

Dedicated to Life in Davie County

MARCH 2019 VOLUME 9 NO. 1

AND THE WINNERS

OUR ANNUAL CELEBRATION OF DAVIE'S

Best!

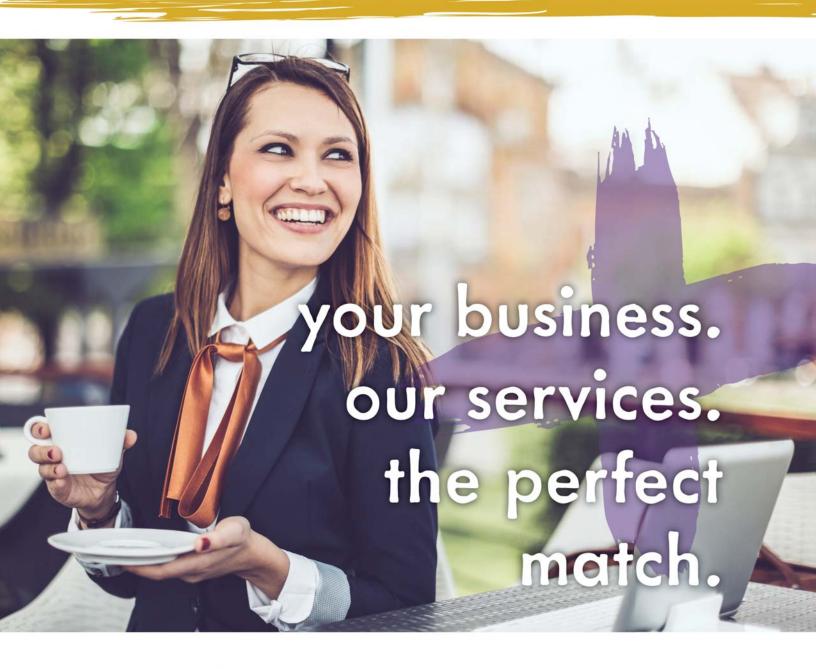
Business of the Year and Small Business of the Year

PAGE 32

E.C. Tatum Humanitarian Award & Ambassador of the Year

PAGE 33

Best of Davie Award Winners



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DavieLiFE

It's hard to believe that we're beginning our 10th year of serving the community we love so dearly with this special magazine we call DavieLiFE. If you would have told me 10 years ago that we would be where we are, I would have laughed.

I'm often asked several questions about how this all came to be. One of the most common, "what gave you the idea?". Another, "is the magazine yours?", and of course, is the "magazine a franchise?". There have been many more over the years, but I'm excited to share those answers with readers in this issue (you'll have to read the article on page 43 to get the answers). ©

In addition to celebrating our 10th year, this issue is our annual celebration of Davie's Best. Each year we are honored to attend and cover through photos, the Davie Chamber's Annual Awards Gala. It never fails to be an evening of excitement and pride as attendees join together in recognizing businesses and organizations who have played a major role in the community. This year was extra special to us as we were awarded **Small Business of the Year**. We are honored to receive this award and are privileged to be

recognized and appreciated by the community we work so very hard to serve.

We hope that you will enjoy this first issue of 2019 and as always, we urge you to take note of the advertisers who are part of this issue. We can not emphasis enough, but they truly make this



Wendy Horne and Molly Ridenhour Photo courtesy of One Shot Photography

publication possible. Our readers continue to enjoy what DavieLiFE shares each quarter only because advertisers choose to invest in Davie County's only magazine that is truly dedicated to serving the community as a whole. Please show your thanks by telling them that you saw them in DavieLiFE and when you choose to use local businesses here in the community, we hope you'll choose these supporters as the businesses you do business with.

We are excited to serve the community during 2019 and promise to do our best to make you proud of the work we produce.

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

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CONTENTS

Restoring Beauty: You Can Get Facelift Results without Surgery!6
The United Way of Davie County Wants to Hear from You
Take Advantage of Our Community-Based Behavioral Health Services 9
A Life-Saving Reversal
Cantera Marble & Granite: Providing Personalized Customer Service Built on Relationships and Mutual Trust
Humane Society of Davie County Gives Dogs & Cats a Chance at Life 18
New Premiere Boarding Facility Now Open in Mocksville
A Full Measure: Provides Healthy Options & So Much More
Poet Laureate Set to Visit Davie County on April 11
Local Tribe of Baby Moms Navigating the Waters of Motherhood Together 29
And the Winners Are
2018 Best of Davie Award Winners
5 Keys to Our Success
We're Celebrating a Milestone - 10 Years in Business!
Five Ways to Get a Jump Start on Spring
Turkey Derby Celebrates Its Most Successful Race Ever with Two New Records 50
New Partnership Presents New Endeavors that will Benefit Community 56
Community Celebrations
Weathered Rock Expands Offerings with Addition of New General Store 62
Directory of Advertisers

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Restoring 54

You Can Get Facelift Results without Surgery!

BY MARISA FAIRCLOTH, PA-C

As we age, it becomes difficult to ignore the changes we begin to see in the mirror. Perhaps it's the little wrinkles around the eyes and lips, larger ones on the forehead, deep folds around the mouth, age spots or even sagging skin. While some of us take it in stride, others may begin to mourn the loss and even long for those days when our face and skin seemed healthier and more alive.

Not that many years ago, turning back the clock meant heading to a plastic surgeon to discuss a facelift — a painful and expensive option. But today, you can soften the effects of time on your face with many nonsurgical procedures. In fact, I think the no-knife approach to cosmetic fixes can leave you looking much more natural at far less cost and with little, if any, discomfort and downtime.

The only drawback I see is the sheer number of products, techniques, services and new innovations available to you. It can be difficult to keep up with the treatment options, many of which weren't even available just five years ago.



So, if you're considering seeking out these services, here are three practical tips to give you the confidence you need to ensure you enjoy the best outcomes.

- 1. Make an appointment with a practitioner who is willing to spend quality time with you to provide a customized approach that meets your unique needs. Choose wisely. Get recommendations from others. Look at online reviews. Remember that not everyone who offers these services is inclined to keep up with the quickly-changing trends and best practices in the field.
- 2. Look in the mirror and determine exactly what bothers you. If you know your goals going in, the clinician is better able to make recommendations for you. Have reasonable expectations. If you're 60, don't expect to look 25 after your treatment. Subtle changes can trim off years, but you'll look more ageless than decades younger. Remember, you don't want to look "done." You want to look natural and unbelievably good for your age.
- 3. Avoid any practice that doesn't make non-invasive procedures a primary offering. It takes years to learn the subtle complexities of muscular and bone structure and how someone will respond. Truly, it's an art and not something you want to get done at a place that doesn't provide regular staff training and years of experience. Even worse, avoid a place that's offering free or low-cost services, which indicate an open schedule and a lack of repeat business.

Marisa Faircloth, PA-C is the owner and chief practitioner at Restoration MedSpa, which provides the latest non-invasive cosmetic procedures, luxury facials, unwanted hair removal, and permanent fat reduction. Faircloth has dedicated more than 35 years of her health care career toward aesthetics. healthy aging and weight loss. She is credentialed as a Diamond Level Injector with Allergan, makers of Botox® and Juvéderm®, which places Restoration MedSpa among the top 500 medical spas among approximately 40,000 nationwide.

SEE THEIR AD ON PAGE 67



The United Way of Davie County Wants to Hear from You!



The United Way of Davie County is committed to improving our community and the lives of the individuals and families who reside here in our county. In order to make sure the United Way is addressing our community's most important and pressing issues in a way that delivers meaningful results, the United Way needs input from residents across the county. A community survey will be launched in March to allow residents to share their concerns.

Feedback from the survey will help guide the United Way as it works with community leaders, businesses and volunteers to identify the most urgent needs and develop strategies for positive change.

