



# 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.

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## Knollwood Homeowners Association Covenant and Restrictions Lien Clause

A memorandum addressing an amendment to KHA By-laws was disseminated to the community on January 19, 2017. In that memorandum from KHA President David Nii Tackie stated:

*Since the Covenant & Restrictions have been implemented, enforcement has been an issue. To address the enforcement of Covenant & Restrictions, an amendment to the By-laws will be on the agenda for the meeting on Thursday, January 26, at 6:00 pm.*

*The Lien Clause is stated as:*

*The Association shall*

*have, and there is declared, a lien on every Lot for unpaid assessments levied against that Lot; and which lien shall secure and does secure the monies due for all assessments now of hereafter levied or subject to be levied against the owner or owners of each Lot; and which lien shall also secure all costs and expenses, including attorney fees which may be incurred by the Association in enforcing this lien. The said lien being prior to all other liens except only tax lien in favor of the United States, State, county or municipality and shall*

*cover all sums unpaid and due for dues or assessments, whether in the form of a general assessment or a special assessment.*

*No Lot owner or owners may escape or avoid responsibility for dues or assessments by his or her waiver of the use of or enjoyment of any of the common elements or by abandonment or non-use of his or her Lot or by any other means.*

During the scheduled community meeting on January 26, 2017, neighbors voted in favor of amending the By-laws to include the Lien Clause.

## Community Update

### School Buses

Pike Road School representatives have been presented with concerns related to school buses parked adjacent to the Knollwood Subdivision. The KHA will maintain contact with all parties involved until a favorable resolution is achieved.

### Community Meetings

Remaining quarterly meeting dates in 2017 are:

April 27, 2017, July 27, 2017 and October 27, 2017.

### 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).

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.

Life is like riding a bicycle. To keep your balance, you must keep moving.

~Albert Einstein



## Baking Soda Uses: 17 of the Most Brilliant Ways to Fix Things With Baking Soda

Baking soda is one of the most versatile home remedies in your pantry. Here's how to use baking soda to clean your home, improve your health, and more.

**BY LAUREN GELMAN**

FROM THE BOOK *99-CENT SOLUTIONS*

**Make fluffier omelets** - For restaurant-quality "puffiness," add a scant one-quarter teaspoon of baking soda to every three eggs you beat. The omelet will be light and fluffy. You can also use this trick to make big fluffy curds when scrambling eggs. Don't add too much or your eggs will taste bland, and be careful not to oversalt since the soda adds a slightly salty taste.

**Soften beans** - Afraid those dry beans have been on the shelf too long? Help soften them by adding a pinch of baking soda to the soaking water.

**Get rid of fishy odors** - Been chopping something pungent? The smell of garlic or fish can linger on your fingers long after the food is gone. To avoid that, scrub your wet hands with baking soda (as if it were soap), then rinse in warm water. Your hands will smell sweet (and feel softer too).

**Make a rainy day activity for kids** - Avoid hearing another whiny, "I'm boooored." Boil 2 cups of baking soda with one cup cornstarch and 1¼ cups water until thickened. Remove from the heat and cool. It makes a fun, pliable modeling clay that's good for a day.

**Deep-clean a funky-smelling dishwasher** - Sort out the stink with a baking soda wash. Put 1 cup of baking soda in the bottom of the dishwasher and run it on a rinse cycle. If the smell persists, sprinkle a few tablespoons on the bottom of the washer to sit there between loads. There's no need to rinse it out before running the next load.

**Salvage a burned pot** - By the time you've thought, "What's that smell?" and then remembered you left the stove on, it's often too late. The bottom of the pot is a blackened mess. You can save it, though. Scrape out as much food as you can and then fill the pan a quarter full with water. Pour in a half cup of baking soda and bring the water to a boil. Turn it off and let it sit overnight.

In the morning, you can clean off the black stuff with ease.

**Make tomatoes taste sweeter** - If last year's garden tomatoes tasted dull, the action this year to ensure your garden harvest is as good as it can be. Sprinkle baking soda lightly on the soil around the base of your tomato plants; the resulting bounty will taste sweeter.

