
Independent Telecommunications Pioneer Association

Pioneer Connection



itpa

Issue 24-04

August 2024

Founded 1920

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Pioneers Support Pawsitive Action

Thanks to the generosity of ITPA Pioneers and the ITPA Charitable Foundation, ITPA President Leon Yard presented a \$2,000 donation to *Pawsitive Action Service Dogs*. Ray Fernandez and his K-9 companion Mattie accepted the donation on behalf of *Pawsitive Action*. This donation will help *Pawsitive Action* provide services dogs to veterans to enhance their quality of life.



Above: Leon Yard, Meagan Gostomski, Allyson Reid, and Cindy Downing present the donation to Pawsitive Action representative Ray Fernandez. Beside Ray and Mattie is Pawsitive Action director Norma Ross.

Below: Mattie takes charge of the ITPA's donation!



The U.S. Department of Veterans Affairs estimates that at some point in their life, seven percent of veterans overall will experience PTSD. PTSD is more common among female Veterans (thirteen percent than male Veterans (seven percent).

The number of Veterans with PTSD varies by service era. Approximately ten percent of our Vietnam War Veterans have experienced PTSD at some point in their lives. That number is higher than Korean War and World War II Veterans but is much lower than the percentage of veterans who served in the Persian Gulf War (21%) and the Iraqi wars (29%). (This data was compiled by the U.S. Department of Veterans Affairs from a large study of veterans across the country. To learn more about the effects of PTSD on our country's veterans, visit [PTSD: National Center for PTSD Home \(va.gov\)](https://www.va.gov/PTSD/NationalCenterforPTSDHome).)

Service dogs have become more common as a treatment for PTSD. They are trained to perform many tasks that can alleviate the symptoms of PTSD. The dogs provide a sense of safety and security for their Veteran by helping to reduce anxiety and depression, increase serotonin, lower blood pressure, and more, all while providing companionship.

Service dogs are trained to provide specific support to the Veteran they serve. They can be trained to interrupt flashbacks, nightmares, panic attacks, and various other emotional and/or physical ailments, often by something as simple as licking the face or hands, lying on the person's chest, nuzzling, or instigating play by bringing a toy or stick.

When you meet a service animal who is on duty, it's important not to greet the dog as you might a pet. Service animals are not pets, they are trained medical providers. One small distraction that could divert the animal's attention and could put the dog's handler at risk. Service animals nearly always wear vests to let you know they are on the job, so when you see "Service Dog," "Working Dog," or "Do Not Pet," that's our queue not to try to get the dogs attention, no matter how loveable they appear. Off-duty service animals may appreciate our affection, but always check with the animals handler before initiating any interaction.

To learn more about our ITPA President's Charity of Choice, *Pawsitive Action*, visit <https://www.pawsitiveaction.org>.



Telephone Hall of Fame Nominations

The Historical Committee is now accepting nominations for the Independent Telephone Hall of Fame. **All fully completed nomination forms must be submitted to the committee no later than September 30th.**



From the invention of the telegraph in 1839 by Samuel Morse and the issuance of the patent for the telephone in 1876 to engineer and scientist Alexander Graham Bell, the advent of and advances in the telecommunications industry have been among the most significant impacts in world society, and the telephone has become the world's most used device. Many independent telephone pioneers have been innovators and leaders in the telecommunications field.

To honor those leaders, the Telephone Hall of Fame was founded in 1965 to recognize individuals in the independent telecommunications industry who have contributed not only to their company but to the industry at large.

Nominees for the Telephone Hall of Fame must be persons who have made positive and substantial contributions to the development, growth, and public perception of the telephone industry on a national scale, over many years.

Nomination of a candidate for this prestigious honor does not guarantee the candidate will be inducted into the Independent Telephone Hall of Fame. The nominating committee carefully reviews all nominations to ensure the criteria for this honor has been fully met by the nominee(s).

Candidates for the Telephone Hall of Fame must meet one of the following criteria:

- Three years must have elapsed after retirement from active employment in the telephone industry or death; or
- The individual must have reached age 70.

The 2025 inductees to the Hall of Fame will be recognized during a special luncheon next April, which will be held during the ITPA's annual spring assembly.

In 2024, two individuals were inducted into the Telephone Hall of Fame. Ladson "Lad" Adville Barnes, Jr. was inducted posthumously for his significant contributions that began during his tenure at Rock Hill Telephone Company. Mrs. Mary Lou Jackson Forsyth was also inducted to the Telephone Hall of Fame in 2024. Her contributions to the telecommunications industry began at Darien Telephone Company, which began as and still is a family-owned business.

You can learn more about the 2024 Telephone Hall of Fame inductees by visiting [Telephone Hall of Fame - ITPA \(nationalitpa.com\)](https://nationalitpa.com/Telephone-Hall-of-Fame). To learn more about past Hall of Fame inductees by clicking on [Hall of Fame Kiosk](#).

If there is a telecommunications leader you believe should be considered for the 2025 Telephone Hall of Fame, a nominating form is available at [Telephone Hall of Fame - ITPA \(nationalitpa.com\)](https://nationalitpa.com/Telephone-Hall-of-Fame).

"The telephone gives us the happiness of being together yet safely apart."

Mason Cooley.



Club/Chapter News

IMPORTANT ANNOUNCEMENT



The ITPA website includes a page specifically dedicated to club and chapter news and events. This page is intended to be a dynamic platform through which clubs and chapters can publicize their activities in real time.

All clubs and chapters are encouraged to take advantage of this opportunity to add their newsletters and other information, such as scholarship applications. You can check out updates that clubs and chapters have added by visiting <https://www.nationalitpa.com/news>.

To add your club/chapter updates, send an e-mail to our Public Relations Chairperson, Darlene Terry at bdnterry@outlook.com. Please add "Club/Chapter News for Website" to the subject line of your e-mail.

Carotel Club, Region 3

Carotel Pioneers have worked "separately together" to bring a little sunshine to shut-ins throughout the year. From karaoke every month, with a recent concert by Elvis, to sweet treats and small gifts; every visit from our team to a local skilled care facility is welcomed by the staff and patients. Read more about our club in our [July Newsletter!](#)



We're busy planning our October 11-12 fall convention and invite all ITPA Pioneers to attend. See "Save the Date" for details.

Comporium Pioneer Club, Region 3

Comporium Pioneers have had a busy summer! The team donated to the Rock Hill K9 Unit, held a blood drive and collected 32 units of blood, prepared and served lunch for the York County Crime Stoppers 25th Anniversary Celebration, created and donated a beautiful cake for an auction/fundraiser benefiting *The Haven Men's Shelter* (and volunteered during the event), prepared and served dinner to homeless clients served by *The Bethel Shelters*, and they cooked and served a delicious meal for the YMCA First Thursdays Club during the Comporium Timberlands Fishing Rodeo. See photos and read more about these projects in the club's [July 2024 Newsletter](#).



To have your club/chapter events published in the November Pioneer Connection, please e-mail details of your event to bdnterry@outlook.com no later than November 1st.

August 23-25, 2024

Tar Heel Chapter Annual Meeting
Hampton Inn in Aberdeen, NC
All Pioneers Welcome!

October 11-12, 2024

Carotel Club Annual Fall Convention (Paris—A Weekend to Remember) at the Crystal Coast Ocean Front Hotel in Pine Knoll Shores, NC. Room rate \$115 per night, plus tax. Call 252-247-4155 and ask for the Carotel group rate. All Pioneers Welcome

October 18-20, 2024

Buckeye State Chapter Ohio Fall Get Together at Dutch Host Inn, Sugarcreek, OH (home of the world's largest cuckoo clock). Call 330-852-4516 to make reservations (ask for ITPA Buckeye Chapter rate).

