

The Knollwood Voice



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No winter is too cold when you have enough LOVE.

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

Printed by:



Key Facts About Influenza (Flu)

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

**It's important to note that not everyone with flu will have a fever.*

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a

person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

Onset of Symptoms

The time from when a person is exposed to flu virus and infected to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Diagnosing Flu

It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. There are tests available to diagnose flu. More information is available.

(www.cdc.gov)

Community Update

Community Meetings

Mark your calendar, upcoming KHA community meeting dates are 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 Caring Center, 200 South Perry Street, Lunch is available for \$6.00 (optional). Topic TBA—December 19.

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

Gestures, in love, are incomparably more attractive, effective and valuable than words.

~Francois Rabelais



Is an Online Grocery Delivery Service Worth It? – Pros & Cons

Let's face it – going to the grocery store is a major time drain. When you add it all up, a trip to the store can easily take an hour or two out of your day. But we all need to eat, right?

Have you ever thought about using a grocery delivery service like [Peapod](#)? It may sound like a perfect solution and time-saver: You do your shopping online, pay with your credit card, and voila! Your groceries appear at your door. But before you start filling up your virtual grocery cart, make sure you know the true costs of the service as opposed to shopping yourself. When compared side-by-side, you might be surprised at the results.

Advantages

1. It Saves Time

If you're pressed for time, visiting a grocery store is not an ideal chore. Going with a grocery delivery service means you never have to set foot in a store, leaving you more time to work, enjoy your family, and even take a few minutes for yourself.

2. It Reduces Impulse Buys

Whether it's a gossip rag set up in the checkout aisle or a sale item hanging out on an end-cap, [impulse buys](#) can easily damage even the most bulletproof grocery budget. But by using a delivery service, you can make your choices efficiently, without being tempted by the items you buy because you're bored or hungry. This includes junk food – when shopping online for your delivery service, you can avoid the shelves of cookies

and chips, helping you keep the unhealthy stuff out of your home.

3. Delivery Fees Are Generally Reasonable

Most delivery services charge *higher* delivery fees for *smaller* orders. For instance, a common delivery service (Giant) charges a \$6.95 delivery fee for orders over \$100, but \$1 more for shipping if you spend less than that – and even more if you spend less than \$50. This system means you get more groceries for less, making it simpler and more cost-effective to shop for your whole family.

4. Online Specials Are Available

By shopping online, you miss out on the perks of grocery store shopping, like [using coupons](#), comparison shopping, and ad matching. However, you can score great deals with online specials that store shoppers can't get. The best part is that instead of driving all over town to snag sale items at various supermarkets, it only takes a single click of a button to take advantage of the best online deals.

Disadvantages

1. It Can Be Expensive

Buying groceries online is super convenient, but you pay a premium price for that benefit. Sometimes items are simply priced higher via a delivery service than at a supermarket, and without the ability to compare prices or search for bargains, you might be stuck with a high price. The delivery fees, while reasonable, can also take a bite out of your grocery budget as well.

Furthermore, trucking your groceries around your area costs money, and delivery services often make up for that cost by charging an additional fuel surcharge. It's a cost that usually depends on your home's proximity to the delivery center. However, you can sometimes get a discount if you choose delivery dates when the truck is already scheduled to be in your area.

2. You Can't Handpick Each Item

When you walk down a produce aisle, you likely search for the ripest, best-looking [fruits and vegetables](#). When you purchase groceries online, you're trusting another shopper to select items for your family. While most services guarantee freshness, you might be less than impressed when the food is delivered.



Calculating the Expenses

If you usually spend \$100 at the grocery store each week, you can estimate about \$10 is spent on impulse purchases. If you nix the impulse buys altogether, you'd spend about \$90 through a delivery service. Of course, then you need to add a delivery fee, which ranges from \$5 to \$10. Some delivery services also accept tips, so factor in another \$5 for that. Ultimately, your regular shopping trips would cost about \$5,200 per year, while a delivery service would add up to about

\$5,300 per year.

Therefore, you can estimate that you'd save \$100 annually by simply forgoing the delivery service and just buying from the supermarket. However, there are other factors to consider, such as the [cost of gas](#) to drive to the grocery store and whether you need to make midweek shopping trips. If you take frequent trips to the store regardless of your delivery service, or if you have to travel a significant distance to your nearest supermarket, the cost difference may be negligible.

Shopping Tips

If you have extremely limited free time, the extra expense of grocery delivery may be well worth it. However, that doesn't mean you shouldn't try to save money wherever possible. Here are some tips to get the most bang for your buck if you want to try a delivery service:

Shop Around. If you're lucky enough to have several delivery services available in your area, it doesn't hurt to shop around and make sure you're getting the best prices and the lowest delivery fees. You should also call the company to find out if tipping is expected – some don't even allow tips. The biggest names in grocery delivery include [Amazon Food](#), [Peapod](#), [Safetyway](#), [NetGrocer](#), and [FoodEx](#), but smaller local companies do exist.

