

DavieLiFE

COMPLIMENTARY

Dedicated to Life in Davie County

MARCH 2018 VOLUME 8 NO. 1

An Evening to *Celebrate* Davie.

**Deano's Celebrates
20 Years**
Page 10

**Meet the
New Fire Marshal**
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**Davie Community
Foundation Exceeds
Goal** Page 25

Davie Construction Co.

Celebrating 25 Years of Building Excellence in Davie County



We are so very grateful to our clients, employees, families, friends, suppliers, business colleagues, and the community for helping us achieve this special milestone. We have always believed it is our duty to give back, and as part of our 25th anniversary celebration, we have planned several service projects to support and bring attention to worthy local causes including The Dragonfly House and Davie County Senior Services. We will be sharing more information about these in the months ahead.

It has been our privilege to have been selected for so many diverse projects in Davie County and across the Southeast in the past 25 years.



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Please visit our website at www.davieconstruction.com to learn more about the Davie Construction Co. family and follow us on LinkedIn, Twitter and Instagram for the latest updates.



DavieLiFE

We're kicking off another year of *DavieLiFE* in a spirit of celebration. I always enjoy this annual issue which we dedicate to what has become known as the Best of Davie — over the years, we've seen many of the winners truly spread their wings and fly! I'm grateful for the partnership we share with the Davie Chamber of Commerce. This partnership offers us the opportunity to bring deserved recognition to the award winners each year.

Putting together each issue of this special magazine is always inspiring to me. I love when we get down to "crunch time" and I get to do that final "look over". Not only do I learn something EVERY TIME, I'm always reminded that we are all part of such a special community that has so much to offer and has so much on the horizon. As a publisher, one of the things I always hope is that someone reading *DavieLiFE* (who doesn't already reside here), would look at the magazine and think, "that looks like a nice place to call home".

We have been so fortunate over the years to have your support — both as readers and as advertising supporters. I especially find myself realizing that as we put together this first issue of 2018 — our 29th issue since beginning in 2010! Although we've managed to crank out nearly 30 issues, one thing we hear consistently is the request to publish more frequently. A very humbling request but also one that we feel is not the right move for many involved at this time, we've looked at ways that we can "fulfill" that request, but in a different way. Beginning in June, we invite you to join us for the launch of what we're calling, **Another Slice of LIFE**, which will be an online, blog-style format of the magazine you've grown to love. We will continue to publish our four issues per year, but by reformatting our website and planning authentic content that will allow you to know us better, we believe this puts us on the right path of delivering more of what YOU want. Yes, we realize blogging is nothing new, but we do realize content is what matters



Wendy Horne (Editor/Publisher of *DavieLiFE*)
Photo courtesy of One Shot Photography

and that is what will make us different. I hope you will take a few minutes to read about our plans on page 52 and then head over to **DavieLiFE.com** and sign up for our email list.

In closing, I want to take a few moments to draw your attention to something that is near and dear to me and that is keeping our children safe. In mid February, we all stood in disbelief as the school tragedy in Florida unfolded. I, like many of you, can't fathom what anyone in that situation must have felt at that time or continues to feel today. I also can't fathom this same thing happening in our own community. I too want to keep our community safe but I first and foremost believe it starts with having a conversation with our kids. Our kids see a lot and know a lot. Most of that is due to social media. We need to let our kids know that when they see something that seems off, they need to let someone know. It's not "ratting" someone out — it could be saving a life. Whether what they see is a direct threat or a personal cry for help, our kids need to be reminded that saying something could be what changes an outcome from negative to positive. We have resources to help with this here in our community and I hope you'll take a few minutes to review them (on page 4) and discuss with your family.

Leaving on a high note, I hope that each of you enjoys what I believe is one of the most beautiful seasons in North Carolina — SPRING! (But if you're like me, keep the allergy medicine close by.)

A handwritten signature in black ink that reads "Wendy".

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For information on how you can support *DavieLiFE* through advertising, contact us at info@davielife.com.

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Want to learn more about advertising in the next edition of *DavieLiFE*?

Advertising is available on a first-come, first-served basis so don't delay! Our deadline for advertising in the next edition of *DavieLiFE* is **Monday, April 30.**

Also, don't forget, your ad in *DavieLiFE* will also be available online at DavieLife.com.

For more information, contact us at 336-497-1791 or info@davielife.com.

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***DavieLiFE* supports Davie County School's efforts to keep our facilities safe.** We encourage parents and guardians to discuss the following measures and resources that are available to students as they can be our first line of defense in averting a dangerous situation.

- ☎ If you **HEAR or SEE SOMETHING unusual** that may compromise safety at one of our schools, **SAY SOMETHING.** Please **immediately call** the school principal or report the concern to local law enforcement by calling **9-1-1.**
- ☎ Utilize our **ANONYMOUS hotline: 1-866-719-5890.** This service has been in place for several years and is paid for by the Davie County Sheriff's Department.

- **A CRISIS TEXT LINE** is a not-for-profit organization providing free crisis intervention from trained crisis counselors via text or Facebook messages. The organization's services are available **24 hours a day every day**, throughout the US, by texting **741741.**

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Dr. Andrew Rivers, wife Katie,
son Nolan and daughter Nora.

RIVERS
FAMILY & COSMETIC DENTISTRY



Building Healthy Smiles & Lasting Relationships

Meet Dr. Andrew Rivers and Rivers Family & Cosmetic Dentistry

Six years ago, when longtime Mocksville dentist Dr. Gary Prillaman decided to hang up his lab coat and sell his practice, he began the search for a new dentist who would be a good match for both the practice and the community. As it turned out, Dr. Andrew Rivers was a perfect fit.

Dr. Rivers and his wife, Katie, are from Alabama, and quickly fell in love with Mocksville and Davie County.

"We love the area," he says. "When we started looking to buy a practice, we also knew that we wanted to start a family. Davie County has excellent schools, and the area is just quiet enough for our tastes."

Fast forward six years and Rivers Family Dentistry, located at 118 Hospital Street in Mocksville, is anything but quiet. "Anytime there is a change or when a practice is sold, you expect some attrition," he says. "We've steadily grown though."

The practice — originally Hospital Pharmacy — has undergone its fair share of changes. Dr. Prillaman uplifted the building to a dental office, and as his business grew, he added more square footage to it within five years of opening his doors in 1981. Dr. Rivers has also given the former drug store a facelift, completing interior renovations in 2014. The exterior was completed in 2017.



The charm of the old pharmacy hasn't been lost, however.

"It's a neat old building," says Dr. Rivers. "You can still see remnants of the old drive-through pharmacy. The drive-through window still exists on the left side of the building and can be seen behind the front desk."

What also remains is the commitment to serving the people of Davie County. Dr. Rivers prides himself on providing quality general and cosmetic dentistry for the whole family. According to Dr. Rivers, the best thing about being a general dentist is that it allows him to continue to see his patients routinely throughout his career, promoting not just great relations, but friendships as well.



RIVERS
FAMILY & COSMETIC DENTISTRY

"I think having those relationships with our patients allows us, as a practice, to offer the type of personal service that is becoming more rare and almost nonexistent in larger communities," he says.

In a profession where many doctors are seeking to specialize and set themselves apart, often only seeing a patient a handful of times, he says he enjoys seeing the same people regularly.

"I love to see the families that come through my door," he says. "It's so interesting to get to know generations of the same family, especially here in Davie County where family and tradition are such important parts of the community. It's great to really get to know people."

Though he offers general dentistry for all ages, he also says he receives a lot of gratification from performing cosmetic procedures as well.

"When someone walks into my office with no confidence, and spends an hour-and-a-half in my chair, and then walks out with tears of joy and a big smile on their face," he says, "that's something I really enjoy. I love knowing

that I can help people feel better about themselves."

To learn more about Dr. Rivers and what services Rivers Family Dentistry offers, find them on Facebook or visit their website at **RiversFamilyDentistry.com**.

This introduction to Dr. Rivers is part one of a two-part series, so be sure to check out the next issue of *Davie LiFE* Magazine to hear more about Rivers Family Dentistry.

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Residents & Businesses

Receive Emergency Alerts

Davie County is now using Everbridge Resident Alerts to communicate with citizens and businesses during emergencies and other critical events.

The emergency notification system will be used to alert residents about a variety of events, ranging from severe weather, fires, floods and other emergencies, to more routine announcements, such as road closures and water utility maintenance. Messages will be sent to residents on their preferred contact paths — cell phone, SMS, home phone, email, fax, pager and more — to ensure real-time access to potentially lifesaving information. Residents listed in the Davie County 911 database will be automatically subscribed to alerts by phone, but the system does allow citizens to self-register, provide additional contact information or opt out.

"We have a commitment to ensure public safety, community awareness and emergency response. To uphold this, when critical information and public service announcements are available, we need to reach our residents as quickly and reliably as possible," said County Manager, John Eller. "The emergency notification system allows us to disseminate this information across all types of devices, ensuring residents have access to real-time public information when they need it the most."

Residents are encouraged to register immediately to receive these alerts by visiting the Davie County website at **DavieCountyNC.gov** and clicking on the banner titled Emergency Notification System. The banner will direct you to the location where you can create your account and select subscription options.

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Local Inflatable Business

Focused on Safety, Community and Fun

For Damian and Daisy Lomelli, it's all about the fun. The Lomellis own D's Cloud Bounce, a Mocksville-based rental company that offers inflatable bounce houses, slides, and more.

Four years ago, Damian thought buying a bounce house to rent for parties would be a great way to generate extra income for his family. Word traveled fast, and their new business blew up (pun intended). D's Cloud Bounce was growing.

"We quickly started receiving more and more calls," said Daisy. "So we purchased another inflatable. And then another."

Four years later, the company owns more than 30 units, and the Lomellis are proud of the fun they're able to bring to the community.