November 8-10, 2024

National ITPA Fall Board Meeting
Hinesville, Georgia

December 12, 2024

Otto Wettstein, Jr. Pioneer Club
Retiree Christmas Luncheon at Venetian Gardens, Leesburg, FL
All retirees welcome.
Contact Joann Esposito at espogirl56@yahoo.com for information.

Last Wed. of Every Month—NEAREA Telecom Pioneers gather for breakfast (Dutch treat) from 8:30 am-10 am at Lakeside Skillet, Harvey's Lake, PA. Come for breakfast or just to visit.

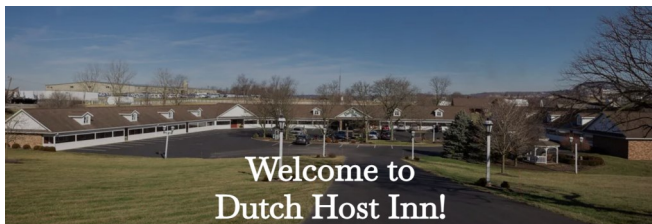


Club/Chapter News (Cont'd)

Buckeye State Chapter, Region 2

Buckeye State Chapter Pioneers are undertaking a new project to support a local school, and all Pioneers are invited to participate. Supplies and/or monetary donations are being collected for students who attend *Rewired*, a private school serving students with various needs, including those with developmental disabilities.

Anyone who is willing to participate in this project may make a financial donation or may purchase items from the [Rewired 2024-2025 School Supplies List](#). Specifically, we are asking our volunteers to provide items from the "Each family is to supply the following" category of the list.



The Buckeye Pioneers are preparing for their annual Buckeye State Chapter Get-Together on October 18th-20th, at the Dutch Host Inn in Sugarcreek, Ohio. Hotel reservations should be made by late August. It is unlikely any rooms will be available after that date. The Dutch Host Inn is located in the midst of beautiful Amish farmlands and is usually booked to capacity during the fall season. We look forward to seeing some of you! The site is a "motel" type facility not far from Interstate 77. We have the conference room from Friday afternoon until Sunday morning. The traditional Friday evening "carry-in dinner" furnished by Buckeye State Chapter members will be held in the conference room. It has a large open area with tables, chairs, kitchen area, and restrooms. All meetings and relaxation gatherings throughout the weekend will be held in the same conference room. The registration form for the gathering and hotel information are available at <https://www.nationalitpa.com/news>.

A schedule of events for the fall gathering may be found in the Buckeye State Chapter's July newsletter, which is available on the ITPA website at [Buckeye State Chapter July 2024.pdf \(nationalitpa.com\)](#).

We hope you can join us!

Tar Heel Chapter, Region 3

Tar Heel Pioneers are busy planning their annual assembly on August 23rd—24th at the Hampton Inn & Suites, 200 Columbus Drive, Aberdeen, NC. This year's theme is a tribute to the King of Rock and Roll. Elvis will be joined by Patsy Cline when the Tar Heel Chapter Pioneers visit small a local assisted living facility to serenade residents and care givers.

To receive the Tar Heel Chapter's group rate of \$139 per night, hotel reservations should have been made by August 2nd at [Hampton Inn Aberdeen](#).

The ITPA Tar Heel Chapter's Annual Assembly will be held on August 23-24 in Aberdeen at the Hampton Inn & Suites, 200 Columbus Drive, Aberdeen. All activities at the hotel will be held in the Azalea Room. Registration is \$60 per person, payable at the registration table when checking in. Please contact **Ronnie Cashwell** if you have not already made hotel reservations and plan to attend the Tar Heel Assembly.

The last date to reserve a room at the special group rate was August 2nd.

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Friday's agenda will include entertainment Friday afternoon by Elvis Presley and Patsy Cline (both of whom bear a strong resemblance to Tar Heel Chapter Pioneers) for residents at Scotia Village in Laurinburg, NC. Assembly registration will be held in the hotel lobby from 3PM-5PM, following by the chapter's annual board meeting and a social at 6:30. After a 7PM dinner the group will enjoy a night at the movies, featuring Elvis Presley!

Saturday's formal activities will begin at 1PM with a live auction at 3PM. The evening will include a social, following by dinner and the annual membership meeting. Scholarship recipients will be announced, after which Elvis will be in the building!

North Star Chapter, Region 4

The North Star Chapter board of directors voted recently to make a \$500 donation to the ITPA's National Telephone Museum. Thanks North Star Chapter Pioneers for helping us preserve our telecommunications history!



Kindness Matters Winner Ethel Mason Recognized

By Darlene Roll

At the Spring Assembly in Mount Airy, North Carolina, JoAnn Esposito announced the winner of the drawing for the “Kindness Matters” national project that was kicked off at the beginning of her presidency. That winner was Ethel Mason of the Buckeye State Chapter in Ohio.



Ethel was not able to attend the Spring Assembly to be recognized, so on Saturday, July 20, 2024, at the Buckeye State Chapter’s quarterly meeting, Ethel was presented with her winner’s gift package. Congratulations to Ethel!

Ethel was asked to share information about her life and give the attendees the who-what-why-where-how of her days “growing up” at the telephone company, and in ITPA. We are proud to share that information.

Ethel was born December 7, 1937, in Wooster, Ohio. She has always been a resident of Wooster, Wayne County. She was the second child of four living children. An older sister died at a young age. She attended school in the area.

In 1956, Ethel and her mom were at the telephone company paying their bill when her mom saw a “help wanted” sign and she encouraged Ethel apply for the job. The telephone company was known as Ohio Central Telephone Company at that time, with Bud Ault as the manager. Ethel was hired to work in the business office, the area in which she worked throughout her career.

Ethel had previously been working at a restaurant (Nadeline’s) and continued to help with catering jobs at the start of her telephony duties.

Ethel shared a couple of rules that were in place when she started working at Ohio Central Telephone Company:

“If you married someone who also worked at the telephone company, one of you had to quit. Married couples were not allowed.

You might be asked personal questions (age, marital status, if you were dating someone at the telephone company – they would not hire you, if you were married and had children, you were not eligible for hire, etc.). The management believed mothers should be at home.”

Ethel shared that she was a “Jack of All Trades” in the office. If any extra jobs needed done, they called on her. An example was that if they needed records from the storage area – in a loft, Ethel would climb racks to get to the loft. Ethel retired in 1986 after 30 years of service.

In retirement, Ethel worked as a substitute cafeteria employee in the Wooster City Schools. She says she gets a “huge pension” - \$70 per month from them. She worked for 20 years; however, that equated to 7.5 school years.

In 1969, Ethel married Ray Mason. He passed away in 1998. They have one child who lives in Virginia. She is proud of her three grandsons and one granddaughter. (Note – One of those grandsons and his wife usually bring her to Buckeye State Chapter’s Fall Get-together because they enjoy being around Pioneers.)

Ethel joined the ITPA in 1976, when you had to have 20 years of service at the telephone company in order to join. She served the Wayne District Pioneer Club as treasurer, and when they disbanded she transferred her membership to Buckeye State Chapter.

Ethel actively participates in ITPA activities locally and nationally. She also donates to a local food pantry in the Wooster area. And on July 20th, she even made the drive herself to get to the meeting!

Good job, Ethel!



Above: Ethel at last year’s Buckeye State Chapter Fall Gathering with grandson, Alex Mason, Laura Mason, JoAnn Esposito and Sally Stone.





