

# Lewisville Times

Current events and local news from the lovely town of Lewisville, NC

April/May 2011 Volume 3 Issue 2

## The Changing Scene In Lewisville



Grab your coffee/tea and step inside to see what's been happening in Lewisville. We also have our regular features:  
Lawn Care - Health Info - Senior Section - Kids Corner  
and more.



*Sarah*

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# Out and About Town

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Visit our website

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Please send your Lewisville information or articles to us for publication as space permits.

We are looking for events and stories in and about Lewisville for each publication. Credit given to those providing information.

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## IMPORTANT PHONE NUMBERS

Lewisville Town Hall  
945-5558

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Fire Dept Lewisville 945-5983

Fire Dept. Vienna 945-5631

Board of Elections 703-2800

Board of Health 727-2760

Building & Permits 727-2624

Land use & Zoning 945-5558

Tax Office 703-2300

Lewisville Library 703-2940

Motor Vehicles 761-2258

Time Warner Cable 785-3390

## The Changing Scene in Lewisville

It's been easy to see some of the changes to charming Lewisville. Some of the changes are pictured on our front cover. Most Lewisville residents would like to keep the quaint, quiet nature of the town and preserve the life-style for which some folks moved to the town. Lewisville maintains it's dignity while some other areas seem to turn to concrete jungles or havens for large box stores with their neon lights and massive parking lots.

Our front cover features the new Town Hall (center picture). While the square footage is quite large, approximately 15,000 square feet, the architecture is excellent, with beautiful curb appeal. I recently asked Stacy Howard (no relation to Sarah Howard, publisher of the Lewisville Times) how she liked the new building. Indicating it is wonderful Stacy added, "The Staff has room to work, and having the room to work increases productivity. The building was carefully thought through, taking future growth into consideration". I suggest if you haven't been to visit the town hall, you really should see the inside, it's as pretty as the exterior.

The New Dental Office as it is sometimes called, just doors away from town hall (lower right picture), is owned by Dr. Jonathan Liner and Dr. Thomas Browder. Liner and Browder are local dentists who have been partners for some time. When they chose to set up shop in Lewisville, they had a vision for their practice. Quality was important - to achieve their vision they had to have it built. As the building went up people wondered if it would fit in with the landscape of Lewisville. They succeeded. The 11,500 square foot building also maintains the architectural integrity of the town. Their practice is actually Lewisville Family and Pediatric Dentistry.

The Lewisville Drug Company (pictured lower left) is owned by Keith Vance. Keith moved from his previous location in Lewisville, where he had been doing business for about six years, to the newly constructed building on Shallowford Road. The new location provides greater exposure and space for all of the products he carries in addition to medications. The new building has 3480 square feet, more than double their previous location. There is also a drive-thru window for customer convenience.

The State Farm Building, (my reference name), actually houses a few different businesses. Will Wilkins is the Independent Owner/Agent for the State Farm business. Previously in business in another location, Will saw the opportunity to build his attractive new building in 2007. The inside is bright and sunny, creating a great work environment. Will now owns the front half of the building only.

In a recent conversation with Mayor Dan Pugh, I asked what he thought of his new building and the others. "We are enjoying it very much. The staff has extra room and storage. The building is also aesthetically an asset to Lewisville. The dental building has also been an asset to the community. Their decorations over the holiday were beautiful and blended with the town." He is also happy with Lewisville Drug, since Keith Vance has been a great partner with Lewisville. He knows he will continue to do well in his new location.

# Out and About Town Events and Info

## Lewisville Community Sunrise Service

The annual Lewisville Community Sunrise Service will be held Easter Sunday, April 24, at Shallowford Square, Lewisville; starting at 7:00 a.m. In case of rain, the service will be held at Lewisville Baptist Church. Sponsoring churches are Shallowford Presbyterian Church; Unity Moravian Church; Sunrise United Methodist Church. New Hope AME Zion Church; Lewisville Baptist Church and Lewisville United Methodist Church. The service includes music, singing, an Easter message and Holy Communion. All are welcome to join hundreds of others for this inspiring community celebration. Bring your chair!

