


The Knollwood Voice



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 **Next
Community
Meeting**

Thursday,
January 30, 2020, 
at 6:00pm

 **Waugh/ Mt.
Meigs Fire
Station**

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

Sugar Shock Facts

November is American Diabetes Month, and it's an ideal time for you to find out all the facts about diabetes. Are you at risk? Are you Type 1 or Type 2? No matter where you are in your fight you are at the right place to get more information.

Know the facts! There are many myths surrounding diabetes.

Myth: Only overweight people get diabetes. **Fact:** Yes, thin people get diabetes. No matter how thin you are, you can still get diabetes. Diabetes isn't related to how you look, it comes from insulin resistance, which causes high blood sugar. Right now, 30 million people in the U.S. have diabetes. Of that, 12% of people with diabetes are "normal weight"

Myth: No one in my family has diabetes so I will not get it. **Fact:** Diabetes is not always genetic. Even if no one in your family has diabetes, you can still get it. Genes

don't determine for sure, whether or not you will get diabetes; they only influence the likelihood. In type 2, for example, lifestyle factors appear to be more influential than genetics.

Myth: Eating sugar causes diabetes. **Fact:** Sugar doesn't cause diabetes. Consuming too much sugar can make people put on weight which can make a person's chance of getting diabetes greater. The key is moderation and management. Talk to your doctor and make a plan together.

Myth: All people with diabetes have to take insulin shots. **Fact:** Not all people with diabetes need insulin. If you have type 2, which includes 90%-95% of all people with diabetes, you may not need insulin. Of adults with diabetes, only 14% use insulin, 13% use insulin and oral medication, 57% take oral medication only, and 16% control blood sugar with diet and

exercise alone.

Do you want to learn more about education and support classes? A diabetes self-management class may be for you. To find a program near you: [DSME Programs in Alabama](#). Do you have prediabetes? The [CDC's National Diabetes Prevention Program](#) is a lifestyle change program for preventing type 2 diabetes.

Stay on [TRACK](#) to prevent blindness from diabetes. Join the National Eye Health Education Program (NEHEP) of the National Eye Institute (NEI) during National Diabetes Month in November to increase awareness about diabetic eye disease.

Have you gotten your flu shot? People with diabetes (type 1 and 2) are at high risk of serious flu complications. [The CDC recommends that people with either type 1 or type 2 diabetes, who are 6 months and older, get a flu vaccine.](#)

<http://alabamapublichealth.gov/>

Community Update

Open House

The Waugh-Mt. Meigs Fire Station #1 Fire Prevention Open House to be held Octobers 15, 2019 from 6—8 pm, 20 Line Creek Road.

Montgomery County Sheriff Halloween Spooktacular at Garrett Coliseum on Thursday, October 31st from 6:00pm - 8:00pm.

Community Meetings

Mark your calendar, upcoming KHA community meeting dates are October 31, 2019; January 30, 2020; April 30, 2020, July 30, 2020.

East Montgomery Neighborhood Alliance meets at 7:00 pm every 2nd Thursday in January, April, July, and October at First Christian Church is located at 1705 Taylor Road at the corner of Taylor and Berryhill.

Neighborhood Services—Gathering of Neighborhoods meetings 3rd Tuesday of every month at noon at Vaughn Park Church of Christ, 3800 Vaughn Rd. Topics TBA.

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

Christmas Facts

The word "Christmas" means Christian Mass. The Anglo-Saxons referred to the holiday as "midwinter" or "nativity."

The term Xmas is not irreligious because "X" means Christ in Greek.

* For Christians, Christmas means the birth of Jesus. Jesus Christ is also known as the Messiah or Savior who was believed to be born between 7 and 2 B.C. But it was only in the 4th century that the Roman Catholic Church designated the 25th day of December to be Jesus' birth date.

* During the late 1300s, the word "noël" was used in the English language. Noël came from the Latin word "natalis", which means "day of birth."

* Christmas wreaths originally symbolized Jesus' crown of thorns. In addition, the colors red, green, and gold became the traditional Christmas colors. Red represents the blood of Christ, green symbolizes life, and gold stands for light and royalty.

* The traditions of putting tangerines in stockings came from 12th century nuns who left socks filled with fruits and nuts at the doors of the poor.