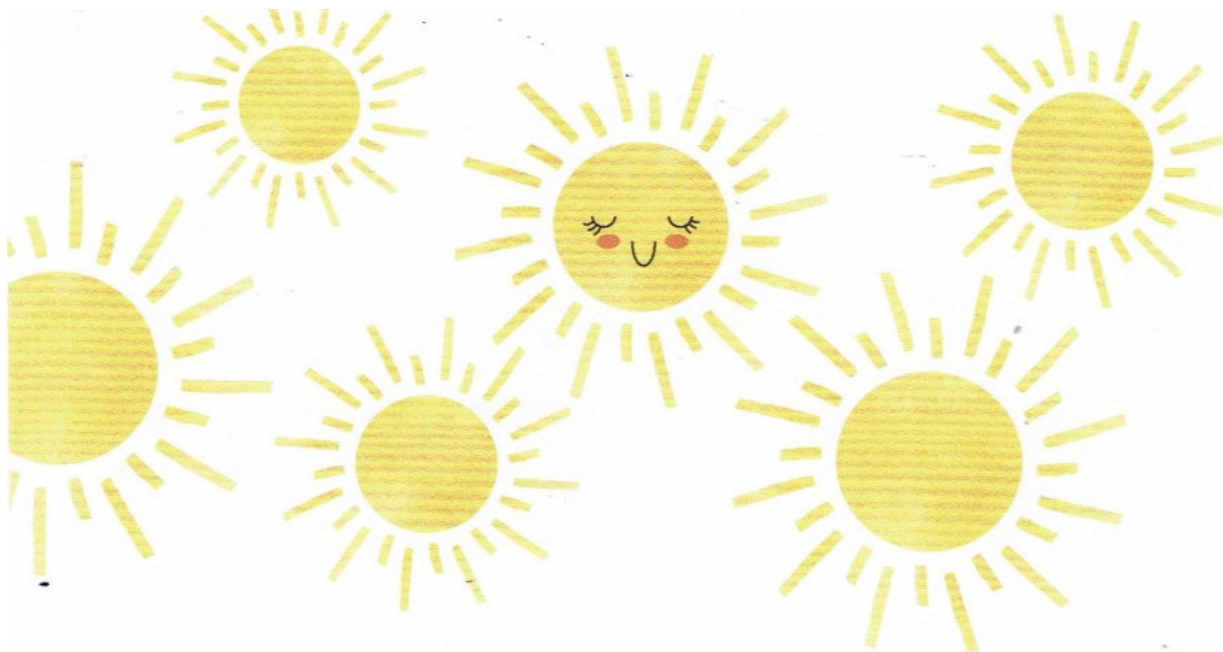
Charitable Foundation News

Earlier this year, the Charitable Foundation's board of directors approved a \$1,000 grant under the Disaster Relief Grant Program in response to a request from Big Bend Pioneers.

On May 10, 2024, Tallahassee, Florida was struck in the early morning hours by three tornadoes of EF1 and EF2 strength, in addition to straight line winds of 100 miles per hour. The damage caused by those events prompted Florida's governor to declare a state of emergency for Tallahassee and North Florida. During the event, two women were killed and numerous people were injured. Businesses, power lines and other infrastructure were critically damaged. Power loss was catastrophic with restorations taking several days. Many remained without essential services while line works repaired historic damages to the electric grid. Many homes were destroyed or significantly damaged. The destruction was compared to a Category 4 hurricane. Individuals suffered loss of homes, furniture, vehicles, businesses, and food. Many people relied on relief organizations for meals and water.

Select organizations were advertised as places where those in need could receive assistances and resources. One such agency was *Little Sunshine Pantries*, a 501C3 non-profit food pantry that continually stocks many stations throughout the city with donated non-perishable free food. Donated food collected by *Little Sunshine Pantries* is placed in colorfully decorated refurbished newspaper bins. In the aftermath of the devastating storm event, *Little Sunshine Pantries* also distributed non-perishable foods to affected individuals and families. As a result, the organization's food supply was quickly diminished, and donations of food and monetary donations were needed.

Big Bend Pioneers quickly submitted an application for disaster relief to the Charitable Foundation, and in turn the Charitable Foundation board members immediately reviewed and approved the request. *Little Sunshine Pantries* recently sent a note of appreciation to the Charitable Foundation, along with the bright sentiment below.



Sending **Sunshine** Your Way



Historical Foundation News

Before the school year ended, Executive Director Andrea Wick recently hosted a large group of enthusiastic first graders from First Presbyterian Christian Academy. The group of 31 enjoyed the tour so much that their teacher anticipates making the museum tour a frequent field trip.



Andrea also welcomed members of the Hinesville Chamber of Commerce to the museum for a tour. Chamber members have partnered with our national office and museum in prior years for various events, including a "Business After Hours" event that was hosted by the chamber at the museum.



Savannah resident Carolyn Hunter recently visited the ITPA Telephone Museum with a friend after Googling "Interesting things to do in Georgia" and discovering our museum. The pair enjoyed themselves, and Carolyn even posted a recording of tunes she played on the touch-tone phones, asking her Facebook followers to "Name that Sound."

In mid June, children who attended the First Preparatory Christian Academy Summer Camp took a field trip to the museum. The largest children's ministry in Liberty County, First Preparatory Christian Academy strives to help its students develop their unique abilities as leaders of tomorrow and fosters a life-long love of learning.



The ITPA Telephone Museum is generally open Monday through Friday from 10 am to 4 pm. Visitors are encouraged to call (912-408-4872) before visiting as there are times when the museum must be closed during normal operating times. Groups are requested to call ahead to schedule tours. A suggested donation of \$3.00 per person is appreciated to help maintain the museum.



Hunny Bunny's Hare-Raising Tails

Well, I've been as busy as a beaver since y'all last heard from me, even though I'm a hare! To recap the months since I became your mascot in April, I was rather brusquely snatched away from ITPA President Leon Yard as he was introducing me to the Pioneers at the ITPA annual spring assembly, despite his best efforts to keep me safe.



My captors changed hands in Mt. Airy and I found myself on North Carolina's beautiful Crystal Coast. I must admit I rather had fun while I was there. I learned to paddleboard and kayak, and I spent some delightful days on the beach. I hope you saw the photos I sent of those excursions in the May Pioneer Connection.

I've been pretty busy since then. I went with Elvis to perform at a skilled care nursing facility in Greenville, NC and while I was there I met a delightful little girl who took me on a number of adventures.

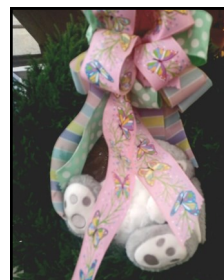


We played hide and seek...and while I realize I could have attempted an escape, I had too much fun to even try.

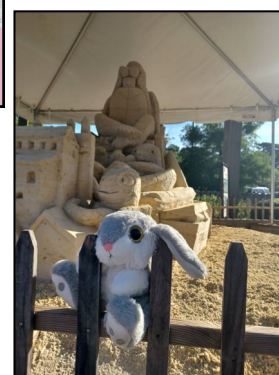
I also traveled to Hudson, North Carolina to attend a tea party in honor of famed author Jan Karon. And oh my goodness I actually met the lady! Jan wrote the very popular "Mitford" series." She also wrote Jeremy: The Tale of an Honest Bunny. And guess what?



The decorations for the tea party were all about us bunnies! Most of the hares I met didn't have a lot to say. But they were working, after all. My photo was even used to announce Jan's next book!!!! O.K., it was me and several others, but still...