## Lewisville Library Events

### Creative Crafts for Adults

Tuesday April 19, 2011 – 10:30am to 11:30am  
Margie Carter will be demonstrating how to make a craft using the technique of Iris folding.

### "Third Thursday" Teen Wii Time

Thursday April 21, 2011 – 4pm to 5pm  
By popular demand, we have a Teen Wii program every third Thursday of the month. Dance the afternoon away, or show off your inner rock star! For ages 12-18. Call the library at 703-2940 for more information.  
Free and open to the public.

### Friends of the Library Book Club

Tuesday April 26, 2011 – 7pm to 8pm  
The Friends of the Library invite you to join them in a discussion of the book, Freedom Summer by Bruce Watson. Free. For adults.

### Growing up Autistic: Perspectives from a Unique

**Source** Tuesday April 26, 2011 – 7pm to 8pm  
Mr. R.V. Kuser has worked in education for over 20 years, tutoring autistic individuals like himself and helping other perceptually impaired students. He will discuss his own experiences and open the program for discussion.

### Backyard Bluebirding

Wednesday April 27, 2011 – 10:30am to 11:30 am  
Bill Abbey from the North Carolina Bluebird Society

## Library Events continued

will be at the Lewisville Library to present a workshop on the Eastern Bluebird. Topics will include information on nesting boxes, how to attract bluebirds, monitor to attract bluebirds, monitoring techniques, competitors, and backyard feeding. Free and open to the public.

### Family Movie

Thursday April 28, 2011 3:30pm to 5pm  
Join us in Lewisville as we watch the new Disney fairy tale based on the Rapunzel story. Bring your own snacks. Call 703-2940 for more information. Free and open to the public.

### Books Alive: National Poetry Month

Saturday April 30, 2011 – 10:30am to Noon  
National Poetry Month will be full of rhyme as your hands do the talking with Poetic Puppets. Books Alive! is a reader's theatre book appreciation program for

## Shallowford Square

**Starlight Movie Nights** start April 16th. Toy Story 3 will be shown. games and prizes prior to the movie

**Outdoor Concert Series** begins May 21st 7 pm  
The popular local group, The Ardmores will be playing.

### Lewisville Beach Blast

Saturday June 18th tailgate spaces are available for \$100. First come, first served

**Lewisville Civic Club** holds it's monthly meetings on the third thursday of each month at 6:30 pm in the G Galloway Reynolds Community Center

July 1st marks the end of acceptance of computers and televisions, from the bulky item pick up. These items must go to the Enviro-Station at 1450 martin Luther King Jr. Drive. Call for more info 784-4300

Don't forget to find more Lewisville specific info on channel 6 in Lewisville and the town newsletter The Lewisville Citizen, found on the town's site or you can link from our website [www.LewisvilleTimesNC.com](http://www.LewisvilleTimesNC.com)

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# Man On The Street

Last issue I asked a "Man On The Street" question. Well we had a great response. The questions was "What type of business would you like to see come to Lewisville? I also mentioned I'd like a restaurant. Here are some of your neighbor's thoughts on the subject.

You must have been reading my mind because the way you expressed your desire for a restaurant in Lewisville in the most recent Lewisville Times "Man on the Street" is exactly how I feel about the subject.

Often, friends and visitors alike, ask me if there is a restaurant nearby in Lewisville when they come to see me. Like you, I would like to see a "destination restaurant" appealing principally to adults (and NOT a sports bar) - no TV, no loud music - just fine dining. It does not have to be a big restaurant, but should have tablecloths and maybe some soft music as a background. AND good food! It should be reasonably priced, but, like you said - no fast food.

I understand with the "historic" regulations in Lewisville, this would not be an easy task but, maybe someone will take it on. Thanks for bringing this up.

Sincerely, Sallie Tucker

I would like to eat @ a good restaurant in Lewisville—my dream list would include...a restaurant that has an outdoor patio where you could relax & eat, one that supports/serves only the Yadkin Valley wines from the area, a restaurant that would have live music to enjoy (maybe once/twice a month on their patio), and one that has a really good menu ---similar to the River Birch restaurant on Robinhood.....that would be a GOOD restaurant for Lewisville area, and everyone would enjoy it!