"We love to see the familiar faces when we're out doing business," Daisy says. "It's fun to be able to bring affordable fun to local schools, churches, fire departments, homes, and other organizations."

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Are You Ready to Invest in Yourself?

How often do you invest in yourself? Whether it be time, energy, or food, investing in yourself should be a daily priority. However, this day and age is all about hustle, bustle and quick fixes. We live in an instant gratification world that is consumed by dollar signs and media. But if you step inside a CrossFit gym, you quickly learn that this is a process of evolution of self.

Every time you decide to get off the couch and go to the gym or choose an organic food option, you are making a conscious investment to weather the uncomfortable and reap the reward. And you will run into a lot of questions before you get home.

"Can I do this workout? Is this food benefiting my health? How much should I be eating? Can I learn this new movement?"

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CONTINUED ON PAGE 52

Deano's — Serving Up 20 Years of wHOLEsome Goodness

“You’re crazy.” “Nobody will be able to see you down there in that hole.”

That’s what people told Dean Allen and his wife Paula 21 years ago when they bought a tiny piece of land down the hill behind Napa Auto Parts in downtown Mocksville.

Turns out, people didn’t need to see the Allens’ restaurant. Word of mouth and consistently good food have made Deano’s Barbecue a 20-year success in its current location. For Dean Allen, the love of barbecue and food started way before 1998 though.

Dean began his restaurant career at Buck’s Barbecue when he was in high school. Located on Highway 158 in the location of what is now MawMaw’s Kitchen, Buck’s gave Dean the opportunity to work as a carhop and begin learning about the restaurant business. By 1975, Dean took over the restaurant and renamed it, making it the very first Deano’s Barbecue location. After five years, Dean closed shop and went to work in the Fork community, serving up Lexington-style barbecue at the former Hendrix Barbecue on Highway 64.

As life goes, the Allens experienced twists and turns, with Dean even taking a stint as a car salesman. But the love of feeding people and cooking barbecue never left him. Finally, another job change in 1997 became the straw that broke the proverbial camel’s back. His wife encouraged him to chase after his passion and bring some stability to their family. But she had one stipulation — she insisted they buy their own place. Dean agreed, but he had a stipulation of his own, too.

“You, me, and God,” he told his wife. “That’s it. No partners.”

And it’s worked. For 20 years, Dean and Paula have been serving the people of Davie County, as well as folks from all over. Using what he learned over the years, Dean’s brand of barbecue is a combination of all his favorites, still hickory smoked and chopped fresh every morning. His famous dip is an adaptation of the dip that used to be served at Hendrix. The secret recipe was shared with him by Mr. Hendrix — a gesture so sacred and special, Dean says he carries Mr. Hendrix’s original handwritten recipe with him in his wallet.

While the homemade food is excellent and Deano’s prices remain reasonable, Paula says the success of the restaurant isn’t only owed to the quality of the food.

“It’s because of Dean,” she says. “It’s his personality. I laughed a while back and called him the restaurant’s

social director, but he really is. He speaks to everyone, and he remembers people. He puts his heart into it, and that means a lot to people.”

Though Dean and Paula don’t know what the long-term future holds for Deano’s — their girls aren’t sure if they want to take over the family business one day — for now, they say they’re just happy to be here.

“We’re so grateful to have been here 20 years, and as long as he wants to continue cooking barbecue, that’s what we’ll do. We close one week a year for vacation, and a few days at Thanksgiving and Christmas,” she laughs. “That’s about all the time I can get him away.”

Deano’s is located at 140 N. Clement Street in Mocksville, and they are open Tuesday-Saturday, from 11 a.m. to 8 p.m.

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ad on
page
24

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Jason Caputo DDS, PA

Dr. Jason Caputo has practiced dentistry in NC for over 12 years. Dr. Caputo is currently studying how dentistry can help people who suffer from sleep apnea and snoring through the use of mouth guards.

Dr. Caputo has two children and his interests vary from biking, to boating on Lake Norman, to gardening, fishing, hunting and coffee! But ultimately, he just loves spending time with his family.



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A large, two-story brick house with a dark roof and a covered front porch. A large white sign with the words 'FOR SALE' in red letters is in the foreground, partially obscuring the house. The sky is clear and blue.

Real Estate Season is Near

How Your Transaction Can Go More Smoothly

By Brandy Koontz, Attorney, Koontz Law

'For Sale' signs will soon be sprouting up as quickly as spring tulips and daffodils.

The busiest home buying and selling season is anticipated to be another good year for real estate transactions. But what if your real estate deal encounters some bumpy roads? Knowing the ramifications of a few typical legal issues could help your deal go smoothly.

What if I change my mind about the sale?

You've signed on the dotted line, but now you're getting cold feet. How binding is the real estate contract you signed and what are the legal consequences if you walk away?

As part of that legal binding pact, the buyer makes a deposit, or 'earnest money', to the seller. If the seller terminates or breaches the contract, or a term of the 'Offer to Purchase' contract is not satisfied, the buyer gets the earnest money back. However, if the buyer breaches the contract, the deposit belongs to the seller. This is the seller's sole and exclusive remedy and is considered compensatory damages.

The buyer is also required to pay a due diligence fee, additional money paid to the seller for the right to terminate the contract for any reason or no reason at all during the specified due diligence period.

If the buyer offers a timely termination notice to the seller during that period the buyer gets both the earnest money and the due diligence money.

However, due diligence money is non-refundable to the buyer after the specified time, unless the seller breaches or fails to materially comply with the contract and the buyer agrees to terminate.

In addition to these ramifications, a buyer or seller could have other additional legal consequences for walking away from a sale. Before backing out, get legal advice.

What if I don't agree with the neighborhood HOA? Can I refuse the fee?

A Homeowners' Associations (HOA) isn't always the most popular group in a neighborhood. When buying into a community with an HOA, you are contractually bound by the terms of the restrictive covenants, which states that you can not opt out of paying HOA fees regardless of whether or not you use the common areas or amenities paid for by the HOA dues.

If you decide not to pay your HOA fees, in NC the HOA organization can fine you and file a lien against your home and even foreclose on the property for non-payment. If they don't foreclose and there is a lien against the property for non-payment of dues it will have to be satisfied when the home is sold.

If you are thinking of buying a home in a planned community, read the covenants or meet with a lawyer to review them before you have buyer's remorse.

Koontz Law, located at 181 South Main Street, Mocksville offers legal expertise in real estate, family law, criminal and civil matters as well as wills/estates and general civil litigation. **MocksvilleAttorney.com**.





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Sincerely,

Brandy Koontz

Twin City Soccer Association / Wake Forest Baptist Health — Davie Medical Center

BB&T Sports Park: An Active Partnership for Sports, Health, Wellness

When the broad green fields of Bermuda Run's BB&T Sports Park are swarming with children and soccer balls this spring, the picture will tell an even bigger story than fun and good exercise. Wake Forest Baptist Medical Center has partnered with Twin City Sports Association (TCSA) to serve as the official medical provider of the youth sports organization.

Chad Brown, president of Wake Forest Baptist Health — Davie Medical Center, said, "It's amazing to drive by the complex during a weekend tournament to see the sheer volume of people involved. Families, youth from around the region — it's really a community coming together to promote wellness. Between the Twins, the Town of Bermuda Run and Davie Medical Center, a lot of great things will be accomplished in the future. This aligns perfectly with our mission of improving the health of our community."

Sharing Healthful Activities

There are nearly 3,000 boys, girls and adults involved in TCSA programs, with games, practices and other events being held year-round. Add parents, siblings, and grandparents to the mix of individuals and families served by the organization, and it's something in the range of 10,000 people getting outdoors and sharing the values of health and community.

Twin City Sports Association was incorporated in 1979 as Twin City Youth Soccer Association, with the purpose of developing and advancing youth soccer in the Winston-Salem area and allowing players to develop to their highest potential. With the organization's emphasis on developing confident players and giving everyone a chance to play, regardless of financial ability, the relationship with the area's leading health care organization is a natural one. The official partnership announcement comes after a longstanding relationship of 10 years.

"Our organizations share many of the same values," said Scott Wollaston, executive director of TCSA. "Our goal is to provide all of our players the opportunity to play to their potential, and this relationship with Wake Forest Baptist will certainly help us accomplish that."

Access for All Families

The Twins Foundation — which helps to ensure access for all players and their families — awarded more than \$60,000 this year in financial assistance and scholarships



Brenner Children's Hospital mascots Brenn, Belle and Beau could not be more excited for Wake Forest Baptist Health's partnership with Twin City Soccer Association and BB&T Sports Park.

to club families, and operates a community outreach program that helps improve fitness, self-esteem and social skills of local children with disabilities.

Wollaston said, "TCSA seeks to provide the exemplary soccer experience, emphasizing the club's commitment to the areas of ambition, humility and community through the relationship between players, coaches and parents."

The Wake Forest Baptist sponsorship of BB&T Sports Park and Twin City Youth Soccer Association has begun as a 10-year partnership with significant impact on Davie County as well as the surrounding region.

As part of the agreement, Wake Forest Baptist is providing medical kits and CPR training for coaches and staff, along with education about proper nutrition, conditioning and injury prevention to children, teens and parents involved in TCSA programs.

"Youth sports offer such great benefits for those who participate in them," said Brown. "This partnership is a natural fit and will help us support the health, safety and physical fitness of young athletes, their families and

members of our community. We're proud to be a part of this, not only from a preventive health perspective, but also when things don't go exactly as planned, in the case of an injury, we are there to take care of them and to be a partner in their health care.

"This is a milestone agreement important to Davie Medical Center, the Town of Bermuda Run, and a commitment to wellness for our community."

Artificial turf fields, walking trails and a playground, all carrying the Wake Forest Baptist name, are among some of the additions to TCSA's soccer complex, located just west of Winston-Salem, in Davie County. The trails and playground, soon to open, will provide increased opportunities for everyone in the community to enjoy outdoor activities.