While at the tea, I also met Sarah Loudin Thomas, who is also an accomplished author. She liked me a LOT! She thought the hat I wore to the tea party was particularly beautiful.



After the tea party, I attended a "by invitation only" event at the Pine Knoll Shores Public Aquarium. I'm preparing for a VERY long hike on the Appalachian Trail. It's a little scary, but I'm pretty excited. I'm sure I'll survive. Won't I? I'll send photos of this adventure for your November Pioneer Connection. Stay tuned!



Member Spotlight



*This month our member spotlight shines on Region 2 Pioneer **Morrie Sachsenmaier**, pictured left at Bryant Commons in Hinesville, GA, where our National ITPA Office and Museum is located. Morrie, a long-time ITPA Pioneer, enjoyed an exciting and long telecommunications career. Here is a brief summary of his story.*

Morrie grew up on a small farm in Wisconsin. He attended Glenwood City High School and graduated in 1959. After graduation he went to work for the railroad in Clinton, Iowa where his dad worked. After only four months, Morrie was laid off from that job, and he moved to St. Paul, Minnesota temporarily to work for Montgomery Ward filling mail orders. In September 1960, Morrie landed a job with ITT Kellogg doing installation work for the Air Force. His first gig was at the Minot, North Dakota Air Force Base where he installed a switch at their air to ground defense system. For the next three years Morrie traveled around the country installing missile site telecommunications systems. He worked at Air Force bases in Spokane, Washington; Mountain Home, Idaho; Plattsburgh, New York; and Vandenberg, California, where missiles were launched. Morrie worked on the Atlas and Titan missile sites and recalls that it was very exciting work.

In November 1963, Morrie was drafted into the Army and he went to basic training at Fort Leonard Wood, Missouri. He was then sent to Fort Carson, Colorado where he spent more than a year in the infantry artillery unit. In the summer of 1965, Morrie was sent to Fort Riley, Kansas with the 1st Division for deployment to Vietnam. The division's departure was delayed and ultimately Morrie was deemed too short to be shipped overseas, so he was discharged from the Army without having deployed overseas.



After his Army discharge, Morrie installed telecommunications switches. He was sent to Purdue University in Lafayette, Indiana and while he was working on a switch there, the Moscow, Idaho telephone office was destroyed by fire. Morrie was redirected to Moscow to work on the damaged switch and there he fell in love. Morrie and his wife Tina were married in February 1967 in Leavenworth, Washington. It was time to settle down and the couple moved to Snohomish, Washington. Morrie landed a job with GTE in nearby Everett, and he worked there for 32 years as an installation supervisor and engineering manager until he retired in 2002. Morrie and Tina had two children, Maury and Leslie, and they have three grandchildren.

Morrie became a Pioneer in 1985. His favorite Pioneering memory is from 2011 when, as incoming ITPA President, his assembly was held in Leavenworth, Washington. Morrie recalls everyone having had a great time at the Bavarian Village. His Charitable Project was the Sarvey Wildlife Care Center, and Jeff Guidry from the center brought a fully grown eagle to the assembly.

In addition to having served as ITPA National President, Morrie served as President for the ITPA's Norwesco Club and has long served with the ITPA's Historical Foundation. He currently serves as Chairperson of the Historical Committee and is Vice President of the Historical Foundation. Morrie is also active in the Lions Club and the Knights of Columbus.

We asked Morrie to share some little-known facts about himself. He recalls that one of his favorite adventures was having been able to take his mother back to her homeland in Ireland. Morrie's mother immigrated from Ireland to the U.S. when she was sixteen years old and had never been able to return to her homeland. In 1985, Morrie and his brother accompanied their mother on a sojourn to Ireland where Morrie met his three uncles. It was an emotional reunion for Morrie's mother and is one of the highlights of Morrie's many travels.

We asked Morrie to share his favorite book and movie with us. In case you want to check out Morrie's favorite book, it's The 747 by Joe Sutter. Joe was the lead engineer on the first 747. And Morrie's favorite movie of all time is "Doctor Zhivago."

As a side note, Morrie's pooch, Piper, took 1st place in the pet photo contest that was featured last year in the Pioneer Connection. Morrie is a valued member of our national ITPA and is much appreciated.



Morrie and Tina with Piper.



Pioneer Passions

It's no secret that many of our ITPA Pioneers are involved with a number of philanthropic organizations and activities. Their dedication to serve their community expands beyond what we accomplish together through the ITPA. This month, we introduce a new feature section that will introduce you to other organizations and causes that our Pioneers devote their time and talents to support. This "Pioneer Passions" section will feature Pioneers and the organizations they serve, in addition to their Pioneering activities.

We begin this series by introducing Allyson Reid. Allyson has worked for Comporium since October 2004. Initially in customer service, she moved to the supply chain group in 2016 and is currently a Warehouse Specialist II. Allyson joined the ITPA in 2005 and now serves as the Comporium Club's secretary.



Allyson (far right) at "Come See Me Souvenir Sales" project with fellow Pioneers (left to right) Arhea Glenn, Taryn McDuffy, Amelia Johnson, and Jerisia Barnes

Allyson has devoted many hours to projects sponsored by the Comporium Pioneer Club, including the popular Firehouse Run fundraisers, Habitat for Humanity builds, sprucing up homes in the community with Rolling in Rock Hill, souvenir sales for the annual Come See Me community event, Light the Night walks for the Leukemia Lymphoma Society, and more.



Above Left: Phone calls to the North Pole project. Allyson, Kerri Pierce and Andrea Oliver



Above Right: Habitat for Humanity Project. Pictured are Chad Davis, Forrest Emerson, Allyson and Jeremy Knowles.

Despite all the work Allyson does as a Pioneer, she has an additional passion, that being her work with *Bethel Shelters*. *Bethel Shelters* was originally founded as *The Men's Warming Center* in 2007 to serve as a seasonal haven for homeless men in South Carolina's York, Chester, and Lancaster Counties. There, the gentlemen were offered hot meals and a warm place to sleep. The shelter was established through a partnership with the Salvation Army, United Way of York County, and the City of Rock Hill. In 2009, the shelter gained a permanent location at Bethel United Methodist Church, and it still operates in that location.

After its inception, the number of clients served by *The Men's Warming Center* each winter continued to increase and it was soon recognized that a year-round center was needed. In 2019, with assistance from community partners and passionate community volunteers, the shelter began staying open year-round and the name of the shelter was officially changed to *Bethel Men's Shelter*. It was the first and only year-round emergency shelter in the tri-county area.

In 2021, the shelter expanded its mission to serve as a daytime shelter for both men and women at the new Bethel Day Shelter, also located in Rock Hill. The Day Shelter accepts clients from 8:30 a.m. to 5:30 p.m. daily, and provides laundry services, showers, restroom facilities, lockers, and respite. The shelter partners with other agencies to connect clients to needed services. With the addition of this new program, Bethel Men's Shelter officially changed its name in 2022 to *Bethel Shelters*.



Above: Allyson and Annie-Laurie Wheat sort clothing donations at Bethel Shelter.



Pioneer Passions (Cont'd)

We interviewed Allyson about her work with *Bethel Shelters* and why she volunteers. Here's what she had to say.

"I believe I have a servant's heart. Words often fail me, so I prefer to share love and kindness with others through my actions. It's also a way for me to share my faith. It's not always easy for me to speak about, but I can be the hands and feet of Jesus and share His love through my actions. I hope that I can encourage others by showing them that someone does care for them and love them.

