



The Knollwood Voice



The Waugh-Mt. Meigs Fire Protection Authority Promotes Awareness of the Alabama Yellow Dot Program

At the November 16, 2014 KHOA meeting, Bianca Thompson, a representative with the Waugh-Mt.Meigs VFPA, discussed the "Yellow Dot" program initiative.

According to the Alabama Department of Economic and Community Affairs, the "Yellow Dot" program is the first program of its kind in the state of Alabama. It is designed to assist Alabama citizens and first responders in the event of an automobile crash or other medical emergency involving the participant's vehicle. The program can help save lives during the critical "golden hour" by improving communication at a time when accident victims may be unable to communicate for themselves.

The "Yellow Dot" program provides detailed medical information that can be crucial following a crash. Participants of the program receive a "Yellow Dot" decal, a "Yellow Dot" folder and an information form with the participant's name, an identifying photo, emergency contact information, personal physicians' information, medical conditions, recent surgeries, allergies and medications being

used. A "Yellow Dot" decal on the driver's side rear window of a vehicle alerts first responders to check in the glove compartment for the corresponding "Yellow Dot" folder. Having this information following a crash helps first responders positively identify the person, get in touch with family or emergency contacts and ensures that the person's current medications and pre-existing medical conditions are considered when treatment is administered for injuries.

The "Yellow Dot" program is a free service provided to individuals of all ages, with an emphasis on senior citizens. The program is being funded by the Alabama Department of Economic and Community Affairs / Law Enforcement Traffic Safety Division (ADECA/LETS) and is being administered by the Northeast Alabama Traffic Safety Office. The "Yellow Dot" program is a cooperative effort of local Law Enforcement, Fire & Rescue, Emergency Medical Services, Senior Groups and concerned citizens.

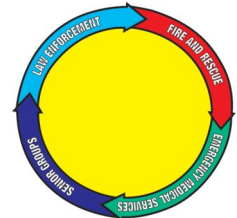
Note: Some people have expressed concerns about potential identity theft using Yellow Dot information. We share those concerns, which is why we specifically **do not** ask for drivers

license numbers, Social Security Numbers or birth dates on Yellow Dot information packets.

Enrollment in the program is completely voluntary, and most of the information included in the medical information sheet can already be found in your vehicle's glove compartment on your vehicle registration and insurance card. If there is any information asked for that you do not feel comfortable listing, you can leave that space blank or you can place a comment such as "this information is found under my driver's license in my wallet" in the space provided under that particular heading.

Check the website for more information.
<http://adeca.alabama.gov/Divisions/lets/TrafficSafety/YellowDot/Pages/default.aspx>

The Waugh-Mt Meigs VFPA would like to schedule a time for residents of the Knollwood community to enroll at the fire station. Please contact a member of the Executive Council or block captain if you are interested in enrolling in the program.



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Community Update

Community Meeting Dates

The upcoming community meeting dates are January 25, 2015 and March 26, 2015 at 6:30 pm at the Waugh/Mt. Meigs Fire Station.

Guest Speakers at KHA Meeting

In the coming months, the KHA is scheduling guests to speak with members of the community.

Pike Road Stone Park

The Pike Road Planning Commission has approved construction of townhouses on the eastern side of the entrance to Stone Park. This area abuts Knollwood Subdivision at Cottonwood and Elm drives.

East Montgomery Neighborhood Alliance - Quarterly Meeting

April 9, 2015 Aldersgate Methodist Church, 6610 Vaughn Road 7 p.m.

I have decided to stick with love. Hate is too great a burden to bear.
Martin Luther King, Jr.



Printed by:



Building Our Neighborhoods



For Development and Success
A Program of the City of Montgomery

Knollwood Homeowners Association

P.O. Box 241641, Montgomery, AL 36124-1641

Executive Council

President—Nii O. Tackie (272-5306)
 Vice President—John Ivery (272-8600)
 Secretary—Glenda Horton (396-9161)
 Treasurer—Brenda Savage (277-3010)
 Chaplin—Lucinda Harden (333-4192)
 Courtesy Chairman—Annie Harris (277-6151)

Block Captains

Knollwood Blvd/Maple Drive—Ollie Robinson (272-1959)
 Pinetree Drive—Annie Harris (277-6151)
 Ash Drive—Brenda Savage (277-3010)
 (Old) Elm Drive—Fannie McDade (279-7458)
 (New) Elm Drive—Jacqueline Milledge (244-8044)
 Cottonwood Drive—Maxine Wheeler (270-9120)

Communication with the Knollwood Homeowners Association must be sent to the Secretary.

www.knollwoodhomeownersassociation.org

Covenant Corner

KHA Executive Council Members

The Knollwood Homeowners Association confirmed members of the Executive Council and block captains at the January 29, 2015 meeting. The Covenant directs the nomination and election process.

The KHA would like to express great appreciation to outgoing member, Mr. William Harrison, for his service to the community.

Condition of Mailboxes

KHA Amended Covenant and Restrictions, Section 8.10, states, "Mailboxes shall be kept in good condition. Attention should be given to paint, general appearance, and position. Repairs or replacement must be done in reasonable time."

History Note: The street letter drop mailbox with a hinged door that closed to protect the mail was invented by Philip B. Downing. Downing, an African-American inventor, patented his new device on October 27, 1891 (US Patent # 462,093). <http://www.enchantedlearning.com/>



HOA Membership Dues for 2015—Payment Options

\$200.00 – May be paid in full (due on or before July 15, 2015)

\$100.00 on or before June 15, 2015; \$75.00 late fee due after July 15, 2015

\$100.00 on or before December 15, 2015; \$75.00 late fee due after January 15, 2016

All payments by check or money order should be sent to: **Knollwood Homeowners Association, P.O. Box 241641, Montgomery, AL 36124-1641**

Vision—We welcome all to our thriving community with love, courtesy, and respect.
 Mission—To preserve and promote Knollwood Subdivision as a pleasant community for residents and a vital contributor to the Greater Montgomery Area.