Bret Nicks, M.D., chief medical officer of Wake Forest Baptist Health — Davie Medical Center has firsthand experience with BB&T Sports Park and TCSA. He said, "As a parent with young players and an emergency medicine physician, I'm pleased that this partnership will foster the health of our community while providing children and parents the opportunity learn more about safety and prevention — an impact that reaches beyond the field and into their daily lives."

Nicks is also a professor of emergency medicine and past president of North Carolina College of Emergency Physicians. He added, "This is an outstanding opportunity to further community health through our region's leading sports medicine team, Brenner Children's Hospital and the array of services offered by Wake Forest Baptist to players and their families."

Athletes and Families Will Have Sports Medicine Support

For players and families, support from the Wake Forest Baptist Sports Medicine staff will be an important component of the partnership. Kevin Coates, M.D., assistant professor of orthopaedic surgery at Wake Forest Baptist Health Sports Medicine, said, "By encouraging our children to be more active, we can improve overall health in the community. It also presents an opportunity to grow the awareness of our BestHealth seminars. I feel that this partnership can be an important step in overall community wellness.

"In addition, when injury does occur, we will be able to make treatment immediately available. An important part of treating a sports-related injury is educating the athlete on why it occurred and the steps to prevent it in the future, which we will provide. We also have excellent physical therapy staff who help get our athletes back to activity following an injury."

Lee Rollins, town manager of Bermuda Run, pointed out that the expanded partnership will have significant economic benefits as well: "BB&T Sports Park's metamorphosis into a super-regional sports venue now places Bermuda Run as a true 'destination.' Wake Forest Baptist's commitment to Twins creates diversity in economic development and infuses community enrichment to the equation.

"This partnership is exciting for the Town of Bermuda Run, not just today but far into the future. As the Twins grow and bring more opportunities for athletes and their families, we will see expanded economic opportunities — all with a positive and healthful influence on our community."

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Twins families learn ways to help improve their health by speaking with Wake Forest Baptist representatives at BB&T Sports Park.



Art Smart Festival

Art Unites Us: April 14 in Davie County Schools

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In celebration of how “Art Unites Us,” Davie County Schools will host its 8th annual Arts Smart Festival, more recently known as Ashley for the Arts Festival, on Saturday, April 14 from 10 a.m. to 2 p.m. at Davie County High School. This spring festival is a free event that brings the community together to enjoy the arts and appreciate art education.

Beginning at 10 a.m. in the main gym, the opening ceremony will feature an interactive, welcoming performance by The Healing Force, a family who brings “The Rhythm of the Drum” to life with singing and storytelling. The Healing Force will be available afterwards to lead participants in hands-on drumming with the West African djembe.

Student choral, band, theater, and dance performances will be showcased throughout the festival, and a collection of visual arts will be on display. Festival-goers can observe demonstrations of pottery wheel throwing

and watercolor painting, in addition to participating themselves in hands-on “make and take” art stations. A variety of arts and crafts vendors and refreshments will be available on site as well.

As a proud supporter of the arts and a partner of Davie County Schools, Ashley Furniture Industries, Inc. generously donates \$10,000 each year to support arts education through competitive grants offered for special projects, art supplies, performance materials, specialized equipment, and musical instruments.

Come experience how “Art Unites Us.”



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KidsFest

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Sponsored by Smart Start of Davie
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**Brains are built, not born.
What happens in a child's early years sets
the foundation for all the years that follow.**

Child development is a dynamic, interactive process that is not predetermined. It occurs in the context of relationships, experiences and environments. That's because, as Harvard University pediatrician Jack Shonkoff says, "brains are built not born." Understanding this concept ensures that each child has the opportunity to realize his or her potential.

The brain is one of the only organs not fully developed at birth. Most of the cells are there, but the connections – the wiring that forms the architecture – are not. These connections develop in early childhood. Every experience a baby has forms a neural connection in the brain. These connections – called synapses – form very rapidly in the early years, at a rate of 700 synapses.

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Davie Construction Co.

Building Lasting Relationships for a Quarter of a Century

By Carl V. Carney, President & CEO of Davie Construction Co.



The year 2018 marks a very special milestone for Davie Construction as we celebrate our 25th anniversary with joy, gratitude, and pride, taking a moment to review our accomplishments and envision our future.

When I was given the opportunity as a young man of 26 to run a construction company, I had no inkling of the future ahead. I was too busy focusing on the challenges of our very first project of a major renovation to a fully occupied skilled nursing facility. The logistics were critical as we were working around bedridden people who were dealing with serious medical issues and were very sensitive to any disruptions relating to the ongoing construction. Our objective was to comport ourselves as compassionate and polite guests in someone else's home. From that job forward, this attitude set the standard for how we approach every project, no matter what type of building it involves. As we branched out from that first focus on senior health care facilities to dorms, banks, churches, restaurants, retail, industrial, and all the other businesses represented in our portfolio, we kept that privileged guest perspective and demanded it from our growing base of employees, subcontractors, and suppliers.



Companies that thrive as a result of their relentless focus on customer satisfaction share similar values, and for us, that has meant creating and nurturing a culture where the Golden Rule guides our business decisions. Of course, we believe in contracts and legal agreements, but even if we are not contractually bound to take responsibility in a certain situation, we will always seek a solution that will enhance our



The women of Davie Construction Co. created a mural for The Dragonfly House's new building and we raised funds for an electronic sign for the children's advocacy center.



Brad Chapman, Exec. VP of Preconstruction, discussed the use of technology in construction with an Architectural Drawing class at Davie High School.

relationship with our customer. That policy has resulted in a history where so many of our projects are awarded by owners who were happy with our work on previous buildings and trust us to partner with them as they expand their own businesses, adding new facilities and moving into new communities.

Family focus is a key component of the Davie Construction success story which emphasizes TEAM, FAMILY, DAVIE! The fact that so many of our employees have been with us for many years, and that we have generations of families working for us (and as many as five members of one family on a rush job this summer!) is a great source of happiness for me. We are committed to creating opportunities for our employees to grow within their roles at Davie Construction and encourage their family members to consider careers with us. Creating a legacy for our children is a goal shared by all of us, and over the past 25 years, we have



Brad Chapman and the Davie team hosted 8th graders, providing a tour of The Dragonfly House project during the Davie Chamber's Manufacturing Day.

strived to set an example through our commitment to customer service, family focus, and community support. We have always believed it is our duty to give back to the communities we serve, and as part of our 25th anniversary, we have planned several service projects to support and bring attention to worthy causes. We will be sharing more information about these projects in the months ahead.

As we finished the first week of our anniversary year, we found ourselves completing a perfect circle from our first skilled nursing facility project. We reached out to the owners of the senior care facilities we have built or renovated to ensure that their residents were warm and their buildings operating properly in the extremely cold weather conditions of early January. The comfort and safety of those who live and work in our buildings is a priority for us during and forever after a job is finished.

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page
2



As Davie County Business of the Year, we were honored to be Grand Marshals of the Mocksville Christmas Parade, with a festive float full of our team and their families.



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Local Couple Embarks on New Adventure

Focused on Style and Decor

After their two children headed off to college to find new adventures, Brian and Elisa Radatovich did the same thing. The empty-nesters decided to embark upon a new business together, purchasing two local territories of the national home decor service Budget Blinds. Now, the two of them spend their time helping individuals and businesses style and decorate their homes and offices.

The Radatoviches own both the Lexington and Salisbury territories of Budget Blinds. The business operates based on ZIP code, so the Radatoviches serve only a portion of Davie County. Their Salisbury territory includes Mocksville and the surrounding communities.

“The unique thing about our business is that we bring our store to you,” explains Elisa. “We provide free in-home consultations, and everything we sell is in our van so clients can easily see if they’re going to love it in their home or office.”

Because Budget Blinds of Salisbury and Lexington are parts of a large corporation, their buying power is also large. With access to more than 35 manufacturers, the Radatoviches can offer their clients a huge selection of products — ranging from window coverings, as their name suggests, but also including a variety of home decor.

“We can help our clients with so much more than just blinds, shutters, and shades,” says Elisa. “We offer our clients full decorating services, for both their homes and businesses.”

While you can find nearly any kind of window coverings you can imagine, including custom drapes, Budget Blinds also specializes in rugs, bedding, pillows, and other accents for your home or office.

“Budget Blinds can help you pull the entire look of a space together,” says Elisa. “And we’re proud to offer our clients custom products that meet a variety of budgets.”

To learn more about Budget Blinds of Salisbury (the territory that services Mocksville), visit their website at **BudgetBlinds.com/Salisbury**. The Lexington territory can be located at **BudgetBlinds.com/LexingtonNC**. For helpful home decorating ideas and photos of recent projects, check out their Facebook page — Budget Blinds of Lexington and Salisbury.



Brian and Elisa Radatovich



Budget Blinds brings the store to you!

Brian and Elisa have lived in Davie County nearly 20 years. Together they have two children — a son who is a recent graduate of UNC, and a daughter who attends the University of New Hampshire.

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5n5
25TH ANNIVERSARY
COMMUNITY IMPACT CHALLENGE



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Together, WE DID IT!

Davie Community Foundation

We not only met, we exceeded the 5n5 Community Impact Challenge to raise \$5 Million in Community Funds for Davie County! The Foundation ended 2017 with gifts and commitments of \$5.4 Million! What a tremendous accomplishment for Davie County.

Thank you to each and every person or business who made an investment and helped meet the Challenge! A most special thank you to the two visionaries who offered the \$500,000 match to push us to the finish line!