Please share your thoughts by filling out the survey

The survey can be accessed by going to the United Way website: **DavieUnitedWay.org**

"As our community is continually changing with increasing needs and limited resources, The United Way of Davie County must ensure that it is aligning itself in a way to effectively and efficiently meet the needs of the community. We are continually working to build on the history and strengths of our United Way and to develop partnerships that focus on issues and strategies to effectively create a positive impact on our county," said Melinda Beauchamp, CEO of the United Way of Davie County.







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BY PAT REAGAN, ASSISTANT CHIEF, MOCKSVILLE POLICE DEPARTMENT

What would you do if you woke up one morning and it was hard for you to breathe? Would you make an appointment to see your doctor in a week or two? Of course not! You'd probably go straight to the emergency room or dial 911. You'd need expert care — and fast.

That's exactly what BHUC offers the residents of Davie County. BHUC stands for **Behavioral Health Urgent Care**, and it's a place where people in behavioral health crisis can go to quickly receive the expert support they need.

BHUC is open to anyone, with any level of insurance - or no insurance at all. The staff there care for issues ranging from minimal to significant, including mental health and addiction assessments. Transportation may even be available for those without a way to get to the center, which is located in east Winston-Salem to serve Davie, Forsyth and all the surrounding counties.

As Assistant Chief of the Mocksville Police Department. my greatest reward is when I can help someone who is hurting or in need. I believe all of our law enforcement officers and first responders feel that way, and BHUC gives everyone more opportunities to do just that.

Years ago, when I was in rookie school, most of our training about mental health involved paperwork. Often the only thing we could do for someone in behavioral health crisis was take them to jail, then fill out paperwork to try to get them transferred to a place with appropriate care.

Today, BHUC changes all of that. Most of our law enforcement officers undergo rigorous Crisis Intervention Team (CIT) training that teaches them to recognize someone in behavioral health crisis. In partnership with experts from Cardinal Innovations Healthcare, our law enforcement officers learn how to ask the right questions, to discern the level of need, and to respond in a way that benefits the person and keeps the community safe.

For example, not long after BHUC opened last year, some of my officers responded to a disturbance call. It involved an elderly gentleman who was bothering the staff and other residents where he lived. The officers, who had just gone through CIT training, quickly realized the gentleman might be in behavioral health crisis. Their training enabled them to de-escalate the situation and promote treatment rather than jail time. They drove him to the BHUC facility and within minutes — not days — he was getting the proper care for his needs.

The best thing about BHUC is that it makes it easy and comfortable for people to access experienced behavioral health resources. Just as a hospital emergency room is the perfect place when you need immediate medical care, BHUC is staffed with behavioral health experts. Some are even Peer Support Specialists. These are people who've "walked the walk" and can offer their own personal stories about overcoming behavioral health obstacles. In addition to encouragement and understanding, they're trained to help people find their own individual paths to behavioral health success.

CONTINUED ON PAGE 11



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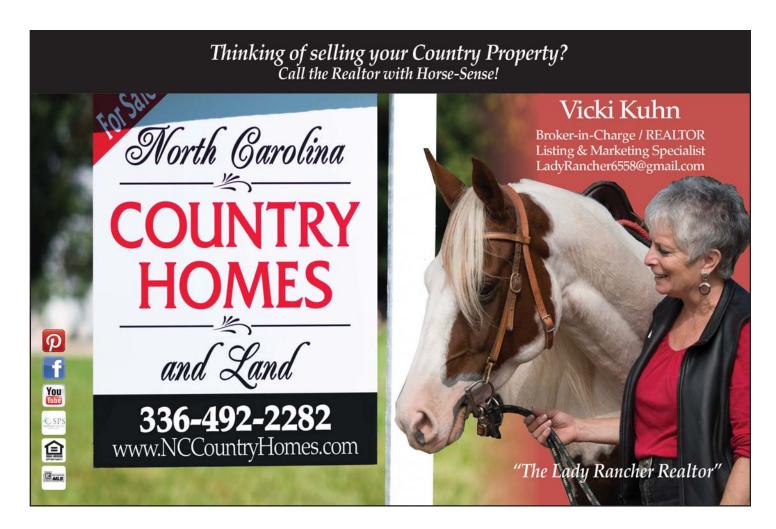


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CONTINUED FROM PAGE 9

Behavioral health is complicated. It's a difficult topic for people to discuss. Yet that's exactly why BHUC is so important to Davie County. It provides quick, easy, comfortable access to behavioral health specialists — making it the right resource for a complex need. BHUC helps us better care for ourselves, our friends, our neighbors, and our communities.

If you or someone you know could benefit from behavioral health care — or if you'd just like to know more — Daymark Recovery Services Behavioral Health Urgent Care Center is located at 650 North Highland Avenue, Suite 101, Winston-Salem, NC 27101. Call **336-751-5636** or the 24-hour Cardinal Innovations Healthcare access line at **1-800-939-5911**.

SEE THEIR AD ON PAGE 51



A Life-Saving Reversal

Janet Thompson is Living Proof: When It Comes to Cancer Care, Where You Start Matters

When Janet Thompson became sick in the fall of 2014, it seemed to be a sinus infection. Or maybe it was pneumonia, for which her doctors treated her.

Rounds of different antibiotics failed, and by March 2015, Janet was in cardiac failure and had fluid drained from around her heart and lungs. Tests of the fluid revealed frightening news: She had stage 4 cancer in both lungs and in the sack around her heart. Even worse, the cancer was rare and very difficult to treat.

"There was no tumor," she says. "There was nothing there to take out. It was in the cells of my lungs. I had a very rare form of lung cancer that less than 1 percent of lung cancer patients get—a non-small cell lung cancer."

Dwindling Options for Care

Her oncologist tried treating her with oral chemotherapy. It didn't work. By the end of April, the cancer had spread, covering her lungs, and she was developing blood clots, which could be deadly on their own.

Her oncologist said there were only two options: Switch to regular chemotherapy, which was the standard of care and might give her a life expectancy of three to six months; or contact Dr. Jeff Petty, a cancer expert at Wake Forest Baptist Health.

"My oncologist told me that if anyone could find a way to treat this cancer differently, it was Dr. Petty," says Janet, a resident of Midland, N.C., who knew Wake Forest Baptist from having grown up in Winston-Salem.

A Trial Brings Hope

Janet met with Dr. Petty that week, and he spent two hours listening to her story. Afterward, he told her he thought there was a trial that could help.



"I don't think that it could have happened anywhere except Wake Forest Baptist."

"Because we are an NCI-designated Comprehensive Cancer Center, we have access to certain resources that some other places might not be able to provide," Dr. Petty says. In July 2015, Janet started on the trial medication.

"I was excited and optimistic, but cautiously optimistic," she says. "Dr. Petty told me he thought my cancer was a perfect candidate for the drug. Luckily, he was right."

By August 2016, CT scans showed her lungs were clear of cancer. And her lungs have remained clear since. "I went from thinking I had less than six months to live, to cancer-free in a year," says Janet. "I don't think that it could have happened anywhere except Wake Forest Baptist. Or with any other doctor. They both saved my life."

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Sincerely,

Brandy Koontz



Cantera Marble and Granite came to Mocksville nearly a year and a half ago and are continuing to build their presence in the community.

"We basically do it all in the granite and fabrication realm," Mauricio Oviedo, owner of Cantera Marble and Granite said. "Everything from kitchens to countertops and outdoor grills, fireplaces, vanities, flooring and more."

No matter the size of your project, you're guaranteed to have personalized customer service. With a small staff, the team at Cantera knows your project by name and they are ready to offer assistance.

"We are very personalized—when somebody comes in there's just the five of us" he said. "You're talking to the person that's going to install and work on your projects." This level of customer care allows you to build a mutual trust and relationship.

When Oviedo and his team come into your home to work on a project, you are not seen as a number to them but as a community member. "Everyone here shops for groceries in the same place," he said.