Around the Corner (News and Notes)

Our Condolences to:

Mrs. Lucinda Harden's (Elm Drive) on the passing of her mother in December.

Thank You to:

Mr. Thomas Anderson, Mr. Taylor Hough, Mr. Woody Wordlaw, Mr. George Savage, and Mr. Clyde Jackson and all who worked hard to spread pine straw and decorate the entrance and gazebo for Christmas.

Yard of the Quarter



Home of the Ballard Family, 200 Knollwood Blvd

Observances

Month	January	Cervical Health Awareness , Glaucoma Awareness, National Birth Defects Prevention, National Blood Donor, Thyroid Awareness Month
Monday	January 19	Martin Luther King Day
Month	February	American Heart Month, National Children's Dental Health Month
Friday	February 6	Wear Red Day raises public awareness of heart disease in women and ways to avoid and combat this problem.
Saturday	February 14	Valentine's Day
Monday	February 16	Presidents Day (Washington's Birthday)
Wednesday	February 18	Ash Wednesday
Month	March	Brain Injury Awareness , Hemophilia Awareness , National MS Education and Awareness Month, National Nutrition Month
Monday	March 2	Read Across America Day
Friday	March 6	Employee Appreciation Day
Sunday	March 8	Daylight Savings Time starts
Tuesday	March 17	St. Patrick's Day
Friday	March 20	March Equinox
Sunday	March 29	Palm Sunday
Friday	April 3	Good Friday
Saturday	April 4	Passover
Sunday	April 5	Easter Sunday

The Knollwood Voice



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To submit a topic for a future publication, contact your block captain or send an email to milledge6@aol.com.

Next Community Meeting:

Thursday, May 21, 2015 at 6:30 pm at the Waugh/Mt. Meigs Fire Station

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Building Our Neighborhoods



For Development and Success
A Program of the City of Montgomery

May is National Stroke Awareness Month

Strokes can affect people of all ages and backgrounds. Learn how to safeguard yourself against stroke.

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from stroke, making it the fourth leading cause of death in the United States.

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications that include

- Paralysis or weakness on one side of the body.
- Problems with thinking, awareness, attention, learning, judgment, and memory.
- Problems understanding or forming speech.

- Difficulty controlling or expressing emotions.
- Numbness or strange sensations.
- Pain in the hands and feet.
- Depression.

To help protect yourself and your loved ones, learn what steps you can take to prevent a stroke and how to spot a stroke if one occurs.

Lowering Your Risk for Stroke

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

For example, cigarette smoking contributes to one in every five strokes in the United States. Smoking—and even exposure to second-hand smoke—can thicken the blood and make it more likely to clot. Thicker blood flow can lead to increased plaque buildup in your arteries and damage to the blood vessels leading to the brain, which can cause or worsen a stroke. So, quit smoking—or better yet, don't start.

In 2011, the Department of Health and Human Services launched the [Million Hearts™](#) initiative to

prevent a million heart attacks and strokes by 2017. A primary focus is on the ABCS to prevent cardiovascular disease, including stroke, and contribute to overall health:

- Know your [ABCS](#) of health:
 - Appropriate Aspirin therapy: Ask your doctor if taking aspirin is right for you.
 - Blood pressure control: Keeping your blood pressure under control reduces your risk of heart attack and stroke. More than half of the world's stroke deaths are caused by elevated blood pressure levels.
 - Cholesterol management: Get your cholesterol checked regularly and manage it with diet and physical activity or with medication, if needed.
 - Smoking cessation: Get help at 1-800-QUIT-NOW.
- Exercise regularly.
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes
- Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

Stroke Awareness continued on page 2

Community Update

Guest Speaker at KHA Meeting

Dr. Henry J. Finlay is scheduled to speak with members of the community on May 21, 2015 @ 6:30pm, "Working Together - Ingredients for Success". Dr. Finlay is the director of the Tuskegee University continuing education program.

City News

- BONDS Gathering of Neighborhoods meetings at noon in First Baptist Church's Huff Building, aka Caring Center, 200 South Perry Street, Lunch is available for \$6.00 (optional).

- April 21—Topic: Water Conservation & Safety
- June 16—Ask the Sheriff (Q&A).

The Montgomery City Council meets every 1st & 3rd Tuesday @ 5:00 pm, City Hall, 103 S. Perry St.

The Montgomery County Commission meets every 1st & 3rd Monday @ 9:30 am, 100 S Lawrence St.

◆ Be Alert! Secure Homes and Cars

A stranger has been seen wandering between homes and around cars on Cottonwood Drive on multiple occasions. This has been reported to the Montgomery County Sheriff Department.

What Doctors Tell Their Friends About Allergies © Provided by Redbook

Your beauty routine should change during allergy season—"When friends with seasonal allergies need to be outside on high-pollen days, I tell them to take their prescribed medications before they head out and to wear a hat and sunglasses to keep pollen out of their hair and eyes. But it's also important to know that mousse and other sticky hair products can turn your hair into a pollen magnet. Moisturizers and sunscreens are a necessity, but since they can cause pollen to stick to your skin, too, you should shower and wash your hair at night so you don't transfer pollen onto your sheets." —Clifford W. Bassett, M.D., medical director of Allergy and Asthma Care in New York City, professor at New York University School of Medicine and Cornell University Medical College, and fellow of the American Academy of Allergy, Asthma, and Immunology

It's not just you: More people are suffering from allergies than ever before. The advice these doctors give their closest pals can help you get relief and enjoy spring again.