**Save a mildewed book** - Found mildew around the edge of a childhood classic you adored? If it's a mild case, sprinkle baking soda lightly between the pages, then put the book in a paper bag and dust the outside with more baking soda. Let it sit for several days, then remove, shake out, and let the book get a shot of bright sunlight. It doesn't remove mildew marks, but if you store it in a dry place, no more mildew will grow.

**Take the sting out of sunburn** - Pour a cup of baking soda into a lukewarm bath, then soak and relax. It will help lessen the pain more quickly.

**Control cradle cap** - The flaky scalp on infants known as cradle cap is harmless and will usually go away on its own, but most parents can't stand to look at it. Make a paste in your palm of a couple of tablespoons baking soda and a teaspoon of water. Rub gently on the affected area, being careful not to get near the eyes, then wipe off with a damp washcloth, using no soap or baby shampoo. Repeat for two to three days until the flakiness lessens. (If the baby's head is very red after this treatment, try rubbing in baby oil instead; the soda could be too abrasive).

**Soothe a canker sore** - It's hard to believe how much pain a tiny sore on the inside of your mouth can cause. Help the sore heal faster by swishing every couple of hours with a solution of 1 teaspoon baking soda dissolved in 1 cup of warm water.

**Make your microwave sparkle** - Got a lot of gunk baked onto the walls of your microwave? Put 1 cup of water and a few tablespoons of baking soda into a glass container. Microwave on high for 3 minutes. Use a damp sponge to wipe off all the loosened grime.

*Continued on page 3*

## Montgomery Clean City Commission Shred Event

**Date:** Friday April 21, 2017 **Time:** 7:00am - 1:00pm **Location:** Montgomery, AL. Garrett Coliseum South Parking

Remember:

The Community Shred Event is for individuals to bring their personal paper documents to be shredded such as: Tax information & returns, bank statements, canceled checks, paycheck stubs, ATM receipts, credit card statements, utility bills, household receipts, credit card receipts, insurance papers, home financial information, personal or health documents, any paper documents containing personally identifiable information. The Community Shred Event is not for businesses - no corporate business/company documents will be accepted.

Each car is limited to 50 pounds, which equates to approximately 2 bags or boxes of paper documents, staples and small paper clips do not need to be removed, please do not tie or tape the bags or boxes.

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

*Baking Soda Uses, continued from page 2*

**Revitalize wallpaper** - Don't let a trail of greasy little fingers down your favorite hallway wallpaper upset you. Rub the stain gently with a damp sponge sprinkled with baking soda, then rinse and pat dry.

**Soothe a sensitive stomach** - Careful use of baking soda can help make certain foods more palatable. A very tiny pinch of baking soda in coffee, orange juice, or tomato soup, for example, can prevent an acidic stomach after eating. Be careful not to overdo it or food will taste bland.

**Stop a mosquito bite in its tracks** - For a fresh bite, rush inside and pour a tablespoon of baking soda in your palm. Wet it with a few drops of water to make a paste, then smear it on the bite area.

Let it dry and flake off. Treating a mark this way as soon as possible will minimize the red welt and the itching should promptly subside. The same treatment works for bee stings, assuming you have carefully removed any sign of the stinger.

**Discourage weeds in cracks** - To keep grass and weeds out of the cracks between your paving stones, sprinkle on baking soda and sweep it into the cracks.

**Soak away smelly feet** - For hot, sweaty feet or tired, achy toes, plop your feet in a basin of cool water with baking soda stirred in. Soak for 15 to 20 minutes, then rinse and dry. This will help cut down on odor and may also help ease athlete's foot.

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

### Homemade Glass Cleaner By [Sarah Aguirre](#)

There are dozens of different companies who make glass cleaner. But with just a few ingredients, you can make your own recipe.