L to R: Christian Pope, Sales Manager and Mauricio Oviedo, President of Cantera Marble and Granite

Oviedo wants to make sure that his business is welcoming to everyone in the community.

"It's a blessing for us that we're in this area, and it's a blessing for us that we can help everyone with their projects. Regardless of the size of the job, we see it as a challenge, and so I will ask for people to trust us and see the results."

Now that spring is here, it's the perfect time to finally make that leap and renovate your kitchen, bathroom or outside patio. Cantera Marble and Granite has an indoor showroom where you can stop by and see different colors, patterns and textures of the pieces you are looking for.

If you don't find what you're looking for in their 20,000 square foot showroom, they have suppliers in Charlotte, Raleigh and Greensboro that they will work with so your dream can become a reality.

CONTINUED ON PAGE 20







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Gives Dogs & Cats a Chance at Life!

Pets make a positive difference in our lives! Research shows that pet owners have lower levels of stress, improved mood, lower blood pressure levels and are less likely to experience loneliness and depression. 2018 was a phenomenal year for pet adoptions at the Humane Society of Davie County, having adopted well over 500 pets, giving them a new chance at life and a loving home.

As a positive change the Humane Society of Davie County partnered with Davie County Animal Services in June of 2017. Our goals were to decrease the number of unwanted dogs and cats that were euthanized each year, and increase adoptions and spay/neuters in our communities. During our first months as partners, here are the exciting results:

- Euthanasia rates for Davie County Animal Services dropped to 18% from a high of 82% in 2008.
- Adoptions at the Humane Society have increased three-fold above our annual average rate!
- **Spay/neuter** numbers continue to climb to new highs and are running **67% higher** than 2016!
- And as a new service, we transported 28 dogs and 110 cats in the past 12 months to communities that can provide them with wonderful homes!

Our work begins as dogs and cats come to Davie County Animal Services surrendered by their owners, as strays, or come as a result of an injury. Medical treatments or even expensive surgeries may be required. Our adoption process also includes getting We greatly appreciate every donation, large or small. These pets need your help to begin the life they deserve.

the animal up-to-date on vaccines and tests, spayed or neutered and microchipped. These procedures are very costly and always outweigh our standard adoption fees. The Humane Society of Davie County receives no county governmental financial assistance, but instead our revenues come strictly from our generous donors, private grants and our annual fundraisers. In November of 2018, our largest fundraiser of the year, Paws in the Park — a pet-friendly walk through Tanglewood Park — experienced a torrential rainfall which kept many people from attending the event. What should have been a key fundraiser was only able to barely break even. Ouch!

We need your donations today to maintain our growth and achieve our goal of every dog and cat to get a chance at life and have a loving home. Please consider a monetary gift. We are always in need of volunteers and donations of pet food, pet care and other necessary items. The Humane Society of Davie County is a 501(c)(3) non-profit and all donations are tax-deductible.

TO DONATE OR VOLUNTEER: Visit help.davienchumane.org

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SEE THEIR AD ON PAGE 16



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CONTINUED FROM PAGE 20



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Oviedo says there's a difference in the products that are used in these projects now compared to 15 or 20 years ago. Now the granite, marble, quartz and other materials used can positively change the necessary maintenance and quality of your home.

"Sometimes you don't know the value of what we're doing until you see the change," he said. "And sometimes you don't feel the necessity until you actually see the difference it provides."





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Godbey Creek Canine is excited to announce that we are now offering premier dog boarding at our scenic, 52 acre location, in Mocksville. The property is surrounded by beautiful hardwoods, a pond, and contains a bright and spotless, climate-controlled kennel area. Godbey Creek also has 12 fenced-in dog pastures for supervised playtime where each dog can enjoy time with our experienced staff. A large play area with perimeter fencing is also perfect for playtime with your pet's safety in mind.

Weather permitting, each of our boarders spends time outdoors in our spacious pastures, fresh-air under-roof kennels and/or during nature walks. What's better than knowing your dog is having fun in the sun and experiencing the fresh country breeze?

We welcome all dogs with open paws, and offer early morning and late afternoon hours to make your

travels as convenient as possible. Your pet is our top priority, so we recommend that you bring their food and favorite toy along for their stay, while we furnish their kennel with a Kuranda Pet Bed and cozy blanket.

Your dog's vacation also benefits a rescued pet. Our boarding kennel helps provide the financial means to sustain Godbey Creek Canine Rescue. By welcoming vacationing pets, we hope to expand our family of pet owners and adopters while offering a fun, safe, caring environment for your pet's new home away from home. The income that boarding offers helps us ensure our site will remain open to homeless and rescue pets for years to come. While our rescue pets remain on site, they are housed in separate accommodations while they await their forever homes.

Godbey Creek Canine Rescue and Boarding is licensed by the NC Department of Agriculture and maintains an excellent standard of care for your pets.

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Godbey Creek Canine Rescue 1147 Godbey Rd Mocksville, NC 27028 GodbeyCreekCanineRescue.org





In 1990, Carolyn Jones started cooking at Calvary Baptist Church in Winston-Salem where she would cook for the church as well as the school. After 17 years of serving in this capacity, she was encouraged by some of her close friends to go out on her own and start a business.

So she did. She opened **A Full Measure** and has seen it flourish ever since.

A Full Measure is a Christian-based business that offers pre-made meals, The Next 56 Days approved foods and restrictive diet and allergen foods, as well as cooking instructions and tips.

Jones is a natural at creating her own recipes and combining delicious flavors that leave your taste buds watering for more. Many of her products include alternative flours and sugars that are healthier and cleaner for your body, such as almond and oatmeal flour or stevia.

Often times there's the fear that food can't taste good and be good for you, but A Full Measure puts those fears to rest. With products like homemade soups, chicken salad, meatloaf, pimento cheese, lemon bars, gluten free and vegetarian pizzas, there's something for everyone.

"The Next 56 Days products that are offered have been life changing for many people, especially diabetics. Many of their A1C levels have dropped and doctors have taken them off medications and are asking them what they're doing," Jones said. "That's when we know we're doing a good thing."

When you shop at A Full Measure, not only are you getting a delicious meal from a local business, but you're also getting a kitchen support staff.

"When customers come inside, we have people in here that help make the food and can answer any questions," she said.

Baking instructions are listed on the front of the products, but often times people will call and ask questions about the instructions or proper way to bake. "Sometimes when you're doing something for the first time you just want a little reassurance that you're doing it right."

To A Full Measure, cooking and baking is not just about the ingredients or taste, but it's about the ministry. If you know anyone that has had a surgery or a death in the family, simply come by the store and they will give you a free pie. If you call ahead, they will cook it for you.

"The people that work here are very dedicated to people. They love people, they love to help people, and they are very knowledgeable," Jones said. "There's not a person here that won't drop what they're doing after they've put in a full day and take food to somebody."





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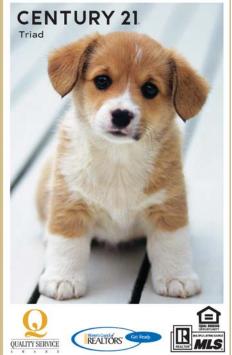
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Poet Laureate

Set to Visit Davie County on April 11

The month of April is National Poetry month and to celebrate, Davie County Public Library is privileged to have Poet Laureate, Jaki Shelton Green, as an honorary guest on **April 11 at 6:30 p.m.**

The Poet Laureate is appointed by the Governor of North Carolina and is an ambassadorship for literacy and literacy education across the state. Green is the ninth poet laureate, third woman and first African American person to be selected for this position.

"I think it's important for young women to see themselves over and over again in women who are trailblazers and are walking through doors that had not been opened to them before," Green said.

Her passion for writing, telling stories and encouraging others to find their stories has been rooted in her since early childhood.

Growing up in the rural south, she was "fascinated by the world" and "books were magical worlds for [her] to explore."