Start treating your seasonal allergies now—"I tell people all the time to see an allergist by February or early March and to start taking their medications by mid-to-late March, depending on what they're allergic to. That's sooner than allergy sufferers would have acted 10 or 15 years ago, but the environment is different today than it was then. There's plenty of research that links climate change to higher carbon dioxide levels, which lead to accelerated plant and pollen growth. That means more intense allergy seasons that start earlier and last longer. There's no doubt that in the last few years, I've seen a marked rise not only in the number of people suffering from allergies—some of whom have them for the first time as adults—but also in the intensity of symptoms. It's a common thing I hear from my friends: 'I've never had allergies before' or 'I only had allergies when I was a child, but now they've come back.' I tell them to blame climate change." —Neeta Ogden, M.D., spokesperson for the American College of Allergy, Asthma, and Immunology and practicing allergist in Englewood, NJ

Be careful with antibiotics—"There's no doubt that there has been an increase in allergies and asthma worldwide, and it might have something to do with the microbes that live in our gut and respiratory tract, both of which can be altered by an unhealthy diet and antibiotics. Antibiotics destroy some of these colonies of bacteria, and some research suggests that may predispose someone to allergies and asthma. Fortunately, we're starting to move past the age of everybody taking antibiotics for everything—we know now that they're unnecessary for most ear and sinus infections. But I still remind my friends and family that they and their kids should use antibiotics wisely and only when needed." —Timothy Craig, M.D., distinguished educator of allergy, asthma, and Center in Hershey, PA, and fellow of the American Academy of

Allergies are like sleep apnea—"When a girlfriend or one of be evaluated for allergies. Allergies can affect your quality of you're congested, you can have these micro-arousals where of REM sleep you need, so you wake up tired, you're unpro- the things that people with sleep apnea do. A lot of people some can—but you may actually be drowsier when you're American College of Allergy, Asthma, and Immunology and Girardeau, MO



immunology at Penn State Milton S. Hershey Medical Allergy, Asthma, and Immunology

her kids isn't sleeping well, I always suggest that they sleep to the same degree that sleep apnea does. When you wake up gasping for air. You don't get the amount ductive at work, you fall asleep in the car—you do all think their allergy medicines make them tired—and not being treated." —Janna Tuck, M.D., fellow of the allergist at Allergy Partners of Cape Girardeau in Cape

Toss your air fresheners—"Sure, they make your house smell nice, but some air fresheners, scented candles, and wall plug-ins contain volatile organic compounds (VOCs), which are toxic to us. Think about it: You can smell them because these chemicals go into the air and then into your nose. For an allergy sufferer, that can make your symptoms worse and even trigger asthma attacks. If you don't have allergies, it can still irritate your eyes, nasal passages, sinuses, and throat. My girlfriends will say, 'But I need them. I love for my home to smell wonderful.' I tell them, 'No, you don't. Just clean your house!'" —Tuck

Stop self-medicating—"Friends will call me and say, 'I've tried this over-the-counter medicine and it works for a while, but then it doesn't seem to do anything anymore.' That tells me their allergies are getting worse. Antihistamines don't zap histamines. They just work to block the receptors where histamines activate, and even at that, they only block about a third of them. So over time, as you become more and more exposed to a specific allergen, there's a snowball effect and your symptoms get worse. It appears that the antihistamines aren't working as well, but really, they're doing what they've always done. That's why roughly two thirds of allergy sufferers won't find relief from over-the-counter medications. They may benefit from prescription meds, but at least half of them would be better off with allergy shots or tablets, which stop the body's allergic response." —James L. Sublett, M.D., president of the American College of Allergy, Asthma, and Immunology and managing partner of Family Allergy and Asthma in Louisville, KY

<http://www.msn.com/en-us/health/medical/what-doctors-tell-their-friends-about-allergies/>

Stroke Awareness continued from page 1

Recognizing the Signs of Stroke

When responding to a stroke, every minute counts. The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately.

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

Remember, getting immediate medical attention for stroke is crucial to preventing disability and death, so **don't delay—dial 9-1-1.**

http://www.cdc.gov/stroke/stroke_awareness_month.htm



Yard of the Quarter



Home of the Robinson Family, 156 Maple Drive

Do-It-Yourself Cleaning Products from Natural

Health Cathy Zises 12/2/2014

Are you sick of buying cleaning products and schlepping them home from the supermarket, or feeling ill from the smells of your bathroom disinfectant? Make your own cleaning solutions! When you consider that commercial, chemical-based products may take a toll on your long-term health and your wallet, homemade products present a good alternative. Reducing synthetic chemicals in your home may help alleviate symptoms of allergies, asthma, sinusitis, or bronchitis—health problems one third of the U.S. population suffers from. The best way to control ingredients you're exposed to is to make products yourself. It's pretty easy, and you probably have a lot of them in your house. You may never go back to using commercial again!



Assembling your green cleaning products and ingredients with these tips from the Environmental Working Group.

Glass containers: Get different sizes for mixing and dispensing the cleansers. I buy them from Amazon or at Wal-Mart, but local health food stores are also starting to stock them.

Cleaning cloths: Steer away from using paper towels and try cellulose sponges instead. Twist, a company out of Boulder, Colo., makes ones from cellulose and cotton. Although not organic, they are far more "green" than plastic ones since they are biodegradable and compostable. Avoid sponges treated with anti-bacterial substances, most have been treated with the antibacterial/antifungal agent triclosan, an environmentally harmful pesticide whose residue has been found in rivers and streams. Bamboo "paper towels" are also great. They feel just like regular, but after you clean with them, throw the towels in the washing machine (skip the dryer) and they will last for quite a few uses. Also, rags make great cleaning cloths, especially men's cotton T-shirts ripped or cut into 8-inch squares.

Try one of these DIY cleaning product recipes: (... from the *Environmental Working Group*.)

Glass Cleaner

- 2 tsp of white vinegar
- 1 quart of water

Mix and dispense in spray bottle. Spray it on, crumple up some newspaper and wipe windows.

(*Note: Don't clean windows on sunny day or streaks will show).

Bathroom Disinfectant and Tile Cleaner (Not for marble or granite-lemon will strip the surface)

- Half a lemon
- ½ cup of borax

Dip the lemon into the borax and scrub the surface with the lemon. Rinse with water.