The Foundation Board will now turn its attention to:

- **Expanding the Healthy Davie Initiative with a shared position to give the initiative full-time attention** and create more opportunities for collaboration across the boundaries of the focus areas; Education, Poverty and Health; creating new ways to work together.
- **Reviewing its Scholarship Program.** As we study employment trends and skill gaps in our local business and industry, we hope to find opportunities to invest scholarship dollars in students who will return to Davie County to live and work; bringing the younger demographic back to Davie while expanding our workforce.
- **Finally, we will work with community committees to organize a non-profit to guide the creation of a children's museum and makerspace in the former Bike Shop building next to the Foundation office.** This too will provide a wonderful tie to education and literacy, while the makerspace will give children of all ages the opportunity to explore their interests in a hands-on way. If you are interested in being part of these discussions, please let us know. We need your input!

The three areas above represent the highlights of our two-year plan. The Foundation will of course continue work in many of the current Healthy Davie focus areas with grants and scholarships to positively impact our community.

We are in an exciting time in Davie County, and the Foundation looks forward to being part of a very bright future for the entire community!

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Zach Wright

stands out for his efforts in encouraging (pushing) the 2012 Foundation Board to do more! Instead of challenging the community to raise \$3 Million in Community Fund endowments over 3 years to provide additional dollars for investment in Davie County; **Zach encouraged us to do more!** It was because of his challenge to us that the **5n5 Community Impact Challenge** to the community was issued to raise **\$5 Million in Community Fund** endowments over 5 years.

Thank you Zach for encouraging/challenging/coaching/pushing us to do more than any of us thought possible!



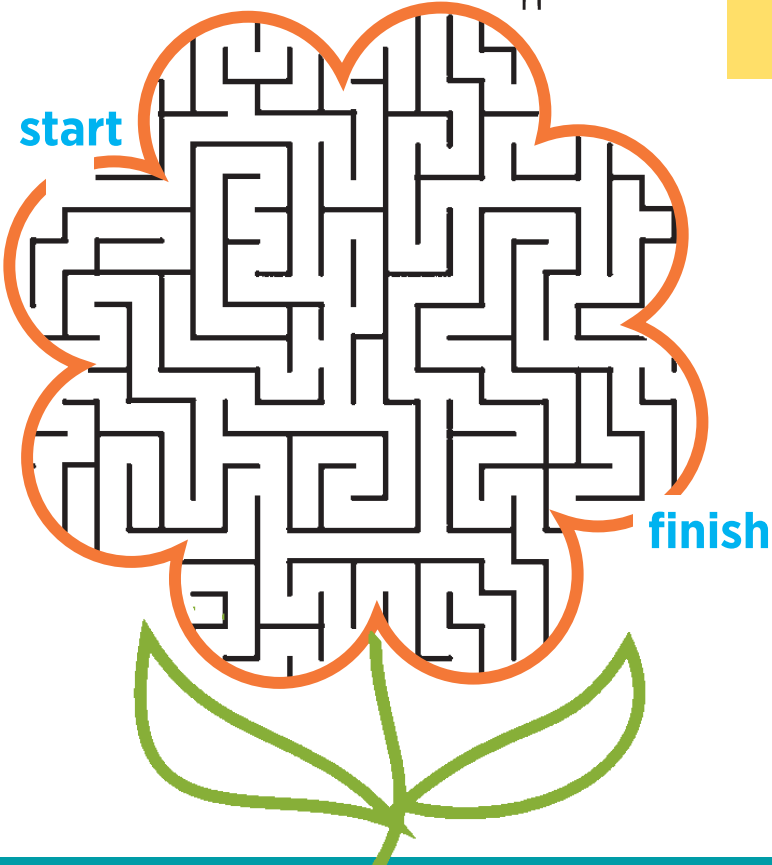
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BUTTERFLY
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GARDEN
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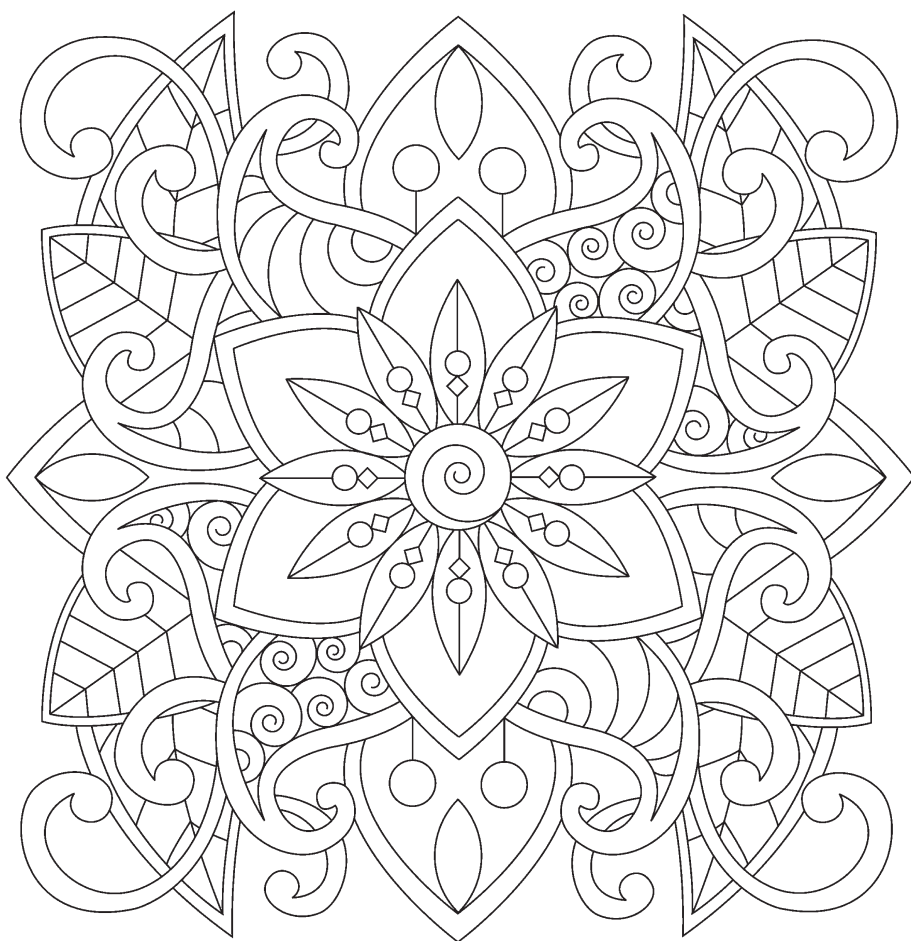
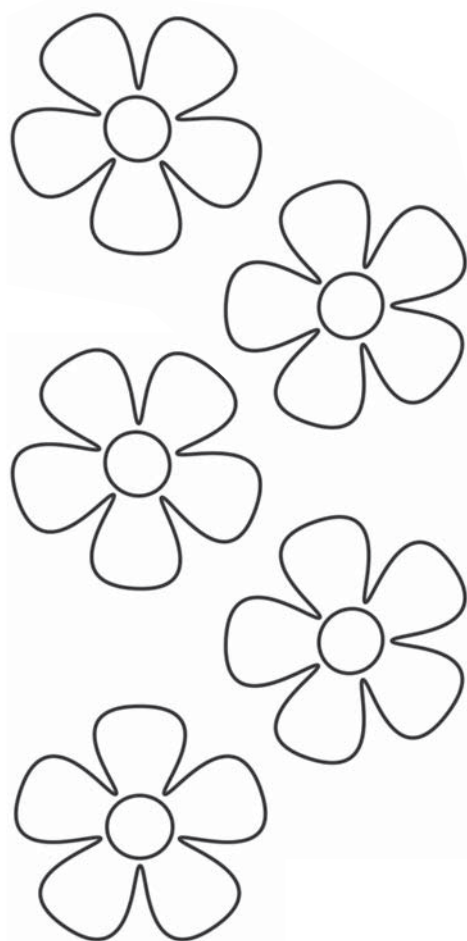
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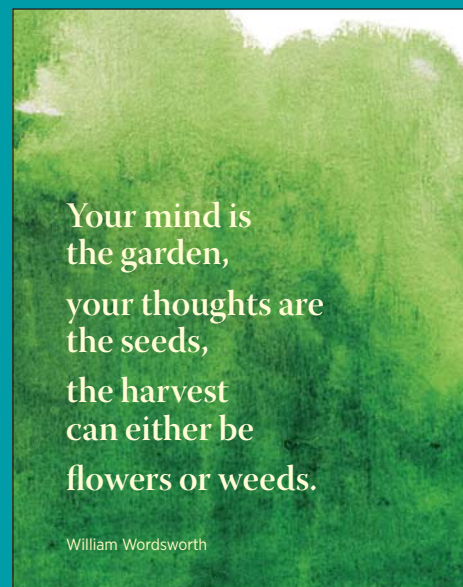


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Timogi Jackson Joins Sage Garden Care Center

Believes in Engaging with the Community

Sage Garden Care Center is expanding their team by adding Timogi Jackson to their care team of certified life coaches. Timogi Jackson brings a wealth of empowerment coaching experience to the organization including a signature line of coaching services for men and women.

See our
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Timogi will add to Sage Garden's service success by providing a wider set of unique coaching options to residents in Davie County, surrounding areas, and internationally through online video and telephone coaching. She is an Empowerment Specialist, teaching people to align their thoughts, beliefs, and actions to create desired growth and change in their personal and professional lives.

According to a survey conducted by PROfusion Public Relations, a data science marketing services company, those who are coached report 67% higher level of self awareness, 62% smarter goal-setting, 60% more balanced life, 57% lower stress levels, 52% self-discovery and 52% more self-confidence. Coaching adds tremendous value and yields a high return on investment to clients.

"I am excited to start a new chapter with Sage Garden and I look forward to working with the team to further cultivate their already extensive service offerings," said Jackson.

Chuck Taylor, Owner of Sage Garden Care Center adds, "Timogi's enthusiasm for empowering others is powerful and inspiring. She is a perfect addition to the Sage Garden team, providing greater depth to our services in both coaching and consulting. I am grateful for her services and know that our clients both current and future will be better equipped as a result of her gifts."

