial site during the slavery and segregation era were typically in soil that was not suitable for crop producing, in the thickets, swamps and other isolated places that would likely be unvisited again. According to History of African Americans cemeteries," slave burials took place at night,

likely because it was the only time available to attend the burial."

As I reflect on the origin of the Home Protection Society, created to provide a meaning burial of loved ones; I shutter to think of the numerous unmarked graves that exist on the land that we now trod. The Alabama red clay, the backwoods of numerous rural counties within Alabama, the south overall: that is where the remains of our forefathers, though unknown, are likely scattered throughout. There were no proper burials as we have today. Some deaths were the result of natural causes yet others due to racial injustice during their era.

Thinking of the words of the song, My Country Tis of Thee, Sweet land of liberty does not reflect the life of the African Americans in 1800, 1900s and sadly to say not even 100% in 2020. The land where my fathers died, was not due to pilgrims' pride, and from no mountainside were they able to shout, Let freedom ring.

The Mount Pleasant Home Protection Society should continue to be a thriving organization to reflect the memories of the struggle and difficulty our forefathers endured, just to ensure that their loved ones whose life was seemingly insignificant to some yet cherished by others.

**Saturday September
24,2022**

1:00 PM til 4:00 PM

**Knoxville Volunteer Fire
Department**

3080 County Road 217

Knoxville, Alabama 35469



**Sunday September
25,2022**

1:00 PM til 4:00 PM

**Mount Pleasant CME
Church**

1-71 Baron Road

Knoxville, Alabama 35469

The Program Committee is working diligently to bring two phenomenal days with events that are fitting for The Centennial Year Celebration.

Debra Sullivan Hundley ,Chair

If you would like to be on this Committee please contact the Chair person.

The Hospitality Committee has planned a mixture of Southern Comfort and Contemporary foods for each day.

Shondolyn Dunn Hill, Chair

If you are interested in serving on this Committee please contact the Chair person.

The Logistics Committee need members to help with the set up for program . Please contact the chair if you would like to help.

John Smith, Chair

A Play or Skit is being written by Author JBrinkly. We will need Characters to act out the events. Please contact **Patsy Edwards** or **Falia Thomas Fuller** if you are interested in being in the play 205 514 9591.

The Sponsorship Committee has several events planned in order to raise the funds for our Centennial Celebration. Additionally, they have appealed to several individuals or companies to seek sponsorship. If you or someone you know is interested in being a sponsor please contact the Chair person.

There is a big fundraising effort scheduled for May 28,2022. This event will be held at. The Knoxville Volunteer Station on May 28th, 2022, from 10 am to 3pm.

More hands are needed to ensure that this event is successful.

Please contact **Marilyn Archibald** or anyone on the Committee if you are available to help.

This will be modeled like a carnival with a lot of games and prizes.

The proceeds will fund our 501(c)3 and our centennial celebration.

You do not have to be on the Committee to help.

The Sponsorship Committee

Marilyn Archibald ,Chair 205 792 7534

**1 (8 count) Pillsbury
Crescent Rolls**

**2 Granny Smith
Apples**

1 stick Butter

1 c sugar

1 c Orange Juice

**1 ½ tsp Apple Pie
Spice**



Ms Ida's Recipe Board

Apple Crisp

Peel and core apples, cut into quarters, separate rolls into eight singles, flatten, place one apple quarter into each roll, wrap dough around apple and place in baking dish, in single layer.

Mix sugar, apple pie spice and orange Juice, stir well and pour over wrapped apples, melt butter, and pour over wrapped apples. Bake at 350 degrees for 1 hour.

Managing Stress

Debra S Hundley

It might seem obvious that you would know when you are stressed, but many of us spend so much time in a frazzled state that we have forgotten what it feels like when our nervous systems are in balance. Many people think they are OK unless they are having a heart attack. But the truth is that stress has a sneaky way of building up in you until it becomes a serious problem. When stress hits, many feel “like you’re trying to claw yourself out of a hole... a very large hole made of sand”. It is common for people to not realize they are stressed. Often people minimize the stress they are under, the effect it has, and don’t take action. Chronic stress can suppress your immune system, upset your digestive and reproductive systems, increase the risk of heart attack and stroke and speed up the aging process. It can even rewire the brain, leaving you more vulnerable to anxiety, depression and other mental health problems.

