

# The Knollwood Voice



**Inside this issue:**

<i>10Tips for Eating</i>	2
<i>AHA Recommendations</i>	3
<i>Recipe</i>	3
<i>Front Yard Parking</i>	4
<i>Around the Corner</i>	4
<i>Covenant Corner</i>	4
<i>Observances</i>	4

**Next Community Meeting —  
Thursday, January 28, 2016 at  
6pm**

**Guest Speakers at KHA Meeting**  
Scheduled to speak.

Campaign guests: Doug Singleton for County Commissioner; and Attorney Gwendolyn Kennedy Green for Montgomery County Circuit Court Judge

Guest Presenter: Tison Singleton, Pretreatment Operations Coordinator, Montgomery Water Works

## Montgomery County Sheriff Derrick Cunningham and ALDOT Engineer Address Community Members

At the November 19, 2015 KHOA meeting, Montgomery County Sheriff Derrick Cunningham updated neighbors in attendance on projects his office has implemented and provided suggestions for maintaining a safe community. Sheriff Cunningham explained that the department restructured divisions to regions in the last year. He told residents that structured neighborhood patrols, better response time to calls, and increased visibility have contributed to approximately 15% decline in burglary calls. The Sheriff reminded Knollwood residents that crimes generally increase during the holi-

days with thefts and credit card fraud. He advised, “Don’t make yourself an easy target.” He encouraged residents to lock cars, consider credit card use notification, and use the vacation home check with the department. He also encouraged residents to setup a profile on Smart911.com and to participate in the community notification system by registering at montgomerysheriff.com.

Residents in attendance described the presentation as “excellent” with “good information” for protecting your home or person.

Also at the meeting, David Bohannon, Alabama Depart-

ment of Transportation Operations Engineer, came out to speak with residents. During the Q&A session, Mr. Bohannon acknowledged that he was aware of the congestion and traffic at Waugh exit 16 and informed residents that there are no plans to widen or add lighting to the exit with consideration of funding cuts and project priorities.



*I have decided to stick with love.  
Hate is too great a burden to bear.*

*Martin Luther King, Jr.*

## Community Update

### 2016 BONDS Grant

BONDS (A program of the City of Montgomery) provides a wealth of information to neighborhoods through training classes and seminars. Some opportunities provided by training classes and seminars: 1) networking with other Associations 2) communicating with city and county officials 3) learning processes of city and county governing 4) building relationships with other leaders 5) problem-solving resources

Members of Knollwood HOA

that attended 2015 classes and seminars: Nii Tackie, Brenda Savage, Maxine Wheeler, James Grant, and Woody Wordlaw. The group earned a total of 15 credit hours for attendance. The 15 credit hours earned for attendance qualifies Knollwood for a 2016 BONDS' Grant. Many thanks to each of you for representing Knollwood HOA.

### Strategic Plan 2016-2020

The Strategic Plan for Knollwood Homeowners Association has been updated for 2016—2020. The plan can be viewed on the KHA website.

**East Montgomery Neighborhood Alliance - Quarterly Meeting =**  
April 16, 2016 First Christian Church, 1705 Taylor Road at 7p

### 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).

*Update continued on page 3*

Printed by:



# 10 Tips for Eating More Real Food

U.S. News & World Report  
Katie Cavuto11/20/2014

When we focus on the fact that we eat to nourish our bodies, we find we can simplify our nutrition philosophy to one simple concept: Eat real food. Whole foods are more nutrient dense and protective than their processed counterparts. Plus, they lack the added sugar, salt, additives, preservatives and more that we find in most processed foods. Moving away from processed foods and toward a whole-foods diet is one of the most meaningful lifestyle changes you can make. Here are 10 tips to help you make the switch.

## 1. Switch the statistics.

The average American consumes far more [processed food](#) than fresh. Commit to reversing this. Create meals and snacks that are fresh first and only use processed foods to supplement the diet. Stock up on fresh or frozen fruits and vegetables, unprocessed meats, poultry and fish as well as nuts, seeds, beans, whole grains and unrefined, healthy fats. Keep costs down by limiting the animal proteins on your plate and buying in-season produce or their frozen counterparts.

**2. Set goals.** Give yourself a guideline for including more whole food. Set achievable goals like having a fruit and vegetable at every meal. The good news is that you'll be focused on

the foods you're trying to include, which will naturally crowd out some of the junk.

**3. Sensibly sip.** It's no secret that [sugar-sweetened beverages](#) are linked to obesity and health problems. Plus, they're often laden with chemicals and artificial colors as well. Do yourself a favor and stick with the basics. Drink more water – set a daily water goal for added motivation.

**4. Plan ahead.** This straightforward concept is imperative. Maybe your first step is planning the time to head to the grocery store on a weekly basis. It could be putting together a whole foods-based shopping list. You may even choose recipes and plan out a menu of meals and snacks for the week. Wherever you are in the process, know that planning is a very important first step.

**5. Shop smarter.** Eating more whole foods doesn't mean you have to abandon packaged foods all together. If a food is packaged, make sure you read the ingredient list. Choose foods that use the same ingredients you would use at home, period, and the fewer the ingredients the better. Another great tip is to

avoid foods that have ingredients listed that you cannot purchase in the grocery store. This is a great way to weed out non-food ingredients, chemicals, preservatives and highly-processed foods.

## 6. Avoid added sugars.

[Refined sugars](#) have made their way into most processed foods, including breads, cereals, salad dressings, nut butters and more. It's hard to find a packaged food that doesn't contain sugar. What's the best way to find out if a food has added sugars? Read the ingredient list.

## 7. Start swapping.

Challenge yourself to remove a few processed foods from your grocery cart each week, or at least make healthy upgrades in your processed food choices. You could choose a nut butter that lists nuts as the sole ingredient instead of one with added sugars and hydrogenated fats. Maybe you swap your fruited yogurt for plain, or canned beans for dried? You could ditch your tortilla chips and stock up of vegetables for dipping. Once you get motivated you can even start making DIY versions of your favorite packaging products, such as salad dressings, bread, sauces and nut butters. You may find it's easier than you

think.

**8. Eat dinner foods for lunch.** Many modern lunch foods, such as wraps, soups and sandwiches, are convenient yet highly processed. Why not enjoy dinner foods for lunch as well? Whole foods such as chicken and fish can be paired with vegetables and whole grains or beans for a satisfying lunch, whether it's a hot meal or cold, salad-like preparation. When you eat dinner foods for lunch, you tend to eat more vegetables as well.

**9. Purchase a small cooler.** Packing fresh, whole foods is easy if you have a small, on-the-go cooler and a reusable ice pack. When you have whole foods-based snacks and meals planned and packed, you'll be less likely to grab junk food in a ravenous moment. Make it easy on yourself and pack your cooler the night before so you only have to grab it on your way out of the house in the morning.

**10. Cook.** [Getting to know your kitchen](#) is essential if you plan to ditch processed foods. Relax, you don't have to cook every meal, but learning a few simple recipes will allow you to avoid the need for last minute take-out or that microwave dinner. You may find it's advantageous to cook-

## American Heart Association Recommendations for Physical Activity in Adults

Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise

of moderate to vigorous intensity three to four times a week to lower the [risk for heart attack](#) and [stroke](#).

**Physical activity is anything that makes you move your body and burn calories.**

This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility. The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success

rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

### **AHA Recommendation For Overall Cardiovascular Health:**

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 OR at least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity AND moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

### **For Lowering Blood Pressure and Cholesterol**

An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week

**Something is always better than nothing!**

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

[www.aha.org](http://www.aha.org)

## 10 Tips continued

ahead as well. Pre-cook oatmeal and hard-boiled eggs – they make for simple, breakfast options any day. Instead of lunch meat, roast a turkey breast for use throughout the week. Cook a batch of a grain or bean you can incorporate into meals. A

whole foods-based meal is as simple as a salad with colorful vegetables, beans, nuts and seeds.



Copyright 2014 U.S. News & World Report

**"Something is always better than nothing!"**

## Community Update continued

BONDS Seminars held in the 3rd Floor Conference Room, 25 Washington Ave, at 6:00—8:00pm

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

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

### **Pasta e Fagioli**

- 2-3 cloves garlic, thinly sliced
- 1/2 small onion, small diced
- 1/4 teaspoon red pepper flakes, or more to taste
- 1 teaspoon finely chopped fresh rosemary
- 3 cans whole tomatoes, crushed
- 1/4 cup olive oil
- 1 cup dried kidney beans, soaked overnight or 2 cans kidney beans, rinsed & drained
- 2 bay leaves
- 1 piece parmesan cheese rind, or 1/4 cup grated parmesan
- 2 cups ditalini pasta
- 1 small bunch kale, chopped
- salt & pepper

Heat olive oil in a large pot over medium heat. Add the garlic, onion, red pepper flakes, and rosemary, cook 2 minutes. Stir in the tomatoes and their juice. Cook for 3 minutes. Add the beans, 2 quarts water, bay leaves and parmesan rind. Cover and bring to a boil, then reduce the heat to low and simmer about 30 mins.

