



(L - R): WILL MARKLIN, JOURNEY BOWMAN, HANNAH WATSON, DAVID BONE, STEPHEN LEIGHTON



(L-R): MICHAEL REDMON (FATHER), STEPHANIE GRANT REDMON (MOTHER), AMILEA REDMON, JULIA BURAZER, REV. DOCTOR JAMIE GRANT, FAYE GRANT, SUSAN BAGGETT AND DR. STEPHEN LEIGHTON

Do Good. Be Kind. Show Respect!

SEE THEIR AD
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“When someone is shown respect then it means that their feelings, opinions or thoughts are being heard in whatever situation. To those demonstrating the behavior, it should feel strengthening as it builds your relationships with those around you and your community. It makes us self-reflective on the type of person we are to our peers, teachers and community spaces around us.” These were the words of Hannah Watson, 3rd quarter Davie Respect Initiative Ambassador of Respect.

Respect is fundamental to all human interactions and makes everything better. Each quarter, the Davie Respect Initiative (DRI) honors creative young people (ages 12-21) who are taking initiative through their community projects to make this community an even better place. Let’s meet our 3rd quarter Ambassadors of Respect!

Amilea Redmon

Congratulations to Amilea for her contributions to Davie County and in particular to inspiring those people on the autism spectrum. Amilea and her mother created a small business called **Art4Cause**. Amilea has high functioning autism and social anxiety and from an early age she loved to draw. Her mother, Stephanie, noticed that when Amilea gave her pictures away, it not only gave pleasure to other people, but it made her daughter happy to see other people smile at her artwork. Her “koopaling” characters would bring a smile to anyone’s face! “I hope what I do will inspire everyone,



AN EXAMPLE OF
AMILEA’S ARTWORK

especially people on the spectrum like me, to try and don’t give up on what they love to do.”

During the pandemic, Amilea gave her artwork to shut-ins and folks in nursing homes as well as family and friends; her goal is to see her artwork in different locations and to have a store for her art, so she can hire some folks on the

spectrum that, like her, have a hard time communicating with and talking to people. “It’s so important to be kind.”

Hannah Watson

This 18-year old’s respect initiative idea was to organize a **Peer Tutoring Center**. She recognized that with Covid restrictions lightening up and a struggle to find a new normal, that many students have fallen behind in certain areas of their schoolwork or have gaps that might affect them in later classes. Hannah thought a tutoring center would be especially helpful to the kids who are not as comfortable in a classroom setting. Her idea is that this could be offered as a club for upperclassmen to join and be certified to tutor other students in classes that they feel confident in. Next steps for Hannah include talking to the Principal, getting in touch with faculty about serving as possible advisors and finding a good space — perhaps the Learning Commons or Guidance Office. Clearly a very worthwhile and needed project.

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TIP #4: Get some fresh air

Try to schedule a walk before your holiday meal, after it, or both.

“Walking before heavy meals helps speed up the time it takes for food to move from your stomach to your small intestines. Additionally, walking after a large holiday meal is an excellent way to speed up your metabolism, burn off calories, and contribute to your heart health,” said Hendren.

About Iredell Health System

Iredell Health System includes Iredell Memorial Hospital; Iredell Mooresville; Iredell Home Health; Iredell Wound Care & Hyperbaric Center; Community and Corporate Wellness; Occupational Medicine; the Iredell Physician Network and more. Iredell Memorial Hospital is the largest and only nonprofit hospital in Iredell County. The comprehensive healthcare facility has 247 beds; more than 1,700 employees; and has 260 physicians representing various specialties. Centers of excellence include Women’s and Children’s; Cardiovascular; Cancer; Surgical Services and Wellness & Prevention. The Health System’s newest campus, Iredell Mooresville, is home to the area’s only 24-hour urgent care facility, as well as an ambulatory surgery center, imaging center, rehabilitation services, and physician practices. The mission of Iredell Health System is to inspire wellbeing. For a comprehensive list of services and programs, visit www.iredellhealth.org.

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TIP #5: Staying away from illness

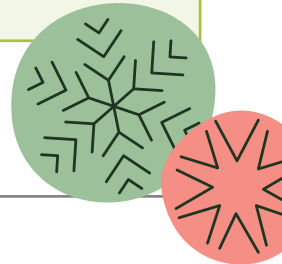
Staying away from illness, and preventing the spread of infection, is especially crucial this holiday season.

“Getting enough sleep is one way to avoid contracting illness over the holidays. Manage your stress levels, and try to keep your immune system as healthy as possible,” said Hendren.

During gatherings with your family and friends, make sure to wash your hands often and use hand sanitizer in-between washes.

“Being together during the holidays is important to us all, but if you are sick, staying at home is just as important to stop the spread of infection,” she added.

Hendren practices at Family Care Center of Mocksville, located at 101 Wilkesboro Street in Mocksville, North Carolina. If you would like to schedule an appointment with Kaleah Hendren, FNP, please call 336-753-0800. New patients are welcome.



MEBANE FOUNDATION
Catalyst for Innovation & Excellence in Education

The Mebane Foundation is proud to partner with Davie County Schools students and staff.

We look forward to working together to achieve our goal of helping every student be proficient in reading and reading comprehension by 5th grade.

Season’s Greetings and Best Wishes for a Wonderful 2022!

To learn more about the Mebane Foundation, visit www.mebanefoundation.com.

Journey Bowman

Congratulations to this Ambassador of Respect (AoR) for her **second \$1,000** award from the Davie Respect Initiative for her creative contribution. “To be on the receiving end of respectfulness is powerful and uplifting. When you are being shown respect it makes you feel heard.” Journey is making some older adults in our community both heard and seen. Her project, “Senior Spotlight,” highlights a variety of seniors in Davie County. They are interviewed by Journey and then an article and picture of the senior is prepared for publication in the *Davie Enterprise*. She discussed her idea with Mike Barnhardt, the editor of the *Enterprise* before beginning her project. She hopes her articles will inspire others to visit their older family members and friends as there is so much to be learned from them.

Do you know a young person between the ages of 12-21 who has a good idea to bring out even more respect in Davie County? Nominate them or have them fill out an application at DavieRespect.com. All submitted applications are carefully reviewed by a volunteer selection panel. Up to three are selected each quarter to receive \$1,000 for their well thought out idea or a project already in motion. Those selected become Ambassadors of Respect (AoR) for Davie County. All of the AoRs have additional opportunities as well.