Linda McCormick ....a Lewisville resident

After reading the Man On The Street article in the Lewisville Times, we too, would love to see a "Nice" restaurant built and opened in our great town.

Ben and Betty Thompson

Hello, I saw your newsletter at my favorite coffee and fudge place. I have been looking for a place to send a note that would recognize someone in Lewisville. My wife and I have commuted to Greensboro for many years from our house in Pfafftown. As such, we get off Rt.#421 at the Lewisville exit..

This note is to thank the person who lights the Christmas tree every year right there on the side of the exit ramp. Every night it makes us think of Christmas and what the season means. So thank you, Mr. Anonymous!

Also, you asked about what to have in Lewisville. I would like to see a small, diner type eatery. Not really fancy or upscale, but a local, friendly diner. Maybe even use a real diner car like they have in New England.

## *New Man On The Street Question*

How do you feel about the changes over the past few years, in the architecture of Lewisville, both the new business buildings and new housing developments?

Do you have a favorite?

Please send your responses to Lewisville Times PO Box 513, Lewisville, NC 27023 or e-mail to [showardsmail@yahoo.com](mailto:showardsmail@yahoo.com)

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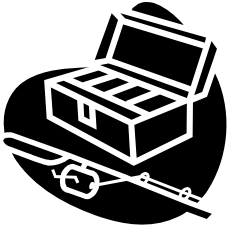
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# LEWISVILLE P.L.A.Y.S.

By Mike Johnson

Growing up and attending a Catholic grammar (my kids now tell me they are called elementary) school has provided a wealth of vivid memories and memorable lines. We were in the 5<sup>th</sup> grade and Peter O'Brien showed up about an hour late to school. When Peter came into class, he explained to Sister Josita that he was late because he missed the school bus. Sister Josita, who was none too happy about Peter's tardiness said, "Peter, it's never too late to catch Bus 11". A bit befuddled (like all of us) Peter asked Sister about Bus 11 because he had never heard about it. Without missing a beat, Sister stuck out 2 fingers on her right hand, held them down and started flicking them back and forth and she said, "Bus 11 (walking or running) is always an option to get to school on time". In this edition we are going to suggest a few ways to get out and enjoy our beautiful area using our Bus 11.

I remember the amazement my wife had waiting (a very long time) for me to cross the finish line of my first marathon. She could not believe that people of all shapes and sizes were participating in the event, and some were even walking the full 26.2 miles. Now the point here is not to suggest that everyone go sign up for a marathon, but it is to suggest that running, or walking, is no longer a sport or activity just for elite athletes. If you have a pair of comfortable shoes, and the desire to do something good for yourself while exploring the beautiful area we live in, you are officially qualified as a runner/walker.

Whether you are an experienced runner/walker or just starting out, it is always a good idea to have a goal in mind. Many folks have found that signing up for one of the many local races/runs is a great way to motivate oneself to get out there and pound the pavement. For beginning runners/walkers, aiming to participate in a 5K (3.1 miles) race is a great place to start. Now that the weather has turned warmer, the list of local races of races to choose from is fairly robust. For the latest listing of local races check out: <http://twincitytc.org/RaceInformation/RaceCalendar/tabid/31/Default.aspx>

For the more experienced runners looking for a different kind of challenge, we suggest checking out The Bear. This is a 5 mile run starting out in Linville, NC and ending on the summit of Grandfather Mountain. The race is appropriately named, it is incredibly grueling, or a real "bear" of a run. This year the run takes place on July 7<sup>th</sup>, and more information about this event can be found at: <http://www.hopeformarrow.org/bearinfo.htm>

Finally, if you are looking for something the whole family can participate in and have some good "clean" fun, let us suggest the 2<sup>nd</sup> Annual Marine 5K Mud Run held at Jomeokee Park in Pinnacle, NC. This year's event will take place on June 11<sup>th</sup>. This is a 3.1 mile trek through the wilderness, with numerous obstacles, and yes PLENTY of mud. You can participate in this event as a single runner/walker, or as a team of 4. They even have a much abbreviated version of the event for the little ones called the Pollywog Jog. Even if getting soaked, muddy, while sharing good laughs with fellow participants isn't your thing, do go out and watch this incredibly unique event in our own backyard. For more information on this event check out: <http://usmcmudrunnc.com/>

Well that it for this edition. Go out and gas up your Bus 11, the road waits you!