In an effort to keep Green quiet during church, her grandmother would give her a small writing tablet, and then Green, although she was young, began to write 'books'. She'd write about everything that was going on around her from the nuance of prayers, to the melody of hymns and the hats that women wore.

Her writing continued to be inspired by her surroundings. Growing up in the 1950s and 60s, she was witness to the turmoil in Cambodia, desegregation, the Civil Rights Movement, the Vietnam War and many other cultural changes.

"It was an interesting, fascinating and scary time to be young and in the south," she said. "This has informed my writing — being witness to the world I was born into, the world that was beyond my fingertips. It encouraged me to move out, explore, and experience."

When Green visits the Davie County Public Library, she will be doing a poetry reading — a retrospective of some of her earlier writing and migrating to her current work.

She's been in love with the rhythm of words since she was a child, but no matter if you call yourself a writer or not, she believes "we all have a story inside of us."

"I want to be the ambassador in the community to help people understand and celebrate the worthiness of the stories in their lives."

Green encourages people to pay attention to the world around them and use a journal, an app on your phone or a notebook to start depositing your "nuggets" of words.

"The Poet Laureate has a wonderful opportunity to engage citizens to tap into their worthiness," she said. "That's my mission — it's about the literacy, but it's also about asking how do we become a better humanity, and do we use this journey with the arts."

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An Evening with Jaki Shelton Green

North Carolina Poet Laureate

Thursday, April 11 6:30 p.m.

Multi-Purpose Room

Davie County Public Library

Free and open to the public



For more information, contact the Davie County Public Library at 336-753-6030.

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It takes a village to raise a child, and luckily for Jessica Barney, she's found her tribe. Jessica is a Davie County native, a mom to 3-year old and 10-month old boys, wife to her high school sweetheart and local wedding and portrait photographer — her life never stops.

But it's her "Baby Moms" that get her through the tough days. Back in 2015, a group of eight women, all of whom were pregnant within the same year with their first kid, got together and started doing life together.

Many of the women met at the gym, some were mutual friends and others were strangers but are now more like sisters.

This group of women has been the backbone of motherhood for Jessica as they support one another through the trials of balancing being a wife, a mother, a professional, a friend and so much more.

"It's a beautiful thing to become a parent and feel a love that you never knew existed, but that comes along with some things that are really, really hard," Jessica said.

The practice of vulnerability is something that does not come easily, and finding the people that you can be vulnerable with is even harder. But when you've found those people, the support is priceless. "A few of us dealt with postpartum depression, postpartum hormones, breast feeding issues galore, colicky babies, and so many more tough things, and we were real with each other about it," she said. "But knowing you have a group of women that can relate or give you words of encouragement, really helps in the harder times of motherhood."

The group started with eight soon-to-be moms, and it's blossomed into a group of eight moms, 14 kids and two more babies on the way. No matter how hectic their schedules, the ladies still make time for each other, whether by supporting each other's businesses or taking a mom's night out.

The beauty of this group is that everyone brings something different to the table, no two ladies parent the same way, but they support each other in those differences

With the life of a full-time mom and having a flourishing professional life, these Baby Moms stay in contact daily with their group chat that has been alive since May 2016. When you're walking through the same stage of life, "it's priceless to have someone you can connect with and just tell you that you're doing it right."

Jessica said one of the main things they do is **support** and lift each other up, and that's what really makes this group special. "It's a support you don't know you need until you have it."





Egg Hunt at Rich Park

Saturday, April 6 11 a.m.

All are welcome!



Please bring your own basket or collection container. All plastic eggs will be collected once the egg hunt is completed.

Egg hunt wil begin at 11 a.m. followed by a brief invitation by Kevin Frack.

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DavieLiFE is committed to offering the faith-based community opportunities to reach individuals who may be seeking a church home.

Whether you are reaching out with a general invitation to services, or have an event or program to promote, we invite you to contact us about how we can work with your church or organization to reach people in Davie County.

Giveaway for Good

Saturday, April 27 9am

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AND THE WINNERS ARE...

The Davie County Chamber of Commerce held its 49th Annual Awards Gala and Annual Meeting on Thursday, January 18th 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: E.C. Tatum Humanitarian Award,

Business of the Year, Small Business of the Year and Chamber Ambassador of the Year. The "Best of Davie" award winners were also announced.

"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 Caroline Moser, President of the Davie County Chamber of Commerce.



Hollingsworth Companies — Davie County 2018 Business of the Year

The 2018 Davie County Business of the Year award was presented to the Hollingsworth Companies, by Terry Bralley who recognized the company for its significant contribution to Davie County and its positive impact on the local economy. Since 1998, SouthPoint Industrial Park has brought hundreds of jobs and millions of dollars of investment to Davie County.

"Our partnership with The Hollingsworth Companies has provided an inventory of available buildings and permitted lots for people who don't have time to waste," said Bralley. "We have been blessed with a developer like Joe Hollingsworth who has been flexible enough to lease, sell, or provide equity capital for companies locating in our community. This is an advantage that every small community and every economic developer would love to have. Our 22-year public/private partnership has developed into a rare and cherished catalyst to economic development in Mocksville and Davie County."



Suitor
Recipient of the
2018 E.C. Tatum
Humanitarian Award

Julius

The 2018 E.C. Tatum Humanitarian Award was presented by Lee Rollins, to Julius Suitor who has invested 54 years into the Davie County community since coming here to teach. He was awarded the Piedmont Baseball Coach of the year in 1971 and ended his professional career in education as the Wachovia Bank Principal of the Year in 1991. He was recognized as the Mocksville Jaycees Man of the Year in 1976 and received the local NAACP Community Service Award in 2013.

He served as the moderator for the Martin Luther King, Jr. speech contest sponsored by the Town of Mocksville and currently serves as the moderator for the Davie County Veteran's and Memorial Day observances. He recently served as one of the judges for the Davie Respect Initiative.

Suitor is the longest-serving board member of the Davie County Economic Development Commission. In 2005 he was honored with the prestigious N.C. Order of the Long Leaf Pine Award.



▲ Diane Albon

of VIP HomeKeeping — Davie Chamber 2018 Ambassador of the Year

The 2018 Davie County Chamber of Commerce Ambassador of the Year award was presented to Diane Albon of VIP HomeKeeping by Chamber President Caroline Moser. Chamber Ambassadors promote their own companies; promote Chamber events and programs; visit new and existing Chamber members; represent the chamber at groundbreakings, ribbon cuttings, and other Chamber events and assist with Chamber projects.

Ambassadors believe in the Chamber and have a desire to share with other businesses the many benefits and camaraderie that is gained by being part of an organization.

"One of Diane's most distinguishable characteristics is her servanthood to the Chamber. She uses every occasion to represent the Chamber and its members before herself. Diane is one of the first people to greet you at an event, and through conversation gets to know you and your business very quickly. Once known, she becomes your biggest cheerleader and loves to see your business grow," said Moser.

Special thanks to Jeanna White of the Davie County Blog for her coverage of this special event and allowing us to share her remarks in this special edition of DavieLiFE Magazine. To read more of White's story, visit **DavieCountyBlog.com**.



DavieLiFE Magazine Davie County 2018 Small Business of the Year

The 2018 Davie County Small Business of the Year Award was presented to DavieLiFE magazine by Chuck Taylor of Sage Garden Care Center who recognized the hometown publication for 10 years of promoting everything good about Davie County. DavieLiFE Magazine celebrates the businesses, organizations, and people that make Davie County the special place that it is.

Is his speech, Taylor said, "They are the curators of our customs. They are harbingers of our hopes. They are the tellers of our tales. Celebrating their 10th year in business, Wendy Horne and Molly Ridenhour have spent countless hours holding high the stories of what makes Davie County the place where we belong. No longer just a magazine, they breathe creativity into social media planning, into artistic development, into storytelling, and advertising."





