

LIVE LIKE KNOX
FOUNDATION, INC

A LESSON ON
KINDNESS & Gratitude

Hear from our 2026 Kindness Carries On Scholarship Honorees!

It's Always Sunny Above the Clouds

MAY 16, 2026

KINDNESS *Carries On*

The voices of our **2026 Kindness Carries On Scholarship Honorees** are filled with *hope, compassion, resilience, gratitude, faith, leadership, and love*. As the Live Like Knox Foundation board carefully read through more than 155 scholarship nominations submitted from communities all across Texas, one truth became overwhelmingly clear — kindness is still alive and thriving in the hearts of the next generation.

These students are athletes, artists, leaders, future nurses, teachers, engineers, researchers, healthcare workers, entrepreneurs, and changemakers. They are students who serve their schools, churches, teams, and communities with humility and heart. Yet beyond their academic achievements, leadership positions, athletic accomplishments, or future career goals, they all share something even more meaningful: the ability to make others feel seen, valued, included, encouraged, and loved.

Throughout their applications, students shared deeply personal stories about overcoming grief, anxiety, hardship, loneliness, family struggles, loss, and uncertainty. Many described moments in life where the kindness of another person helped carry them through some of their darkest days. Others reflected on how simple acts of compassion — a conversation, a prayer, a smile, a flower, an encouraging word, or an invitation to sit beside someone — can completely shift the direction of another person's day or even their life.

Again and again, one message echoed throughout nearly every application:

“You never know what someone else is going through.”

These remarkable students spoke about choosing kindness in hospitals, classrooms, locker rooms, hallways, churches, communities, friendships, and homes. They reminded us that kindness is not reserved for grand gestures or recognition. Instead, it is found in the everyday choices we make to care for others, encourage others, include others, and love others well.

One student beautifully wrote:

“Kindness creates a ripple effect that extends far beyond a single act.”

Another shared:

“If kindness is love made visible, then their legacy continues every time goodness is shared.”

That spirit so beautifully reflects Knox “Knoxy Bear” Dydalewicz.

Knox lived with joy, laughter, inclusion, compassion, adventure, and a heart that naturally brought people together. Whether at school, on the basketball court, with family and friends, or simply walking into a room, Knox made people feel important. Friends, teachers, coaches, principals, family members, and even doctors all described him with the very same word: kind.

Through the mission of the Live Like Knox Foundation, Knox's light continues to shine brightly through students who embody those same qualities every single day. These pages are a collection of heartfelt reflections, lessons, gratitude, and wisdom shared directly from our scholarship honorees — reminders that even in a world that can sometimes feel divided, rushed, and heavy, **kindness still carries on**.

WHAT KINDNESS MEANS *to Our Honorees*

When asked why kindness matters in today's world, our scholarship recipients responded with wisdom far beyond their years. Their answers reflected not only compassion and emotional maturity, but also an understanding that kindness has the ability to heal, unite, encourage, and restore hope in others.

Many students described kindness as the very thing that helps people feel less alone in a world that can often feel overwhelming, disconnected, or divided. Others spoke about the importance of slowing down long enough to notice someone who may be struggling quietly. Their words reminded us that kindness is not weakness — kindness is strength, leadership, courage, empathy, and humanity.

"Kindness matters because..."

- "It makes people feel seen, valued, and less alone."
- "One small act can change someone's entire day."
- "Kindness brings humanity back into everyday interactions."
- "The world needs more joy, love, and compassion."
- "People remember how you made them feel."
- "Kindness creates connection in a divided world."
- "Even simple acts can leave a lasting legacy."
- "Being kind can help someone feel safe, supported, and loved."
- "Kindness creates a ripple effect."
- "It costs nothing to be kind, but it can mean everything."
- "Kindness is how we heal."

Several recipients shared deeply personal stories about loss, grief, anxiety, loneliness, hardship, and life-changing experiences that shaped the way they now view compassion toward others.

One student reflected on losing a sibling and wrote:

"Pain like that isn't something you face alone — and I didn't have to."

Another shared:

"Helping others and spreading kindness is what brought me comfort."