The most dangerous thing about stress is how easily it can creep up on you. Your brain can get so used to being stressed that it seems normal. You do not notice how much it is affecting you, even as it takes a heavy toll. Your system is balanced when you are calm yet still alert and focused. You can recognize when you are stressed by listening to your body. When you are tired, your eyes feel heavy, and you realize you are sleepy. When you are happy, you laugh easily. And when you’re stressed, your body lets you know that too. Get in the habit of paying attention to your body’s clues. You can train yourself to spot when you are handling a little too much stress before it becomes a chronic health problem. That is why it is important to be aware of the common warning signs and symptoms of stress overload:

Cognitive symptoms: memory problems, persistent negative perception, anxious or racing thoughts, poor concentration and decision-making, chronic worrying, nightmares and persistent bad dreams. Stress hormones spike the brain chemical dopamine, which can create a decline in cognitive performance.

Emotional symptoms: depression or general unhappiness, anxiety, moodiness, short fuse, irritability or anger, feeling overwhelmed, loneliness and isolation, argue, blame, criticize, and withhold affection .

Physical symptoms: minor persistent aches and pains, cold hands, shakes, trembling, shortness of breath, heart palpitations, racing heartbeat, tension headaches, lower-back pain, problems with menstruation and indigestion

, vulnerability to infections, diarrhea or constipation, nausea, dizziness, chest pain, loss of sex drive, grinding teeth at night, and frequent colds or flu.

Behavioral symptoms: change in appetite or sleep habits, withdrawing from others, procrastinating or neglecting responsibilities, using alcohol, cigarettes, or drugs to relax, nervous habits (nail biting, pacing, etc), passive or aggressive behavior, increased caffeine consumption, craving for sweet, sugary snacks and comfort eating, compulsive/impulsive behavior, and poor time-management .

Ways to improve your ability to handle stress:

- ❖ **Develop a strong network of supportive friends and family members.**
- ❖ **Develop a sense of control over your life.**
- ❖ challenges; have a stronger sense of humor, believe in a higher purpose, and accept change as part of life.
- ❖ **Write down when you experience stress and the associated negative emotions.** Take a sheet of paper and draw a line down the middle. At the top of the left column, write “Negative things I am saying to myself.” In the right column, write “Alternatives.” Fill out both columns. When we simply acknowledge what we’re saying to ourselves as a result of stress, we often realize how silly we are being. Research found college students assigned with expressive writing tasks experienced less depression, anxiety, and stress symptoms after two months.
- ❖ **Strive For Excellence, Not Perfection.** . Have a healthy sense of self-esteem.
- ❖ **Laugh a Little.** A good laugh stimulates your heart, lungs, and muscles; it also increases endorphins released by the brain which promotes a relaxed feeling. Laughter improves immune function, relieves pain, improves mood, and reduces anxiety and depression.
- ❖ **Master Time Management.** Those who plan well tend to feel less stressed. Set realistic goals and expectations.
- ❖ Examine your values and live by them. It is okay to say “No” to demands on your time and energy that will place too much stress on you.
- ❖ Learn to relax.
- ❖ The fastest way to relieve stress is through movement or using your senses - sight, sound, taste, smell, touch. Since everyone is different, discover which technique works best for you.
- ❖ **Movement - Moving** helps relieve stress. Regular exercise can lift your mood and serve as a distraction from worries. Rhythmic exercises such as walking, running in place, dancing, jumping, swimming, stretching, rolling your head in circles, or yoga help to flush out stress hormones, balance the nervous system and increases blood flow
- ❖ **Sight** – Look at cherished photos, enjoy the beauty of nature such as a garden, beach, park or your own backyard. Use colors to lift your spirits, closed your eyes and picture a place that feel peaceful and rejuvenating. Watch others and learn how others deal with stress. Baseball players often pop gum before going up to bat. Singers often chat up the crowd before performing. Look out the window or sit on the porch to take a moment to people watch.
- ❖

Join us!