BEST HEALTHCARE PROVIDER: WFBH - Davie Medical Center



BEST PLACE TO WORSHIP: Rescue House **BEST PLACE TO WORK: Rescue House**

NO PICTURE AVAILABLE BEST PLACE FOR YOUR CAR: The Tire Shop



BEST SALON: Gemini Hair & Nail Fashions



BEST CIVIC / NONPROFIT: The Dragonfly House



BEST REAL ESTATE AGENCY: Hillsdale Real Estate Group



BEST PLACE FOR YOUR PET: Valley Animal Clinic



BEST LAW FIRM: Martin & Van Hoy, LLP



BEST FINANCIAL SERVICE PROVIDER: State Employees' Credit Union



BEST HOME/OFFICE SERVICE PROVIDER: Snyder's Cleaning Service



BEST RESTAURANT: Restaurant 101



BEST PLACE TO GET FIT: Rich Park



BEST VINEYARD: RayLen Vineyards & Winery



SERVICE: Honor Darling



BEST BOUTIQUE: Bird & Co.



WONDER WOMAN: Julie Miller -Rescue House



SUPERMAN: Jon Welborn - Welborn Law Firm, PLLC



thank you

addition, we offer special opportunities for these recipients to show their thanks by publicly thanking voters who selected them as one of Davie's Best.

This year, a number of the winners took advantage of this special issue to thank YOU for bestowing upon them the title of one of Davie's Best. We believe this is an

honor that our local businesses and organizations take seriously and we want to congratulate them for being a valuable part of our local business community.

We encourage you to congratulate these winners personally and do your part to thank them by utilizing the services they offer Davie County!





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Our staff was honored to be able to accept this award, however it is because of the incredible volunteers that our church is an awesome place to call home for so many! **THANK YOU** Rescue House Church volunteers for making Rescue House the greatest place to worship!

Other awards received: "Best Place to Work" & Davie County's "Wonder Woman" Award was received by Julie Miller, Executive Pastor







Sunday Gathering Times Mocksville 9:30, Winston-Salem 11:00 RescueHouseChurch.org





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5 Keys to Our Success

Contributed by Wendy Horne

Everyone defines success differently. For some it is defined by awards and accolades, for some it is by profits and revenue. Both of those are needed (to a degree) if you want to be a viable business, but over the past 10 short years, I have learned that neither of those solely define success.

When I reflect on these last 10 years, my business has had its fair share of hits and misses. However, I can identify five things that I have made a priority and to this day, believe they have allowed DavieLiFE to be successful.

- 1. Relationships and Partnerships Matter. Early on, I knew that I needed to surround myself with the right people. I have focused those relationships on getting to know our non-profit community as I am a firm believer that we are better together. Secondly, I have made it a commitment to do business with people who do business with me. Over the years, you've hopefully seen the consistent encouragement within DavieLiFE for residents to support and shop local. As a small business owner, I take this advice to heart because I know how important it is. Finally, I established early on a strong relationship with the Davie County Chamber of Commerce. Their resources in the beginning and to this day, have enabled me to stay abreast of the local business community and be a better business partner.
- 2. You can't do it all, so learn to delegate. Being a small business, you're often the owner, operator, accountant, customer service representative, secretary, IT specialist you name it! But we have to remember that only one or two of those may be our individual areas of expertise. Obviously, knowing when to pay someone else to do a job is always a concern. Naturally, we assume that we'll save money by doing it ourselves. I'll be

the first to admit that is not always true and I've learned the hard way! I've spent hours working on something

that I had no business working on. If I would have turned that job over to someone who knew what they were doing, they could have done it in half the time, allowing me to focus on

my areas of expertise. Take inventory of your responsibilities and see where you can delegate.

years ago, I fell in to the trap of thinking because I had a business, I needed an office. After a year of paying a lease, I quickly learned that being bigger wasn't better. The nature of my job allows me to work remotely, and I had to accept that it was okay (even though I had heard over the years that I "needed" an official office). So, my office is now at home and that works for me. Another area where I have chosen to go small is my team. I have a very small group of very talented individuals

who I work with on a daily basis.

I know them, they know me and above all, we trust one another.

This is another area where I'm a firm believer in big isn't always better.

4. Take some time to focus on you.

The last 10 years have not provided me with a lot of time for me. Running a business and being a mom to three boys (who are now teenagers) often left me at the bottom of the totem pole. Three years ago, I made it a priority to focus on my health. Shortly after turning 40, my body quickly informed me that eating like a 20-year-old wasn't going to work any more. I became involved with The Next 56 Days which changed the way I eat and supplement my body, and I also made it a priority to exercise regularly (both running and attending the Cardio & Core Class two to three days per week at Torque Performance). It took some time to make

CONTINUED ON PAGE 52

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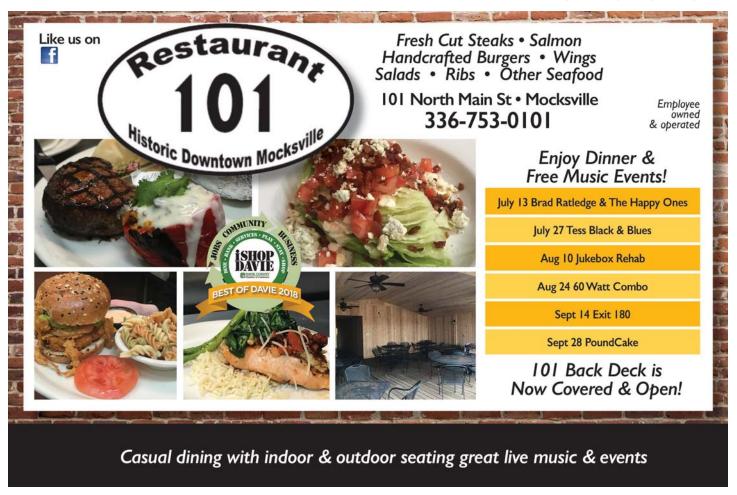
As I mentioned in my editor's letter, if you would have told me 10 years ago that DavieLiFE would be where we are today, I would have laughed. I never envisioned my job being what it is today, but am so grateful that I personally don't steer the ship and God chose me for this voyage.

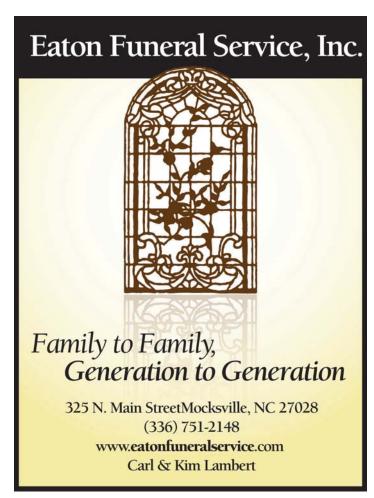
Over the next year, I want to share some things that you may not know. Some of them are common questions we've received, some of them are things

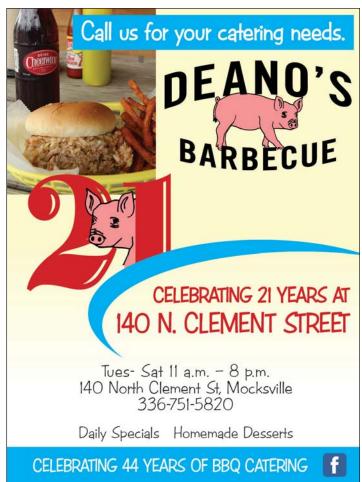
that we believe have been instrumental in our success and some things are lessons we've learned the hard way.