Uncover and bring the mixture to a boil over high heat. Add the kale and cook about 5 minutes. Add the pasta and cook about 8 minutes. Remove the bay leaves and cheese rind. Ladle into bowls and serve.

[www.foodbuntersguide.com](http://www.foodbuntersguide.com)

# Knollwood Homeowners Association

*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.*

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](http://www.knollwoodhomeownersassociation.org)

## 2016 KHA Meetings

Thursday, January 28, 2016 at 6:00 pm  
Thursday, March 31, 2016 at 6:00 pm  
Thursday, May 19, 2016 at 6:00 pm  
Thursday, July 28, 2016 at 6:00 pm  
Thursday, September 29, 2016 at 6:00 pm  
Thursday, November 17, 2016 at 6:00 pm



## Covenant Corner

### Delinquent KHA Dues

Neighbors that have not paid HOA Dues for the years 2012 - 2015 should submit a payment plan to the treasurer immediately. The payment plan should indicate your intent to pay. If there is no response and no payment plan is submitted, delinquent accounts will be turned over for collection. The cost of collection will be added to the outstanding Dues Account.



### HOA Membership Dues for 2016 — Payment Options

- \$200.00 – May be paid in full (due on or before July 15, 2016)
- \$100.00 on or before June 15, 2015; \$75.00 late fee due after July 15, 2016
- \$100.00 on or before December 15, 2016; \$75.00 late fee due after January 15, 2017

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:

**Mrs. Terry Comer (Elm Drive) on the passing of her brother in January.**

**The Hough Family (Elm Drive) on the sudden passing of Taylor and Carnell Hough's daughter in Michigan January 11.**

**Mrs. Fannie McDade (Elm Drive) on the passing of her sister on January 21.**

**Mrs. Frances Stinson (Ash Drive) on the passing of her mother on January 23.**

### Thinking of You:

**Benny Harris (Ash Drive), Thelma Ivery (Maple Drive), Clyde Jackson (Pinetree Drive), Lucius Smith, Jr. (Ash Drive), Barbara Wheat (Elm Drive)**

### Thank You to:

**Thomas Anderson, George Savage, Brenda Savage and Lucious McDade for the work done at the entrance for Christmas decorations.**

## *Holidays/Observances*

Month	January	Cervical Health Awareness, Glaucoma Awareness, National Birth Defects Prevention, National Blood Donor, Thyroid Awareness Month
Monday	January 18	Martin Luther King Day
Month	February	American Heart Month, National Children's Dental Health Month
Friday	February 5	Wear Red Day raises public awareness of heart disease in women and ways to avoid and combat this problem.
Wednesday	February 10	Ash Wednesday
Sunday	February 14	Valentine's Day
Monday	February 15	Presidents Day
Month	March	Brain Injury Awareness, Hemophilia Awareness, National MS Education and Awareness Month, National Nutrition Month
Wednesday	March 2	Read Across America Day
Friday	March 4	Employee Appreciation Day
Sunday	March 13	Daylight Savings Time starts
Thursday	March 17	St. Patrick's Day
Friday	March 20	March Equinox
Sunday	March 20	Palm Sunday
Friday	March 25	Good Friday
Sunday	March 27	Easter Sunday

## Front Yard Parking Stems Property Value

This letter is addressed to those folks who use their front yard as a parking lot in Prattville's in Hollybrook subdivision. This practice effects their property value, as well as their neighbors.

If you do this, you might be living in the wrong subdivision. It is well known that making a parking lot of your front yard is the first step on the slippery slope of a subdivision in decline. There are many retired people living in Hollybrook that cannot afford to see their property value go South.

Therefore I am asking, challenging, the Prattville City Council to formulate, publish and enforce a workable city ordinance to address this issue. Thank you in advance.

Roy Jones  
Prattville

*Letter to the Editor, Montgomery Advertiser*

# The

# Knollwood Voice



### Inside this issue:

Guest Speakers	2
Vehicle Decals	2
Congratulations Dominic Choice	3
Drug Take-Back Locations	3
Around the Corner	4
Covenant Corner	4

To submit a topic for a future publication, contact your block captain or send an email to [milledge6@aol.com](mailto:milledge6@aol.com).

Next Community Meeting
Thursday, May 19, 2016, at 6:00pm
Waugh/ Mt. Meigs Fire Station

Printed by:



## The National Prescription Drug Take-Back Day April 30, 2016

### Why Dispose of Unused Medications?

Most people who abuse prescription drugs get them from friends and family. You can play a big role in keeping powerful medicines out of the hands of those who shouldn't have them. This includes getting rid of your medications when they're no longer needed. There are many good reasons to do this:

- Leftover pills are an attractive target for people who misuse prescription drugs.
- Old medications could be accidentally ingested by children and pets.
- Expired medicines may lose their effectiveness, or may not work for other illnesses or conditions.
- A drug that worked for you could be harmful to someone else. Doctors prescribe drugs based on a person's specific symptoms and medical history.

A medicine that worked for you in the past may not work for you in the future, even if you have similar symptoms. It could even be harmful.

### Home Disposal

1. Unless the directions on the packaging say otherwise, do not flush medicine down the drain or toilet.
2. An alternative to flushing is to mix the medicine with kitty litter, coffee grounds, or another unpleasant substance. DON'T crush tablets or capsules.
3. Put this mixture in a sealed plastic bag and throw it in your household trash.

To protect your privacy and to prevent unauthorized refills, remove all information from the prescription labels of empty pill bottles.



**Other Ways of Disposal**  
Some communities offer other resources where you can safely dispose of medications you no longer use. Here's how to find medication disposal resources in your area:

- [Dispose My Meds](#)
- [U.S. Food and Drug Administration How to Dispose of Unused Medicines](#)

(Drop-off locations in Montgomery are listed on page 3)

- Because needles, sprays, inhalers, liquids and creams are usually not accepted at community drop boxes, check with your pharmacy about its unused medication return policy.

<http://smartandsafeal.org/public/>

## Community Update

### Security Cameras

The security cameras installed at the entrance of the subdivision in September 2015 have been added to the HOA insurance policy. See page 2 for information related to the cameras and application of vehicle decals.

### 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). June 21, 2016

### Other BONDS Events and Activities

May 19 BONDS NATIONAL NIGHT OUT KICK OFF EVENT, also Celebrating National Law Enforcement Week Riverfront Amphitheatre. Additional details to be announced.

June 25—BONDS 201: Association Leadership Location and further details: To be announced

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.

## Knollwood Homeowners Association Guest Speakers

Knollwood Homeowners Association welcomed guest speakers to community meetings held January 28, 2016 and March 27, 2016.

On January 27, Tison Singleton, Pretreatment Operations Coordinator, Montgomery Water Works. Ms. Singleton shared the benefits of Greycycle program with attendees. She pointed out that grease is the main cause of sewage overflow; “grease does not breakdown.” The program was started in 2012 and is funded by the Montgomery Water Works and Sanitation Board. There are 14 locations throughout the city where grease containers or jugs provided free to citizens can be dropped off and exchanged for a new, empty jug. Ms. Singleton explained that since the inception of the program, the MWWSB has experienced a 40 to 50% decrease in overflow problems. According to Ms. Singleton, the grease is passed on to recycling companies that make soaps, cosmetics and other items. Containers and reference information was made available for attendees.

Ms. Singleton explained that the Knollwood Subdivision has the same water quality as the City of Montgomery. Water samples are tested daily and meet EPA standards. In addition, the “MWWSB” has had no violations for water quality. A water quality report is published and distributed to customers yearly.

Additional information and grease container drop-off locations can be found online at <https://www.mwwsb.com>.

A short time after the presentation, a drainage problem occurred at the home of Mr. & Mrs. Samuel Jackson, 130 Cottonwood Drive; see picture below. Mr. Jackson attended the presentation at the January meeting. He suggested, “Everyone should take notice about pouring grease in drain.” Before the problem causing blockage was found, he had trees removed which were associated with the roots blocking the drain. Drain blockage continued as evidenced by back-up in toilets. Plumbers used cameras and LED lighting to detect the blockage about 6

feet from the home. The 4" PVC pipe was almost filled with a cement-like substance formed by grease. As Ms. Singleton emphasized, the grease does not dissolve. If it is thrown outside, it remains in the ground..