And another beautifully reminded us:

"Love without reason still exists."

One recipient described passing out "just because" flowers at school and witnessing a teacher burst into tears after receiving one during a difficult season in her life. Another student spoke about working in healthcare and realizing that patients may not always remember a procedure or diagnosis, but they will always remember how someone made them feel.

Several honorees wrote about how kindness reflects faith, character, and leadership. Many spoke about Jesus' example of loving others well and the importance of showing compassion in a world where negativity can often feel louder than goodness.

The common thread woven throughout every application was this: kindness changes lives.

These students reminded us that kindness does not have to be complicated. Sometimes kindness simply means listening. Including someone. Showing patience. Offering encouragement. Smiling at someone having a difficult day. Choosing love instead of judgment.

Their words are proof that this next generation is capable of changing the world — not simply through talent or success, but through the way they choose to care for people.

GRATITUDE FROM THE CLASS OF 2026 HONOREES TO OUR DONORS WHO MADE *This Happen*

The gratitude expressed to our foundation donors throughout these scholarship applications was overwhelming, heartfelt, emotional, and deeply moving. Again and again, students shared that receiving the Live Like Knox Foundation Kindness Carries On Scholarship meant far more to them than financial support.

For many recipients, this scholarship represented encouragement to continue living with compassion, purpose, empathy, faith, and kindness. Students spoke about feeling honored to be recognized not simply for academic success, but for the content of their character and the way they treat others.

Many recipients described this scholarship as a reminder that kindness still matters in today's world and that the values Knox embodied — inclusion, joy, compassion, leadership, friendship, and love — continue to inspire others every single day.

Messages Shared by Our Honorees:

- “This scholarship means more to me than words can fully express.”
- “It reminds me to continue leading with kindness in everything I do.”
- “Your generosity is investing in students and in the future of kindness.”
- “I hope to honor Knox’s legacy through the way I treat others.”
- “Thank you for believing kindness still matters.”
- “This foundation inspires me to continue making a positive impact.”
- “I will carry this moment with me forever.”
- “You are helping future leaders who lead with compassion.”
- “This scholarship reminds me that character matters.”
- “Thank you for turning pain into purpose and helping others.”

Several students also shared how this scholarship will allow them to pursue dreams of becoming nurses, teachers, healthcare providers, engineers, researchers, artists, and leaders within their communities. Others spoke about using their future careers to continue serving and helping people with empathy and compassion.

One student shared that because of this scholarship, they will be able to continue expanding their cancer research and nonprofit work helping students around the world gain access to technology education. Another recipient spoke about pursuing a career as a CRNA and using kindness as the foundation of future patient care.

Many students also reflected directly on the legacy of Knox and how inspired they are by a foundation built entirely on kindness, inclusion, joy, generosity, and love.

One student beautifully wrote:

“Knox’s legacy lives on through every act of kindness.”

Another shared:

“You are shining a light in a world that desperately needs it.”

And another wrote:

“This scholarship represents turning pain into purpose and choosing kindness even in the hardest moments.”

Their words are a reminder that kindness has the power to continue far beyond one life, one moment, or one act. Through every scholarship awarded, every student encouraged, and every person impacted, Knox’s light continues to shine.

THE RIPPLE EFFECT OF *of Kindness*

As we celebrate our 2026 Kindness Carries On Scholarship Honorees, we are reminded that kindness truly changes lives.

The students honored through the Live Like Knox Foundation are future nurses, teachers, researchers, leaders, athletes, artists, healthcare providers, and community changemakers — but above all, they are kind.

Their stories remind us that:

- **Kindness *matters.***
- **Compassion *matters.***
- **Inclusion *matters.***
- **Encouragement *matters.***
- **Love *matters.***

Knox “Knoxy Bear” Dydalewicz showed us all that you can be “kool” while being kind.

His light continues to shine through every scholarship awarded, every act of compassion shared, every student encouraged, and every life impacted through the mission of the Live Like Knox Foundation.

KINDNESS *Carries On*

9/11/11 – Forever Our Knoxy Bear – 4/27/24