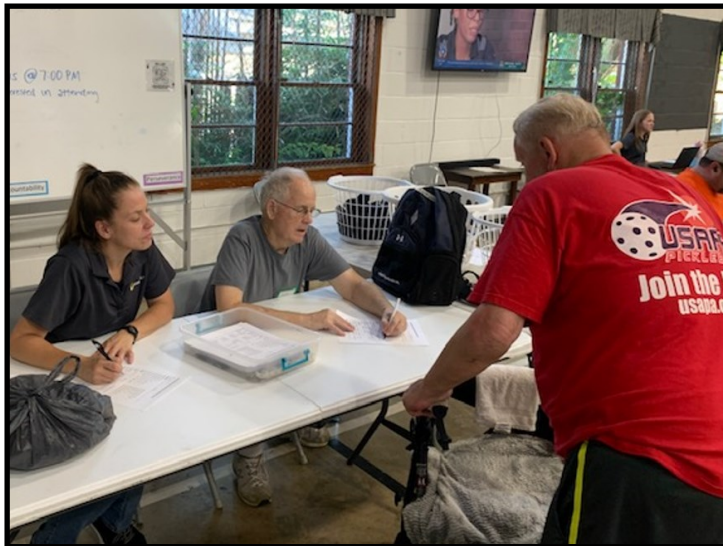
"The homeless population is vulnerable and often invisible to those of us who don't live in large cities. Sometimes people just need to be seen. They just need someone to look them in the eye and have a normal conversation.

"There are folks who are chronically homeless and folks who have found themselves experiencing homelessness because of a long string of bad decisions. But I can testify that stereotypes are not always true. There are people on the streets because of an unexpected injury, high cost of living, and other things that may not be in their complete control.

"One thing I have learned from my work at Bethel Shelters is that we all may be a little closer to finding ourselves in a difficult situation than we'd like to think. I am incredibly grateful for a steady 40-hour per week job, supportive family, and other luxuries that we can sometimes take for granted. Or forget that others don't have.

"It's hard to focus on getting your life back together when your basic needs are not met. Bethel Shelters provides a nightly meal, a place to shower, and a bed year-round to homeless men in our community. The hope is that by providing these basic necessities, the men we serve will be able to more fully focus on the other things in their lives that need attention. A social worker is also available at both the day and night shelters to offer guidance to those we serve.

"Most of my involvement with Bethel Shelters has been with the night shelter. I served on the board for several years. Although I am no longer on the board, I still volunteer on Monday nights. We collect clothing and toiletry donations from generous folks in our community. There is a small team that sorts these items during the week. On Monday nights, we pass out items to the men to get them through the week. We give them toiletries and clothing as needed. We are able to provide them with shoes and bookbags when we have them. And if we know a man is starting a job, we can provide items needed to equip him for that opportunity. Additionally, we celebrate birthdays monthly. The birthday celebrants are recognized and given a gift card, a cupcake, and of course a song. It's all just meant to help them feel loved; to help them feel a sense of community and normalcy; to show them that they are valued.



Above: Allyson and volunteer Bob Stonebreaker talk with a gentleman about items he needs for the week.



Right: Volunteers Willis Lewis, Annie-Laurie Wheat, Allyson, and Mariah Smith restock the supply room with donated clothing after sorting.

Thank you, Allyson, for exemplifying the Pioneering spirit in your community. Your commitment to and passion for helping others is inspiring.

To learn more about *Bethel Shelters*, visit <https://bethelshelters.org/about-us> or you may contact Allyson directly at Allyson.reid@comporium.com.



Those were the days...



Those of us old enough to remember when the phone was wired to the wall, usually in the kitchen, can relate to this story.

When I was a young boy, my father had one of the first telephones in our neighborhood. I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it.

Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was "Information Please" and there was nothing she did not know. Information Please could supply anyone's number and the correct time.

My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbor. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer, the pain was terrible, but there seemed no point in crying because there was no one home to give sympathy. I walked around the house sucking my throbbing finger, finally arriving at the stairway.

The telephone! Quickly, I ran for the footstool in the parlor and dragged it to the landing. Climbing up, I unhooked the receiver in the parlor and held it to my ear. "Information, please," I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear. "Information."

"I hurt my finger..." I wailed into the phone, the tears came readily enough now that I had an audience..

"Isn't your mother home?" came the question

"Nobody's home but me," I blubbered.

"Are you bleeding?" the voice asked

"No," I replied. "I hit my finger with the hammer and it hurts."

"Can you open the icebox?" she asked.

I said I could.

"Then chip off a little bit of ice and hold it to your finger," said the voice.

After that, I called "Information Please" for everything. I asked her for help with my geography, and she told me where Philadelphia was. She helped me with my math.

She told me my pet chipmunk that I had caught in the park just the day before, would eat fruit and nuts.

Then, there was the time Petey, our pet canary, died. I called, "Information Please," and told her the sad story. She listened, and then said things grown-ups say to soothe a child. But I was not consoled. I asked her, "Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?"

She must have sensed my deep concern, for she said quietly, "Wayne, always remember that there are other worlds to sing in." Somehow I felt better.

Another day I was on the telephone, "Information Please."

"Information," said in the now familiar voice.

"How do I spell fix?" I asked.

All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much.

"Information Please" belonged in that old wooden box back home and I somehow never thought of trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle. I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, "Information Please."

Miraculously, I heard the small, clear voice I knew so well.

"Information."

I hadn't planned this, but I heard myself saying, "Could you please tell me how to spell fix?"

There was a long pause. Then came the soft spoken answer, "I guess your finger must have healed by now."

I laughed, "So it's really you," I said. "I wonder if you have any idea how much you meant to me during that time?"

"I wonder," she said, "if you know how much your calls meant to me. I never had any children and I used to look forward to your calls."

I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister.

"Please do," she said. "Just ask for Sally."

Three months later I was back in Seattle .

A different voice answered, "Information."

I asked for Sally.

"Are you a friend?" she said.

"Yes, a very old friend," I answered.

"I'm sorry to have to tell you this," She said. "Sally had been working part time the last few years because she was sick. She died five weeks ago."

Before I could hang up, she said, "Wait a minute, did you say your name was Wayne?"

"Yes." I answered.

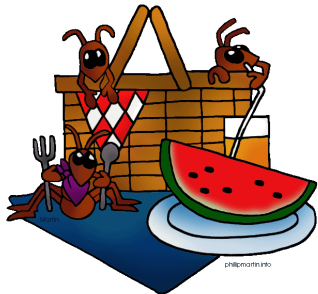
Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you. The note said, "Tell him there are other worlds to sing in. He'll know what I mean."

I thanked her and hung up. I knew what Sally meant.

Never underestimate the impression you may make on others. Whose life have you touched today?

Author unknown. Whether fact or fiction, this story is a good read, and a good reminder.

PIONEER PICNIC RECIPES



Our recipes this month pay homage to warm summer days and outdoor picnics. We asked Pioneers from all over to submit their favorite summer picnic recipes. We hope you'll enjoy!

Beer with Bill

From Bill Schnitzer, Big Bend Club, Florida.

Ingredients:

- 1 12-pack of Angry Orchard Crisp Apple Hard Cider
- 24 crisp apples

Directions:

Forget the apples. Every bottle of Angry Orchard is made with **two real apples** and some hardcore kick! Angry Orchard Crisp Apple has a bright, crisp apple flavor, just like biting into a fresh apple. It is a perfect balance of sweetness and bright acidity from culinary apples and dryness of traditional cider making apples, resulting in a complex, yet refreshing, hard cider. A perfect addition to a summer picnic!