Also speaking at the January meeting was Doug Singleton, District 5 Candidate for Montgomery County Commissioner. Mr. Singleton shared his motivation for participating and the election and his vision for the future.

On March 8, 2016, Mr. Singleton was elected to serve as District 5 Commissioner with no opposition for the general election in November.

Neighbors attending the meeting expressed that “good information was shared” and “those not attending missed a lot.”

The guest speaker at the March 31, 2016 meeting was Karen Wright, Executive Director, Council on Substance Abuse. The mission of COSA-NCADD is to reduce the incidence and prevalence of the disease of alcoholism, other drug addiction diseases, and related problems.

Mrs. Wright’s presentation focused on Marijuana and Teen Drinking. She emphasized that these are “gateway drugs that lead to other drugs.” She encouraged parents to be involved in the children’s lives and know the signs of drug or alcohol use.

An upcoming event organized by COSA—*Underage Drinking Townhall: Communities That Talk* will be held May 18, 2016 at 6:00—8:00pm at Montgomery City Hall, 103 N. Perry Street.

Every year, nearly 9 million American youth drink alcohol, illegally and dangerously. Additionally, underage drinking costs communities billions annually. Join us for a panel discussion with representatives from law enforcement, treatment, prevention, retail and legislation to discuss the impact of underage drinking in Montgomery County. **This event is FREE to the public.** <http://cosancadd.org/>

## Vehicle Decals

The KHA began distributing decals to identify vehicles entering the subdivision as residents of Knollwood on April 8, 2016. This is a step taken to enhance neighbor security. Two decals will be provided to each family at no cost; additional decals are provided at a cost of \$2.00 per decal. It is suggested that decals should be placed on the driver’s side of the rear bumper of vehicles. The placement of the decal in this position allows optimal camera view. Decals should be removed if vehicles are sold or replaced. Contact Woody Wordlaw for additional decals at (334) 430-9277.



Hard grease in Mr. Jackson’s pipe

## Congratulations to Choice and Walton Families

Members of Pilgrim Rest Church, family and friends of Dominic Choice shared a special occasion on Sunday, March 20, 2016 at 2:30 P.M. at Pilgrim Rest Missionary Baptist Church in Montgomery, AL. Dominic Choice preached his first sermon and was licensed by Pastor Walter E. Ellis as Minister of the Gospel.

Dominic's message was, "It's a Bad Situation but Jesus Showed Up" from St. John 11: 28 - 44.

**PILGRIM REST MISSIONARY BAPTIST CHURCH**  
1550 East Washington Street  
Montgomery, AL 36104

**REVEREND WALTER E. ELLIS, PASTOR**

INITIAL SERMON  
BROTHER DOMINIC A. CHOICE



SUNDAY, MARCH 20, 2016  
2:30 P.M.

*"Let the words of my mouth, and the meditation of my heart,  
be acceptable in thy sight, O LORD,  
my strength and my redeemer."  
Psalm 19:14*

Dominic is the son of Janel and Nathaniel Choice. He is the grandson of Mr. Willie Walton and Mrs. Juanita Walton of 142 Ash Drive.

Dominic grew up in the Knollwood neighborhood. The Knollwood Family congratulates the Choice and Walton Families and congratulates Dominic on his acceptance to the ministry.

## Our Speaker



**DOMINIC A. CHOICE**, a native of Montgomery, Alabama was born August 27, 1992 to Janel and Nathaniel L. Choice, and has one older brother, Shavar Choice. He is the grandson of Mr. Willie James Walton and Mrs. Juanita Jones Walton.

In 1998, at the tender age of six, Dominic received God as his personal Lord and Savior and joined the Pilgrim Rest Missionary Baptist Church under the tutelage of Reverend Walter E. Ellis. Since uniting with Pilgrim Rest, he has expressed his love for God and God's people on many occasions. He has shown his dedication to Pilgrim Rest in many ways as he is actively involved in many ministries and activities. Dominic has always been willing to give of his time and talent as a helping hand to those in need. He is a young and loving person who is pursuing the will of God for his life. For many years, and on any given Sunday, you can find Dominic diligently serving on the Audio Visual Ministry where he is a committed vessel in the ministry of the Lord.

Dominic is a 2015 graduate of Alabama State University where he earned his Bachelors of Science Degree in Criminal Justice. While attending Alabama State, he served as the equipment and video manager for the Men's Basketball team under Coach Lewis Jackson.

It has been Dominic's sincere prayer that he lives out his calling in life and gives help in the lives of God's people. His motto is: "If you pray to stay in the will of God, and do the will of God, everything will turn out in your favor."

One of Dominic's favorite scriptures is 1 Timothy 4:12, "Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity."

## National Take-Back Initiative

**April 30, 2016**  
**10:00 AM - 2:00 PM**

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

### Drop-off locations in Montgomery:

#### **FRAZER UNITED METHODIST CHURCH**

6000 ATLANTA HIGHWAY SOUTH BURBANK DRIVE SIDE  
MONTGOMERY AL, 36117

**Got Drugs?**



#### **MONTGOMERY POLICE DEPARTMENT**

MONTGOMERY PD SOUTH CENTRAL STATION 3003  
EAST SOUTH BOULEVARD  
MONTGOMERY AL, 36116

# Knollwood Homeowners Association

*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.*

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

www.knollwoodhomeownersassociation.org

## 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 Chair—Annie Harris (277-6151)  
 Courtesy Co-Chair—Lucinda Harden (333-4192)

## 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)

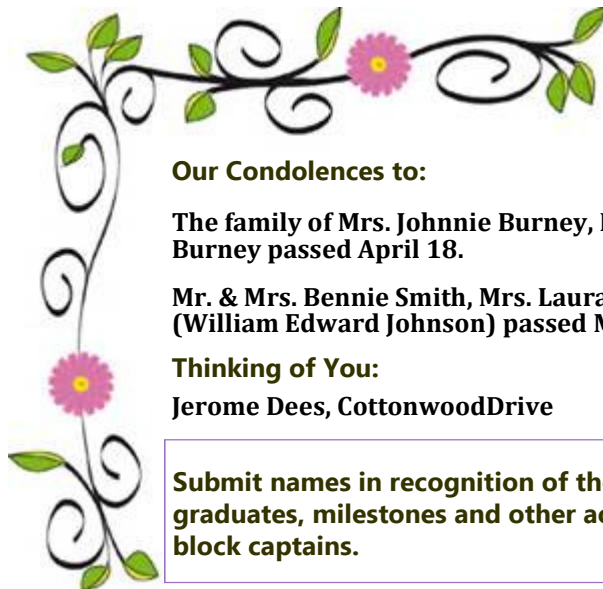
*Communication with the Knollwood Homeowners Association must be sent to the Secretary.*



You can't turn back the clock.  
 But you can wind it up again.