#### Ingredients

- ◆ 1 cup rubbing alcohol
- ◆ 1 cup water
- ◆ 1 tablespoon vinegar

#### Instructions

Carefully mix together the three ingredients in a new empty spray bottle. Do not reuse a spray bottle that previously had another kind of cleaner in it, since the risk outweighs the potential savings. You should also label the spray bottle as glass cleaner and keep it safely stored where curious pets or children will not have access.

#### Benefits of Homemade Glass Cleaner

Using alcohol and white vinegar together makes a quickly evaporating spray glass and mirror cleaner that can complete with the cleaning power of national brands. This same recipe can also be used to give a nice shine to hard tiles, chrome, and other surfaces.

<https://www.thespruce.com/make-your-own-glass-cleaner->

# 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)  
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## 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.

Opportunities are usually disguised as hard work, so most people don't recognize them.

~Ann Landers



## Around the Corner (News and Notes)

### Our Condolences to:

**Mr. & Mrs. Roy Comer, Elm Drive; Terri's mother passed in December.**

**Mr. & Mrs. Harold Williams, Cottonwood Drive; Harold's mother passed in December.**

**Mrs. Juanita Walton and Family, Ash Drive; Mrs. Juanita's husband passed on March. Juanita's brother-in-law passed in February.**

**Mr. & Mrs. James Grant, Cottonwood Drive; James' nephew passed in February.**



**As you start spring cleaning, keep in mind the Knollwood Subdivision Checklist for Property Maintenance. A copy of the checklist is included with this newsletter.**



## Covenant Corner

**HOA Membership Dues**

\$200.00

May be paid in full      Due on or before July 15, 2017

\$100.00

Due on or before June 15, 2017      \$75.00 late fee due after July 15, 2017

\$100.00

Due on or before December 15, 2017      \$75.00 late fee due after January 15, 2018

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

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

## Observances

Month	January	Cervical Health Awareness, Glaucoma Awareness, National Birth Defects Prevention, National Blood Donor, Thyroid Awareness
Monday	<b>January 16</b>	Martin Luther King Day
Month	February	American Heart Month, National Children's Dental Health Month
Friday	<b>February 3</b>	National Wear Red Day
Wednesday	<b>February 10</b>	Ash Wednesday
Tuesday	<b>February 14</b>	Valentine's Day
Monday	<b>February 20</b>	Presidents Day
Tuesday	<b>February 28</b>	Mardi Gras
Month	March	Brain Injury Awareness, Hemophilia Awareness, National Kidney, National Nutrition Month
Wednesday	<b>March 1</b>	Ash Wednesday
Thursday	<b>March 2</b>	Read Across America Day
Friday	<b>March 3</b>	Employee Appreciation Day
Sunday	<b>March 12</b>	Daylight Savings Time starts
Friday	<b>March 17</b>	St. Patrick's Day
Monday	<b>March 20</b>	March Equinox

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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, July 27, 2017, at 6:00pm
Waugh/ Mt. Meigs Fire Station

Printed by:



## Men: Don't Overlook Your Own Health; Make It A Priority

June is National Men's Health Month, a month to promote early detection and treatment of disease among men and boys by encouraging them to seek regular medical advice and early detection and treatment for disease and injury. Regrettably, men's health is often overlooked and their symptoms are often ignored.

Heart disease, cancer, and accidents are leading causes of death in Alabama men. Some diseases and conditions may not have symptoms, so getting regular checkups can help diagnose health issues before they become problems. Men should pay special attention to signs and symp-

toms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or other symptoms, be sure to see your doctor right away.

The following are some important ways for men to improve and maintain their health:

- Quit using tobacco.
- Avoid excessive drinking. If you drink alcohol, have no more than two drinks per day.
- Get enough sleep.
- Increase physical activity.
- Eat healthy food.
- Tame stress.
- Schedule regular checkups.
- Keep track of your

readings for blood pressure, blood glucose, and cholesterol and follow your health care provider's recommendations.

- Get vaccinated.
- Healthier men lead happier lives, so step up to the challenge. Be a positive role model for your family and community by making lifestyle changes that can help lower your risk.