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# PET TIPS

## Pets and Obesity

By Jayne Warbington of Barclay Manor Pet Spa

As Spring is upon us, our thoughts turn to fitness and taking off that “Comfort food tummy bulge”.

Winter weather and holiday parties give people and pets the excuse not to exercise (bad weather), eat more, stay indoors, and laze around. A few pounds of “winter weight gain” on you pet can make a huge difference on their health and lifestyle. Currently an estimated 89 million cats and dogs are overweight or obese and at risk for high blood pressure, diabetes, heart disease, kidney disease, and many forms of cancer.

### How to tell if your pet is overweight:

Difficult to feel ribs; your pet has a broad or flat back; chest and abdomen appear distended or sags; no waist; your pet is fluffy, round, husky, or heavy.

First a checkup at the vet’s office to get started on a weight loss and exercise program. They can also give an Body Weight and BCS (Body Condition Score). Then get all the family on board. No sneaking snacks and treats and sharing the responsibility for daily exercise.

Your veterinarian and local pet food supplier can recommend healthy, low fat food and suggest amounts per pound of pooch. Healthy treats such as rice cakes, baby carrots, canned low sodium green beans can be added to their diet. Toxic foods to avoid include grapes, raisins, high fat foods and chocolate that can all trigger adverse reactions, such as vomiting, diarrhea, seizures, lethargy, and kidney failure.

In addition to dietary changes, exercise and playtime should also be considered. Does your pet go for long walks or runs, play in the yard, or play in the park?

Make sure your dog has regular daily exercise and make sure they have plenty of toys to play with. One on one playtime with your pets is the best treat and they will love it.

For more information on pet obesity and prevention visit [www.petobesityprevention.com](http://www.petobesityprevention.com)

**Don’t forget to visit the Lewisville Times website at [www.LewisvilleTimesNC.com](http://www.LewisvilleTimesNC.com)**



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# Lawn Care

## Summer's Coming!

By: Neel Downey - Downey's Landscaping and Lawn Care

Are you tired of high fuel prices yet? Of course, we all are but it's not going to stop there. Most of the fertilizers that you use are made from Petroleum products. High fuel prices can drastically affect fertilizer prices for months to come. This is one of the great reasons for creating and maintaining a yearly turf program. With this program you can buy all the products you might need in one stop. This not only saves you time and expensive trips to the hardware store it also allows you to buy when the prices are more affordable. By this time of year you should have put out at least one application of pre-emergent fertilizer. A second round of pre-emergent is ideal to help keep your yard crabgrass free till around August. The second round should go out in early May or six to eight weeks after the first round. The timing of these applications is very important because of the chemical characteristic that makes it stay in the ground for extended periods of time. If your yard is irrigated or you water regularly June and July are ideal times to spread a fertilizer with iron and a lower nitrogen level like a 5-10-30 with about 10% iron. This will help keep it green and growing through the hot days of summer. If you have a lot of weeds like clover or crabgrass then there are products at your local hardware store that can eliminate or suppress many different types with one application. The easiest application for the do-it-yourselfer is the type that you attach to the garden hose. These products allow you to cover a large area quickly and there is no mixing or clean-up. All the chemicals mix in the bottle so you don't waste it or use too much in one spot. The only drawback to these is that they are not as strong as some of the granular products. The granular products have to be put out when the grass is wet. I recommend putting this out early in the morning when there is still dew on the grass. I would also recommend putting this product out when there is no chance of rain for at least two days. This is so the chemical can stick to the weeds and take affect without washing away.

No matter what kind of fertilizer you are applying you must always read the label on the bag or container. It has all the information you need to know about how and

and when to apply and what precautions you must take. Remember, it's our responsibility to protect our ground water when spreading granular products so, please blow off your drive ways, curbs, and sidewalks after you finish. This keeps it out of our waterways and rivers. Who can afford to waist it anyway?