Tea tree oil: This wonderful naturally occurring antibacterial product has a myriad of uses. I keep a tiny vial of it with me all the time--for a quick sore throat aid, to soothe a burn, or clean a cut.

Distilled vinegar: This is a great cleaner and disinfectant--and really inexpensive!

Baking Soda: This is perhaps the best natural odor-neutralizer. Your mother probably kept an opened box in her refrigerator to prevent bad smells from food.

Borax: Also known as sodium borate, this natural alkaline mineral that works as an abrasive cleaner, much like baking soda. You can get it in the laundry detergent aisle of the supermarket.

Olive oil: This oil makes a great polish for wood products.

Salt: Use it as an abrasive, good for getting tough gritty stains out of clothes.

Saponin: This is also known as soap nuts. It's a popular environmentally friendly alternative to chemical detergent, and a gentle option for those with allergies. The nuts can be used several times and then composted afterwards. Put a few in a cotton bag, throw it into the washing machine and *viola*, your whole load of laundry is not only cleaned, but may turn out fluffier and softer than using regular detergent. Weiss and Shields claim one bag of nuts can be used for up to 10 washings before throwing away. We think they're a great option for hand-washing.

Orange or lemon essential oils: Add these to your homemade cleaning solutions for that citrusy fragrance many people have come to associate with "clean."

Beeswax: Beeswax candles act as natural air purifiers.

<http://www.msn.com/en-us/lifestyle/diy/do-it-yourself-cleaning-products/ar-BBgwLtY>

Kitchen Floor and Countertop Cleaner (Not for marble or granite) This solution is really great in the winter when germs from colds are rampant.

- 1 oz white vinegar
- 1 quart water
- 10 drops tea tree oil. and 4 drops essential lemon oil (optional)

Mix all ingredients in spray bottle and spray on surface. Mop or wipe down. No need to rinse.

Kitchen Floor and Countertop Cleaner (For marble and granite)

- 4 Tbs baking soda
- 1 quart warm water

Dab scrubbing sponge or mop into solution and wipe or scrub surface. Rinse with fresh water..For stubborn stains, use baking soda directly on damp sponge and wipe.

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Communication with the Knollwood Homeowners Association must be sent to the Secretary.



The butterfly counts not months but moments, and has time enough.

Rabindranath Tagore

Covenant Corner

Spring Clean

As we move into spring, a time to repair, refresh, and renew, the KHA would like to encourage neighbors to take a moment to address improvements that may be needed to their homes. When doing so, keep in mind the *Property Maintenance Checklist* and *Request for Architectural Changes* process outlined in the Covenant and Restrictions. A copy of these documents can be found on the KHA website. Happy Spring Cleaning!

HOA Membership Dues

\$200.00

- May be paid in full
- Due on or before July 15, 2015

\$100.00

- Due on or before June 15, 2015
- \$75.00 late fee due after July 15, 2015

\$100.00

- Due on or before December 15, 2015
- \$75.00 late fee due after January 15, 2016

All payments by check or money order should be sent to:

- Knollwood Homeowners Association, P.O. Box 241641, Montgomery, AL 36124-1641

Around the Corner (News and Notes)



Our Condolences to:

Mr. & Mrs. John Summers (Ash Drive), on the passing of Norma's mother, **Mrs. Artie Dixon**, on March 13.

Thinking of You:

Ms. Mamye Vancleve (Maple Drive)
 Mr. Leo Allen (Ash Drive)
 Ms Jean Malden (Elm Drive)
 Mr. Cleveland Howze (Ash Drive)

Happy Easter



Submit names in recognition of the Class of 2015 graduates, milestones and other achievements to block captains.



Observances

April	Month	Alcohol Awareness, National Autism Awareness, National Child Abuse Prevention, National Donate Life, National Minority Health Month
April 5	Sunday	Easter Sunday
April 7	Tuesday	World Health Day
April 15	Wednes-	Tax Day
April 22	Wednes-	Administrative Professionals Day
May	Month	Arthritis Awareness, Hepatitis Awareness, Mental Health, National Asthma & Allergy Awareness, National Osteoporosis Awareness & Prevention, National Physical Fitness & Sports, National Stroke Awareness Month
May 5	Tuesday	Cinco de Mayo
May 6	Wednes-	National Nurses Day , National Bike to School Day
May 7	Thursday	National Day of Prayer
May 10	Sunday	Mothers' Day
May 10 - 17	Week	National Women's Health Week
May 25	Monday	Memorial Day
June	Month	Men's Health, National Safety Month
June 14	Sunday	Flag Day
June 19	Friday	Juneteenth , World Sickle Cell Day
June 21	Sunday	June Solstice
June 21	Sunday	Fathers' Day
July 4	Saturday	Independence Day

The Knollwood Voice



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To submit a topic for a future publication, contact your block captain or send an email to milledge6@aol.com.

Individuals with autism may apply for identification

Alabamians who have a diagnosis that falls within the autism disorder spectrum may now apply for an identification card that can assist in their interactions with first responders and law enforcement officers during potentially stressful situations.

Wording on the card explains that the individual falls within the autism spectrum and may have difficulty communicating or understanding directions. The card further states that the person may become agitated if touched because of his or her medical condition.

Before a card is issued, a health care provider must verify that the person is on the autism spectrum. This form may be found on the following website: <http://adph.org/disability> The cards also contain the contact information for someone who can confirm the cardholder's diagnosis.

Individuals may apply for the billfold-size

card at county health departments throughout the state for an issuance fee of \$10.

The identification cards were developed as a result of Act 2014-344, passed during the 2014 session of the Alabama Legislature.

