

Lewisville Times

Local Information for the lovely town of Lewisville, North Carolina August/September 2011 Volume 3 Issue 4

Lewisville Flourishing

This signs are all around, the quaint town of Lewisville is on the rise. New businesses are opening in Lewisville and established businesses are expanding. Over the past few years the new dental office building and the new Town Hall have helped set a standard for quality in architecture. The new drug store (building), formerly in the Lowes Foods Shopping Center, has also built excitement in the area.

Now, As I mentioned in the last issue, Hayworth - Miller Funeral Home is building along Shallowford Road. The rendering of the building also looks beautiful. When I spoke with Frank Miller for the last issue, he was happy about the expansion to this charming town. Mr. Miller indicated wanting to work "hand in hand" with Lewisville.

NOW THERE IS ANOTHER NEW BUSINESS coming to Lewisville. It has been rumored for some time, now it's true. PIG N OUT Barbeque should open some time in September, according to owner Gus Carros. I first spoke with Mr. Carros a few months ago when I heard the first rumor. By his request, I held off on printing the information. Carros said, "It was a lot of red tape and delays but we should open in September."

I think it will be great to have so many restaurant choices in Lewisville and such a variety. We will have Italian, Greek, Barbeque, and the old stand by Liberty Diner (a little of everything).

We'll keep you posted on any new additions to the list.

Something new will be available soon for residents and business owners in Lewisville and Clemmons.

Details inside.

Sit back, relax and enjoy reading the Lewisville Times,

Sarah



Karate International of Lewisville Competition Team fielded 5 competitors and brought home 8 awards

Details inside

Nissen House Preservation Event

The Lewisville Historic Preservation Society is holding a fund-raiser August 20th, from 7 to 9 PM at the Lewisville United Methodist Church On Shallowford Road. The Craft Brothers in concert with Crossview will be performing at the church, in the hope of raising funds to preserve the old Nissen House.

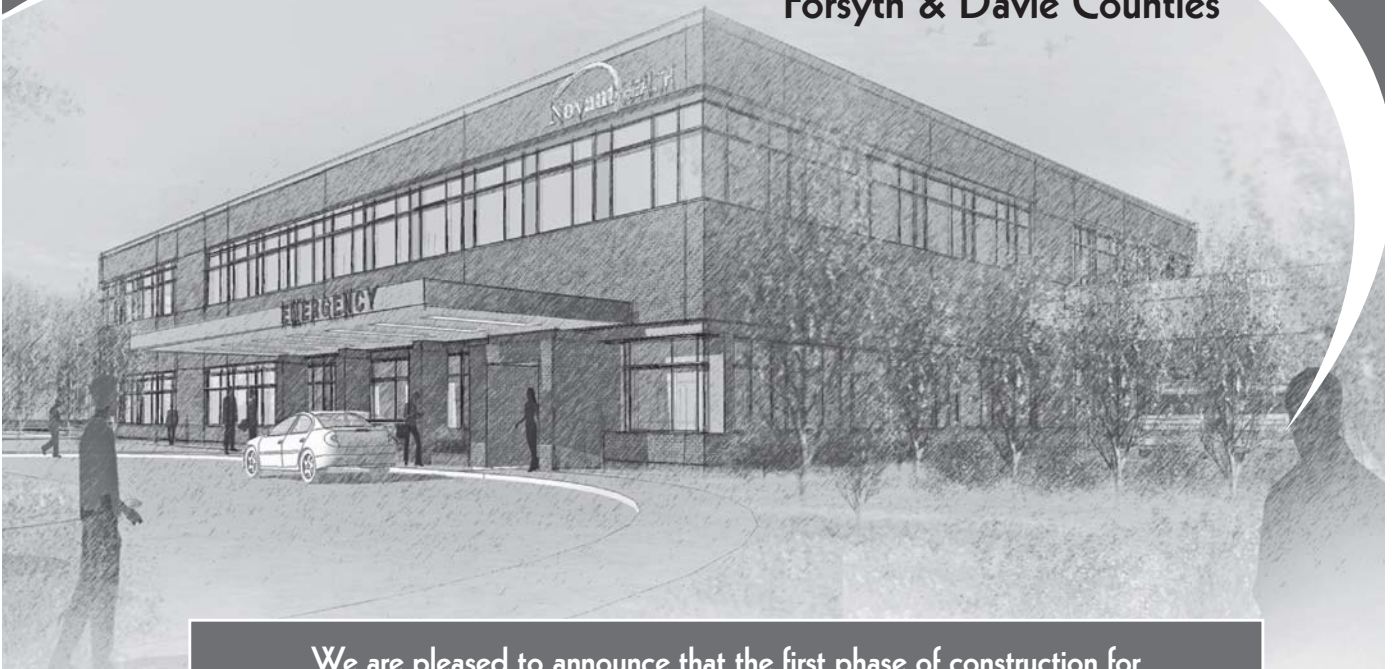
The Nissen House was built around 1789 by George Elias Nissen, one of the pioneers of Nissen Wagons. Nissen Wagons were the only means of transportation in early days.