Fresh Basil Pesto

From Darlene Terry, Tar Heel Chapter



Ingredients:

- 2 cups fresh basil, packed tightly
- 1/2 cup Parmesan cheese (about 2 ounces)
- 1/2 cup extra virgin olive oil
- 1/3 cup walnuts or pine nuts
- 1 Tablespoon minced garlic
- 1/4 teaspoon salt, or more to taste
- 1/8 teaspoon freshly ground black pepper, more to taste

Instructions:

Pulse basil leaves and nuts in a food processor several times to grind all the leaves. Add garlic and cheese and pulse several more times. Scrape down sides and then slowly pour olive oil with processor running on low speed to help emulsify the oil and keep it from separating. Stop to scrape sides occasionally. Add salt and pepper.

Toss with pasta or dollop over baked potato. Spread onto crackers or bread, and use with balsamic vinegar as a compliment.

PIONEER PICNIC RECIPES Cont'd

Mini Crustless Quiche

From Andrea Wick, ITPA National Office

Ingredients

- cooking spray
- 1 pound bulk sausage
- 1 cup shredded Cheddar cheese
- 1 cup shredded Swiss cheese
- ½ cup chopped green onion (Optional)
- 8 eggs
- ⅔ cup instant potato flakes
- ½ cup heavy whipping cream
- salt and ground black pepper to taste



Directions:

Preheat oven to 325° F. Spray 36 mini muffin cups with cooking spray. Heat a large skillet over medium-high heat and crumble in sausage. Cook and stir until sausage is crumbly and evenly browned, about 10 minutes. Drain and discard any excess grease. Sprinkle sausage, Cheddar cheese, Swiss cheese, and green onion evenly into the prepared muffin cups. Beat eggs, potato flakes, and cream together in a bowl; season with salt and pepper. Pour egg mixture evenly over the sausage-cheese mixture in the muffin cups. Bake in the preheated oven until quiches are set in the middle and lightly browned, about 22 minutes. Cool for 5 minutes before serving.

Watermelon Salad

From Darlene Terry, Carotel Club

Ingredients

- 8 cups of cubed watermelon
- 1/4 cup extra virgin olive oil
- 6 Tablespoons lime juice (or juice from 3 whole limes)
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 cup fresh mint leaves, chopped
- 1 1/2 cups crumbled feta cheese



Directions:

This salad is best made just prior to serving. Prepare immediately before serving or store in refrigerator for no longer than one hour before serving. Cut rind from the watermelon and then chop the fruit into 1 inch chunks. Place chunks in a colander to drain as you chop. In a small bowl, whisk together the olive oil, lime juice, salt, and pepper. Pour over watermelon and sprinkle chopped mint on top and then fold the dressing and mint into watermelon to evenly distribute. Sprinkle feta cheese on top and then fold gently into salad to integrate cheese. Serve immediately. Serves 10 or more. Half the recipe to serve fewer. Recipe does not store well, so adjust recipe as needed for single serving side dish.



PIONEER PICNIC RECIPES Cont'd

Best Grilled Chicken Breast

From Cindy Downing Comporium Pioneer Club

Ingredients

- 1/4 c. balsamic vinegar
- 3 tbsp. extra-virgin olive oil
- 2 tbsp. brown sugar
- 3 cloves garlic, minced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 4 chicken breasts
- Kosher salt
- Freshly ground black pepper
- Freshly chopped parsley, for garnish

Directions:

In a medium bowl, whisk together balsamic vinegar, olive oil, brown sugar, garlic, and dried herbs, and season generously with salt and pepper. Reserve ¼ cup. Add chicken to the bowl and toss to combine. Let marinate at least 20 minutes and up to overnight.

Preheat grill to medium high. Place chicken on grill, basting with reserved marinade, until cooked through, 6 minutes per side. Garnish with parsley before serving.

24 Hour Fruit Salad

From Barbara Smithson, Carotel Club

Ingredients

- 1 can pineapple chunks (NOT drained)
- 1 11 oz can mandarin oranges (drained)
- 1 30 oz can fruit cocktail (drained)
- 2 firm bananas (sliced)
- 1 small box vanilla instant pudding...lemon is also good
- Optional whipped topping along with pudding mix.

Directions:

Mix all ingredients. Sprinkle with dry pudding mix. Use as much as you need or to desired thickness. (I have used the entire box but which ever you prefer...all or some). Refrigerate over night.

OPTIONS: maraschino cherries, miniature marshmallows, nuts...add nuts and marshmallows just before serving.



PIONEER PICNIC RECIPES Cont'd

Charred Corn Salad

From Cammie Brazzell, Comporium Pioneer Club

Ingredients

- 2 ears corn on the cob
- 3 tablespoons extra-virgin olive oil
- Juice of 1 lime
- Kosher salt and freshly ground black pepper
- One 15-ounce can black beans
- 2 cups grape tomatoes sliced
- 1 cup cooked and cooled brown rice (can use Orzo or Quinoa)
- 1/4 cup finely chopped red onion
- 3 thinly sliced green onions
- 1 clove garlic

Directions:

Over high heat in a dry cast iron skillet, char the corn on the cob on all sides. This will take about 15 minutes. Let it cool until you can handle the corn and cut off the kernels. For the Vinaigrette, whisk together olive oil, lime juice, salt and pepper. Add all the ingredients in a large bowl and toss with the lime vinaigrette.

JoAnn's Macaroni Salad

From JoAnn Esposito—Otto Wettstein, Jr Pioneer Club

Ingredients

- 8 ounces (1-3/4 cups) elbow macaroni
- 1 cup Mayonnaise (I use Hellmann's)
- 2 Tbsp white vinegar
- 2 tsp Dijon Mustard (optional, I don't like mustard)
- 1 tsp sugar
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1 cup thinly sliced celery
- 1 cup thinly sliced carrot
- 1 cup chopped green or red or both bell pepper
- 1/4 cup chopped onion

Directions:

Cook macaroni according to package directions. Drain and rinse with cold water until completely cool. Combine mayonnaise, vinegar, mustard, sugar, salt, pepper, garlic powder in a large mixing bowl. Stir in macaroni, celery, green/red pepper, carrot and onion. Serve chilled or at room temperature.



PIONEER PICNIC RECIPES Cont'd

Broccoli Salad

From Nancy Schnitzer, Big Bend Club

Ingredients

- 2 (12-ounce) bags fresh broccoli florets (8 cups), cut into bite-size pieces
- 1 pound sliced thick-cut bacon, cooked and crumbled
- 1 cup halved red grapes
- 1 cup chopped apples
- 1/2 cup chopped red onion
- 1/2 cup roasted salted sunflower seeds
- 1 1/2 cups mayonnaise
- 1/4 cup sugar
- 1/4 cup apple cider vinegar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- Garnish: roasted salted sunflower seeds



Directions:

In a large bowl, toss together broccoli, bacon, grapes, apples, onion and sunflower seeds. In a small bowl, whisk together mayonnaise, sugar, vinegar, salt, and pepper. Pour mayonnaise mixture over broccoli mixture; toss until well combined. Cover and refrigerate until ready to serve. Garnish with sunflower seeds, if desired.

This colorful salad provides both fruits and veggies in a single serving!

Coming soon...Recipes from around the world!



One of our readers suggested an International Recipe Section in a future Pioneer Connection edition. We LOVE the idea, and hope you do too! But we need your help to make it happen. Do you have recipes that have been passed down through the generations in your family? Perhaps your grandparents immigrated from Ireland or Greece, or South Africa...did they bring recipes from their homelands? We're collecting international recipes now and we invite all clubs and chapters to submit recipes, along with the history behind those recipes.