ADPH News Release 6/11/15



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Community Update

City/County News

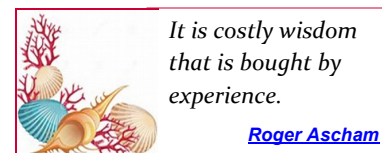
- BONDS Gathering of Neighborhoods meetings at noon in First Baptist Church's Huff Building, aka Caring Center, 200 South Perry Street, Lunch is available for \$6.00 (optional).
- August 18—Topic: Neighborhood Projects You Can Do In Your Neighborhood
- October 20—What Is the Best Way to Tell Your Story and Reach Your Audience?
- BONDS Seminars held in the 3rd Floor Conference Room, 25 Washington Ave, at 6:00—8:00pm

The Montgomery City Council meets every 1st & 3rd Tuesday @ 5:00 pm, City Hall, 103 S. Perry St.

The Montgomery County Commission meets every 1st & 3rd Monday @ 9:30 am, 100 S Lawrence St.

East Montgomery Neighborhood Alliance

East Montgomery and Midtown Montgomery Neighborhood Alliances Mayoral Forum
Thursday, July 9, 2015 - Starting at 6 pm
Crump Senior Center
1751 Congressman Dickinson Drive
All mayoral candidates accepted an invitation to attend.



Next Community Meeting:
Thursday, July 30, 2015 at 6:00 pm
at the Waugh/Mt. Meigs Fire Station

Printed by:



Knollwood Homeowners Association Workshop

Dr. Henry J. Findlay, Professor & Director, Continuing Education Program, Tuskegee University, conducted a workshop with members of the community on May 21, 2015. The theme of the program was "Working Together: Ingredients for Success." Dr. Findlay provided attendees with tools to utilize for the positive growth and maintenance of a vibrant and relevant community. He emphasized that "Teamwork makes the team work."



From "8 Things Teachers Wish Parents Knew"

Good Housekeeping
Lauren Piro 9/10/2014

The parent-teacher relationship is indeed a special one. When you're both on the same page, you can pave the way for a (hopefully!) smooth school year. But often parents don't realize it's their own common misconceptions that are causing bumps in the road. So we asked teachers what they'd tell parents point-blank if they had the chance — and some of their answers might surprise you.

- **"Attending back-to-school night can really help us both."**

It's not just the same spiel every year. Often, your child's new teachers will also have new policies and procedures to tell you about. If you miss out, you might not know to look in your kid's backpack for important papers each day (like information on picture day or the school play) or what sort of homework schedule to expect.

Continued on page 3, Teachers Wish



9 Things You Didn't Know Coca-Cola Could Do

Eliminate Oil Stains

When car oil drips onto driveways and garage floors, it leaves an unsightly [stain](#) that's tough to remove with ordinary cleansers. That's where a little Coke comes in handy. Pour a liberal amount of cola over the stain, let it bubble and soak for an hour, then hose clean.

Sugary drinks aren't allowed in all households these days, but even the most health-conscious of folks can find a few reasons to keep a can of Coke around the house. Did you know Coke could help you do the dishes? How about cleaning your laundry with cola? Would you try Coke to clean your car battery? These are only a few alternative uses for Coca-Cola. If you need more excuses to stock this classic soda in your home, read on!

Car Care

Coke can be used to clean car battery terminals; the slight acidity does not react with battery acid so you can pour it over the battery and let it wash away corrosion. Coke also can be used to [defrost a frozen windshield](#), and a liberal amount of cola poured over the windshield and bumper can help remove bugs and road debris (always rinse with plain water to avoid damaging the car's paint job.)

Pest Control

A small bowl of Coke will attract slugs and snails; the acid in the Coke will [kill them](#). A cup of Coke also can be used to lure wasps, which then drown in the liquid. You also can get rid of an ant hill by liberally dousing the area with Coke.

Boost Beneficial Bacteria

Coke can help improve your [compost](#) pile. Add one can of soda per week to your compost; the sugar in the cola feeds beneficial microorganisms, and the cola increases the acidity of the pile, helping material decay faster.

A "Fizzy" For Your Toilet Bowl

[Toilet bowls](#) can get downright disgusting, filled with un-

sightly stains under the rims and around the bowl. Make an unpleasant cleaning chore easier by pouring a can of Coke right into the toilet. Let stand for an hour before scrubbing with a stiff brush. The carbonation will "fizz" through the toughest grime, leaving you with a sparkling clean bowl.

Rust Buster

Maybe you've heard that Coca-Cola is great at removing rust. The hype is true; the phosphoric acid in a can of Coke means that with an overnight soak you can [remove rust from metal](#) with ease. Simply submerge the item in a tray of Coke, then scrub clean with a stiff brush in the morning.

Burnt Offerings

If your [oven grates](#) and baking sheets have seen better days, you don't have to toss them and buy new. Instead, try letting them soak in an overnight Coke bath. The chemicals in the cola will loosen all of the burnt-on bits, allowing you to scrub away most of the blackened areas and save you from replacing these costly items.

Copper Cleaner

Copper-bottomed are great for conducting heat, but they lose their luster with use. Restore their bright sheen by soaking the copper part in a pan filled with Coke for about an hour. The acid in the Coke makes the [copper](#) look shiny and new—without scrubbing. This cleaning trick works on plenty other household copper accents, as well.

Grease Be Gone!

Maybe it's time to give Coke a place in your laundry room. The soda makes an effective pre-soak treatment and stain remover for grease spots in your [laundry](#). For best results, apply to fresh stains. If the spot discolors slightly when you pour on the Coke, that's a sign it is working. Let the liquid sit for a few minutes, and then launder as usual in the warmest water recommended for the garment.

<http://www.msn.com/en-us/lifestyle/diy/>



Teachers Wish continued from page 2

- **“When your kid gets older, it doesn't mean you can start being less involved.”**

In high school and middle school, you might be tempted to ease off the gas when it comes to checking in on what your child does at school. But teachers report that setting a positive example, and taking interest in your kid's education, is still critical in the later years.

- **“I work on the weekends.”**

If you still believe that teaching is a part-time job, educators

would like to remind you that they regularly put in extra long days and catch-up on classroom prep on the weekend.