-Bonnie Prudden

## *Around the Corner (News and Notes)*



### Our Condolences to:

**The family of Mrs. Johnnie Burney, Pinetree Drive; Mrs. Burney passed April 18.**

**Mr. & Mrs. Bennie Smith, Mrs. Lauran Smith's brother (William Edward Johnson) passed March 26.**

### Thinking of You:

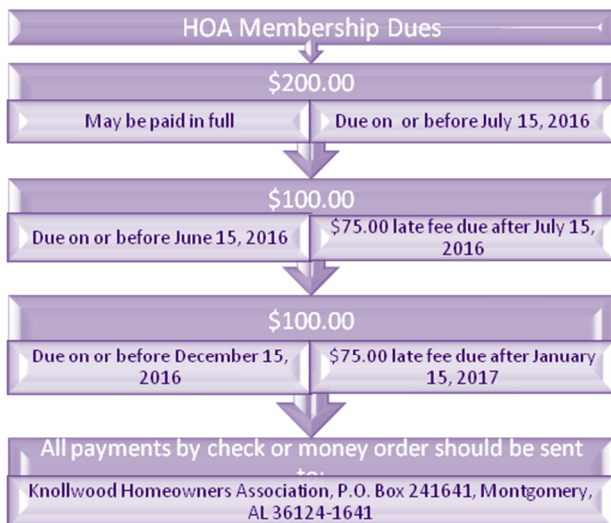
**Jerome Dees, Cottonwood Drive**

**Submit names in recognition of the Class of 2016 graduates, milestones and other achievements to block captains.**

## Observances

<b>April</b>	Month	Alcohol Awareness, National Autism Awareness, National Child Abuse Prevention, National Donate Life, National Minority Health Month
<b>April 7</b>	Thursday	World Health Day
<b>April 18</b>	Monday	<a href="#">Tax Day</a>
<b>April 22</b>	Friday	Earth Day
<b>April 27</b>	Wednesday	<a href="#">Administrative Professionals Day</a>
<b>May</b>	Month	Arthritis Awareness, Hepatitis Awareness, Mental Health, National Asthma & Allergy Awareness, National Osteoporosis Awareness & Prevention, National Physical Fitness & Sports, National Stroke Awareness Month
<b>May 5</b>	Thursday	<a href="#">Cinco de Mayo</a> , <a href="#">National Day of Prayer</a>
<b>May 6</b>	Friday	<a href="#">National Nurses Day</a> , National Bike to School Day
<b>May 8</b>	Sunday	<a href="#">Mothers' Day</a>
<b>May 8 - 14</b>	Week	National Women's Health Week
<b>May 30</b>	Monday	<a href="#">Memorial Day</a>
<b>June</b>	Month	Men's Health, National Safety Month
<b>June 14</b>	Tuesday	<a href="#">Flag Day</a>
<b>June 19</b>	Sunday	<a href="#">Fathers' Day</a> , <a href="#">Juneteenth</a> , World Sickle Cell Day
<b>June 20</b>	Monday	<a href="#">June Solstice</a>
<b>July 4</b>	Saturday	<a href="#">Independence Day</a>

## COVENANT CORNER





# The Knollwood Voice



## September is National Sickle Cell Month What You Should Know

### Inside this issue:

Stopped by Police	2
BONDS	3
Sickle Cell continued	3
Stopped/Police continued	3
Around the Corner	4
Covenant Corner	4

**What Is Sickle Cell Disease?**  
Sickle cell disease (SCD) is a group of inherited red blood cell disorders. Healthy red blood cells are round and they move through small blood vessels carrying oxygen to all parts of the body. In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". Sickle cells die early, which causes a constant shortage of red blood cells. Sickle cells can get stuck in small blood vessels and block the flow of blood and oxygen to organs in the body. These blockages cause repeated episodes of severe pain, organ damage, serious infections, or even stroke.

### What Causes Sickle Cell Disease?

SCD is inherited in the same way that people get the color of their eyes, skin, and hair. A person with SCD is born with it. People cannot catch SCD from being around a person who has it.

### Who Is Affected By Sickle Cell Disease?

It is estimated that SCD af-

fects 90,000 to 100,000 people in the United States, mainly Blacks or African Americans. The disease occurs among about 1 of every 500 Black or African-American births and among about 1 out of every 36,000 Hispanic-American births. SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from sub-Saharan Africa; regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy.

### What Health Problems Does Sickle Cell Disease Cause?

Following are some of the most common complications of SCD:

**"Pain Episode" or "Crisis":** Sickle cells don't move easily through small blood vessels and can get stuck and clog blood flow. This causes pain that can start suddenly, be mild to severe, and last for any length of time.

**Infection:** People with SCD, especially infants and children, are more likely to experience harmful infections such as flu, meningitis, and hepatitis.

**Hand-Foot Syndrome:** Swelling in the hands and feet, often along with a fever, is caused by the sickle cells getting stuck in the blood vessels and blocking the blood from flowing freely through the hands and feet.

**Eye Disease:** SCD can affect the blood vessels in the eye and lead to long term damage.

**Acute Chest Syndrome (ACS):** Blockage of the flow of blood to the lungs can cause acute chest syndrome. ACS is similar to pneumonia; symptoms include chest pain, coughing, difficulty breathing, and fever. It can be life threatening and should be treated in a hospital.

**Stroke:** Sickle cells can clog blood flow to the brain and cause a stroke. A stroke can result in lifelong disabilities and learning problems.

*Continued on page 3*

To submit a topic for a future publication, contact your block captain or send an email to [milledge6@aol.com](mailto:milledge6@aol.com).

## Community Update

### Thefts Reported in Subdivision

In June, residents reported items stolen from the exterior of homes on Cottonwood Drive, Pinetree Drive, and Maple Drive. The security cameras at the entrance were helpful to law enforcement in finding the perpetrators. Please alert neighbors about anything suspicious that you observe.

### Community Meetings

KHA community meetings will be held quarterly, on the 4th Thursday of the meeting month. Mark your calendar; future meeting dates are:

July 28, 2016; October 27, 2016; January 26, 2017; April 27, 2017.

*To avoid criticism, do nothing, say nothing, and be nothing.*

~Elbert Hubbard



Printed by:



Building Our Neighborhoods

# BONDS

For Development and Success  
A Program of the City of Montgomery

## What to Do When Stopped by the Police (From the National Black Police Association)

The National Black Police Association (NBPA), an umbrella organization representing dedicated African American police officers nationally. The NBPA stands for unity, justice, and peace. The NBPA exists to help prod law enforcement agencies to be sensitive to the needs and concerns of minorities, women, and the poor.

The basic materials in this pamphlet were prepared by Police & Community Enterprises - Project PACE.

We hope this pamphlet will be helpful. We urge, however, that you do not rely on it as a legal advisor. We hope the information presented here will make you aware of your constitutional rights and keep you from having to go to jail.

### IT COULD HAPPEN TO YOU

What is your name? Where do you live? Have you got any identification?

These are very simple questions which can be easily answered by almost everyone. But when a police officer is involved, it can cause a lot of problems both for the officer and for YOU.

Most of the time, there is a reason for the officer to question you - even if it may not seem so at the time. The officer may be investigating a complaint in the neighborhood, or following up on a radio call concerning a crime committed in the area.

For one reason or another, you may be the individual the police suspect. You may have knowledge that will help in the investigation, or the officer may think that you are experiencing some kind of trouble.

Sometimes the manner in which the police question you may involve not respecting YOUR RIGHTS.

Sometimes you may overreact to the questions and create an even more serious situation.

We will attempt to explain your rights, what to remember, and what to expect when an officer starts asking you a lot of questions... it could save you from answering a lot more unnecessarily and reduce any potential escalation of hostility.

### IF YOU ARE STOPPED BY THE POLICE IN YOUR CAR

If you are driving a vehicle, the police can ask you to pull over at any time. The best thing to do in this situation is to pull over and follow the officer's directions. The officer will request to see your driver's license, registration and/or proof of liability insurance - this you must do.

If you are stopped at night, turn on your dome light and show the officer that nothing is wrong. It is best to do nothing which may give reason to search further. Having your lights on and keeping your hands on the steering wheel will usually put the officer's mind at ease. Chances are that the officer is going to write out a ticket for a traffic violation. Of course, you may start to explain at this point but you should limit your comments. Be careful how you protest. A simple traffic violation may start costing you a fortune in fines for other violations. If you think that the ticket is incorrect-then, carry your protest to traffic court.

If you're given a ticket, you should sign it; otherwise you can be arrested. Police may stop and detain you only if they have a reasonable suspicion or probable cause that you are about to commit or have committed a crime.

If you're suspected of driving under the influence (DUI) and refuse to take a blood, urine or breath - test, your driver's license may be suspended.

In certain cases, your car can be searched without a warrant as long as the police have probable cause. To protect yourself later, you should make it clear that you do not consent to a search. It is not lawful for police to arrest you simply for refusing to consent to a search.

### IF YOU ARE STOPPED BY THE POLICE ON THE STREET

The police may ask for your name if you have been properly detained and you can be arrested in some states for refusing to give it. If you reasonably fear that your name is incriminating, you can claim the right to remain silent, which may be a defense in case you are arrested anyway.

It's not a crime to refuse to answer questions, but refusing to answer might make the police suspicious about you. Police may "pat - down" your outer - clothing - if, they suspect a concealed weapon. Don't physically resist, but make it clear that you don't consent to any further search. Ask if you are under arrest. If you are, you have a right to know why. Don't bad-mouth the police officer or offer resistance, even if you believe what is happening is unreasonable. That could lead to your arrest.

Most of the problems you may encounter with the police can be avoided. Remember, the police may think they have reason (probable cause) to stop you and ask questions. At this time, you should collect your thoughts and remain calm. Whether or not you are detained or arrested may just depend on how calm and prepared you are at this time. Think carefully about your words, movement, body language, and emotions. Don't get into an argument with the police. Remember, anything you say or do can be used against you.