Once we have enough submissions for a future Recipe section, we'll publish them. Please send your entries to bdnterry@outlook.com.



You Can't Get that Here!

Pioneers across the United States are united by many ties, love of country, a desire to serve their communities, and a love of good food. Just what that food is varies. Canada is known for its Poutine, England is known for its Yorkshire Pudding, and Italy is known for pizza and gelato. So what food represents the good ole USA? Well, hamburgers, hotdogs and apple pie are all on that list! America is known for a number of dishes, some of which are unique to certain regions of the country.

Boiled peanuts, a delicacy to some, are mostly found in the southern United States, from North Carolina, south to central Florida, and as far north as Ohio and west to Mississippi. (Don't look for them in California. What you will find in California is Cioppino, which originated in San Francisco in the late 1800s when fishermen would combine their catch of the day in a tomato-based stew. The region is still known for this popular dish.

We thought it would be interesting to learn about some regional foods in the communities where our Pioneers live. With this inaugural segment, we bring to you an eastern North Carolina specialty, the delectable cheese biscuit!



Eastern North Carolina cheese biscuit lovers are fiercely supportive of their favorite biscuit baker, and in this article, we'll explore where to find some of the most popular cheese biscuits.

First, let's agree on exactly what a cheese biscuit is.

A cheese biscuit is **not** a Cheddar Bo from Bojangles. Not that there's a thing wrong with a Cheddar Bo, but any traditional cheese biscuit enthusiast knows that a Cheddar Bo is not in the same category as a traditional eastern NC cheese biscuit. So, what exactly is a cheese biscuit?

Good old fashioned hoop cheese, which originated in the United States is often at the center of the gooey goodness of a cheese biscuit. It's often found in country stores and farmers markets. Made from cow's milk, this pale yellow cheese is hard to semi-hard, depending on the aging process, and is generally formed into a distinctive round or "hoop" shape. It has a mild and slightly tangy flavor, with a creamy texture and is most often served with little to no aging.



Cheddar cheese, also a cheese of choice for cheese biscuits, originated in England. It's also made from cow's milk, the process for making cheddar cheese and the resulting taste is very different than hoop cheese. Hoop cheese is initially soft and rubbery while cheddar cheese is initially smooth and firm. Both become more crumbly when aged. So, who bakes the best cheese biscuits? Listed below are some Carotol Pioneer favorites.

Abrams Restaurant, with several locations in eastern NC, offers up the cheese biscuit of choice for several of our Pioneers. Abrams was established in 1974 in the very town where Carolina Telephone and Telegraph Company was headquartered and where the Carotol Club was founded. The restaurant's popular cheese biscuits were added in 1979. Abram's cheese biscuits are filled with two to three ounces of hoop cheese that's been shredded and formed into a ball. The ball is then wrapped in biscuit dough and baked to golden perfection. These days, you can find Abram's biscuits in locations other than Tarboro, including nearby Pinetops, NC.

Little Rocket in Farmville, NC will sell you a piping hot cheese biscuit, or you can buy a dozen frozen biscuits to bake later. (They're nearly just as good.) Little Rocket's cheese biscuits are filled with gooey cheddar cheese, and they don't skimp on the cheese. When you buy them frozen, just place two on a greased sheet pan the night before you want to enjoy them and place the pan in the fridge. The next morning, bake at 375° for about 20 minutes until the biscuits are light golden brown.

Peaden's Restaurant and Grill in Greenville, NC also serves a mighty tasty cheese biscuit. Flo's Kitchen in Wilson, NC has a cult following for their enormous cat-head biscuits that are filled with delicious local hoop cheese.

If you're not fortunate enough to indulge in this delightful cuisine on a regular basis, try one during your next visit to eastern North Carolina!



About your Finances—Are You Protecting your Money?

There are many convenient ways to send money to people you know. However, if you send your money or give it to a scammer, there is often little that your bank can do to get your money back. That's why Bank of America encourages its clients to talk with its representative about ways they can help you protect yourself before wiring or withdrawing cash.

No matter the situation, be cautious when you wire or transfer funds and when you give or send cash to people or businesses you don't know or haven't worked with previously. Be particularly alert to the following red flags:

1. You're contacted unexpectedly.
2. The communication plays with your emotions.
3. You're asked to pay in an unusual way or asked to transfer money to protect yourself.
4. You're pressured to act immediately.
5. If it seems too good to be true, it likely is.



Think carefully if you are instructed not to trust your bank's associates or you are instructed to respond to questions asked by a bank associate with anything other than the truth. If you are contacted out of the blue and are told there's an issue needing immediate attention or if you are pressured to act immediately and the request plays on your emotions, be suspicious and contact your bank directly before responding to the request.

If you are directed to send a request for money or payment in an unusual way, such as a wire transfer, gift cards, or pre-loaded debit cards, the request is guaranteed to be a scam. Likewise, if you are threatened with law enforcement action, it's most likely a scammer trying to scare you into making a bad decision.

Be suspicious of phone calls, texts, direct messages, or pop-ups that request personal information or money, and never reply to those. If you think there's a chance the communication is legitimate, confirm so through other means.

A scammer will sometimes pose as an employee from a familiar organization and say there's a problem that needs your immediate attention. Or, the scammer will ask for a favor, and will try to get personal details or money and will try to coach you through an action to gain access to your devices and personal information.

A scammer may try to confirm your identity with a verification code they send you, even though they called you. The scammer may also insist that you download an app or click on a link to fix issues or to confirm information. Never ever click on a link that you are not 100% certain is not legitimate.

Remember, scammers use convincing stories. They can use fake email addresses and caller ID information. Verify the identity of the person who contacted you before acting on any request. Never click on a link or attachment from someone you don't know. (It's safer not to click on a link you aren't familiar with, even if it's from someone you do know!)

Take precautions in these common situations:

Overpayment scams: If someone offers to send you money through a check but requests that you return extra funds or use the money to buy gift cards, cashier's checks or other items, be aware. Similarly, be wary if a company claims they mistakenly deposited money into your account and asks for it back.

Real estate scams: Scammers can take over a rental or real estate listing by changing the email address or other contact information, then listing it on another site. They may send you an email that appears to be from your real estate agent, title company, or settlement agent/attorney with last minute updates to wiring instructions. Before you send any money, always independently confirm wiring instructions in person or via a phone call to a trusted or verified phone number that you called directly.

Investment scams: Be wary if you are contacted by "investment managers" or receive an unsolicited request (via social media, pop-up, text, email or phone call) that presents a "great investment opportunity." Offers that promise guaranteed returns, or the chance to get rich quick or double your money, are likely a scam. Always validate requests for money, research investment managers/offers and use caution if asked to provide personal or financial information.

Technology scams: If you get an unsolicited request to remotely access your computer or mobile device, it's most likely a scam and you could lose money. Scammers often pose as employees of familiar companies and ask you to provide remote access or download an app. No matter what reason you're given, never grant device access or download any app at the request of unknown companies or individuals. Always confirm the identity of someone requesting access by calling a trusted and verified phone number (the one they provide could be part of the scam.)

Winning prizes and lotteries: If a prize is real, you should not be asked to pay money upfront. Taxes or fees are automatically withheld from rewards or lottery winnings. If you didn't enter a contest, odds are you didn't win it.

Online sales scams: Scammers set up fake stores selling fake goods, and after you've made your purchase, the store will suddenly disappear. They may use social media platforms to contact you and build a relationship, telling you about an offer that's hard to resist, then instructing you to download an app or send money to take advantage of the offer. Research the sellers and products independently, check reviews for possible scam notices, and compare prices with other websites.