Timogi Jackson specializes in I'm A Lady and A Woman Empowerment Coaching where she teaches women to embrace the essence of their femininity their own way. Her men's coaching services equip men with interpersonal tools to help build and restore healthy relationships. She has a very candid approach to personal growth and development.

Timogi is an adjunct instructor at Davidson County Community College and has worked for Winston Salem State University and Bennett College, her alma mater. She is the author of four books and has a YouTube channel filled with free video resources. Timogi is a

sought after speaker who facilitates keynotes on Leadership, Diversity, Team Building, Entrepreneurship, and other relevant topics all over the country.

For additional information on how you can be coached individually by Timogi, have her facilitate group coaching sessions for your organization, or book her to speak at your event, please email Timogi.Jackson@SageGardenCare.org.





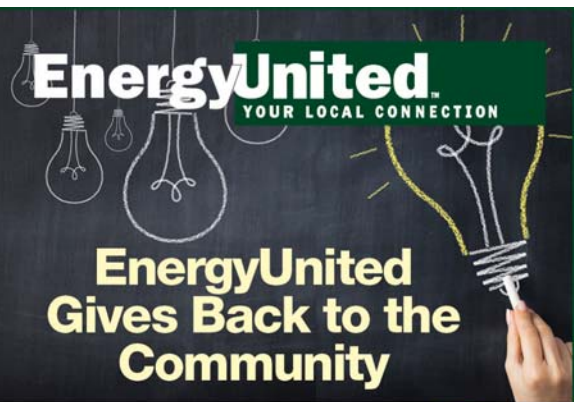
Athena

Athena is a one year old rare female orange DSH. Athena is very friendly and loving. Athena gave birth to three kittens who found forever homes.

Now it's her turn! Athena is spayed and up-to-date on shots. Athena's adoption fee is \$50. **If you are interested in adopting**

Athena, come see her at 291 Eaton Road in Mocksville, NC or call 336-751-5214.

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Beach is a three year old female Husky and Shepard mix. She is friendly and sweet. She seems to do well with other dogs. Beach needs a home that will let her play and give her plenty of activity. The fee is \$50 and includes her spay, 1 distemper, 1 rabies vaccine, dewormer, and microchip. **Come meet her at 291 Eaton Road in Mocksville, NC or call 336-751-5214.**

Davie County Chamber of Commerce

48th Annual Awards Gala & Annual Meeting

The Davie County Chamber of Commerce held its 48th Annual Awards Gala and Annual Meeting on Tuesday, February 20 at WinMock in Bermuda Run. The Awards Gala is the Chamber's opportunity to highlight achievements of the past year and to honor the recipients of their signature awards: the Business of the Year Award and E.C. Tatum Humanitarian Award. The "Best of Davie" award winners were also announced with the top ten Davie businesses receiving awards.

"The Davie Chamber hosts the Annual Awards Gala to celebrate the successes of the year and to honor businesses and individuals who do so much to make our community a great place to live and work," said Carolyn McManamy, President of the Davie County Chamber of Commerce. "Once again, this year's event was sold out, and we enjoyed a fantastic night of celebrating our Business of the Year and E.C. Tatum Award Winner as well as the Best of Davie Winners."



Graham Funeral Home, Inc.

Davie County 2017 Business of the Year

The 2017 Business of the Year award was presented to Dorothy Graham of Graham Funeral Home by her daughter, Dr. Regina Graham. Dorothy began a career in funeral service in 1957 and opened her own funeral home in May of

1997 in Mocksville, becoming the first licensed female funeral director in Davie County. Celebrating 20 years in business, Graham Funeral Home offers funeral service, cremations, limousine service, life insurance, notary service, and monuments.



Michael Gunning

2017 E.C. Tatum Humanitarian Award Recipient

The 2017 E.C. Tatum Humanitarian Award was presented to Michael Gunning by Krystal Dumas, Director of Just Hope, Inc. A tireless supporter of the homeless in Davie County, Michael has contributed both his time and money. An

original member of the Board of Directors for Just Hope, Inc., Michael has purchased single-wide mobile homes for homeless women and children in Davie County and recently provided a grocery cart full of turkeys so that families assisted by Just Hope could enjoy a Thanksgiving meal. Despite battling a serious illness, Michael continues to dedicate his time and energy to help people in Davie County. The Triad Senior Social Club, founded by Gunning, has donated thousands of dollars to Just Hope as well as contributed to Kids of Childhood Cancer in Kernersville, Unchained Winston in Winston-Salem, Ruff Love, the Clemmons Food Bank, and many other organizations.

Special thanks to Jeanna White of the Davie County Blog for sharing her coverage of this year's gala.



CONTINUED ON PAGE 34

Best of Davie Awards

The Best of Davie Awards were designed to give our community a voice in who they believe are the best businesses in Davie County. This year, formatting for the awards was changed, eliminating categories so that any Davie County business was eligible to win a “Best of Davie” Award. More than 2,000 online ballots were submitted this year. The Davie County Chamber of Commerce looks forward growing the awards program and providing local businesses with continued opportunities to receive deserved recognition.



Congratulations to This Year's Winners!

Styled Gatherings

Styled Gatherings is a fashion, gift and event styling boutique currently in downtown Mocksville. Offering customers to style themselves, but also their party or event, the merchant is definitely one to check out. Due to a recent opportunity to expand their business, the boutique will be relocating in the near future. Follow them on Facebook for updates.

114 W Depot St
Mocksville, North Carolina
336-749-8968



The Factory Coffeehouse

The Factory Coffeehouse is located in historic, downtown Mocksville. Fulfilling the town's need for a real, genuine coffeehouse, The Factory opened for business in 2012. Specializing in hot and cold drinks, and offering select baked goods, The Factory is the perfect place to meet and relax.

128 North Main Street
Mocksville, NC 27028
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Ketchie Creek

Ketchie Creek has a deeply rooted reputation as Davie County's premier bakery and cafe. Known for their cakes, cookies, brownies, pies, breads and other treats, they also provide a full-service deli and coffee bar.

844 Valley Road
Mocksville, NC 27028
336-751-9147

#8



O'Callahans Irish Pub

O'Callahans Irish Pub offers good food and good times! Founded with the values of the owner's forefathers and the rich traditions of great Irish pubs, the pub is owned by local Mocksville resident Dan Reynolds. So, whether it's for the latest sports game or to see what's new on the menu, O'Callahans Irish Pub is the place to be!

115 North Main Street
Mocksville, NC 27028
336-753-0011

Gemini Hair & Nail Fashions

Gemini Hair and Nail Fashions is a full-service salon in Davie County providing hair, nail and skincare services. They are an exclusive retailer for Phyto which consists of a large selection of professional products that are safe and plant-based. Follow them on Instagram and Facebook for tips and photos of their work.

3020 Hwy. 801 South
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333-998-4261

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#6



CONTINUED ON PAGE 36

Honor Darling

Honor Darling is a unique specialty shop offering trend savvy looks for women, men and children. In addition, they offer fabulous and unique shoes and accessories, all at affordable prices.

135 North Main Street
Mocksville, NC 27028
336-753-8899



Snyder's Cleaning Service

Keeping your home, office or business clean can be the last thing on your extra long to-do list. That's why Snyder's Cleaning Service has been around for 23 years! If you need an extra set of hands around the house, contact Debbie and her team at Snyder's Cleaning Service.

Cooleemee, NC 27014
336-692-1172

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The Country Vet

The Country Veterinary Hospital is committed to educating on how to keep pets healthy year round, with good nutrition and exercise. They stay on top of the latest advances in veterinarian technology and above all, remember that all animals and pets need to be treated with loving care in every check-up, procedure, or surgery.

1181 Country Lane
Mocksville, NC 27028
336-936-9101



SarahAshley Salon

SarahAshley Salon is committed to exceptional customer service. Dedicated to proving the highest level of professionalism to each and every client, the salons offer services for men, women and children. Specializing in colors and cuts, updos, airbrush make up, and sunless spray tans, the salon is prepared to meet your needs.

1590 Farmington Road
Mocksville, NC
336-940-4110

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Restaurant 101

Restaurant 101 is located in historic downtown Mocksville. The atmosphere is breath taking with its 22 foot tin ceiling, brick walls and hardwood floors. Their American variety menu offers something for everyone from fresh chargrilled hamburgers to fresh dry aged filets.

101 North Main Street
Mocksville, NC 27028
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#10 Styled Gatherings

#9 The Factory Coffeehouse

#8 Ketchie Creek Bakery & Café

#7 O'Callahans Irish Pub

#6 Gemini Hair & Nail Fashions

#5 Honor Darling

#4 Synder's Cleaning Service

#3 The Country Veterinary Hospital

#2 SarahAshley Salon

#1 Restaurant 101



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Want to Shape Up for Summer?

Join our Ab, Arm and Squat Challenge!

Who wants to get a jump start on summer by focusing on some full body toning? If you're like most folks, it's always easier to stick to a routine with a friend and that's exactly why we're inviting you to join us for the first ever, *DavieLiFE* Ab, Arm and Squat Challenge! Beginning April 1, we challenge you to commit the entire month to following the outline below. If you know you can't start on April 1 (maybe you want to start TODAY), that's fine, we challenge you to commit to 30 days. Depending upon your fitness level, complete the exercises all at one time for some added cardio, or if you need to spread the exercises throughout the day — that's fine too!

Be sure to let us know that you're onboard for the Challenge by using the hashtag **#DavieLifeGetsFit**. To help track your personal progress, we encourage you to take photos and measurements. We're excited to get fit alongside our readers....get ready, set, GO!

Use the chart on the next page to keep up with the challenge.