Any person that desires to participate must be no younger than one (1) year old and no older than sixty-five (65) 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 10.00. There is an annual fee of sixty dollars in which the new member pays one half the first year joined which is due by the end of the calendar year. Each member is expected to pay \$ 2.00 death due upon the death of a member.

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 may be paid:** in person or by mail to

MPHPS, Post Office Box 96, Ralph Alabama 35480;

by [Paypal](#) mphpsociety@gmail.com or

[CashApp](#) \$MPHPS



New Members

Confirmed on March 26, 2022

Jessica Alston E. Victor Colvin

Falia T. Fuller Vanessa Guyton

Elizabeth Sullivan

Johnnie Richardson

Priscilla Davis Woodson

Managing Stress (Continued)

Talking face-to-face with another human can trigger hormones that relieve stress when you're feeling agitated or insecure. Social interaction is your body's most surefire strategy for regulating the nervous system. A brief exchange of kind words or a friendly look from another human being can help calm and soothe your nervous system. Therapy is based on face to face interaction with a caring listener. Make it a priority to build stronger and more satisfying connections

Sound – sing or play a favorite tune, listen to calming or uplifting music, listen to a nature soundtrack, try vocal toning to reduce stress hormones and relax. How to vocal tone: Sit up straight and simply make “mmm” sounds with your lips together and teeth slightly apart. Experiment until you experience a pleasant vibration in your face and eventually your heart and stomach.

Taste - Chewing gum boost calmness and contentment by improving blood flow in the brain. People who chew gum experience lower stress, anxiety and cortisol levels, and increased alertness and performance. Sip a steaming cup of coffee or tea or a refreshing cold drink, enjoy a healthy crunchy snack and drink plenty of water.

MPHPS Word Find

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

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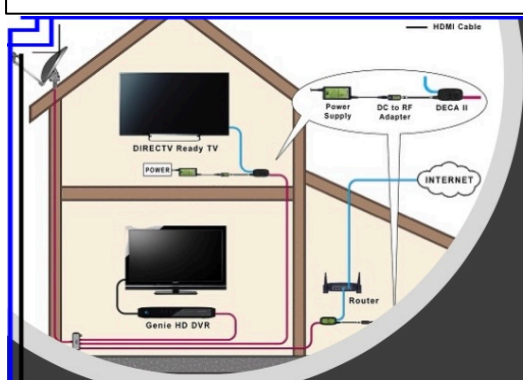


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2022
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JR.
FOR

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SCHOOL BOARD
MEMBER
DISTRICT 1

24TH MAY
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*New Beginning
*Building Our
Future Together

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2022

Mark Anthony Howard, Jr

May 26, 2022
5:30 PM

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HUNTSVILLE ALABAMA 35801



**Knoxville Volunteer
Fire Department**
3080 County Road, Knoxville Alabama



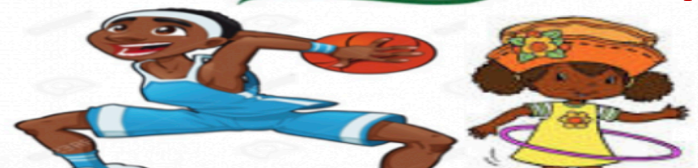
MAY
28
2022

No Entry
Fee

10 AM
3 PM

FUN DAY

Bama Flava's
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Whole Butts



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Sponsorship and Fundraising Committee
For Info 205 792 7534

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Parsy Edwards
President



Marilyn Archibald
Vice President



Secretary Vacant Position



Margret Crowell Treasurer



Georgia Leatherwood
Financial Secretary



Lue BIRTHA
Crawford Chaplain

**Post Office Box 96
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The Cotton Times is a quarterly newsletter that is published January, April, August, and December. To have your business showcased, or to congratulate your family members or friends on accomplishments, public announcements or other events please have information submitted the month before publication. Send to Patsy Edwards 205 514 9591 or mphpsociety19@gmail.com.

Thank You
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