Keep Track of Ads. Check out the grocery ads in your paper to make sure that the prices you're paying for delivery are in line with those at the store. You could be get-

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History of Antioch Baptist Church (Mount Meigs Community)

shared by Evelyn Crayton, a Knollwood Neighbor

Antioch Baptist Church has a rich history which includes the Miss Georgia Washington legacy. It is located in Pike Road, Alabama, in the Mt. Meigs Community. Antioch is the first and oldest missionary Baptist church in the Montgomery Antioch District Association and in the surrounding areas; founded before Alabama became a state.

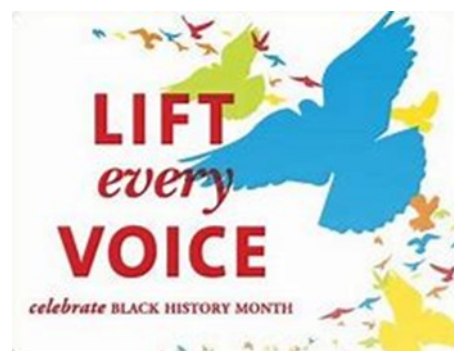
The late Rev. James McLemore founded the church in the month of June, 1818. He served for twenty-six years before his death in 1934. The original land was given to Rev. McLemore by a wealthy landowner, William Wright. The property deed was signed by the sixth president of the United States on May 20, 1920. The church was first located on the North side of I-85. The first structure was a wooden building. The original Antioch Cemetery remains in that location today. According to records, the church was deeded to the Colored members and moved to its present location. The wooden building was blown away by a storm, it was rebuilt, then bricked, air conditioned, a kitchen, class rooms and fellowship hall were added later. A new sanctuary was added on to the structure located at 738 Gibbs Road in Pike Road, Alabama. In 1998 the church was placed on the National Registry of Alabama Historical Places.

Rev. McLemore was a white missionary Baptist minister, a pioneer preacher, organizer and moderator with a highly spiritual tenet. Following the Civil War, the white congregants left Antioch leaving the remaining colored members to run the church. Beginning with the founder of Antioch Rev. James McLemore, there have been twenty-six pastors to shepherd the flock. The present pastor is Rev. Richard E. Griffin, a man of God.

Excitement is buzzing all around because in June of 2018, Antioch members will celebrate its 200th Church Anniversary! Everyone is invited to share this blessed celebration.

Organized in 1818-2018

738 Gibbs Road, Pike Road, AL 36064
www.antiochmtmeigs.com or
visit our Facebook page



Grocery Delivery, continued from page 2

ting more for your money by trekking to the store yourself, so it pays to stay in the know with the prices.

Put Money Aside for Midweek Purchases. If going cyber with your grocery list makes sense to you, just be sure to put aside money from your grocery budget for midweek purchases of perishables.

Final Word

Having your groceries delivered is often more expensive than shopping at the supermarket. However, you might be surprised, as it could save you money, time, and calories. The best approach is to give it a shot for a week – paying the \$7 delivery fee once is worth it to see if it's right for you.

If you decide to utilize a delivery service, create a routine that makes sense for you – for in-

stance, receive one delivery per month with basic and non-perishable items, and then do your grocery shopping at the supermarket for the rest of the month. However you choose to go about it, grocery delivery services can certainly help you make sensible choices for your family.

Have you ever used a grocery delivery service? Would you recommend it to others?



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—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.

**KHA Executive Council vacant positions for calendar year 2018
President and two block captains (Ash and Pinetree Drives)**

Please contact Glenda Horton (Secretary) for more information at ghortonk@charter.net or 396-9161.

Our Condolences to:

The Brown Family, Cottonwood Drive; Mr. Robert Brown passed in November.

The Grant Family, Cottonwood Drive; Lorine's sister passed in December.

Thinking of You:

Mrs. Jereline Raines and Mr. Johnny Raines during recent illnesses.

Thank You:

Mr. Lee Wheeler, Jimmie Horton, and Thomas Anderson for their work to clean up the Knollwood Blvd median.

Mother's love is peace. It need not be acquired, it need not be deserved.

~Erich Fromm



COVENANT CORNER

AMENDED CONSTITUTION AND BY-LAWS OF THE KNOLLWOOD HOMEOWNERS ASSOCIATION

Article III – Dues, Section 2. Each residential Lot Owner shall be obligated by ownership of said Lot to pay an annual assessment and any special assessments or other charges and any fines or penalties that may be requested, assessed, or levied by the Homeowners Association. Annual assessments are delinquent after December 15th of each year.

Annual HOA Membership Dues

\$200.00 - May be paid in full
•Due on or before July 15, 2018

\$100.00 - Due on or before June 15
•\$75.00 late fee due after July 15, 2018

\$100.00 - Due on or before December 15
•\$75.00 late fee due after January 15, 2019

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

A Big THANK YOU!

I truly appreciate the thoughtfulness and support my Knollwood neighbors provided after the passing of my mother. It meant more than you know.

You were a comforting blessing to me and my family. I remain grateful for you and will always remember your kindness.

Maxine Wheeler