* During the early 16th century, the German Christians were the first to use trees inside their homes. Martin Luther was said to be the first person to use candles to decorate the Christmas tree.

* St. Francis of Assisi started the custom of singing carols in church during the Christmas season. It came from the English tradition of wassailing. Wassailing was a tradition to toast for someone's good life and health.

* One of the most common Christmas figures is Santa Claus. He came from the legend of St. Nicholas, who was born in

Patara, an ancient city in present-day Turkey.

* St. Nicholas became the most famous non-Biblical saint of all time. There are more than 2,000 churches dedicated to him in Germany and France, and 400 in England.

* In 1819, Washington Irving, author of the Headless Horseman, created the image of Santa Claus riding a sleigh.

* In 1931, Coca-Cola advertisements solidified the image of Santa Claus that we know today of a jolly, fat man in a red and white suit.

* The image of Rudolph, the red-nosed reindeer, was used by the Montgomery Department Store for Christmas coloring books. The additional reindeer for Santa's sleigh were later on named in Clement Moore's poem.

* Today, we know nine reindeer, namely: Rudolph, Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Duner (Donner), and Blixem (Blitzen).

* Dutch children usually leave milk and cookies out for Santa Claus.

* Gift-giving is a tradition during the Christmas season. It symbolizes the gifts that the three kings/wise men/magi gave to baby Jesus. Frankincense, gold, and myrrh, the presents from the wise men, were to honor the coming of the king of Jews.

* In 1857, James Pierpont wrote One Horse Open Sleigh for Thanksgiving, but it became famously known as Jingle Bells.

* Bing Crosby's White Christmas became the best-selling Christmas song of all time. It has sold 50 million copies around the world. Over 500 covers have been recorded by various artists in different languages.

* In 1886, France gave the largest Christmas gift to the United States – the Statue of Liberty.

* Christmas was declared as a federal holiday in the United States in 1870.

* The first Christmas cards were produced by Hallmark in 1915.

* There are two islands named after Christmas. One is the Christmas Island, formerly known as Kiritimati in the Pacific Ocean, and Christmas Island in the Indian Ocean. In addition, there are three towns in the United States that are named after Santa Claus. They are in Arizona, Georgia, and Indiana.

* In 1829, Joel Poinsett bought a flower to the United States that became the traditional Christmas flower. Poinsettia is native to Mexico, where it's also known as the "Flower of the Holy Night."

* Christmas was once made illegal in England. In 1647, Puritan leader Oliver Cromwell considered feasting and other Christmas celebrations to be immoral. It was only lifted when Cromwell lost power over parliament in 1660.

* Nova Scotia in Canada is the world's leading exporter of Christmas trees.

* Boar's head and mustard were the traditional English Christmas fare before roast turkey – a bird native to North America.

* Christmas is the most profitable holiday for businesses around the world.

* Misa de Gallo, or Rooster's Mass, is a Roman Catholic tradition of attending midnight mass on Christmas Eve. Countries such as the Philippines, Spain, and Portugal still practice this tradition.

<https://kidskconnect.com/holidays->

VETERANS DAY



HONORING ALL WHO SERVED

*We Honor Our Knollwood
Military Neighbors, Family
Members, and Friends -
Thank You for Your Service*

FROZEN TURKEY? DON'T PANIC

Yes, you can safely cook a frozen Thanksgiving turkey — but with a few restrictions. Keep these factors in mind when cooking a frozen Thanksgiving turkey.

⇒ You can cook the bird in the oven, but don't grill, smoke, microwave or deep-fry a frozen Thanksgiving turkey.

Grilling and deep-frying use higher temperatures that will quickly cook and char the bird on the outside but leave the inside undone or only partially cooked, increasing the risk of foodborne illness. Smoking generally uses temperatures that are too low and take too long for the frozen turkey to fully cook, also increasing the risk of food poisoning. Microwaving also isn't a safe option because it cooks a frozen bird unevenly.

Oven bags aren't recommended for frozen turkeys either because they can be unsafe — at some point you will need to remove the giblets, and contaminated juices may be spilled or scalding steam can burn you.

⇒ It takes longer to cook a frozen Thanksgiving turkey. To determine the approximate cooking time for a frozen Thanksgiving turkey, follow this guideline from the U.S. Department of Agriculture (USDA): Take the recommended cooking time for a thawed Thanksgiving turkey and add 50 percent of that time to the original time.