I was recently invited to speak to a local group of businesswomen and talk a bit about my business. At first I struggled with what to say. I knew I didn't want to turn the invitation into a sales pitch or even make it so specific to the publishing business that it wouldn't apply to those in attendance. So, I decided to reflect, go back to basics and speak from my heart. After delivering the brief words, I was approached by more than one person, letting me know that what I had said

CONTINUED ON PAGE 44







CONTINUED FROM PAGE 43

applied to them. That had been my goal and because of that, I've taken the same presentation and put it into text, with the hopes that anyone who has a dream of taking a risk, can hopefully take what I believe have been five of my keys to success and apply them to their risk and turn it into reality. Read the full article on page 41.

In the meantime, I want to answer those common questions I mentioned earlier — you may just be surprised at the answers!

What gave me the idea for DavieLiFE?

In a nutshell, the Saturday mail. I'll never forget that Saturday in August. It was typical — my husband was mowing and I was catching up on things around the house. I went out to get the mail and noticed a black and white, folded newsletter type of document. I looked through it and realized it was filled with information similar to what you would see in other free publications that you're able to pick up at grocery stores, doctors offices, etc., but it was geared towards our community. I immediately took the "newsletter" and stopped Jason on the lawnmower and told him right then, "I'm giving this a shot". You see, I had wondered many times before why Davie County didn't have a "magazine". I had even been told that Davie County wouldn't support one. This piece of mail told me something different and I decided to take a chance. Four months later, DavieLiFE was born — let's just say it was a quick "delivery".



First Edition January 2010

Is DavieLiFE mine? Is it a franchise?

The answers are simply, yes, it is mine, and no, it isn't a franchise. When I decided in August to give DavieLiFE a go, I decided early on that I probably needed a business name to publish it under. I always knew that any venture I participated in would never be a success without the support of my family. I even gave the company a name that would remind me of that on a daily basis. Sum5 Communications is the name of the company that publishes DavieLiFE and I named it that because my immediate family is a "sum of five individuals"— my husband, Jason, and our three sons, Mason, Nate and Owen. The business is mine, but it's named for what motivates me to do what I do and that is my family.

This is just the beginning of some of the things I want to share with you, but do you have specific questions for me (or Molly) that you

would like for us to answer in future editions? Remember there are never any stupid questions! The answers to even the most simple questions could be exactly what someone needs to hear to take that next step!



Learn more about Sum5 at DavieLife.com/sum5communications



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A special thank you to the individuals in the community who supported this year's Annual Campaign!

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Five Ways to Get a Jump Start on Spring!

We hope by now you've had a chance to visit our blog, Another Slice of LiFE. In mid 2018, **DavieLiFE** expanded its reach through their new blogging platform and recently introduced the dynamic duo of Molly Ridenhour and Amber Butler where they partner together to share some of their best finds and recommendations both locally and online!

Now that spring is just around the corner, Molly and Amber are sharing five ways you can get ready to enjoy this amazing time of year. Take advantage of their local recommendations and be sure to follow them on the blog for more helpful hints, tips and suggestions!

Get Out and Grill!

Whether it's a "date night in" or a simple grilled meal, impress your family and friends with meat from Granite Ridge Farms. Granite Ridge's locally-grown, grass-fed beef is definitely a cut above. Check out their full offering at GraniteRidgeFarms.com/meat-market.

The best part? Place your order via phone and they'll have it ready for pickup or even deliver it to you within a day or two! Save \$10 off by clipping the coupon in their ad on page 54 for you to use on your first order. Shop local and eat local this year!

Get Pampered!

Say goodbye to winter and start preparing your skin for the summer sun! A little pampering is not only good for your physical appearance but also good for the soul! Facials, laser hair removal, microdermabrasian...DavieLiFE supporter Restoration MedSpa does it all! See their full line of offerings at RestorationMedSpa.com and be sure to read their column, Restoring Beauty, on page 7. Be sure to subscribe to the blog at AnotherSliceofLiFE.com to catch our upcoming post where we share some of our favorite services!

Get Up and Move!

Cool mornings and warm, sunny afternoons. Spring is almost here and we couldn't be happier. Now is the time to get out and get moving. Invite a girlfriend to take a walk, grab the kids and their bikes and go for a ride, or just get out and soak up the sun. We think the Town of Mocksville's Rich Park Greenway or the walking track around Wake Forest Baptist Health's Davie Medical Center are good places to start.

Get Involved in Davie County!

The spring season brings events, festivals and other fun activities for you to get involved in. From date night opportunities to family fun, don't miss your chance to participate in events here in our community. The best part, several of them are FREE to attend!

Here are a few that we think you may enjoy:

- The Dragonfly House Share the Love Event. April 5 (see their ad on page 39)
- Trellis Hope Run. April 13 (see their ad on page 64)
- Davie County Schools Arts Smart, April 27 (see their ad on page 16)
- Town of Mocksville Daniel Boone Family Festival. May 4 (see their ad on page 7)
- Smart Start of Davie County Kids Fest, May 4 (see their ad on page 16)
- Davie Community Foundation Sounds of Summer, June 1 (see their ad on page 26)

Get in the Easter Spirit!

Hippity-hop-hop...Easter's on its way! Whether you're looking for something fun to wear, exciting surprises to fill your Easter baskets with, or community events and church services to attend, the March issue of DavieLiFE has you covered.

BUT, we're sharing more of our seasonal favorites on the blog! So "hop" right over and see what we've picked for best outfits, gifts, and treats for Easter 2019 at

AnotherSliceofLiFE.com/Easter2019Faves!

We've got so much more to share so stay tuned by following us on the blog! We're excited to share more of our favorites, highlight what our very own community has to offer and even share some of our favorite online purchases and must-have products.















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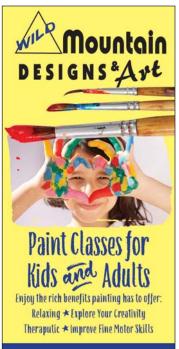
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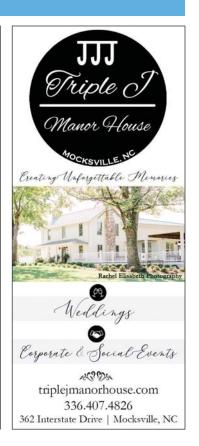


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49



Celebrates Its Most Successful Race Ever with Two New Records

You did it Davie County! You crossed the finish line of the 2018 Turkey Derby — and not only did you cross the finish line, but you set TWO new records!

This past year's Turkey Derby was the most successful one to date with over **400 runners and participants** from almost every elementary and middle school in Davie County. It is because of your help that the

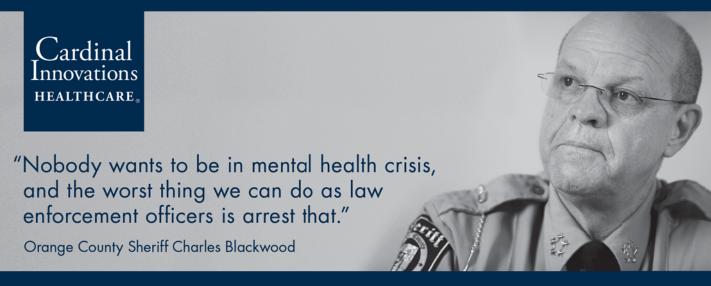
Turkey Derby raised **\$21,500** and 100 percent of that money will be put back into Davie County.

None of this would have been possible if it were not for the voice of the event, the emcee that has hosted all seven races, **Terrie Gurah**. She is the voice that gets the runners going and cheers for them as they cross the finish line. Additionally, volunteers from Davie County Early College, Davie County High School, The

CONTINUED ON PAGE 53







Cardinal Innovations' 40-hour Crisis Intervention Team (CIT) training is designed to help Law Enforcement and other First Responders recognize the signs and symptoms of those experiencing a mental health crisis and how to get them access to services. Through classroom and role-play scenarios, CIT participants learn techniques to safely de-escalate volatile situations.