Always remember to make your health a top priority!

*From Message from the State Health Officer*  
[www.adph.org](http://www.adph.org)

### Community Update

#### Community Meetings

Upcoming KHA community meeting dates are: July 27, 2017 and October 27, 2017.

#### 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). Topic to be announced—October 18.

*If you don't think every day is a good day, just try missing one.*

~Cavett Robert



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## Around the Corner (News and Notes)

### Congratulations to:

**The Howze Family, Ash Drive; Miller Bradford Howze graduated from Alabama A&M University in May.**

**Submit names in recognition of the Class of 2017 graduates, milestones and other achievements to block captains.**

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

*Don't pray when it rains  
 if you don't pray when  
 the sun shines.*

~Satchel Paige



## KHA Covenant and Restrictions Highlight

### 8.2 Animal Enclosures

“Pets kept outdoors must be in a fence or confined enclosure.”

### 8.13 Pets

“Dogs and cats, without a leash, shall be restricted to the owner's Lot.”

## COVENANT CORNER

### HOA Membership Dues

\$200.00 - May be paid in full  
 •Due on or before July 15, 2017

\$100.00 - Due on or before June 15, 2017  
 •\$75.00 late fee due after July 15, 2017

\$100.00 - Due on or before December 15, 2017  
 •\$75.00 late fee due after January 15, 2018

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## Observances

April	Month	Alcohol Awareness, National Autism Awareness, National Child Abuse Prevention, National
April 7	Friday	World Health Day
April 18	Tuesday	<a href="#">Tax Day</a>
April 22	Friday	Earth Day
April 26	Wednesday	<a href="#">Administrative Professionals Day</a>
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 4	Thursday	<a href="#">National Day of Prayer</a>
May 6	Saturday	<a href="#">National Nurses Day</a>
May 14	Sunday	<a href="#">Mothers' Day</a>
May 14 - 20	Week	National Women's Health Week
May 29	Monday	<a href="#">Memorial Day</a>
June	Month	Men's Health, National Safety Month
June 14	Wednesday	<a href="#">Flag Day</a>
June 18	Sunday	<a href="#">Fathers' Day</a> , World Sickle Cell Day
June 19	Monday	<a href="#">Juneteenth</a>
July 4	Tuesday	<a href="#">Independence Day</a>

# The Knollwood Voice



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## Prevent Tooth Decay This Halloween

October is here and that means children everywhere will be getting ready to gorge on and stockpile candy from Halloween. This also means that parents and dentists everywhere will be looking for ways to regulate candy consumption.

The Alabama Department of Public Health (ADPH) Oral Health Branch, through creative collaboration and partnership, is dedicated to making sure resources are available to help educate parents and children on ways to prevent dental decay. For that reason, here are a few tips from the American Dental Association to make sure this year's Halloween candy haul is cavity free.

### Timing

Timing is everything with most things in life, and choosing when to eat Halloween candy is no different. Saliva production increases during meals, which helps to cancel out acids produced by bacteria in the

mouth. Choosing to eat sugary snacks with meals or shortly after mealtime can help reduce the effects of tooth decay due to this increase in saliva.

### Drink More Water

Multiple sources such as the World Health Organization, Centers for Disease Control and Prevention, and the American Dental Association support proven studies that drinking fluoridated water can help prevent tooth decay. In most cases, tap water is preferred to bottled water because it guarantees the consumption of fluoride as an oral health measure.

### Avoid Sticky Candies

Avoid candies that stick to teeth, like taffy and gummy bears. Sticky candies take longer to get washed away by saliva which means there is a greater risk for tooth decay.

### Brush Twice a Day

The buildup of plaque that causes gum disease takes just 24 hours to develop. Brushing and flossing teeth in the morning and at night

before bed will help prevent the onset of tooth decay. Remember to replace your toothbrush every three or four months.