### OTHER DO's and DON'T's

- KEEP YOUR HANDS WHERE THE POLICE CAN SEE THEM
- PLEASE...DO NOT RUN!
- DO NOT TOUCH ANY POLICE OFFICER.
- DO NOT RESIST - even if you believe you are innocent.
- DO NOT COMPLAIN TOO STRONGLY on the scene or tell the police they're wrong or that you're going to file a complaint.
- ASK FOR A LAWYER immediately when arrested.
- RECORD OFFICERS' BADGE NUMBERS and PATROL CAR NUMBERS and WRITE DOWN EVERYTHING you remember - ASAP.
- TRY TO FIND WITNESSES and their names and phone numbers.

*Continued on page 3*



## September is National Sickle Cell Month, continued from page 1

### How Is Sickle Cell Disease Treated?

The goals of treating SCD are to relieve pain and to prevent infections, eye damage, and strokes. There is no single best treatment for all people with SCD. Treatment options are different for each person depending on the symptoms. Treatments can include receiving blood transfusions, maintaining a high fluid intake (drinking 8 to 10 glasses of water each day), receiving IV (intravenous) therapy (fluids given into a vein) and medications to help with pain. For severe SCD, a medicine called hydroxyurea might be recommended. Research suggests that hydroxyurea can reduce the number of painful episodes and the recurrence of ACS. It also can reduce hospital stays and the need for blood transfusions among adults who have SCD.

### Is There A Cure For Sickle Cell Disease?

To date, the only cure for SCD is a bone marrow or stem cell transplant. A bone marrow or stem cell transplant is a procedure that takes healthy stem cells from a donor and puts them into someone whose bone marrow is not working properly. These healthy stem cells cause the bone marrow to make new healthy cells. Bone marrow or stem cell transplants are very risky, and can have serious side effects, including death. For the transplant to work, the bone marrow must be a close match.

For more information visit: [www.cdc.gov/sicklecell](http://www.cdc.gov/sicklecell)  
[scdaa@sicklecelldisease.org](mailto:scdaa@sicklecelldisease.org)  
[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

### Stopped by the Police, continued from page 2

There are many factors that may lead the police to approach and/or detain you. Every situation is different and the officer may consider one or more of the following factors:

- You are near a location where a crime has been recently reported or discovered.
  - You may be – knowingly or unknowingly – a fact witness to a criminal event or a potential criminal target.
  - You are hanging around with people or locations being monitored by the police to prevent crimes.
  - You are acting in a manner which appears to be suspicious, potentially criminal or the police believe you may be in possession of stolen property, contraband or weapons.
- When walking or driving your car, you refuse to answer police questions and/or give false, evasive, or contradictory information ... or you are combative and use derogatory or offensive language when approached ... your reaction may be perceived as suspicious or threatening. Saying the wrong things at the wrong time could lead to further police detainment, questions, increased stress or a trip to jail. Who needs this?
  - You have been identified to the police by someone else or you fit the description of a criminal actor.
  - Remember, police must be able to articulate to the court's satisfaction what "reasonable suspicion" and "probable cause" was used to stop, detain, and arrest a citizen.

Find more information at [www.blackpolice.org](http://www.blackpolice.org)

### BONDS Makes a Difference

BONDS (Building Our Neighborhoods for Development and Success) is a program of the City of Montgomery which serves to strengthen neighborhoods in the City and County of Montgomery.

BONDS has benefited Knollwood through resources which assist leaders and members in serving the neighborhood. Resources provide education through seminars, networking opportunities, meetings, materials, and speakers. These educational opportunities not only provide information that equip our leaders and members to serve but provide learning experiences on the operations of city and county government. Along with learning how city and county government works, these opportunities enhance familiarity with government leaders.

Knollwood Homeowners Association is dependent on homeowners dues for funds to maintain the integrity of the neighborhood. Dues have been kept to a minimum and without all homeowners participating, funds are limited.

BONDS' grant program has been phenomenal. Some projects that have been funded by BONDS are:

- 1) Roof replaced on large pavilion at the Entrance and rebuilt other parts of pavilion.
- 2) Gathering area around pavilion was cemented.
- 3) Electrical outlets were installed along median at entrance; allows for decorations at holiday season.
- 4) Seasonal flowers provided for the entrance of the neighborhood for the past several years.



Seasonal flowers at the Entrance, shown in the picture, were funded by a 2016 BONDS grant.

The guidance and hands-on involvement of Director Regina Meadows and Assistant Cynthia McCollister is an asset to the program. Their support provides ease for participants in the program and makes participation enjoyable.

# Knollwood Homeowners Association

*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.*

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

www.knollwoodhomeownersassociation.org

## 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 Chair—Annie Harris (277-6151)  
 Courtesy Co-Chair—Lucinda Harden (333-4192)

## 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)

## Around the Corner (News and Notes)

### Our Condolences to:

**Mr. & Mrs. Clyde Jackson, Pinetree Drive; Mrs. Jackson's sister passed in May.**

**Mr. & Mrs. James Grant, Cottonwood Drive; Mr. Grant's sister passed in June.**

**Mr. & Mrs. Van Woolfolk, Ash Drive; Mr. Woolfolk's brother passed June.**

**Ms. Annie Fields', Pinetree Drive, niece passed in July.**

**Mrs. Annie Harris, Pinetree Drive; Mrs. Harris' brother-in-law passed in July.**

**Thinking of You: Shonda Tolliver, Ash Drive**



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



It is during our darkest moments that we must focus to see the light.

—Aristotle Onassis

## Men at Work in Neighborhood

Volunteers spent a hot June day working at the Entrance. The large landscape areas with numerous shrubs were trimmed and cleared. The Homeowners Association depends on volunteer help to maintain the pleasing aesthetics of the Entrance.

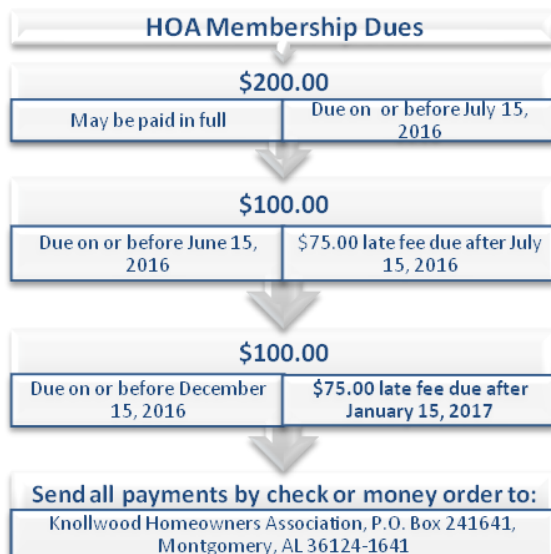
The services of the following men is greatly appreciated for the work done at the Entrance: Thomas Anderson, George Savage, Lucious McDade, Sam Austin, Woody Wordlaw, Taylor Hough, John Summers.

Appreciation is extended to Renda Harris and Benny Harris for maintenance of the area at the end of Knollwood Blvd.

## Observances

July	Month	Juvenile Arthritis Awareness Month
Jul 4	Monday	Independence Day
Jul 24	Sunday	<u>Parents' Day</u>
Jul 28	Thursday	World Hepatitis Day
August	Month	Children's Eye Health and Safety; National Immunization Awareness Month
Aug 10	Wednesday	First Day of School
Aug 12	Friday	National Sewing Machine Day; Vinyl Record Day
Aug 21	Sunday	<u>Senior Citizens Day</u>
September	Month	National Preparedness; National Food Safety Education; National Childhood Obesity Awareness; Childhood Cancer Awareness; National Sickle Cell; World Alzheimer's Month
Sep 5	Monday	<u>Labor Day</u>
Sep 4 - 10	Week	National Suicide Prevention Week
Sep 11	Sunday	<u>Patriot Day</u> ; 9/11 Remembrance Day
Sep 13	Sunday	<u>National Grandparents Day</u>
Sep 18	Sunday	National HIV/AIDS and Aging Awareness Day; Wife Appreciation Day

## Covenant Corner



# The Knollwood Voice



## September is National Sickle Cell Month What You Should Know

### Inside this issue:

Stopped by Police	2
BONDS	3
Sickle Cell continued	3
Stopped/Police continued	3
Around the Corner	4
Covenant Corner	4

**What Is Sickle Cell Disease?**  
Sickle cell disease (SCD) is a group of inherited red blood cell disorders. Healthy red blood cells are round and they move through small blood vessels carrying oxygen to all parts of the body. In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". Sickle cells die early, which causes a constant shortage of red blood cells. Sickle cells can get stuck in small blood vessels and block the flow of blood and oxygen to organs in the body. These blockages cause repeated episodes of severe pain, organ damage, serious infections, or even stroke.