If you are a community advocate or employed by a law enforcement agency in N.C. and would like to know more about scheduling a CIT training, contact our community engagement team at trainingrequest@cardinalinnovations.org.



this part of my routine but now I treat exercise like an appointment on my calendar and I firmly believe it makes me a better business owner, wife and mom.

5. Never take things for granted and remember, as quickly as it has been given, it can be taken away. I've told folks before that the day that I wake up and don't get a bit nervous when it is time to put together a new issue of DavieLiFE, it's time to retire. Every issue of this magazine that we produce, I feel an obligation and responsibility to deliver an exceptional product that shines a positive light on Davie County. I believe that feeling keeps me grounded and I pray that I always have that feeling. I also know that not many people are given the opportunity I have been given with this business, and I remind myself everyday that without hard work and dedication, it can be taken away as quickly as it was given.

The keys to success are defined differently by everyone. I am grateful that God chose me for this journey, that my community has supported my endeavor and look forward to what is yet to come, while always remembering the things that I believe have led to our success.

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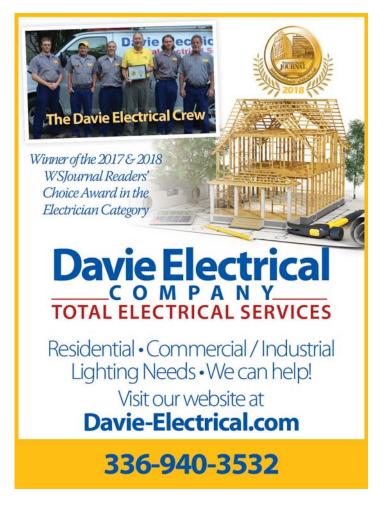




336-414-4908 Contact Melissa Johnson

Building & Design

A full gallery of photos at: facebook.com/
CKJBuildingandDesign





CONTINUED FROM PAGE 50

National Honors Society and the SURF Board dedicated their time to make this race a success.

The money raised is donated to **Backpack Buddies**, **Senior Services** and their Meals on Wheels program, **Davie Hunger Fighters**, and the **Go Far** program. One thousand dollars of what was raised will be given to a graduate from the senior class of Davie High School.

"Knowing that all of the funds that are raised, stay and are distributed in Davie County gives everyone a sense of pride knowing that we are helping our own people," Jeff Allen, member of the Hillsdale Rotary, said.

The race is a dominated by elementary age children and is a great way for them to be active in the community, whether by volunteering or participating in the race.

"The kids make the race. Most of our participants are between six to 12 years old," Allen said. "It's just a joy to see the accomplishment on their face and a sense of pride." This community event could not go on if it were not for the sponsors: Wake Forest Baptist Health, Handy & Handy Orthodontics and many other local businesses. The Hillsdale Rotary Club also plays a large role as the event coordinator.

Thank you Davie County for playing a part in making this the most successful Turkey Derby to date, and we cannot wait to see what next year will bring.



Jessica Miller (Davie County Go Far) and Lori Smith (Davie County Go Far and Davie High Hunger Fighters) accepted donations on behalf of the organizations they represent from Rotary Club members Jeff Allen and George Webb.











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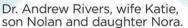
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Since 1979, Shelton Construction has been a trusted business in Davie County. They've built over 250 homes in Oak Valley, Covington Creek and Magnolia Acres among other neighborhoods as well as commercial projects with LeBleu, Nature's Pearl and others.

Carter Realty Services is a recently-formed firm based on Seth Carter's work as an innovator in mortgage and financial analytics and related technologies. They offer a wide range of solutions for marketing, purchasing, and developing new and existing single- and multifamily properties.

The partnership between Seth Carter and the Shelton Construction team is new, but it started with a familiar situation — Carter purchased one of Shelton's homes.

Though he grew up in Davie County, Carter left after high school, earned a doctorate in social psychology and worked as Chief Scientist for Altisource Portfolio Solutions. He made his way back home in 2009.

"It's almost like I felt relief when I crossed the Yadkin River," he said. "There's something about this place that drew me back, and it's where I want my kids to grow up."

Carter found a home he was interested in, called the builder, Con, and bought the home. They became friends as they discussed failure points in the real estate and construction industries. They felt their ideas could be applied locally to offer customers a smoother process through the stages of building, buying and selling a home.

"This mindset is what brought us to the partnership we have now," Carter said. "It's great to be able to work with a friend and come in to work and feel like you can give back to the community."

With this partnership comes new endeavors. With 10 residential lots and three potential commercial sites currently available, Carter and the Sheltons are looking forward to what's on the horizon.

"Seth is one of the nicest, most honorable guys I've ever met," Shelton said. "I'm really looking forward to the partnership, and I think we'll do excellent things in Davie."

The Shelton Construction team sees any project through to the end and even after it's all said and done, they still keep in touch.

"If we have a problem or if there is something that needs to be addressed, I know exactly who did the trade and immediately go and schedule with my subcontractor and take care of anything," Shelton said.

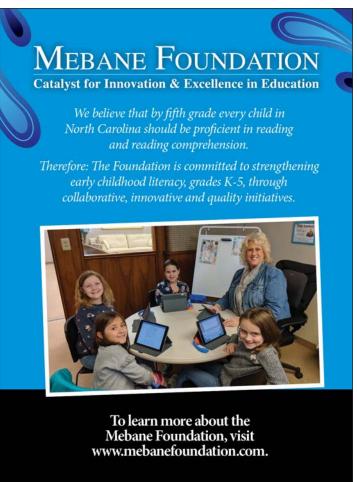
"I've never experienced the level of after-care that I did with Con and his team."

Carter has been on both sides of Shelton Construction, both as a buyer and now as a partner. This presents a unique and relatable quality to his perspective.

"The real thing that sold me on Con's houses is that they live well, and they age well — they're not just a

CONTINUED ON PAGE 59





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Welcome





Celebrating 20 Years

From the Mayor

We pride ourselves in being an exceptional small town where a sense of community runs deep and living well is easy.

We are families. We are business owners. We are community leaders. We are soccer moms and golf enthusiasts. We are artists and gardeners. We are students, teachers, retirees and so much more.

With this in mind, we set out to create a brand that represents why Bermuda Run is such a great place to "Just Be."

Moving forward, I invite you to enjoy everything Bermuda Run has to offer. If you're looking to stay informed about Bermuda Run Government activities, I invite you to visit the newly redesigned TownofBR.com website. We will continue to make every effort to keep the site current with announcements for events and council notes.

We look forward to an exciting 2019 as we head into celebrating our town's 20th Anniversary Celebration. Stay tuned to the Town of Bermuda Run Facebook page for more!

> Ken Rethmeier, DrPH Mayor, Town of Bermuda Run







Celebrating 20 Years



Saturday, **May 18**



The Stranger -A Tribute To Billy Joel

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Saturday. Aua 24



Eric & The Chilltones

Saturday, Sept 7



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Special **Occasion Band**

Mark your calendar: All concerts begin at 7 p.m. at the Town Green & Gazebo on Kinderton Blvd. Free for the Community to ENJOY! Bring your lawn chair and picnic/cooler.

fancy box," Carter said. "I've never experienced the level of after-care that I did with Con and his team."

Shelton Construction is a community business that wants to grow, enhance and support their neighbors in Davie County through what they do.

"I've enjoyed my whole career," Shelton said. "We're hoping to do some great things for Davie County."

To learn more about the services Shelton Construction offers, contact Con Shelton at 336-345-2006 or Bob Shelton at 336-345-2008.





In McAlister Park, this 3-bedroom, 2.5-bathroom cottagestyle home (above) has an open floorplan for the kitchen, breakfast and vaulted family room as well as master-onmain and a bonus room upstairs.

In the Forest Glen neighborhood, this 4-bedroom, 3-bathroom home (left) features a master-on-main, vaulted family room, mudroom, screened porch, and flex-room.

> SEE THEIR AD ON PAGE 65

You can't buy happiness, but you can buy <u>local</u>... and that's kind of the same thing!