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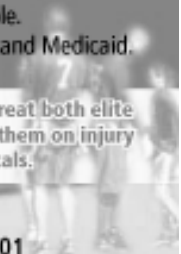
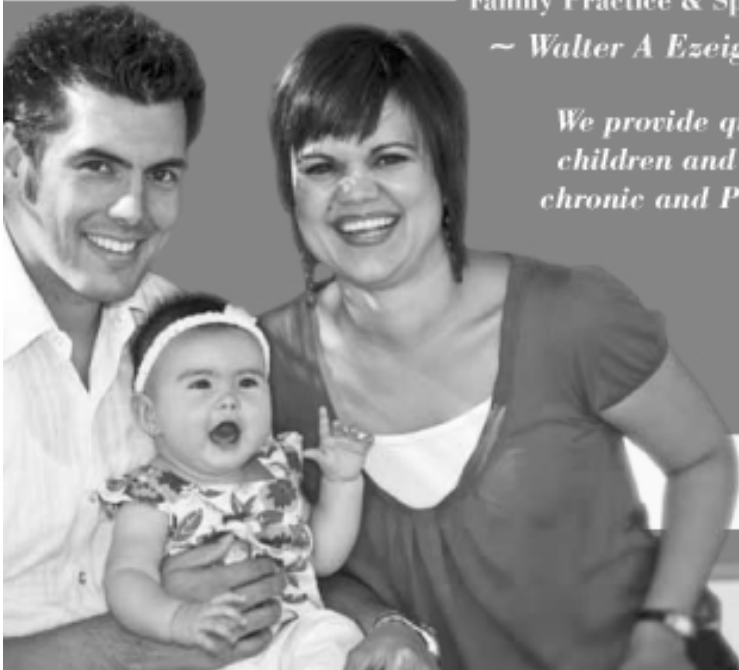
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# Health Info

## Heel Pain

By Walter A. Ezeigbo, MD - Advance Family and Sports Medicine Center, PLLC.

Common causes of heel pain include: Plantar fasciitis, bursitis, heel pad degeneration, nerve entrapment, periostitis and sero negative arthritis.

Plantar fasciitis is the most common cause of heel pain; 11% to 15% of all foot concerns that leads to physician visit. The typical presentation of this pain is heel pain that occurs with first steps in the morning and after prolonged sitting. The pain can go from sharp in the morning to dull/achy throughout the day.

Common conditions associated with Plantar fasciitis include

Trauma

Prolonged Standing

Obesity

Middle age

Pes Cavus (high arch)

Unyielding running surfaces

Achilles tendon tightness

Pes Planus (Flat foot)

### TREATMENT

1. Conservative
2. Steroid Injection
3. Radio frequency therapy
4. Surgical

Based on my experience, conservative treatment works in over 70-80% of the time. Cornerstone to conservative treatment is rehabilitation exercise which could be done at home for very motivated patient or at a Physical Therapy Center for other patients. These rehabilitation exercises include towel stretch, standing calf stretch, plantar fascia stretch, resisted stretching using therabands, towel pickup, static and dynamic balance exercises and frozen can roll. The most important asset required in recovering from this bothersome condition is patience.

In my 13yrs of practice, I have only had to inject steroid in less than 20 cases and have never had to refer a patient for Radio frequency therapy or for surgical intervention.

# TEE TIME

## Fairway Bunkers

By Steve Nixon Certified Golf Pro

This golf tip discusses the best one that I have ever received. No, it wasn't about "adding distance to your drives." Nor was it about "foolproof putting." Instead, believe it or not, the best tip I have ever received was on fairway bunkers.

The entire essence of the tip is as follows? "keep your lower body as still as possible when hitting a fairway bunker shot".

It was quite a long time ago that I received the tip. (It was at a golf seminar in Charleston, SC.) It also seems eerie that 18 years after the fact, I still think about it every time I enter a fairway bunker. Because of this, I have always felt comfortable and been able to execute out of a fairway trap, no matter what condition my game has been in. A big thing to remember is that because it is a less aggressive swing, you will need to take extra club.