### What Causes Sickle Cell Disease?

SCD is inherited in the same way that people get the color of their eyes, skin, and hair. A person with SCD is born with it. People cannot catch SCD from being around a person who has it.

### Who Is Affected By Sickle Cell Disease?

It is estimated that SCD af-

fects 90,000 to 100,000 people in the United States, mainly Blacks or African Americans. The disease occurs among about 1 of every 500 Black or African-American births and among about 1 out of every 36,000 Hispanic-American births. SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from sub-Saharan Africa; regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy.

### What Health Problems Does Sickle Cell Disease Cause?

Following are some of the most common complications of SCD:

**"Pain Episode" or "Crisis":** Sickle cells don't move easily through small blood vessels and can get stuck and clog blood flow. This causes pain that can start suddenly, be mild to severe, and last for any length of time.

**Infection:** People with SCD, especially infants and children, are more likely to experience harmful infections such as flu, meningitis, and hepatitis.

**Hand-Foot Syndrome:** Swelling in the hands and feet, often along with a fever, is caused by the sickle cells getting stuck in the blood vessels and blocking the blood from flowing freely through the hands and feet.

**Eye Disease:** SCD can affect the blood vessels in the eye and lead to long term damage.

**Acute Chest Syndrome (ACS):** Blockage of the flow of blood to the lungs can cause acute chest syndrome. ACS is similar to pneumonia; symptoms include chest pain, coughing, difficulty breathing, and fever. It can be life threatening and should be treated in a hospital.

**Stroke:** Sickle cells can clog blood flow to the brain and cause a stroke. A stroke can result in lifelong disabilities and learning problems.

*Continued on page 3*

To submit a topic for a future publication, contact your block captain or send an email to [milledge6@aol.com](mailto:milledge6@aol.com).

## Community Update

### Thefts Reported in Subdivision

In June, residents reported items stolen from the exterior of homes on Cottonwood Drive, Pinetree Drive, and Maple Drive. The security cameras at the entrance were helpful to law enforcement in finding the perpetrators. Please alert neighbors about anything suspicious that you observe.

### Community Meetings

KHA community meetings will be held quarterly, on the 4th Thursday of the meeting month. Mark your calendar; future meeting dates are:

July 28, 2016; October 27, 2016; January 26, 2017; April 27, 2017.

*To avoid criticism, do nothing, say nothing, and be nothing.*

~Elbert Hubbard



Printed by:



## What to Do When Stopped by the Police (From the National Black Police Association)

The National Black Police Association (NBPA), an umbrella organization representing dedicated African American police officers nationally. The NBPA stands for unity, justice, and peace. The NBPA exists to help prod law enforcement agencies to be sensitive to the needs and concerns of minorities, women, and the poor.

The basic materials in this pamphlet were prepared by Police & Community Enterprises - Project PACE.

We hope this pamphlet will be helpful. We urge, however, that you do not rely on it as a legal advisor. We hope the information presented here will make you aware of your constitutional rights and keep you from having to go to jail.

### IT COULD HAPPEN TO YOU

What is your name? Where do you live? Have you got any identification?

These are very simple questions which can be easily answered by almost everyone. But when a police officer is involved, it can cause a lot of problems both for the officer and for YOU.

Most of the time, there is a reason for the officer to question you - even if it may not seem so at the time. The officer may be investigating a complaint in the neighborhood, or following up on a radio call concerning a crime committed in the area.

For one reason or another, you may be the individual the police suspect. You may have knowledge that will help in the investigation, or the officer may think that you are experiencing some kind of trouble.

Sometimes the manner in which the police question you may involve not respecting YOUR RIGHTS.

Sometimes you may overreact to the questions and create an even more serious situation.

We will attempt to explain your rights, what to remember, and what to expect when an officer starts asking you a lot of questions... it could save you from answering a lot more unnecessarily and reduce any potential escalation of hostility.

### IF YOU ARE STOPPED BY THE POLICE IN YOUR CAR

If you are driving a vehicle, the police can ask you to pull over at any time. The best thing to do in this situation is to pull over and follow the officer's directions. The officer will request to see your driver's license, registration and/or proof of liability insurance - this you must do.

If you are stopped at night, turn on your dome light and show the officer that nothing is wrong. It is best to do nothing which may give reason to search further. Having your lights on and keeping your hands on the steering wheel will usually put the officer's mind at ease. Chances are that the officer is going to write out a ticket for a traffic violation. Of course, you may start to explain at this point but you should limit your comments. Be careful how you protest. A simple traffic violation may start costing you a fortune in fines for other violations. If you think that the ticket is incorrect-then, carry your protest to traffic court.

If you're given a ticket, you should sign it; otherwise you can be arrested. Police may stop and detain you only if they have a reasonable suspicion or probable cause that you are about to commit or have committed a crime.

If you're suspected of driving under the influence (DUI) and refuse to take a blood, urine or breath - test, your driver's license may be suspended.

In certain cases, your car can be searched without a warrant as long as the police have probable cause. To protect yourself later, you should make it clear that you do not consent to a search. It is not lawful for police to arrest you simply for refusing to consent to a search.

### IF YOU ARE STOPPED BY THE POLICE ON THE STREET

The police may ask for your name if you have been properly detained and you can be arrested in some states for refusing to give it. If you reasonably fear that your name is incriminating, you can claim the right to remain silent, which may be a defense in case you are arrested anyway.

It's not a crime to refuse to answer questions, but refusing to answer might make the police suspicious about you. Police may "pat - down" your outer - clothing - if, they suspect a concealed weapon. Don't physically resist, but make it clear that you don't consent to any further search. Ask if you are under arrest. If you are, you have a right to know why. Don't bad-mouth the police officer or offer resistance, even if you believe what is happening is unreasonable. That could lead to your arrest.

Most of the problems you may encounter with the police can be avoided. Remember, the police may think they have reason (probable cause) to stop you and ask questions. At this time, you should collect your thoughts and remain calm. Whether or not you are detained or arrested may just depend on how calm and prepared you are at this time. Think carefully about your words, movement, body language, and emotions. Don't get into an argument with the police. Remember, anything you say or do can be used against you.

### OTHER DO's and DON'T's

- KEEP YOUR HANDS WHERE THE POLICE CAN SEE THEM
- PLEASE...DO NOT RUN!
- DO NOT TOUCH ANY POLICE OFFICER.
- DO NOT RESIST - even if you believe you are innocent.
- DO NOT COMPLAIN TOO STRONGLY on the scene or tell the police they're wrong or that you're going to file a complaint.
- ASK FOR A LAWYER immediately when arrested.
- RECORD OFFICERS' BADGE NUMBERS and PATROL CAR NUMBERS and WRITE DOWN EVERYTHING you remember - ASAP.
- TRY TO FIND WITNESSES and their names and phone numbers.

*Continued on page 3*



## September is National Sickle Cell Month, continued from page 1

### How Is Sickle Cell Disease Treated?

The goals of treating SCD are to relieve pain and to prevent infections, eye damage, and strokes. There is no single best treatment for all people with SCD. Treatment options are different for each person depending on the symptoms. Treatments can include receiving blood transfusions, maintaining a high fluid intake (drinking 8 to 10 glasses of water each day), receiving IV (intravenous) therapy (fluids given into a vein) and medications to help with pain. For severe SCD, a medicine called hydroxyurea might be recommended. Research suggests that hydroxyurea can reduce the number of painful episodes and the recurrence of ACS. It also can reduce hospital stays and the need for blood transfusions among adults who have SCD.

### Is There A Cure For Sickle Cell Disease?

To date, the only cure for SCD is a bone marrow or stem cell transplant. A bone marrow or stem cell transplant is a procedure that takes healthy stem cells from a donor and puts them into someone whose bone marrow is not working properly. These healthy stem cells cause the bone marrow to make new healthy cells. Bone marrow or stem cell transplants are very risky, and can have serious side effects, including death. For the transplant to work, the bone marrow must be a close match.