### Cash for Candy

Did you know there are programs that will give you cash for your candy? One such organization is called Halloween Candy Buy Back, and will actually pay \$1 per every pound of candy that a child collects! The donated candy is then shipped to troops serving the U.S. overseas.

For more information about this program, and to find a participating dental office near you, visit:

<http://www.halloweencandybuyback.com>

For more information on how to prevent tooth decay this holiday season, visit:

<http://www.mouthhealthy.org/en/az-topics/h/halloween-tips>

<http://alabamapublichealth.gov/oralhealth/>



*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.*

~John F. Kennedy

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## Community Update

### Stray Dogs

KHA has received several complaints from neighbors about dogs roaming the neighborhood unleashed and unattended. The dogs are doing business in yards and preventing neighbors from walking freely and safely outside of their homes. Report stray dogs to the Montgomery Humane Society at 409-0622 ext. 213.

**Montgomery County Sheriff Halloween Spooktacular at the Alcazar Shriners on the Eastern Boulevard on Halloween Night, Tuesday, October 31st from 6:00pm - 8:00pm.**

### Community Meetings

Mark your calendar, upcoming KHA community meeting dates are October 27, 2017; January 25, 2018; April 26, 2018, July 28, 2018; and October 25, 2018.

East Montgomery Neighborhood Alliance meets every 2nd Thursday in January, April, July, and October at First Christian Church, 1705 Taylor Road.

### 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 TBA — December 19.

## 7 Things That Might Happen If You Drink a Glass of Water First Thing in the Morning | Yes, before coffee



“Having a glass on an empty stomach helps put your body on a path toward more efficient digestion the moment you start your day.”

Your normal a.m. routine goes something like this: Wake up, check Instagram, make a beeline to your coffee machine. But starting your day with a glass of water instead actually has tons of good-for-you health benefits. (Don't worry, you can still get your caffeine fix immediately after.)

### 1. It Can Improve Your Metabolism

Drinking water (approximately 20 ounces) can increase your metabolic rate by 30 percent, according to a study in the *Journal of Clinical Endocrinology and Metabolism*. Having a glass on an empty stomach helps put your body on a path toward more efficient digestion the moment you start your day.

### 2. It Can Help Alleviate Heartburn and Indigestion

When you sip a glass first thing in the morning, it cleanses any food acids from your esophagus that

worked their way upward while you slept. (It also helps flush acids off your teeth.)

### 3. It Can Prevent Kidney Stones

Drinking water first thing is key to diluting the substances in your urine that can cause kidney stones to form. But remember: Your water intake should amount to *at least* a half gallon a day to really ward them off, experts say. (Adding a slice of lemon—rich in citric acid—also helps, FYI.)

### 4. It Can Stop a Headache in Its Tracks

Dehydration is one of the leading causes of that throbbing pain in your skull. Think of a glass of water first thing in the morning as a measure that helps prevent a headache from developing. (Just be sure you keep sipping throughout the day.)

### 5. It Helps Flush Toxins from the Body

It's all about keeping your small intestine hydrated and your body's water balance in check. Your gastric emptying rate (i.e., how much you pee) is accelerated by how much water you consume. The more you pee, the more toxins you flush out. Simple as that.

### 6. It Keeps Things Moving, Too

Yep, a glass of water on an empty stomach also helps regulate your digestion (ahem, your bowel movements) so you get it out of the way first thing.

### 7. It Can Keep You from Getting Sick

To dodge a cold or the flu, you need to keep your lymphatic system—a vital part of your immune system—hydrated. A glass of water in the morning will help ward off congestion and ensure proper (and efficient) drainage.

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



Education's purpose is to replace an empty mind with an open one.

~Malcolm Forbes

## Knollwood Neighborhood Directory Update

The KHA will like your assistance with providing updated information for the neighborhood directory. In the coming weeks, you will receive a request to update residence information. Please complete the form provided with relevant changes and

return by the posted deadline. Keep your information up to date, we don't want to miss you. Thank you in advance for assistance with maintaining an up-to-date directory.