As for the over the top slicer, this softer lower body will result in less spin of your hips. Anytime you spin out and get that right side moving out and over, this will lead to chopping. Whenever you chop, especially in a fairway

*(continued on inside back cover)*

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# Getting To Know You

## Michael A. Carpenter of Asset Guard



Michael A. Carpenter, Sr. is President and CEO of Asset Guard, and has been helping individuals and families realize their financial goals since 1991. At Asset Guard, Inc., their sole focus is on protecting the long-term assets of its clients through sound advice on estate planning, long-term care insurance, and retirement asset protection. Sheltering assets from taxation is one of the company's strengths, and Asset Guard has a history of providing low risk, reliable financial growth to its clients.

The office was re-located from downtown Winston-Salem to Lewisville 3 years ago. They are located in what used to be the Lewisville Roller Mill, at 6285 Shallowford Road, Suite 120.



Mike and his wife, Mary Kay, have called North Carolina their home for the past two decades. Mike attributes his strong sense of business ethics to his father, whom he worked side by side with in the family business. His empathy for others he garnered from his mother who exemplified kindness and charity. These important attributes are applied to both his personal and professional life when developing trusted relationships.

Janice Torgersen has been a part of the Asset Guard family for more than 2 years. Her primary responsibility is client relations including tasks related to maintaining current clients portfolios. She also handles all marketing and advertising and maintains the company website. A native of California, Janice and her husband moved their family to North Carolina in 2006, and continue to be awed by the beauty of the change in seasons.

Vicki Carpenter joined Asset Guard just over a year ago. She serves as the Events Coordinator and is responsible for planning and overseeing the seminars. The dinner seminars are a great way to educate those who are retired or planning for retirement. AG also conducts an education seminar for local churches and civic groups. Vicki grew up in Wyoming, but has called North Carolina home for over 30 years. She refers to herself as “a southern woman with a cowgirl heart.”

Mike, Janice, and Vicki are all actively involved in their churches and believe in building strong business and community relationships. Michael Carpenter, Sr. is a member in good standing of the National Ethics Bureau and has achieved an A+ rating with the Better Business Bureau. Please stop by our office or take a stroll through our website at [www.assetguardnc.com](http://www.assetguardnc.com).



# Getting To Know You

## Cash Lovell Stables

Parker Nash Lovell, owner of Cash Lovell Stables is pictured with her eight year old daughter Cashlyn. We had the opportunity to ask Parker some questions, to Get To Know her and her business.



**Times:** Parker how long have you owned your business?

**Parker:** We're a third-generation family owned business

**Times:** How long at this location?:

**Parker:** Since the 1960s

**Times:** How many years have you been in this field?

**Parker:** The Lovells have trained horses for three generations.

**Times:** What did you do prior to this business?

**Parker:** I was an investigative newspaper reporter

**Times:** Any special training?

**Parker:** Degrees in business and marketing. A Master's Degree in Journalism from Columbia University in the City of New York. A lot of life lessons from the School of Hard Knocks . . .

**Times:** What made you get into this field?

**Parker:** I've ridden, trained, shown and loved horses my whole life. For many years, I helped my husband in our horse business, and I also worked as a reporter, which I absolutely adored. But when I became pregnant with Cashlyn, I knew I couldn't do both any longer. So I became a full-time horse person.

**Times:** What do you like most about it?

**Parker:** Working daily with God's grandest creatures – children and horses.

**Times:** In light of the current economic conditions, are there any steps you are taking to help out your customers

**Parker:** We always work with children whose families go through difficult times, whether it be financial or emotional.

**Times:** What are your hopes for the future of your business?

**Parker:** To build the best riding academy in the country, in Winston Salem and at our new location in Summerfield/OakRidge

**Times:** Why do you advertise in the Lewisville Times?

**Parker:** Because there are great, horse-loving children and families in Lewisville. And we want to meet all of them!

**Times:** What do you like most about Lewisville?

**Parker:** Its quaintness

**Times:** Do you have any hobbies?

**Parker:** My life is consumed with being a mom, and running our business. But I do love reading. I just rarely find the time.

**FYI:** Parker also enjoys her Miniature Schnauzer - Lucy, Jack Russell - Buddy and her favorite horses out of the 65 are Piper, a 26 year old Morgan Horse, and Vegas, a 22 year old American Saddlebred.