For more information visit: [www.cdc.gov/sicklecell](http://www.cdc.gov/sicklecell)  
[sccdaa@sicklecelldisease.org](mailto:sccdaa@sicklecelldisease.org)  
[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

### Stopped by the Police, continued from page 2

There are many factors that may lead the police to approach and/or detain you. Every situation is different and the officer may consider one or more of the following factors:

- You are near a location where a crime has been recently reported or discovered.
  - You may be – knowingly or unknowingly – a fact witness to a criminal event or a potential criminal target.
  - You are hanging around with people or locations being monitored by the police to prevent crimes.
  - You are acting in a manner which appears to be suspicious, potentially criminal or the police believe you may be in possession of stolen property, contraband or weapons.
- When walking or driving your car, you refuse to answer police questions and/or give false, evasive, or contradictory information ... or you are combative and use derogatory or offensive language when approached ... your reaction may be perceived as suspicious or threatening. Saying the wrong things at the wrong time could lead to further police detainment, questions, increased stress or a trip to jail. Who needs this?
  - You have been identified to the police by someone else or you fit the description of a criminal actor.
  - Remember, police must be able to articulate to the court's satisfaction what "reasonable suspicion" and "probable cause" was used to stop, detain, and arrest a citizen.

Find more information at [www.blackpolice.org](http://www.blackpolice.org)

### BONDS Makes a Difference

BONDS (Building Our Neighborhoods for Development and Success) is a program of the City of Montgomery which serves to strengthen neighborhoods in the City and County of Montgomery.

BONDS has benefited Knollwood through resources which assist leaders and members in serving the neighborhood. Resources provide education through seminars, networking opportunities, meetings, materials, and speakers. These educational opportunities not only provide information that equip our leaders and members to serve but provide learning experiences on the operations of city and county government. Along with learning how city and county government works, these opportunities enhance familiarity with government leaders.

Knollwood Homeowners Association is dependent on homeowners dues for funds to maintain the integrity of the neighborhood. Dues have been kept to a minimum and without all homeowners participating, funds are limited.

BONDS' grant program has been phenomenal. Some projects that have been funded by BONDS are:

- 1) Roof replaced on large pavilion at the Entrance and rebuilt other parts of pavilion.
- 2) Gathering area around pavilion was cemented.
- 3) Electrical outlets were installed along median at entrance; allows for decorations at holiday season.
- 4) Seasonal flowers provided for the entrance of the neighborhood for the past several years.



Seasonal flowers at the Entrance, shown in the picture, were funded by a 2016 BONDS grant.

The guidance and hands-on involvement of Director Regina Meadows and Assistant Cynthia McCollister is an asset to the program. Their support provides ease for participants in the program and makes participation enjoyable.

# Knollwood Homeowners Association

*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.*

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

www.knollwoodhomeownersassociation.org

## 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 Chair—Annie Harris (277-6151)  
 Courtesy Co-Chair—Lucinda Harden (333-4192)

## 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)

## Around the Corner (News and Notes)

### Our Condolences to:

**Mr. & Mrs. Clyde Jackson, Pinetree Drive; Mrs. Jackson's sister passed in May.**

**Mr. & Mrs. James Grant, Cottonwood Drive; Mr. Grant's sister passed in June.**

**Mr. & Mrs. Van Woolfolk, Ash Drive; Mr. Woolfolk's brother passed June.**

**Ms. Annie Fields', Pinetree Drive, niece passed in July.**

**Mrs. Annie Harris, Pinetree Drive; Mrs. Harris' brother-in-law passed in July.**



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



It is during our darkest moments that we must focus to see the light.

—Aristotle Onassis

## Men at Work in Neighborhood

Volunteers spent a hot June day working at the Entrance. The large landscape areas with numerous shrubs were trimmed and cleared. The Homeowners Association depends on volunteer help to maintain the pleasing aesthetics of the Entrance.

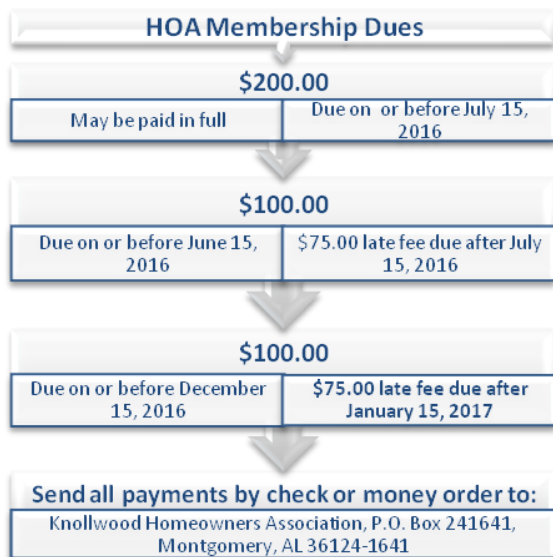
The services of the following men is greatly appreciated for the work done at the Entrance: Thomas Anderson, George Savage, Lucious McDade, Sam Austin, Woody Wordlaw, Taylor Hough, John Summers.

Appreciation is extended to Renda Harris and Benny Harris for maintenance of the area at the end of Knollwood Blvd.

## Observances

July	Month	Juvenile Arthritis Awareness Month
Jul 4	Monday	Independence Day
Jul 24	Sunday	<u>Parents' Day</u>
Jul 28	Thursday	World Hepatitis Day
August	Month	Children's Eye Health and Safety; National Immunization Awareness Month
Aug 10	Wednesday	First Day of School
Aug 12	Friday	National Sewing Machine Day; Vinyl Record Day
Aug 21	Sunday	<u>Senior Citizens Day</u>
September	Month	National Preparedness; National Food Safety Education; National Childhood Obesity Awareness; Childhood Cancer Awareness; National Sickle Cell; World Alzheimer's Month
Sep 5	Monday	<u>Labor Day</u>
Sep 4 - 10	Week	National Suicide Prevention Week
Sep 11	Sunday	<u>Patriot Day</u> ; 9/11 Remembrance Day
Sep 13	Sunday	<u>National Grandparents Day</u>
Sep 18	Sunday	National HIV/AIDS and Aging Awareness Day; Wife Appreciation Day

## Covenant Corner





# The Knollwood Voice



### Inside this issue:

Voting and Registration	2
Veterans Honored	3
Veterans Day continued	3
New Alert Network	3
Recipe	3
Election Center Calendar	4
Around the Corner	4
Covenant Corner	4

To submit a topic for a future publication, contact your block captain or send an email to [milledge6@aol.com](mailto:milledge6@aol.com).

## History of Veterans Day

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m. The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

**Whereas** the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and **Whereas** it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and **Whereas** the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue

a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought

*Continued on page 3*

## Community Update

### Community Meetings

Mark your calendar; future quarterly KHA community meeting dates are: October 27, 2016; January 26, 2017; April 27, 2017, July 27, 2017; October 27, 2017.

### BONDS

- ♦ Gathering of Neighborhoods meetings at noon in First Baptist Church's Huff Building, aka Carling Center, 200 South Perry Street, Lunch is available for \$6.00 (optional). Topic to be announced— October 18.

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 Perry St.

The best preparation for tomorrow is doing your best today.

~H. Jackson Brown, Jr.



Printed by:



## Voting and Registration

Voting and Registration data have been collected biennially in the November Current Population Survey (CPS) since 1964. The statistics presented are based on replies to survey inquiries about whether individuals were registered and/or voted in specific national elections. For the purpose of these estimates, election types are considered to be either Congressional (e.g. 2002, 2006, etc.) or Presidential (e.g., 2004, 2008, etc.).

People who are not United States citizens are not eligible to vote. The voting-age population also includes a considerable number of people who cannot register to vote despite meeting citizen and age requirements. Some people are not permitted to vote because they have been committed to the penal system, mental hospitals, or other institutions, or because they fail to meet state and local resident requirements for various reasons. The eligibility to register is governed by state laws – legalities that differ from one another in many respects.

Registration is the act of qualifying to vote by formally enrolling on an official list of voters. People who have moved to another election district must take steps to have their names placed on the voting rolls in their new place of residence. The state of North Dakota has no formal registration requirement – voters merely present themselves at the polling place on election day with proof that they are of age and have met the appropriate residence requirements. Therefore, in North Dakota, people who are citizens and of voting age (and who meet the residence requirement), are automatically considered registered.

Over the years, changes have been made to the Voting and Registration supplement. The only constant is that in all iterations of the survey a separate question has been included regarding both voting and registration. In some years (1982, '84, '86, '90) these were the only questions asked. In other years, additional questions were included. For example, in 1984, respondents were asked a total of six questions, two of which concerned the time of day that a respondent voted. Similarly, in 1988 respondents were asked if they had registered for that election specifically.

