

The Knollwood Voice



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We aim above the
mark to hit the mark.

~Ralph Waldo Emerson

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

Printed by:



The Surprising Effects of Social Media on Mental Health

Social media use has been heavily linked with increased levels of anxiety, depression, and stress, and it's not hard to imagine why. The next time you use social media, notice the way it makes you feel. You might cycle through feelings of anger, jealousy, insecurity, loneliness, even lack of achievement. You should enjoy the things you actively engage in, but often we leave those apps feeling worse than we did when we opened them.

In young people especially, anxiety, depression, and stress levels have risen significantly, and this increase has been linked to the use of social media.

Have you ever noticed how you will drop whatever you are doing to check the buzz in your pocket signifying another notification? It's because we get a hit of dopamine (a feel-good chemical) in our brains each time

we feel that social approval, and like addicts, we feel negatively when we are unable to check our social media accounts for a certain length of time.

In addition to the negative effects on mental health, we are curating our own bubbles with regards to our belief systems. Have you ever heard the term "echo chamber"? It's the idea that you are surrounding yourself with people who express the same ideas and beliefs as yourself. Social media contributes to this by allowing us to choose who we accept as friends, who we follow, who we block, and what content we choose to see. While surrounding ourselves with like-minded individuals isn't a bad thing, it can limit our exposure to alternate perspectives and opinions, potentially sheltering us from eye-opening thoughts and beliefs. Considering the beliefs and opinions of oth-

ers, even if we don't agree, contributes to a stronger and more inclusive society. What are some of the benefits of reducing your social media use?

▶ You're not seeing only the highlight reel of other people's lives and comparing it to your own. Your perspective is altered because you see only the good things someone posts, the most attractive photos, and not the reality of their life.

▶ You will not exist within an echo chamber. Experiencing differing perspectives from yours makes you a more well-rounded person.

▶ You're here, now. You aren't constantly taken out of the moment to review your likes and comments, making you a more mindful and attentive person to the people you are with.

www.behaviorialhealthsystems.com

Community Update

Community Meetings

Mark your calendar, upcoming KHA community meeting dates are April 25, 2019, July 25, 2019; and October 24, 2019.

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

BONDS

Amanda Dame Miller is the new BONDS pro-

gram director.

Gathering of Neighborhoods meetings at noon in First Baptist Church's Huff Building, aka Caring Center, 200 South Perry Street.

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

"The future belongs to those who believe in the beauty of their dreams."

ELEANOR ROOSEVELT

If You Don't Sleep with Socks on, Here's Why You Should Start Tonight

To wear or not to wear—that is, your socks to bed. The controversy over whether or not we're supposed to wear socks to bed has been debated for years. Fortunately, we have an answer.

Sure, those Christmas socks aren't the most stylish, but keeping your feet warm at night has been proven to actually make a difference in your sleeping patterns. According to sleep.org, "heating cold feet causes vasodilation—dilation of the blood vessels—which may tell the brain that it is bedtime. After the blood vessels open in the hands and feet, heat is redistributed throughout the body to prepare for sleep." In other words, keeping your feet warm in bed helps you have less restless nights. Pair that with one of these [little changes that will help you sleep better in one day](#), and you'll

be snoozing in no time! Sleeping with socks on also results in falling asleep at a quicker rate. In case you're not convinced, a [study published in the International Weekly Journal of Science](#) found hitting the hay with socks on actually helps you fall asleep fifteen minutes sooner than usual. This backs up the findings of a [2007 study](#) that reported that adults who wear normal or heated socks fell asleep faster than adults who didn't. Wearing socks to bed is also useful in aiding hot flashes, improving dry feet, and increasing orgasms. Traditional Chinese medicine also backs up this wear-socks-to-bed concept, specifically focusing on its ability to enhance circulation. "Cold feet can drain the energy of the body and can obstruct the flow of vital qi

(energy) and blood (nutrition) in the body. For that reason we want to circulate the 'qi and blood.' By doing so we keep painful obstruction away from the body and keep the energy flowing smoothly," [Dr. Elizabeth Trattner A.P. DOM](#), Doctor of Chinese and Integrative Medicine, told *Reader's Digest*. "Cold impedes the flow of energy and heat or warmth encourages it. If you think about a warm bath you relax, and in cold water you tense up. Cold creates stagnation which can also lead to pain (think Reynaud's Syndrome)."

www.msn.com/



4 Easy Ways to Stop Bananas From Browning

While bananas are an inexpensive fruit and perfect for [a healthy, on-the-go snack](#), they often tend to brown shortly after you buy them. ...a few tricks ... to keep bananas around a little longer.

Mix Up Your Bag. As a preventative measure, make sure to buy a few [yellow bananas](#) that are ready to eat as well as a few very green bananas that still need time to ripen.

Block Out Light. To preserve your bananas that are already ripe, simply place a [kitchen towel](#) over the ones that you don't want to ripen anymore. By protecting the bananas from natural sunlight, it ups their shelf life by a few more days.

Keep Them Separate. Another tip is to be sure that the bananas are separated from other produce. I used to rest my avocados on top of the [bananas](#) and found that it only made both the bananas and avocados ripen faster.