You can find an approximate cooking time either on the turkey's label directions or an online timetable for oven roasting whole turkeys. For example, a Thanksgiving turkey that should take about five hours to roast if already thawed will take about seven hours and 30 minutes to roast if frozen.

⇒ The USDA recommends buying a pre-stuffed frozen turkey only if it displays the USDA or state mark of inspection on the packaging, which indicates that the turkey has been processed under controlled conditions.

Don't try to thaw a pre-stuffed turkey before cooking. Doing so takes too long and increases the risk of foodborne illness. Remember that stuffing must reach at least 165 F (74 C) to be safe to eat.

A whole Thanksgiving turkey usually has a giblet package tucked inside. It's difficult to remove a giblet package from a fully frozen turkey. So carefully remove the package with tongs or forks when the Thanksgiving turkey has sufficiently defrosted during cooking. Then continue to cook the giblet package separately if you wish.

Remember that roasting time is approximate, so check on your Thanksgiving turkey often as it cooks in the oven to make sure it's reaching a safe temperature.

www.goodhousekeeping.com/

HEALTHY RECIPE:

TURKEY, CRANBERRY & BRIE WRAPS

4 oz. brie cheese, room temperature

4 10-inch wraps

1 lb. roasted turkey, sliced

1/4 cup whole cranberry sauce

2 cups arugula

- Spread softened brie on wraps. Top with turkey, cranberry sauce, and arugula and roll tightly.

- Enjoy!



I am grateful for what I am and have. My thanksgiving is perpetual.

[Henry David Thoreau](#)



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 (333-4192)
Courtesy Chair—Lucinda Harden (333-4192)

Block Captains

Knollwood Blvd/Maple Drive—Ollie Robinson (272-1959)
Pinetree Drive—Vacant
Ash Drive—Vacant
Elm Drive (New)—Jacqueline Milledge (244-8044)
Elm Drive (Old)—Khalilah Hasan (322-9032)
Cottonwood Drive—Maxine Wheeler (270-9120)

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

KHA Executive Council Vacancies

The KHA Executive Council has vacant positions to fill for the term 2020—2022; block captain (Ash Drive), chaplain, and courtesy chair.

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

3.3 **MEMBERSHIP**—Each residential Lot Owner shall be obligated by ownership of said Lot to be a member of the Homeowners Association and shall be obligated 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.

8.11 Outdoor Burning

Burning should be done during morning hours. Fires must be extinguished such that no smoke or flame is evident after 1PM. Burning that creates noxious fumes is prohibited. Barbecues and wood burning from fireplaces are permitted.

Around the Corner (News and Notes)

Our Condolences to:

Mr. & Mrs. Willie Daniel and family (Elm Drive) in the passing of his brothers in October.

Thinking of You:

- * Mrs. Bernice Ballard, Knollwood Blvd.
- * Mr. Howard Daniels, Elm Drive
- * Mrs. Oscar Miles, Elm Drive

Thank You:

- ◇ Mrs. Annie Harris for clearing the entrance & adding decorations, straw and plants.
- ◇ For working to maintain the median and playground—Mr. Thomas Anderson, Mr. Bennie Harris, Mr. Rena Harris, Mr. Jimmie Horton, Mr. Lucious McDade, and Mr. Woody Wordlaw.
- ◇ For keeping drains clear, taking care of vacant properties, and picking up trash throughout the neighborhood - Mr. Rena Harris

Observances		
Month	October	National Breast Cancer Awareness
Monday	October 14	Columbus Day
Wednesday	October 16	Boss's Day
Thursday	October 31	Halloween
Month	November	National Alzheimer's Awareness / American Diabetes
Friday	November 1	All Saint's Day
Sunday	November 3	Daylight Savings Time ends
Monday	November 11	Veteran's Day
Friday	November 15	Great American Smokeout
Thursday	November 28	Thanksgiving Day / National Family Health History Day
Sunday	December 1	World AIDS Day / Awareness Month
Saturday	December 7	Pearl Harbor Remembrance Day
Friday	December 21	December Solstice
Wednesday	December 25	Christmas Day
Tuesday	December 31	New Year's Eve