- **“You can ask me anything.”**

If there's one thing teachers want from their students' parents, it's more communication. Teachers view education as a collaborative process between them and the parent, so if you have a question or concern, definitely speak up! The clearer you are with other, the easier and more productive the year will be.

<http://preview.msn.com/en-us/lifestyle/family/>

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Around the Corner (News and Notes)

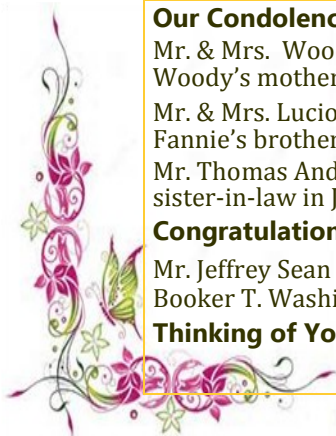
Our Condolences to:

Mr. & Mrs. Woody Wordlaw (Elm Drive) on the passing of Woody's mother in June.
 Mr. & Mrs. Lucious McDade (Elm Drive) on the passing of Fannie's brother in June.
 Mr. Thomas Anderson (Elm Drive) on the passing of Thomas' sister-in-law in June.

Congratulations: Class of 2015 Graduate

Mr. Jeffrey Sean Lewis (Elm Drive)
 Booker T. Washington Magnet School

Thinking of You: Mrs. Eleanor Vanclave, 167 Maple Drive
 Mrs. Jerline Raines, 154 Pinetree Drive



Communication with the Knollwood Homeowners Association must be sent to the Secretary.

Yard of the Quarter



Home of the Young Family, 215 Elm Drive



The quality, not the longevity, of one's life is what is important.

[Martin Luther King, Jr.](#)

Observances

July	Month	Juvenile Arthritis Awareness Month
Jul 4	Saturday	<u>Independence Day</u>
Jul 26	Sunday	<u>Parents' Day</u>
Jul 28	Tuesday	World Hepatitis Day
August	Month	Children's Eye Health and Safety; National Immunization
Aug 13	Thursday	First Day of School
Aug 21	Friday	<u>Senior Citizens Day</u>
September	Month	National Preparedness; National Food Safety Education; National Childhood Obesity Awareness; Fruit and Veggies—More Matters; Childhood Cancer Awareness National Sickle Cell; World Alzheimer's Month
Sep 7	Monday	<u>Labor Day</u>
Sep 7 - 13	Week	National Suicide Prevention Week
Sep 11	Friday	<u>Patriot Day</u>
Sep 13	Sunday	<u>National Grandparents Day</u>
Sep 18	Friday	National HIV/AIDS and Aging Awareness Day

Covenant Corner

HOA Membership Dues

\$200.00

- May be paid in full
- Due on or before July 15, 2015

\$100.00

- Due on or before June 15, 2015
- \$75.00 late fee due after July 15, 2015

\$100.00

- Due on or before December 15, 2015
- \$75.00 late fee due after January 15, 2016

All payments by check or money order should be sent to:

- Knollwood Homeowners Association, P.O. Box 241641, Montgomery, AL 36124-1641



The

Knollwood Voice



Montgomery County Probate Judge Steven L. Reed

The Knollwood Homeowners Association welcomed Montgomery County Probate Judge Steven Reed to the community meeting held September 24, 2015. Judge Reed provided an overview of the functions of the probate office and shared his vision for the probate office and Montgomery County. He expressed that he “wanted to see a Montgomery County that thrives.” To accomplish this, he went on to say improved infrastructure is necessary with a solid plan for the future.

Judge Reed described the City of Montgomery as being at a “fork in the road” with its overall population decreasing and residents moving from the city of Montgomery to areas of the county, particularly east. East Montgomery County communities are in a “growth corridor.” The population shift is expected to impact the level of available government services, education and taxes as sources of revenue decrease for the City. Will changes in the tax structure, such as increase property tax, be necessary to maintain services?

In his nearly three years in the Montgomery County Probate Office, Judge Reed has been working to improve customer service in the county probate offices as well as community relations. Prior to the city elections in August, a campaign to educate voters on the election process was instituted. Judge Reed described this effort as “proactive in educating the public” resulting in a 32 percent voter turnout for the elections.

Also, a key focus of the probate office is improving technology and making the services of the probate office more accessible to citizens, including implementation of kiosks in retail outlets.

At the conclusion of his presentation, Judge Reed afforded Knollwood residents the opportunity to ask questions. The information shared by Judge Reed was enlightening. He challenged the Knollwood community to prepare for the Montgomery County of the future.

Inside this issue:

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Yard of the Quarter	4
Around the Corner	4
Covenant Corner	4



• Thursday,
November 19,
2015 at 6:00 pm
at the Waugh/Mt.
Meigs Fire Station

Next Community Meeting:



Community Update

Guest Speakers

The KHA welcomes: County Commissioner Andrew Hall, October 15, 2015; and Karen Wright, Executive Director, Council on Substance Abuse, November 19, 2015.

Security at Entrance of Subdivision

Security cameras were installed on the entrance sign in late September.

KHA Repairs

The gate on Ash Drive and the fencing around the common area were repaired in September.

East Montgomery Neighborhood Alliance

KHA President Nii Tackie will serve as a 2015-2016 Director. The term begins November 1.

City/County News

- BONDS Gathering of Neighborhoods meetings at noon in First Baptist Church’s Huff Building, aka Caring Center, 200 South Perry Street, Lunch is available for \$6.00 (optional).
- October 18—Topic: Neighborhood Projects You Can Do In Your Neighborhood
- October 20—What Is the Best Way to Tell Your Story and Reach Your Audience?
- BONDS Seminars held in the 3rd Floor Conference Room, 25 Washington Ave, at 6:00—8:00pm
- November 12—Neighborhood Best Practices-Time to Shine

The Montgomery County Commission meets every 1st & 3rd Monday @ 9:30 am, 100 S Lawrence St.