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Community Celebrations

Whether it's a birthday, an engagement, a graduation, an anniversary or the end of little league season, our lives are full of happy events. And big or small, they're all great reasons to celebrate. Beginning in June, DavieLiFE Celebrations will be a featured section of our community magazine.

Wondering what we're looking for to celebrate?

Here Are a Few Ideas

- Do you have a high school or college graduate you want to celebrate?
- Do you have an employee who has gone over and above the call of duty?
- Is your little one celebrating a special birthday?
- Did your son or daughter's team have an amazing season?
- Do you have a student who displays great character?
- Has someone you know recently overcome an illness?

Everyone deserves to be celebrated and we want to provide a place for you to do just that! Send us your Celebrations including a headline, color photo and message. Please note, messages should be a maximum of 40 words.

Other Guidelines to Consider

- Digital photos submitted for publication in Celebrations must be in a .jpg or .tif format.
- Hard copies of photographs can also be submitted via mail to DavieLiFE, P.O. Box 2184, Advance, NC 27006. Photos will not be returned.
- DavieLiFE reserves the right to reject photos considered inappropriate and edit submitted information.
- Celebrations are not intended for obituary purposes or invitation use.
- · Celebrations will be printed per space availability.
- Deadline to submit for June Celebrations is Friday, May 3.

Submit your celebrations by email to info@davielife.com

and include **Celebrations** in the subject line. Celebrations may also be mailed to:

P.O. Box 2184
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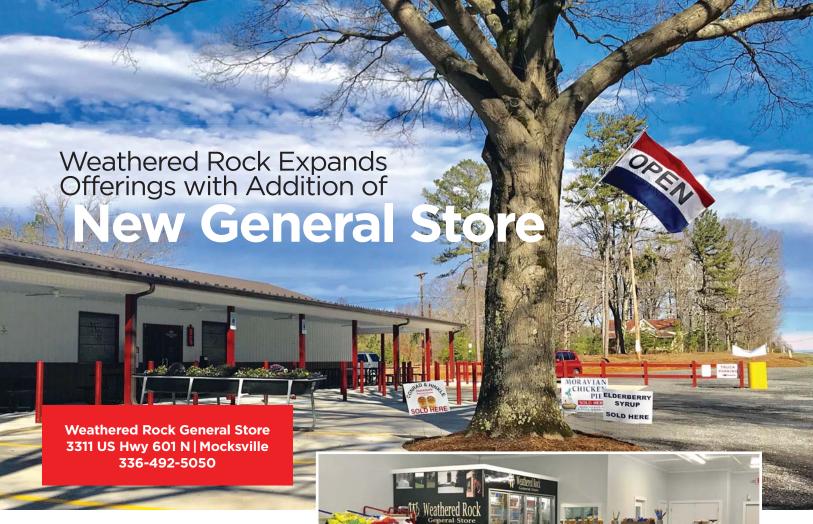
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Weathered Rock has been
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construction-oriented our whole
life," owner Jeff Seaford said.

Recently they've expanded into new territory, all the while still staying true to their Davie County roots.

With picnic tables on the inside and out, the smell of hamburgers and hotdogs wafting through the air and the old-timey vibes as you walk in, the **General Store** is a welcoming place for locals, passersby, families and singles.

Come hungry though because you won't be able to resist the delicious smells coming from the grill. The General Store is a certified Boar's Head dealer and offers customers a tender and fresh selection everyday.

Not only is the General Store savory — they're also sweet.

"As soon as you walk in, you know there's something special about it." With spring and summer right around the corner, you won't want to miss the hand-dipped, old-fashioned Hershey's ice cream the General Store has or the homemade fresh desserts.

"There are only a few places in Davie County that you can get hand-dipped ice cream besides," Kati Ritchie, Seaford's daughter, said.

The General Store carries **local and seasonal products** from the community. From honey to candles to elderberry syrup, the shelves are lined with locally-sourced products that people are asking for.

CONTINUED ON PAGE 64



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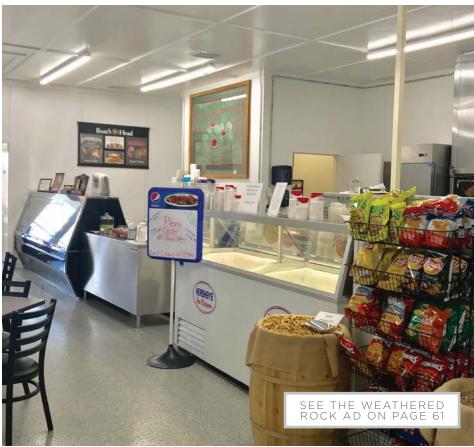






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CONTINUED FROM PAGE 62

"If people ask for something in particular, we try and get it in there," Ritchie said.

The General Store sets itself apart from other convenience stores and gas stations in that it is a welcoming and inviting place for all members of the community to gather, reminisce and make new memories.

From the people who own and run the store to the products on the shelves and the food they serve, the General Store is rooted in the Davie County community. There's a piece of history and a family connection everywhere you look.

As soon as you walk in, you know there's something special about it.

"We're just trying to be a little different than everybody else," Seaford said. "Davie County is a neat place and we have a lot to offer."





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Bank of the Ozarks		Meg Brown Home Furnishings 19
Blaton LLC	59	Mirror Image Cleaning Service 49
Brenda Bellomo — Century 21	26	Morgan & Parker Builders 28
Budget Blinds	63	NC Country Homes and Land 1
Calvary West	20	Novant Health Bermuda Run
Camp Manna Ministries	30	Family Medicine
Campers Inn RV	10	Novant Health
Cantera Marble & Granite	16	Hillsdale Medical Associates 17 Osborne's Tire & Automotive 54
Cardinal Innovations Healthcare	51	
Carolina Center for Eye Care	20	Peace of Mind Consignment 54
CKJ Building & Design	52	Randleman's Tree Service 49
Computer Guys of CNS	49	Renaissance Renovations 42
Cornerstone Christian Church		Representative Julia Howard 42
Courtney Randleman —		Rescue House Church
Berkshire Hathaway	46	Restaurant 101
CP3 Basketball Academy	65	Restoration MedSpa 67
Crossfit Polydamas	49	Ridenhour Agency
Davie Center for		Rivers Family & Cosmetic Dentistry 55
Violence Prevention		Rothrock Plumbing Service 57
Davie Community Foundation		Sarah Ashley Salon 48
Davie Construction Co	19	Shelton Construction 65
Davie County		Smart Start of Davie County 16
Chamber of Commerce		Snyder's Cleaning Service 36
Davie County Public Library		Southern Ties Boutique 46
Davie County Schools		Steven Ijames Carpet Cleaning 59
Davie County Veterans Services .		Summerlyn Farms/
Davie Electrical Co		Berkshire Hathaway
Davie Family YMCA		Sunset Slush of the Piedmont 53
Davie Garage Door		Swanky & Swag
Davie Medical Center		The Bomar Law Firm PLLC 26
Davie Respect Initiative		The Dragonfly House
Deano's Barbecue		The Law Offices of
Eaton Funeral Service, Inc		Ryan B. Addison, P.A
Energy United		The Lodge at Granite Ridge Farms 48
First Baptist Church of Mocksville .		The Town Pharmacy
First United Methodist Childcare .		Timber Creek Home Builders 54
First United Methodist Church 30,	31	Town of Bermuda Run
Gemini Hair & Nail Fashions	39	Town of Mocksville
Godbey Creek Rescue	23	Trellis Supportive Care
Granite Ridge Farms	54	Triple J Manor House
Hillsdale Church	30	United Way of Davie County 45
Hillsdale Dental	24	Valley Animal Clinic
Hillsdale Real Estate Group	40	Wake Forest Baptist
Hope Run 5K	64	Medical Center
Humane Society of Davie County.	16	Weathered Rock 6
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