## An excerpt from: 14 Remarkable Ways My Life Changed When I Quit Social Media

My colorful life started to become gradually lost. I finished school with a poor GPA. I had lost track of my life. I was involved in a virtual relationship and rejection made my life difficult. I was losing concentration, was depressed, and became jealous and disturbed to see friends' successes on Facebook and Instagram. I had severe chronic depression and frustration. I decided to deactivate my Facebook account and limit my other social media activities. Social media works like a drug. You can't leave it easily. I could not concentrate on my studies for a few days and felt the urge to get back on social media, but I was determined not to go back to my previous life. I was getting used to my *new* life. After leaving social media, my life has completely changed through some realizations and several activities:

**1. Meditation:** Every day, I have been meditating for one hour. My mind becomes constant and hassle-free. I have found inner peace.

**2. Aim for eight hours of sound sleep:** I tend to go to bed early and wake up early in the morning. I enjoy the fresh air in the early morning, which I missed all the time when I was always on social media.

**3. Simple life, high thinking:** After leaving social media, my life became simple, but it is full of higher thinking. I have stopped having such high expectations from life and myself. I don't think I have a right to get whatever I want. Whatever I get, I consider it a bonus. Life becomes easy with this theory. I believe that virtual life

makes the rest of life complicated. There is no need to use social media to be a social person. Excess use of social media makes us unsocial.

**4. Life is like a box of chocolates; you never know what you are going to get:** I agree with this famous quote from the movie *Forrest Gump*. I missed the beauty of life due to my social media addiction. I was busy with my virtual life. I did not try any new things. Now, I am free. I can observe the beauty of life and realize that life is like a box of chocolates. You don't know if the chocolate tastes good or bad until you taste it. Try to get new experiences from life; you don't know what amazing thing is waiting for you.

**5. Building positive habits: I have built powerful habits** after limiting my social media activities. I have built positive habits like positive self talk, thinking before I act, reading at least three pages a day, meditating for one to two hours every day, practicing public speaking, writing every day, etc.

**6. Removes distractions:** My mind is distracted all the time when using social media. Now that I have limited my activities in social media, I feel surprised that there is less distraction. I can focus on any activity with full concentration and finish any work without distractions.

**7. Becoming a good listener:** If you want to be successful in life, you have to be a good listener. I always use to text, update statuses, tweet, check-in, comment, upload pictures in social media while talking with other peo-

ple. People were always disturbed about my activities. Now, I am free from my social media addiction. I can talk to people with full concentration, listen to every word, maintain eye contact and give an appropriate response while communicating with other people.

**8. Avoiding procrastination:** Procrastination made my life almost collapse. I am getting rid of this problem. Now, I always schedule my assignments, never miss deadlines, maintain a daily schedule and try to be proactive all the time.

**9. Using a productivity challenger app:** I downloaded an app "productivity challenger" from the Play Store. It's called Pomodoro. The technique it uses is a timer to put work into intervals, usually in twenty-five minute time frames with short breaks. You get several ranks and achievements after successfully completing twenty-five minutes three to four times. It helped me to enhance my productivity and to utilize my time. I studied regularly, with a proper daily schedule and my grades improved. I still use this app to focus on my work.

**10. Running:** I started to run every morning. Running gets rid of my frustration. I started feeling better. I started to run more and more. People think that I am becoming insane. That's why a young guy runs in the early morning, every day. Running is becoming my best friend. I am running to prevent depression and to forget my problems. I am finding the true meaning of life.

**11. Reading self-help books:** I never read a self

help book. Suddenly, I started to read self-help books after leaving social media. I read *The Power of Now* by Eckhart Tolle. It has changed my perspective. It has helped me to focus on the now. I then went on to read *The Power of Positive Thinking* by Norman Vincent Peale. It gave me outstanding feelings about life and helped me learn to be positive all the time. I have already read over one hundred self help books.

**12. Got a job:** I put all my focus into finding a job after leaving social media. After several rejections, I got an ordinary job. It helps me to stay busy in life, be independent, and fight depression.