DavieLiFE Ab, Arm and Squat Challenge

Week One

Sun April 1	Mon April 2	Tues April 3	Wed April 4	Thurs April 5	Fri April 6	Sat April 7
<input type="checkbox"/> 10 crunches	<input type="checkbox"/> 15 crunches	<input type="checkbox"/> 20 crunches	<input type="checkbox"/> 25 crunches	<input type="checkbox"/> 30 crunches	<input type="checkbox"/> 35 crunches	<input type="checkbox"/> REST
<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 20 push ups	
<input type="checkbox"/> 25 squats	<input type="checkbox"/> 30 squats	<input type="checkbox"/> 35 squats	<input type="checkbox"/> 40 squats	<input type="checkbox"/> 45 squats	<input type="checkbox"/> 50 squats	

Week Two

Sun April 8	Mon April 9	Tues April 10	Wed April 11	Thurs April 12	Fri April 13	Sat April 14
<input type="checkbox"/> 30 crunches	<input type="checkbox"/> 35 crunches	<input type="checkbox"/> 40 crunches	<input type="checkbox"/> 45 crunches	<input type="checkbox"/> 50 crunches	<input type="checkbox"/> 55 crunches	<input type="checkbox"/> REST
<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 20 push ups	
<input type="checkbox"/> 45 squats	<input type="checkbox"/> 50 squats	<input type="checkbox"/> 55 squats	<input type="checkbox"/> 60 squats	<input type="checkbox"/> 65 squats	<input type="checkbox"/> 70 squats	

Week Three (a repeat of Week Two)

Sun April 15	Mon April 16	Tues April 17	Wed April 18	Thurs April 19	Fri April 20	Sat April 21
<input type="checkbox"/> 30 crunches	<input type="checkbox"/> 35 crunches	<input type="checkbox"/> 40 crunches	<input type="checkbox"/> 45 crunches	<input type="checkbox"/> 50 crunches	<input type="checkbox"/> 55 crunches	<input type="checkbox"/> REST
<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 20 push ups	
<input type="checkbox"/> 45 squats	<input type="checkbox"/> 50 squats	<input type="checkbox"/> 55 squats	<input type="checkbox"/> 60 squats	<input type="checkbox"/> 65 squats	<input type="checkbox"/> 70 squats	

Week Four

Sun April 22	Mon April 23	Tues April 24	Wed April 25	Thurs April 26	Fri April 27	Sat April 28
<input type="checkbox"/> 45 crunches	<input type="checkbox"/> 50 crunches	<input type="checkbox"/> 55 crunches	<input type="checkbox"/> 60 crunches	<input type="checkbox"/> 65 crunches	<input type="checkbox"/> 70 crunches	<input type="checkbox"/> REST
<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 20 push ups	
<input type="checkbox"/> 60 squats	<input type="checkbox"/> 65 squats	<input type="checkbox"/> 70 squats	<input type="checkbox"/> 75 squats	<input type="checkbox"/> 80 squats	<input type="checkbox"/> 85 squats	

Week Five

Sun April 29	Mon April 30					
<input type="checkbox"/> 75 crunches	<input type="checkbox"/> 100 crunches					
<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups					
<input type="checkbox"/> 90 squats	<input type="checkbox"/> 100 squats					

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Left to right: Dawn Creason, Penny Stroupe, Janel Hensley, Sally McGuire, Amanda Cranfill, Ellen Grubb, Marcia Barney and Melinda Szeliga.

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Lena's Services

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- Organizational and Personal Life Coaching

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Timogi's Services

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- Troubled Youth Coaching
- Blue to White Collar Coaching
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- Book Writing Coaching
- Team Building
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Having kids themselves, the Lomellis know how important safety is, and they value the reputation they've built by ensuring their inflatables are clean and safe for everyone.

"We won't deliver a bounce house to a customer that we won't let our own kids jump in," said Daisy.

The best part about owning an inflatable business? (Aside from being able to jump around in a bounce

house whenever you want to, of course.) "We love seeing little faces light up when kids see what fun things we've brought to their party," says Daisy. "We enjoy bringing joy and happiness to the kids."

To learn more about D's Cloud Bounce, visit their website at DsCloudBounce.com or find them on Facebook.



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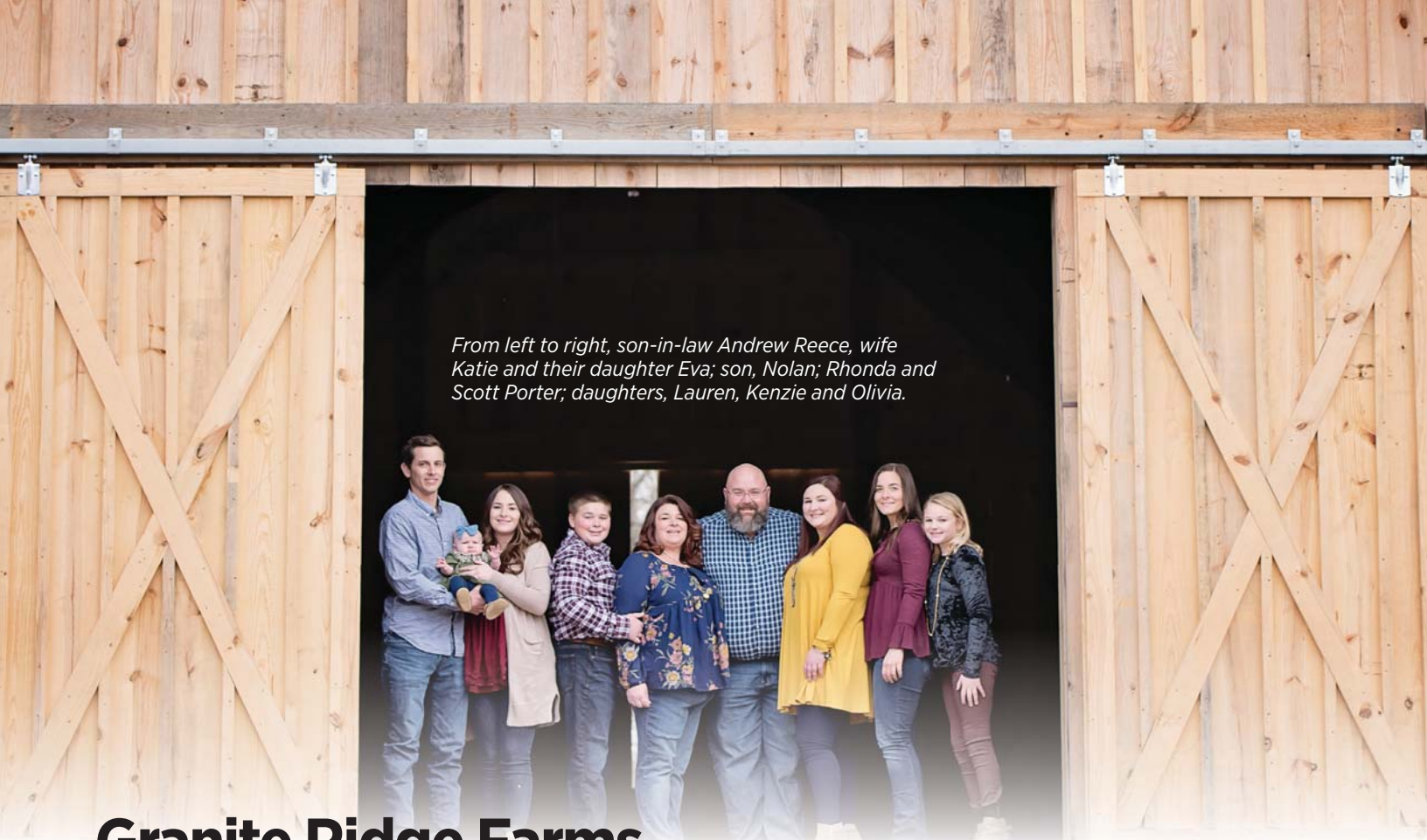
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From left to right, son-in-law Andrew Reece, wife Katie and their daughter Eva; son, Nolan; Rhonda and Scott Porter; daughters, Lauren, Kenzie and Olivia.

Granite Ridge Farms

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Scott and Rhonda Porter's dream of owning their own farm came true in 2006 when they began Granite Ridge Farms. Starting with just seven heads of cattle, one for each member of their family, they've increased their herd to over 60 in the past 12 years.

The entire family has played an active role in the family farm. While they've enjoyed sharing their farm with the community through grass-fed beef sales, a pumpkin patch and corn maze and other events over the past couple of years, they are even more excited about what is in store for Granite Ridge Farms and its customers!

In the coming months, they plan to expand their small town, family farming operation to include an event venue for events from business conferences and retreats to weddings and receptions. Plans also include holding seasonal festivals and activities for the community to enjoy, beginning with its first annual Granite Ridge Spring Fest on Saturday, April 28, 2018!

Spring Fest is quickly approaching and excitement is building as the Porters envision Spring Fest at Granite Ridge Farms as a day to be enjoyed by the entire family! The day will include children's activities — hayrides, bounce houses, and face painting, local vendors selling handcrafted and homemade items, and music and food that all ages will enjoy!

You are invited to bring your family and friends out for a fun day on the farm. Bring your lawn chair and enjoy some great music by local musicians Third Shift and Hazy Ridge Bluegrass Band. Plan to stay and eat as Granite Ridge's very own all-natural, grass-fed burgers will be available for purchase at the event.

Spring Fest will begin at 12 p.m. and end at 6 p.m. on Saturday, April 28, at Granite Ridge Farms at 5142 US 601 North in Mocksville.

For more info on Spring Fest and Granite Ridge Farms, visit our facebook page ([Facebook.com/graniteridgefarms](https://www.facebook.com/graniteridgefarms)).

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Another Slice of LiFE

Coming Soon!

In response to our community of reader's request for "more" **DavieLiFE**, editor/publisher of the magazine, Wendy Horne, feels they have the solution that will satisfy both readers and advertisers who have made the magazine successful.

"We continually get asked to publish more often. A request that we consider flattering, but also one that causes us to struggle with what is a good balance for our readers, advertisers and us," said Wendy Horne. "We've thought about how we can reach this balance and believe we now know how we can move forward."