Printed by:



Building Our Neighborhoods



For Development and Success
A Program of the City of Montgomery

A Third of Americans Have Never Met Their Neighbors

If you vaguely recognize the people who live next door to you, but are not quite sure of their names because you've never actually exchanged a word with them — congratulations, you're part of a growing American trend, writes *City Lab*. According to a recent report from City Observatory — an urban-policy think tank funded in part by the Knight Foundation — about one third of Americans say they have never interacted with their neighbors.

Compare that to the 1970s, when “nearly 30 percent of Americans frequently spent time with their neighbors, and only 20 percent had no interactions with them,” writes economist Joe Cortright, who used data from the General Social Survey to write the City Observatory report. “Today, those proportions are reversed.”

As Linda Poon points out in her write up over at *City Lab*, this change may be explained at least in part because it's now so much easier to stay in touch with the people we care about who don't live nearby, so perhaps that's where we're putting more of our social energy. It's not like we're avoiding knowing our neighbors on purpose, in other words. And, of course, this also ties in with research like Robert D. Putnam's *Bowling Alone*, on the increasing disconnect of individuals from community in the U.S.

And yet, despite what the trend lines may indicate, there's a psychological case for introducing yourself. One 2011 study by Eileen E.S. Bjornstrom at the University of Missouri, published in the journal *Social Science & Medicine*, found that people who said they knew and trusted their neighbors were also more likely to report higher rates of health and well-being than those who said they did not know or trust their neighbors. And still other studies have shown how making time for a little small talk with people you don't know ultimately makes your day more enjoyable — even if you don't expect it to, and even if it's a little awkward. If you haven't already, today seems like as good a day as any to just say hi.

[Science of Us](#) Melissa Dahl



*The world is filled
with nice people. If
you can't find one,
be one.*

For Your Health continued from page 3.

Pecans are a great source of vitamin E and **studies have shown** they can protect against Alzheimer's disease, cancer, and heart disease. Pecans are packed with plant sterols and are also antioxidant-rich, which helps prevent the plaque formation that causes hardening of the arteries and can be effective for lowering cholesterol levels. As pecans are a good source of vitamin B3, they are the perfect choice if you're feeling lethargic, as this vitamin helps us access the energy in our food.. A 1-ounce serving of pecan nuts amounts to 196 calories, and the **pecan tree** has been the Texas state tree since 1919.

Also known as Monkey Nuts, **peanuts** are technically a legume, and contain higher levels of protein than most "real" nuts. **Studies have shown** that regular peanut consumption helps improve cholesterol levels and reduce risk of cardiovascular disease. **Research from the University of Florida** discovered that peanuts are rich in antioxidants, which protect cells from damage linked to heart disease and cancer. They are also good for keeping blood sugar levels even and so could be a source of protection against type-2 diabetes. They are a good source of vitamin E, which helps protect the skin, and they contain adequate amounts of vitamin B, fiber, potassium, and magnesium. **Americans spend almost \$800 million** a year on peanut butter, consuming about 150 calories in every ounce.

The greatest health benefit of the **Brazil nut** is its high selenium content. It has been claimed that selenium can help protect against prostate and breast cancers, AIDS symptoms, male fertility, skin disorders, anxiety, and **asthma**. It is also crucial for thyroid health. Don't eat too many of these, though. Eating Brazil nuts in large quantities may cause selenosis, also known as selenium poisoning. Thankfully, you only need one Brazil nut each day to get the recommended daily amount of selenium, and at 186 calories for 1 ounce, we're OK with that. Brazil nuts are also a good source of E and B vitamins and essential fatty acids. These super-healthy nuts are plentiful, too, because in just a year, a **Brazil nut tree** can produce approximately 250 pounds of nuts.

<http://www.thedailymeal.com/>



Laughter is important, not only because it makes us happy, it also has actual health benefits. And that's because laughter completely engages the body and releases the mind. It connects us to others, and that in itself has a healing effect.

~Marlo Thomas

FOR YOUR HEALTH/ HEALTH AND WELLNESS INFORMATION

We all know by now that kale, chia seeds, and quinoa are simply filled to the brim with vitamins and minerals, and although that we've been told nuts are good for us – some are even considered the ultimate superfoods – they often seem to get a bad rap.

Many people shy away from nuts because they hear that they're high in calories and fat. But what people might not realize is that most of the fats found in nuts are the really good heart-healthy kind known as monounsaturated fats. So the fat you're consuming is only benefiting your health and not damaging your waistline.

Now that you know not to be scared of nuts simply because of their high fat counts, it's important to realize that certain nuts will offer different health benefits. For example, peanuts contain high amounts of folate, while almonds contain more calcium than any other kind of nut. In addition to each of their specific nutrient strengths, they each provide various amounts of other nutritional properties including protein, vitamins, minerals, and fiber. Nuts are also one of the best sources of antioxidants, too.

Keri Gans, MS, RDN, CDN, nutrition consultant and author of *The Small Change Diet*, often recommends nuts as a snack to her clients. "There are so many different nuts to select from that even the fussiest eater will be able to find one type they like," she says.

"They are also perfect for snacking since they're easy to transport and require no refrigeration or heating," she added. Gans confirms our belief that the fat found in nuts isn't bad for you, too. "Most contain a good amount of nutrients, some protein, and primarily 'good' fats," she explains.

Gans also notes ... "If you're worried about the calorie content, my tip would be to portion them out ahead of time, as they can be hard to put down," she suggests. "Also, if possible, try to purchase only the unsalted and unroasted kind."

So, if you're as convinced as we are about the fact that nuts are great for our health, then you're probably wondering which to start snacking on. With the help of Gans, we've come up with a list of 10 of the healthiest nuts, from common kinds like almonds and pecans, to not so common ones like Brazil nuts. If you're ready to go nuts for nuts and start improving your health with them, check out these 10 healthiest nuts.