Use Saran Wrap. Finally, placing saran wrap around the stem of the cluster of [bananas](#) helps keep them fresher longer. Some stores may already do this, but if not, a quick wrap should do the trick!

Congratulations! To Our Neighbor Maxine Wheeler

Maxine Wheeler was appointed as ALDOT's Deputy Director of Administration on January 1, 2019. Prior to this appointment, she served as ALDOT's Training Bureau Chief from September 2005 to December 2018.

Maxine served twenty (20) years in the United States Air Force in various leadership and management positions, serving overseas tours in the Philippines and Turkey. While in Turkey she served as Chief of the Administrative Communications Branch, NATO Cosmic Top Secret Officer, and Security Manager for Turkey. During this time, she received the Meritorious Service Medal for her superior rating from the Department of Defense Central United States Registry for revising accountability procedures and management of the cosmic top secret atomic subregistry and five control points within Turkey.

Maxine has extensive experience in the field of human resources management and organizational development as a consultant and trainer to private and public-sector businesses. Prior to ALDOT, she served in Personnel Divisions at the Alabama Department of Revenue and the Alabama Alcohol Beverage Control Board. She has

served as a faculty member and instructor for the University of Alabama, Auburn University in Montgomery, and Alabama School of Alcohol and other Drug Studies. She is a Certified Instructor for court-ordered Domestic Violence Offender Program and served as lead facilitator for Trainer of Trainers with Alabama Department of Mental Health Division. She received a Bachelor of Science degree in Business Administration and Management from Troy University.

As Deputy Director of Administration, she maintains the administration and operation for six bureaus: [Aeronautics](#), [Air Transportation](#), [Media and Community Relations](#), [Personnel](#), [Training](#), [Compliance and Business Opportunities](#), as well as, the [Office of Transportation Enforcement](#).

Maxine's favorite pastime is taking long road trips with her husband, Lee, who is also a retired Air Force veteran.



A promotion is a sign of the 3 critical Ss – Sincerity, Sacrifice, and Success! Well Done.

Iva's Peach Cobbler

Ingredients

6 to 8 large ripe peaches, peeled and sliced
2-1/2 tablespoons cornstarch
3/4 to 1 cup sugar

CRUST:

1 cup all-purpose flour
2 large egg yolks, room temperature
1/4 cup butter, melted
1 teaspoon baking powder
1 cup sugar
2 large egg whites, room temperature, stiffly beaten

Directions

Combine peaches, cornstarch and sugar; place in a greased 13x9-in. baking dish. For crust, combine flour, egg yolks, butter, baking powder and sugar in a bowl. Gently fold in egg whites. Spread over peaches. Bake at 375° until the fruit is bubbling around edges and top is golden, about 45 minutes.

www.tasteofhome.com

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

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)

Around the Corner (News and Notes)

Our Condolences to:

Mrs. Barbara Wheat Henry and Family (Elm Drive) in the passing of her husband, Mr. Isaac Henry, in November.

Rev. W.L. Muse and Family (Maple Drive) in the passing of his wife, Mrs. Mamie Muse, in February.

Mr. & Mrs. John Ivery and Family (Maple Drive) in the passing of his brother, Mr. Collis Ivery, Jr., in February.

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

KHA Executive Council vacant positions - President and two block captains (Ash and Pinetree Drives)

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



Submit names in recognition of the Class of 2019 graduates, milestones and other achievements to block captains.

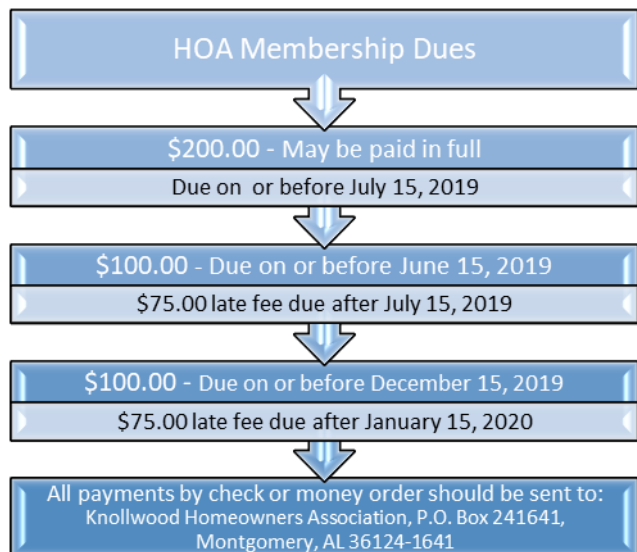
COVENANT CORNER

AMENDED CONSTITUTION AND BY-LAWS OF THE KNOLLWOOD HOMEOWNERS ASSOCIATION

B. STANDARDS FOR PROPERTY MAINTENANCE

B.14. PARKING - Parking on front lawns shall not be allowed. - Automobiles and non-commercial trucks and vans shall be parked only in the garage or in driveway. - On-street parking shall be for visitors or guests.

knollwoodhomeownersassociation.org/Documents



**“Wherever you go,
go with all your
heart.”**

Confucius

Knollwood Community



**Thursday, April 25, 2019 at
6:00 pm Waugh/Mt. Meigs
Fire Station**