Beginning this summer, DavieLiFE will be rolling out **Another Slice of LiFE**. What will be different about this "publication" is the blog-style functionality that will be utilized. The *DavieLiFE* website, **DavieLiFE.com**, will continue to be used as the primary platform, but beginning in June, the site will look a lot different. Expect to see a clean uncluttered design, improved functionality and enhanced rich content focused on subject matter that our readers want more of. The site will continue to be a portal for *DavieLiFE* archives, but front and center will be blog-style content written from and by the two ladies who represent the magazine, Wendy Horne and Molly Ridenhour.

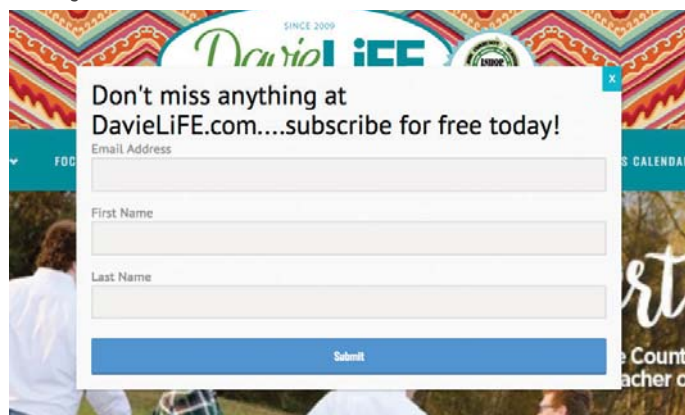
"For years, we've talked about some of our personal stories and how we'd like to share the knowledge we've gleaned from our life experiences. From my own personal health journey to Molly's adventures dealing with food allergies and the creative adjustments she makes for her family — these are just some examples of the type of content we want to share in a very authentic way," said Horne.

"I am so excited about the opportunity to connect with our *DavieLiFE* readers and supporters on yet another level. Shared experiences are what draw us closer together and are what make this community such a special place to be a part of," said Molly Ridenhour.

Some other plans for **Another Slice of LiFE** includes sharing "**freebies**" with site visitors, ranging from seasonal printables to the eventual introduction of e-Books, e-Courses and more. "This is an exciting opportunity for Molly and I. We want to build a relationship with our readers that allows them to know a bit more about us and what makes us "tick"," added Horne.

Horne and Ridenhour don't want you to miss the launch of this new venture so they are asking interested fans to sign up for their email list. "We have no intentions of bombarding folks with emails but we also understand this is the best way for us to stay in touch and provide updates on the new site launch. It's a simple process — just visit **DavieLiFE.com** and you'll immediately be prompted to provide your basic information," said Horne.

You asked for it and they're ready to deliver. Get ready for **Another Slice of LiFE.**



CONTINUED FROM PAGE 9

you through to achieve your personal best each and every day. We never ask more out of you than you can give and you will always leave a level above when you walked in the doors.

So when it comes time to start investing in yourself and you feel that nervous feeling, no it isn't weakness or some defect of character. It's just your body and mind assuring you that they are wide awake and ready to

take on a new challenge. Anxiousness and excitement exude the same physical response, it comes down to a matter of opinion as to what it is. Are you ready to invest in yourself?

CrossFit Polydamas is Davie County's only CrossFit affiliate located in Advance, NC. For more information about programming and available classes, head to their website at **CFPolydamas.com** for more.

Thank you to the companies listed who offer their employees the opportunity to support the United Way of Davie County or support the organization through a corporate gift.

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Meet the Fire Marshal

Davie County Fire Marshal, Mr. Bill Butler

Davie County welcomed Mr. Bill Butler as Davie County Fire Marshal on March 12, 2018. Butler's caliber and previous experience is second to none and the community is fortunate to retain someone with this skill set. A fire services veteran, Mr. Butler has 38 years of service as a volunteer fire fighter, 31 of which he was also a career fire fighter. His experiences include both suburban and rural firefighting for which he rose through the ranks to become a Fire Chief. While Mr. Butler has experience as a fire fighter, he also has served as a Hazmat Tech, Lieutenant, and Captain. He retired last year with 23 years of service at the New York City Fire Department. Mr. Butler brings a great deal of knowledge to the job and is an instructor in subjects that include Engine and Truck Company Operations, Rural Water Supply, and Fire Fighter Survival/Rescue.

Butler will report to Brian Byrd, Davie County's Emergency Management Coordinator. "As we collectively look to the future, I am confident that with the addition of Mr. Butler as our County Fire Marshal, he and Mr. Byrd have the technical, management and interpersonal skills to lead the County's Fire, Emergency Management Coordination, and Emergency Medical Services, while partnering with our key stakeholders," said County Manager, John Eller.

Please join us in welcoming Bill Butler to Davie County!

advances in anesthesia

Advances in anesthesia, coupled with the extensive training of Oral and Maxillofacial Surgeons (OMS), allow for the delivery of safe, cost-effective, convenient, and minimally stressful oral/dental, implant, and facial surgical care.

Oral and Maxillofacial Surgeons are the only dental specialists trained in all aspects of anesthesia administration, from local to general anesthesia. Following four years of dental school, an OMS completes four to six years of training in a hospital-based surgical residency program alongside medical residents in General Surgery, Anesthesia, Otolaryngology (ENT), and other specialties. During this time, OMS residents serve in the medical anesthesiology service, where they learn to evaluate patients for anesthesia, deliver different anesthetics, and monitor post-anesthetic patients. OMS residents also spend multiple years delivering anesthesia care to their own oral surgery patients. In addition, many Oral Surgeons complete medical school as well, further enhancing their breadth of medical knowledge and ability to care for a wide variety of patients.

The ability to provide patients with safe, effective, outpatient anesthesia has distinguished the specialty of Oral and Maxillofacial Surgery since its earliest days. Using their training, the OMS is able to effectively treat dental, oral, and facial pain, as well as dental anxiety. An OMS is experienced in airway management, endotracheal intubation, establishing and maintaining intravenous lines, and managing anesthetic complications and emergencies. An OMS, unlike other "sedation dentists", is also licensed to deliver deep sedation and general anesthesia, and can manage a surgical airway if necessary.

An OMS is trained to deliver anesthesia to all age groups, including pediatric patients. Delivering minimally stressful care to children for surgical procedures is important to prevent a traumatic fear and avoidance of future dental care. Furthermore, with an OMS in North Carolina, anesthesia services are often covered by medical insurance for children less than 9 years of age, and for persons with significant mental, behavioral, or physical conditions.

The majority of OMS procedures are performed in the office, with accompanying anesthesia administration. This treatment approach is convenient and cost-effective. The comfortable, personalized setting of the OMS office minimizes waiting and recovery time, as compared to having the same procedure performed in a hospital or outpatient surgery center. In addition, in-office procedures and anesthesia delivery are usually less costly than similar care in a hospital or surgery center. However, if one requires anesthesia care in a hospital or specialized facility due to a significant medical history, an OMS, unlike other dental specialists or "sedation dentists", has hospital privileges to provide care in this type of setting.

For more information about anesthesia in conjunction with oral/dental, implant, or facial surgery, contact Dr. Biggerstaff or Dr. Parker for a consultation.



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Popular Diets Explained

Understanding the Basics of These Eating Styles

So many diets, so much to understand! As we are bombarded with ‘why this “diet” is best’, it’s easy to find ourselves overwhelmed and frustrated. Because we are like you, we decided to break down just a few of the popular diets we are hearing about frequently. Please keep in mind, not every diet is right for everyone, and it’s important to consult with a doctor or nutritionist before making any major changes to your diet.

Paleo Diet

The easiest way to know what you can eat on The Paleo Diet — **if a caveman didn’t eat it, it’s not allowed**. Processed foods like dairy products, grains, legumes, and sugar are not part of the paleo “menu” because cavemen didn’t consume it. When embarking on a paleo diet, get ready to have a diet full of unprocessed meats, seafood, vegetables, nuts, and oils like avocado and olive oil.

What to stock for Paleo?

- Healthy Oils
- Nuts/Seeds
- Fresh Fruits
- Non-Starchy Vegetables
- Fresh Fish and Seafood
- Wild Game
- Grass-Fed Meat/Poultry
- Organ Meats

Gluten-Free Diet

Some people have an intolerance to gluten, and others suffer from celiac disease. A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. There are many reasons people choose to avoid eating gluten. Removing gluten from your diet likely changes your overall intake of fiber, vitamins and other nutrients. Therefore, regardless of your reasons for following a gluten-free diet, it’s important to know how it can affect your overall nutritional needs.

What to stock for Gluten Free?

- Rice
- Protein (Eggs, Beans, Meat, Poultry, Fish)
- Fruits and Vegetables (including corn and potatoes)
- Nuts and Seeds
- Healthy Fats (avocado, coconut oil, olive oil)
- Dairy (milk, yogurt, cheese)

Ketogenic Diet

The ketogenic diet seems to be the newest rage. The main thing to know about the ketogenic diet (often referred to as “keto”) — do your research before jumping on the keto bandwagon. The ketogenic diet is high fat, moderate protein and very low carb. The primary function and goal is to move the body into a state of ketosis. Ketosis is the metabolic process of using fat as the primary source of energy instead of carbohydrates. But keep in mind, a ketogenic diet is not a diet that you can choose to go on and off of at any point. It takes time for your body to adjust and go into a state known as ketosis, anywhere from 2-7 days, depending on your body type, activity levels, and what you’re eating.

What to stock for Ketogenic?

- Natural Fats (butter, olive oil, coconut oil)
- Fish and Seafood
- Cheese
- Eggs
- Meat
- Non-Starchy Vegetables & Berries

Again, we can’t stress enough, not every diet is right for everyone, and it’s important to consult with a doctor or nutritionist before making any major changes to your diet.