Arguably the most delicious nut due to their crunchy, rich, and buttery flavor, macadamias contain more monounsaturated fats – remember, the heart-healthy fat – than any other type of nut. Eating macadamias can help with reducing LDL cholesterol levels, which are known to clog arteries. They are also a good source of fiber, vitamin B, and contain minerals such as magnesium, calcium, and potassium. Even though they are packed full of nutritional benefits, you will need to be mindful of the high calorie and fat content. A 1-ounce serving of macadamia nuts equals about 200 calories. And before you think of treating Fido to a couple, you should know that macadamia nuts are toxic to dogs.

Hazelnuts have actually played a role in man's diet since prehistoric times. They are an excellent source of vitamin E and are also a great

source of folate, which is great for pregnant women and to help to reduce depression symptoms. Hazelnuts are also a source of fiber, vitamin B, protein, potassium, and calcium. **According to the USDA**, eating a 1 1/2-ounce serving of hazelnuts per day helps reduce risk of cardiovascular disease. A 1-ounce serving of hazelnuts amounts to about 176 calories, and as a fun fact, **Oregon produces** the majority of the U.S. hazelnut crop.

There's no getting away from it – pine nuts are very high in calories and fat. A 1-ounce serving of pine nuts equals 191 calories, however, the type of fat they contain is largely monounsaturated, also known as the good fats. They are also a great source of protein and dietary fiber, and pine nuts have more vitamin K than any other nut, which helps to strengthen bones and arteries. Additionally, they contain in vitamins E, thiamin, and niacin. Pine nuts will keep your heart healthy and your blood pressure down, as they also contain magnesium and potassium, as well as a good amount of **antioxidants**.

Walnuts contain the highest concentration of antioxidants of any kind of nut, and studies have shown that eating them regularly can help reduce your chance of cardiovascular disease and protect against diabetes and certain cancers. They are also a great source of fiber, and they contain omega-3 fats, alpha-linolenic acid, and plant sterols that are known to help lower cholesterol levels. Walnuts are also a good source of zinc and folate that can help fight stress, increase your serotonin level, and boost brainpower. A 1-ounce serving of walnuts amounts to about 180 calories, and as a fun fact, **California grows** approximately 75% of the world's walnut supply.

Almonds are truly a super food, and they're very tasty. Munching on almonds is good for your heart because they're high in vitamin E and folic acid.

Almonds are also the most nutrient-dense nut and are loaded with fiber, magnesium, protein, potassium, calcium, and zinc. ... if you snack on almonds throughout the day, you're less likely to take in calories from unhealthy food sources as they improve satiety. A 1-ounce serving of almonds amounts to 163 calories, and in case you were wondering, it takes 1,000 pounds of almonds to make 1 pint of almond oil.

Pistachios are known as "the skinny nut," as they only contain about 3 calories apiece, are low in fat, and have a high amount of fiber. Pistachio nuts are a great source of vitamin B6, protein, potassium, and thiamin. ... A 1-ounce serving of pistachio nuts amounts to 160 calories, and **China leads the world** in total pistachio consumption.

As great sources of iron, cashew nuts contain twice as much iron as ground beef, making them a great source for vegetarians and pregnant women. They're also rich in magnesium, which helps maintain healthy bones and is vital for energy. Cashews are also a source of calcium, vitamin B, zinc, folic acid, vitamin E, and trace amounts of omega-3 fatty acids. They also have a lower fat content than most other nuts and can help reduce the incidence of gallstones. A 1-ounce serving of cashew nuts contains 157 calories, and **the cashew tree** is from the same family as poison ivy.

Continued on page 2.



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Yard of the Quarter



Home of the Jackson Family, 136 Pinetree Drive

Covenant Corner

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\$200.00

•Due on or before December 15, 2015, plus \$75.00 late fee for missed July deadline.

\$100.00

•Due on or before December 15, 2015
 •\$75.00 late fee due after January 15, 2016

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Around the Corner (News and Notes)

Our Condolences to:

Ms. Lucinda Harden (Elm Drive) on the passing of her father in August.
 Mr. Woody Wordlaw (Elm Drive) on the passing of two uncles, two cousins, and his brother-in-law in September.
 Mr. & Mrs. Peter VanCleve (Maple Dr.) on the passing of his mother in September.

Thinking of You:

Mrs. Juliette Jackson (Pinetree Drive); Mr. Thomas Streey (Ash Drive); and Mr. Howard Daniels (Elm Drive)

Thank You to Our Neighbors: Mr. Leo Allen, Thomas Anderson, James Grant, Taylor Hough, Lucious McDade, George Savage, Lee Wheeler, and Woody Wordlaw for their hard work with beautification of the entrance to the subdivision. Additionally, Mr. Anderson, Mr. McDade and Mr. Savage for repairing the sprinkler system at the entrance.



Remember that not getting what you want is a sometimes a wonderful stroke of luck.

~Dalai Lama.

Open Call to Youth Writers/Artists

- Submit an article, drawing, poem, or project for publication in the Knollwood Voice.
- Contact your block captain or send an email to milledge6@aol.com.

Observances

Month	October	National Breast Cancer Awareness
Monday	October 12	Columbus Day
Friday	October 16	Boss's Day
Saturday	October 31	Halloween
Month	November	National Alzheimer's Awareness / American Diabetes
Sunday	November 1	All Saint's Day
Sunday	November	Daylight Savings Time ends
Wednesday	November 11	Veteran's Day
Thursday	November 19	Great American Smokeout
Thursday	November 26	Thanksgiving Day / National Family Health History Day
Tuesday	December 1	World AIDS Day / Awareness Month
Monday	December 7	Pearl Harbor Remembrance Day
Monday	December 7	Chanukah/Hanukkah (first day)
Monday	December 14	Last Day of Chanukah
Tuesday	December 22	December Solstice
Thursday	December 24	Christmas Eve
Friday	December 25	Christmas Day
Saturday	December 26	Kwanzaa (until January 1)
Thursday	December 31	New Year's Eve