Imposter scams: Scammers may pretend to be familiar businesses, such as your bank or utility company, or even a friend or relative. They may use text or email, or even a familiar phone number. Be cautious if they ask you to send funds to yourself or others to prevent a potential threat. Don't share codes based on a call you receive.

About Your Health—Relief for Chronic Neck Pain



Neck pain, a recurring complaint among older adults, can be quite challenging to cope with. According to Dr. Frank Pedlow, a Harvard-affiliated orthopedic surgeon, 80% of people experience neck pain during their lifetime, and 20-50% deal with it regularly.¹

According to an article in [Focus on Healthy Aging](#)², neck pain is often related to underlying arthritis or osteoporosis, it can also be caused by whiplash. Sometimes, though, neck pain is caused simply due to poor posture. Our neck muscles are constantly on duty supporting our head, and believe it or not the human head weighs about 11 pounds! Poor posture can put a considerable strain on those muscles.

Generally, if you experience neck pain or stiffness on one side, it's likely due to muscle soreness. Neck pain that extends down the arm could be due to a pinched nerve resulting from spinal arthritis or could signal a herniated spinal disc. However, pain that radiates from your neck to your shoulder and down your arm, could be a symptom of a heart attack and you should immediately seek medical attention.

If you have chronic neck pain, see your doctor to rule out serious causes for neck pain. Then, there are several steps you can take to relieve that pain naturally. One pain relief measure is to apply a heating pad several times a day, for ten minutes or so each time. Disposable heating patches that can be purchased over the county can also help, and those work for up to six hours per application.

An exercise regimen to improve posture and strengthen neck muscles is one of the most important remedies. Good posture and properly stretching the neck muscles can also serve as preventative measures. To promote good posture, stand tall with your head centered over your spine (imagine a string in the center of your head pulling your head upward). If you have to sit for long periods during the day, don't keep your head thrust forward for long periods, and do some neck stretches a couple times every hour.

Include some neck stretches after your regular workouts or whenever your neck feels stiff. A few simple and quick neck stretches can help alleviate or prevent pain and stiffness.

Exercise #1: Sit or stand with one hand behind your back. Place your other hand on top of your head. Gently pull your chin towards that armpit. Hold for 30 seconds. Repeat using opposite hands. Perform this exercise once or twice daily.

Exercise #2: Sit or stand, looking straight ahead, and place one hand on your forehead. Push your head into your hand while using your hand to push against your head. You'll feel your neck muscles tense and tighten. Hold for six seconds and repeat ten times. Perform this exercise once daily.

Exercise #3: Sit or stand, with one hand behind your back. Place your other hand on your head and pull your head gently towards your shoulder, then hold for 30 seconds. Return to the starting position and switch your hands to stretch in the opposite direction. Perform two sets daily.

Sleeping on your back or side is kinder to your neck muscles than sleeping on your stomach. Stomach sleeping puts extra strain on our neck muscles. If you end up on your stomach during the night without meaning to, try using a body pillow to prevent you from turning onto your stomach.

Also, avoid sleeping on too many pillows because that can force your chin too close to your neck. If you still have neck pain after sleeping, try a pillow



that is designed to maintain the natural curve of the cervical spine. Memory foam pillows are better to help alleviate neck pain than down pillows.

Sources:

1: [Turn away from neck pain - Harvard Health](#)

2: "Focus on Stretching, Strengthening and Standing Tall to Relieve Chronic Neck Pain" in [Focus on Healthy Aging](#) by Icahn School of Medicine at Mount Sinai, Volume 27, Number 3



About your Diet—Foods to Remember



According to the Mayo Clinic News Network, research suggests that the ability to maximize memory function may be related to what we eat. At the very least, a healthy diet improves and helps us sustain our overall physical health. Plant foods that are rich in phytonutrients are believed to help prevent some diseases and sustain good health.

Phytonutrients are natural chemicals or compounds that are produced by plants. They keep plants healthy, protecting them from insects and the sun. When we consume those plants, we receive the health benefits of those phytonutrients.

Research is ongoing to determine the best foods for brain health, and studies are finding that what is good for your heart are probably also good for your brain. The simplest way to eat a heart and brain healthy diet is to forgo unhealthy fat and to diversify your plant-based food consumption.

Foods that boost the brain's memory function include fruits, vegetables, whole grains and legumes, fish, healthy fats, and some herbs and seeds.

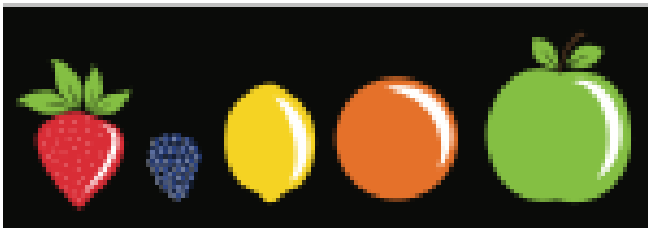
Berries, which are high in antioxidants, help protect the brain from oxidative damage and prevent premature aging and memory-impairing dementia.

Blueberries are a rich source of anthocyanin and other flavonoids that may improve brain function.

Grapes contain resveratrol, a memory-boosting compound. In plants, resveratrol protects from environmental stresses. Concord grapes are rich in polyphenols, act as antioxidants to neutralize harmful free radicals that damage cells and sometimes lead to serious diseases such as cancer, diabetes and heart disease.

Watermelon has a high concentration of lycopene, another powerful antioxidant. Watermelon is also a good source of pure water, which benefits brain health. Even a mild case of dehydration can reduce mental energy and impair memory.

Avocados are a fruit rich in monounsaturated fat, which improves memory function by helping improve blood cholesterol levels when eaten in moderation in place of saturated fats.



Beets contain a natural compound that can dilate blood vessels, allowing more oxygenated blood to reach the brain.

Dark leafy greens help reduce age related memory loss. Rich in antioxidants and folate, these vegetables can actually improve memory by decreasing inflammation, which improves blood circulation to the brain.

Cracked wheat, whole-grain couscous, chick-peas, oats, sweet potatoes and black beans are healthy complex carbohydrates. Brain cells run on glucose derived from carbohydrates. Our brain cells don't store excess glucose, so a diet that includes regular complex carbohydrates provides a slow, sustained supply of glucose.

Fatty fishes (salmon, trout, mackerel, herring, sardines, pilchards and kippers) which are rich in heart-healthy omega-3 fatty acids have also been shown to improve memory when eaten one to two times per week.

Shellfish and crustacean (i.e., oysters, mussels, clams, crayfish, shrimp and lobster), contain vitamin B12 which can help prevent memory loss.



Herbs and seeds also contribute to brain health. **Cocoa** contains arginine, which increases blood vessel dilation. **Rosemary and mint** both have been shown to increase blood flow to the brain, which helps improve concentration and memory. The aroma of **peppermint** has also been found to enhance memory.

Sesame seeds, rich in tyrosine, contain several important nutrients that are involved in memory function.

Saffron has been shown in studies to help people with mild to moderate Alzheimer's disease. This interesting spice boasts other health benefits as well.

Besides diet, there are other lifestyle habits that can help keep our brains as well as our bodies healthy.. Refraining from smoking, taking daily walks and keeping your weight at a healthy level all help preserve memory function.

Source: Lizzie Bertrand, Dietitian, Mayo Clinic Health System, St. James, MN [Mayo Clinic Q and A: Foods to help maximize your memory - Mayo Clinic News Network](#)