The Voting and Registration supplement has remained relatively consistent since 1996. In that year, respondents were asked specifically whether or not they registered to vote after January 1st, 1995. This

allowed analysts to directly assess the influence of the National Voter Registration Act (or The Motor Voter Act). In 2004, the Census Bureau stopped asking specifically about this date, but the supplement continues to gather information on whether respondents were registered to vote and by what means this registration occurred.

In recent years, voter-participation data were derived from replies to the following questions. Voting age citizens were asked:

**EVERY  
ELECTION IS  
DETERMINED  
BY THE PEOPLE  
WHO  
SHOW UP.**

*"In any election some people are not able to vote because they are sick or busy, or have some other reason, and others do not want to vote. Did (this person) vote in the election held on November (date varies)?"*

Respondents were classified as either "voted" or "did not vote." In most tables, this "did not vote" category includes those who reported "did not vote" or "do not know," as well as noncitizens and non-respondents. The data on registration were obtained by asking the following question to those who reported they "did not vote":

*"Was (this person) registered to vote in the November (date varies) election?"*

It was assumed that those who reported voting were also registered. Therefore, the total registered population was derived by combining the number of people who voted with the number of non-voters who reported being registered.

<http://census.gov/topics/public-sector/voting/about.html>



*Since a politician never believes what he says, he is quite surprised to be taken at his word.*

~Charles de Gaulle

**Veterans Day** — Continued from page 1

aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

[www.va.gov/opa/vetsday/vetdayhistory](http://www.va.gov/opa/vetsday/vetdayhistory)

*We Honor the Service of Our Knollwood Neighbors and Family Members—Veterans Day November 11*

- ◆ **Thomas Anderson**, New Elm Drive, United States Army
- ◆ **Lee Ballard**, Knollwood Blvd., United States Army
- ◆ **Royelle Comer**, New Elm Drive, United States Army
- ◆ **Heidi Craig-Sanchez**, Pinetree Drive, U.S. Army and the National Guard.
- ◆ **Michael Craig** (son of Heidi Craig-Sanchez), U.S. Navy
- ◆ **Jerome Dees**, Cottonwood Dr, United States Air Force
- ◆ **Renda Harris**, Pinetree Drive, United States Army
- ◆ **Ahmad Hasan**, New Elm Drive, United States Army
- ◆ **Jimmie Horton**, Cottonwood Drive, United States Navy
- ◆ **Clyde Jackson**, Pinetree Drive, United States Air Force
- ◆ **Garland Jackson**, Pinetree Drive, U.S. Air Force
- ◆ **Willie Muse**, Maple Drive, United States Army
- ◆ **Johnny B. Raines, Jr.**, Pinetree Drive, U.S. Air Force
- ◆ **George Savage**, Ash Drive, United States Army
- ◆ **Lucius Smith**, Ash Drive, United States Air Force
- ◆ **Thomas Streety**, Ash Drive, United States Army
- ◆ **John Summers**, Ash Drive, United States Air Force
- ◆ **Lee Wheeler**, Cottonwood Dr, U.S. Air Force
- ◆ **Maxine Wheeler**, Cottonwood Drive, U.S. Air Force
- ◆ **Willie Walton**, Ash Drive, United States Army
- ◆ **Woody Wordlaw**, New Elm Drive, U.S. Air Force
- ◆ **Mattie Young**, New Elm Drive, United States Army

*We honor all who served at home and abroad.*

**City News—New Alert Network**

The Montgomery City/County EMA announces our new Alert Network to immediately contact you during a major crisis or emergency. We will deliver to you important emergency alerts, notifications and updates on all registered devices:

- email account (work, home, other)
- cell phone/text
- voice
- wireless PDA

When an emergency occurs, authorized senders will instantly notify you using this network. This is your personal connection to real-time reliable updates, instructions on where to go, or what not to do, who to contact and other important information.

You can also register by calling 334.241.2339 or by email: [emaemail@montgomeryal.gov](mailto:emaemail@montgomeryal.gov)

Information you will need to register:

- email address
- cell phone number or home phone number
- home address for reverse 911 emergency notifications

<http://www.montgomeryal.gov>

**Crock Pot Hearty Chili Mac**

Prep Time: 15 minutes   Cook Time: 6 hours   Total Time: 6 hours, 15 minutes   Yield: 8 servings

**Ingredients:**

- |   |  |
|---|--|
| ⇒ 2 lbs ground beef                       | ⇒ 2 Tbsp chili powder                            |
| ⇒ 1 medium onion, chopped                 | ⇒ 1 tsp salt                                     |
| ⇒ 1 can (46 oz) tomato juice              | ⇒ 1 tsp prepared mustard                         |
| ⇒ 1 can (28 oz) diced tomatoes, undrained | ⇒ 1/4 tsp pepper                                 |
| ⇒ 3 celery ribs, chopped                  | ⇒ 1 can (16 oz) kidney beans, rinsed and drained |
| ⇒ 3 Tbsp brown sugar                      | ⇒ 1 c. uncooked elbow macaroni                   |

**Instructions:**

1. Cook beef and onion over medium heat until meat is no longer pink; drain. Place in slow cooker. Stir in the tomato juice, tomatoes, celery, brown sugar, chili powder, salt, mustard, pepper and kidney beans. Cook on low 6-8 hours.

# Knollwood Homeowners Association

*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.*

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

[www.knollwoodhomeownersassociation.org](http://www.knollwoodhomeownersassociation.org)

## *Around the Corner (News and Notes)*

### 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 Chair—Annie Harris (277-6151)  
 Courtesy Co-Chair—Lucinda Harden (333-4192)

### 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.*



### Our Condolences to:

**Mr. & Mrs. Van Woolfork, Ash Drive; Van's brother passed in August.**

**Mr. & Mrs. Marvin (Ethelrene) Franklin, Elm Drive; Ethelrene's brother passed in August.**

**Mr. & Mrs. Harold Williams, Cottonwood Drive; Harold's brother passed in September.**

**The family of Mrs. Jean Malden; Mrs. Malden passed in September.**

**Mrs. Annie Fields and Family, Pinetree Drive; Annie's daughter passed in October; cousin passed in September.**

**Mr. & Mrs. Larry Robinson, Maple Drive; Larry's sister passed in October.**

### Thinking of You:

**Katie Daniel, New Elm Drive**

**Mamie Muse, Maple Drive**

**Willie Walton, Ash Drive & Alexander City**

### Welcome !! New Neighbors:

**The Boozers, 160 Ash Drive \*\* The Claybons, 160 Pinetree Drive**

**\*\* The Nodens, 142 Cottonwood Drive \*\***

## Montgomery County [Elections Center Calendar](#)

9/14/2016 12:00 AM	<a href="#">Absentee Voting Begins for 2016 General Election</a> To obtain an absentee ballot, please contact the Circuit Clerk's Office at (334) 832-1281.
10/24/2016 8:00 AM	<a href="#">Voter Registration Deadline</a> This is the last day to register to vote for the November 8, 2016 General Election.
11/3/2016 8:00 AM	<a href="#">Absentee Application Deadline</a> The last day to make application for absentee ballot for the General Election.
11/7/2016 8:00 AM	<a href="#">Absentee Ballot Hand-Delivery / Postmark Deadline</a> This is the last day to Hand-Deliver or Postmark the return of your absentee ballot for the November 8 General Election.
11/8/2016	<a href="#">GENERAL ELECTION</a>

<http://www.mc-ala.org/Departments/ElectionCenter/>

## Covenant Corner

### HOA Membership Dues

**\$200.00**

• Due on or before December 15, 2016, plus \$75.00 late fee for missed July deadline.

**\$100.00**

• Due on or before December 15, 2016  
 • \$75.00 late fee due after January 15, 2017

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

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

A great deal of intelligence can be invested in ignorance when the need for illusion is deep.

~Saul Bellow



## Observances

Month	October	National Breast Cancer Awareness
Monday	October 10	Columbus Day
Monday	October 17	Boss's Day
Monday	October 31	Halloween
Month	November	National Alzheimer's Awareness / American Diabetes
Tuesday	November 1	All Saint's Day
Sunday	November 6	Daylight Savings Time ends
Friday	November 11	Veteran's Day
Thursday	November 19	Great American Smokeout
Thursday	November 24	Thanksgiving Day / National Family Health History Day
Wednesday	December 1	World AIDS Day / Awareness Month
Wednesday	December 7	Pearl Harbor Remembrance Day
Wednesday	December 21	December Solstice
Saturday	December 24	Christmas Eve
Sunday	December 25	Fist Day of Chanukah
Sunday	December 25	Christmas Day
Monday	December 26	Kwanzaa (until January 1)
Saturday	December 31	New Year's Eve