### Correction

In our last issue of Getting to know You, in the Lewisville Times, we neglected to properly address the heading of the article.

Randolph C. Henning is an award winning, highly acclaimed local architect. For more information on Mr. Henning please see our

last issue on our website

[www.LewisvilleTimesNC.com](http://www.LewisvilleTimesNC.com)

# It's Easter Time and a great way to spend time with the kids

You'll find a bunch of ways to dye eggs online. I got some great ideas and I'll share them with you. Here's a list of variations on plain dyed eggs. Who Knew!

Many people used dye from a box. Some people use food coloring and now I understand their are more natural dyes. Whatever dye you use, take some steps to make less mess and more fun.

Line the work area with newspaper. Yes, wet newspaper is messy but it's better than the actual dye landing on your table.

Clean up as you go - keep a damp sponge nearby.

Always make sure the eggs are hard boiled, not medium boiled



Here are some ideas to spark your imagination.

Food Coloring Dyed Easter Eggs \* Tissue Paper Dyed Easter Eggs

Crayon Easter Eggs \* Sticker Easter Eggs

Marbleized Easter Eggs \* Fingerprinted Easter Eggs

Splatter Painted Easter Eggs \* Rubber Band Easter Eggs

Stone Easter Eggs \* Natural Dyes for Easter Eggs

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There are lots more ideas and instructions, along with templates for fancy eggs online. Just Google dyeing easter eggs or easter eggs. Happy Easter



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# Senior Section

## Traveling “Play Day” to Mount Airy

In collaboration with the First Christian Church “Joy Riders,” Shepherd’s Center participants are invited to enjoy the play called “Surrey County”, written and performed by the *Old School Drama Club* of the Senior Center of Surry County. It’s the Center’s first play in its newly remodeled auditorium.

There is no charge, but donations are gladly accepted to support future productions. **Save the date...April 14, 2011, 2pm** Call 748-0217 to join.

## Sign up for AARP’S Safe Driving Course

**April 15, 2011 9:30 am – 2:30 pm**  
at the Shepherd’s Center 1700 Ebert Street

***Would you like to save money on your car insurance\* but hate taking tests?*** Then this class is for you. **\$12** for AARP members; **\$14** for non-members. (*\*Check with your agent for details as actual savings may vary.*)

## Take Me Out To The Ball Game

*Wouldn’t it be great to go out to a Winston-Salem Dash baseball game, and enjoy a hot dog and a good time with some friends? **Well, come on!** We’ve got 50 seats reserved, and **we’re waiting for you to sign up!***

***Save the date: April 27, 2011 at 12 Noon at the Dash Stadium.***

*In order to guarantee your seat, you will need to sign up at the Shepherd’s Center and **pay \$9 for your ticket by March 24, 2011.** A bus will be available or you may drive separately and meet at the stadium. Our seats are on the shaded side of the stadium next to the elevator. There is easy access to concessions and facilities. Call **748-0217** to sign up or for more information.*



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**TEE TIME (Continued)**

bunker, you have almost zero chance of executing the shot. Instead, you need to pick the ball as clean as possible. This quiet lower body will help you do this. To further encourage this “picking it clean” action, your right shoulder should feel like it remains stationary to begin the downswing. Here is a checklist for you when you enter the dreaded fairway bunker:

1. Take one or two extra clubs.
2. Place the ball a little farther back in stance than normal.
3. Dig in a little (sand is slippery if you don’t get to the bottom of it!)
4. Now for the fun part’swing while keeping your lower body as still as possible.

A couple of good images to help achieve this are to “freeze your lower body like a camera tripod”, or pretend like you are “playing on ice”. Use these thoughts on shots from about 80 yards and up. Anything less than that is a separate animal altogether and takes a few adjustments.



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# *Happy Easter From The Lewisville Times*

## Inside This Issue

Out and About Town - Events  
New Feature Lewisville P.L.A.Y.S.  
Golf Tips - Pet Place Lawn Care - Health Info  
and more

We would like to thank the Lewisville Library for providing information for every issue. We were unable to fit all of the interesting events they provided, but we encourage our readers to call the library or visit their site for more information.

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