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The State of Davie Real Estate

with Amanda Cranfill of Hillsdale Real Estate Group

A few months ago, Bermuda Run was listed as the #1 Best Place to Buy a House in the Triad (#4 in all of North Carolina) by Niche.com. This company provides research and reviews on K-12 schools, colleges and neighborhoods. According to their website, “The rankings provide a comprehensive assessment of the housing and community of an area. This grade takes into account key factors of a location’s housing market, including home values, taxes, crime rates, and quality of local schools, in an attempt to measure the quality and stability of an area’s real estate market.”

My own experience as a realtor suggests that the real estate market for all of Davie County and the surrounding area **remains strong** as well. In fact, the Real Estate Trend Indicator, provided by the Triad MLS, reported the average sales price for residential homes in Davie County increased from \$200,709 in 2016 to \$204,650 in 2017.

As realtors, we know homes that are in good condition and well-priced always sell in a reasonable amount of time. To get top-dollar for a home, I advise sellers to go the extra mile to ensure their home appeals to as many potential buyers as possible.

Obvious ways to **enhance curb appeal** include ensuring the flower beds are tended, free of weeds, and updated with the season’s perennials, as well as making sure shrubs are pruned. Siding, sidewalks, and driveways should be cleaned, pressure washing them, if needed. If there are areas that need a fresh coat of paint or stain, take care of that before putting your home on the market. Be sure not to neglect shutters, decks, and other areas.

Once a buyer falls in love with the exterior, the interior has to live up to their expectations. While some buyers are in the market for a fixer-upper, the majority of them appreciate homes that are tastefully updated. New tile, countertops, and modern appliances help sell a home. So does fresh paint in a neutral palette. Homeowners also cannot neglect the flooring. Are the carpets clean and free of stains?

Finally, while a homeowner may enjoy a wall full of family photographs or shelves of collectibles, a potential buyer may simply see clutter. My advice to sellers is to **pack away as much as possible** while the home is on the market.

At Hillsdale Real Estate Group, we help our clients buy and sell homes of all ages and in all price ranges. Regardless of the age, size, or price of a home, **a well-maintained, clean, updated home still sells more quickly** than a home that needs work. Our agents are happy to work with a seller to make suggestions to help them get top-dollar. If you’re ready to get started buying or selling a home, give us a call.



Trends in Enhancing Curb Appeal and Home Decor

- Grab a buyer’s attention immediately by **painting your front door** a tasteful, contrasting color from the rest of your home
- Place **oversized planters of greenery** and other in-season flowers on either side of the front door
- Add **pops of color** inside with a rich color palette of furniture and accessories
- Incorporate **natural elements** in furniture, fixtures, and accessories — wood, copper, stone, and concrete are safe bets
- Make a statement with **an artisan light fixture** in the dining room or entryway

Amanda Cranfill is a domestic goddess who has never met a cupcake she didn’t love, who tries her best to love Jesus, and who sometimes shows up for her CrossFit workouts. When she isn’t busy playing the ukelele (for real) or dreaming up names for nail polish colors, she’s busy closing deals at Hillsdale Real Estate Group, a boutique-style real estate firm she co-owns with Ellen Grubb. Amanda and her husband Darren have two children, Ali and Luke.

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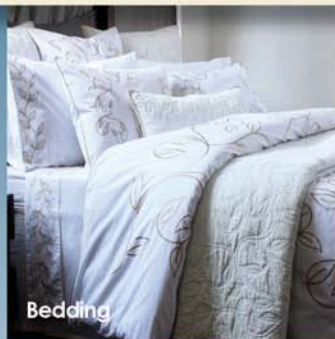


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The War to End All Wars

Davie County's Place in History

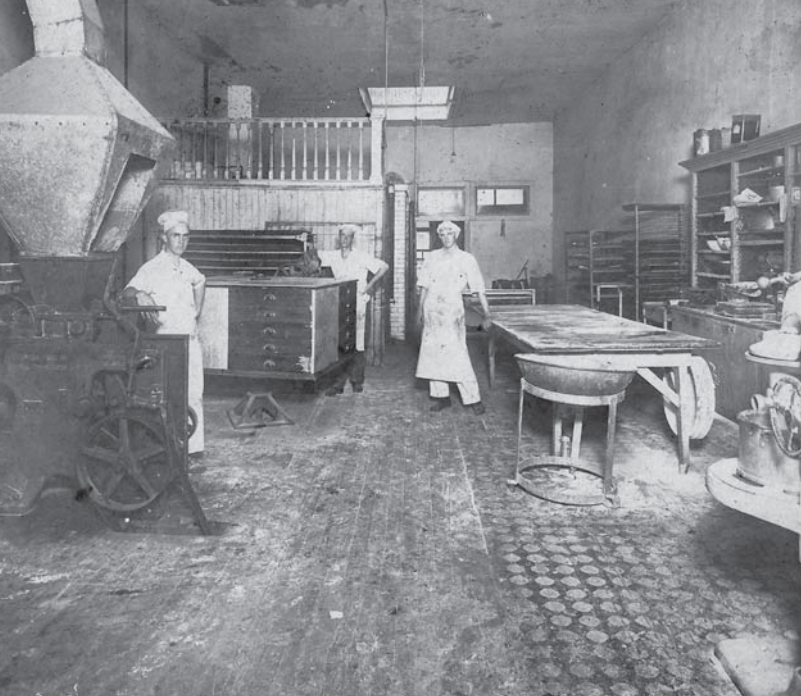
In 1917 and 1918, the United States and Davie County were in the thick of World War One. Even though this is a small county, 670 of our men and 3 of our women served in the “War to End All Wars.” Two women were yeomen (secretaries), and one was a nurse in Europe. No one is still alive, of course, to tell war stories, and they probably wouldn’t if they were asked.

In 2011 and 2012, Marie Craig researched Davie’s role in this great war. There were stories to be found from offspring of those who served, and valuable old photos to be copied. The History Room at the library yielded articles and pictures. Interviews produced stories from relatives. A resulting book of 418 pages is available for purchase at the library or from the author. It contains biographies and photographs, description of Army bases, local newspaper articles, and a profile of letters home.

The local newspaper, *The Davie Record*, had many articles about the progress of the war, letters from soldiers serving in Europe, and appeals for people to conserve food at home so that the military guys would have plenty to eat.

The United States was unprepared to go to war in 1917. The soldiers, themselves, helped to build some of the military camps for training. Before the actual cannons arrived at the bases, recruits would practice beside wooden mockups of cannons. Camps in Charlotte, Greenville, SC and Spartanburg SC no longer exist, but were built in 1917 as was Camp Jackson in Columbia SC.






Of these 670 men, 118 were Negro (term used at that time). They were not involved in combat, but served behind the lines by taking care of the mules, carrying supplies, and building caskets. Some of the more valiant ones were honored by the French government.

The Veterans' Memorial built on the square in Mocksville in 1987 had listed 18 names of men who died in WWI, but in Marie's research, she found 11 more men who had died during this war. Those names were added to the left edge of the monument. The winters during 1917 and 1918 were especially cold, and the Spanish influenza epidemic and meningitis took a heavy toll. Of the 29 men, 10 died because of warfare and the other 19 of serious illnesses.

Davie County men and women served well. Some of the guys looked so very young to have been drafted and sent out of the county and country for probably the first time in their lives to face an enemy. Mothers and fathers were worried whether they would return. One soldier wrote letters home concerned that his father had to do all the work on the farm with him gone.

It was a sad, scary time for everybody. But when the men returned home at the end of 1918, they picked up their lives and continued onward.



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What is Love?

The Answer is in Jesus



Chandra Holcomb, founder of P.A.t.H Women's Prayer Ministry

We talk about love all the time. Love is involved in everything we do every single day. We continuously tell our spouses, children, parents, siblings, friends, animals we love them. We talk about how much we love our stuff. **But what is love?**

Webster's defines love as *strong affection for another arising out of kinship or personal ties*. The love of our families and friends that define many people's lives. What about romantic love? That warm fuzzy

feeling when you meet someone and start falling for them. The need to talk to them or just be with them every minute. The feeling you can't live without that person and wondering how you had survived up to that point. These are the things the world tells us about love. From advertisements, to movies to books, our expectations of family, friendship and romantic love have been shaped from an early age.

But haven't we all experienced broken love? Divorce, family feuds, severed friendships? Memories long gone of our heart feeling like it would explode with all the love inside. To be replaced with desperation and deep, guttural pain. So many songs about the highs of love and just as many about the hurts. And then we find ourselves asking the question — if God gives us the gift of love then why does he allow the hurt of love?

First of all, our human love is flawed. We are selfish and want our needs satisfied immediately. We look to man to fulfill our need for love. When our human nature takes over there are always consequences. John told us, "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth." (1 John 3:16-18)

How many love the way Jesus did? This type of radical love is hard. It does not come easy like when we are first falling in love or the first time we hold our child. When that relationship starts to show cracks or that baby becomes a toddler our emotions kick into high gear. Paul told us love is an action, not an emotion. He

said, love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7) Do we show love to others like this? If we don't love this way, then it is easy to see why love can hurt.

When we truly love the way Paul describes and understand the commandment from Jesus to love one another, as he loved us (John 13:34), we can then identify our love emotions and what those feelings have cost us in the past.

When we trust with all our heart that God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life (John 3:16), **we learn what true love is.**

Dear Heavenly Father,

We thank you for your son Jesus Christ who came to save us. We know He is the true meaning of love and sacrifice. We thank you for the ultimate price He paid for us on that cross. Please never let us forget the pain he endured at Calvary. Teach us through your Spirit the true meaning of love and how we can show the love of Jesus each day to this broken world. We thank you for the blessings love brings and help us to show it more to those in our path.

In Jesus name,

Amen

To learn more about local P.A.t.H. groups and how you can become involved, or to read more of Chandra's blog, visit HerPath.com.



pray and trust him

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