**13. Helping people:** I started to help people in various ways, and I try to give positive vibes in people's lives when they're frustrated. I have been trying to help and mentor people by motivating them. Though my salary is very low, I try to help poor children continue their studies.

**14. Found my life's purpose:** I started to write on Quora despite hundreds of limitations. I use Quora wisely so that I don't get addicted. Recently, I started my own blog, shovanZ, to help people. My blog is in its primary stage with little content. I have to work hard and have to give it more time to make it better. After leaving social media, I learned that real life is more important than virtual life. I have gotten rid of depression, jealousy, found peace of mind, am chasing passions and emphasizing a more focused life. I am really happy now and am learning to enjoy every moment of life.

# The Knollwood Voice

*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

## Around the Corner (News and Notes)

### Executive Council

President—Vacant  
 Vice President—John Ivery (272-8600)  
 Secretary—Glenda Horton (396-9161)  
 Treasurer—Katie Daniel (409-0613)  
 Chaplin—Lucinda Harden (273-8241)  
 Courtesy Chair—Vacant  
 Co-Chair—Lucinda Harden (273-8241)

### Block Captains

Knollwood Blvd/Maple Drive—Ollie Robinson (272-1959)  
 Pinetree Drive—Vacant  
 Ash Drive—Vacant  
 Elm Drive— Jacqueline Milledge (244-8044)  
 Elm Drive— Khaliliah Hasan (669-4433)  
 Cottonwood Dr.—Maxine Wheeler (270-9120)

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

We Want You To  
 Help Us  
 Make A Difference

### KHA Executive Council Vacancies

The KHA Executive Council has vacant positions to fill for calendar year 2018; president and two block captains (Ash Drive and Pinetree Drive).

Please contact Glenda Horton (Secretary) for more information at ghortonk@charter.net or via phone.

### COVENANT CORNER

#### KHA Covenant and Restrictions Spotlight

#### B. STANDARDS FOR PROPERTY MAINTENANCE

**B.13. OUTDOOR BURNING - Fires shall be extinguished such that no smoke or flame is evident after 1pm. - Burning that creates noxious fumes shall not be allowed.**

<http://knollwoodhomeownersassociation.org/Documents/>

### Our Condolences to:

**The Horton Family, Cottonwood Drive; Jimmie’s sister passed in July.**

**The Harris and Woolfork Families; Bennie & Renda Harris and Betty Woolfork’s father passed in August.**

**The Streety Family, Ash Drive; Thomas’ aunt passed in September.**

**The Hough family, Elm Drive; Taylor’s brothers, passed in September.**

**The Wheeler Family, Cottonwood Drive; Maxine’s mother passed in October.**



Observances		
Month	October	National Breast Cancer Awareness
Monday	October 9	Columbus Day
Monday	October 16	Boss’s Day
Tuesday	October 31	Halloween
Month	November	National Alzheimer’s Awareness / American Diabetes
Wednesday	November 1	All Saint’s Day
Sunday	November 5	Daylight Savings Time ends
Saturday	November 11	Veteran’s Day
Thursday	November 16	Great American Smokeout
Thursday	November 23	Thanksgiving Day / National Family Health History Day
Friday	December 1	World AIDS Day / Awareness Month
Thursday	December 7	Pearl Harbor Remembrance Day
Thursday	December 21	December Solstice
Sunday	December 24	Christmas Eve
Monday	December 25	Fist Day of Chanukah
Monday	December 25	Christmas Day
Thursday	December 26	Kwanzaa (until January 1)
Sunday	December 31	New Year’s Eve

Annual HOA Membership Dues	\$200.00 - May be paid in full	\$100.00 - Due on or before June 15	\$100.00 - Due on or before December 15	All payments by check or money order should be sent to: Knollwood Homeowners Association, P.O. Box 241641, Montgomery, AL 36124-1641
	•Due on or before July 15	•\$75.00 late fee due after July 15	•\$75.00 late fee due after January 15	