"The Preservation Society received one grant and has applied for others", according to Barbara Moser, of the Historic Preservation Society. She adds, "Much more is needed to accomplish the goal of restoration to this wonderful historic property, located right here in Lewisville.

The cost to move the building from it's former site was over one hundred thousand dollars. The funds were donations, including a generous donation from the owners of the new dental office, which now sits at the site of the former location on Shallowford Road.

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Visit our website

www.lewisvilletimesNC.com

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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Land use & Zoning 945-5558

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Lewisville Library 703-2940

Motor Vehicles 761-2258

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Out and About Town

Music Under The Stars



August 13th at 7PM, the local band, the GB's will be performing at Shallowford Square.

Lewisville Civic Club Charity Golf Tournament

September 16th at Salem Glen Country Club. The event is Captain's Choice. Cost \$75, which includes green fees, cart, lunch and goodie bag. The Driving Range opens at 11:30 and a box lunch will be served at noon. Shotgun start is 1PM. Prizes will be awarded.

The Lewisville Civic Club uses the proceeds for charitable work in Lewisville, including scholarships. For more information contact Larry Morris 945-9529

Ride For Hunger August 20th. Registration is 10 AM ride 11 AM to 1 PM Shiloh Lutheran Church. The ride benefits Second Harvest Food Bank. Call 287-6541. Bring as much food as you can safely carry.

Lewisville Library Events

Lewisville Library Hours:

Monday – Wednesday 10AM-9PM

Thursday and Friday 10AM-6PM

Saturday 10AM-5PM

Lewisville Library Events

August

Art Show (all month long)

Art by local artists, Tom Lee and Bill Edwards in the Auditorium/Gallery.

**Tuesday August 16, 2011 at
10:30am**

Creative Crafts for Adults

Margie Carter is back by popular demand. She will be demonstrating how to make a simple inexpensive craft. Adults are welcome to join us for this free class. Just bring a pair of scissors and a glue stick. No registration required.

**Thursday August 18, 2011 at
4:00pm**

'Third Thursday' Teen Wii time

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.

Tuesday August 23, 2011 at 7pm

Friends of the Library Book Club

The Friends of the Lewisville Library invite you to enjoy a discussion of the book, "The Paris Wife" by Paula McLain. Free and open to the public.

**Tuesday August 30, 2011 at
7:00pm**

Poet Terri Kirby Erickson

Join us as we welcome award winning poet, Terri Kirby Erickson. Terri is the author of three collections of poetry, Thread Count (2006), Telling Tales of Dusk (2009, Press 53), and In the Palms of Angels. *Continued on page 5*

Senior Section

The Shepherd's Center Celebrates Louise Thomas

Susan Meny

I met Louise Thomas in 2007 when I began teaching warm water exercise for the Shepherd's Center. She was tiny, feisty and extremely interesting. Louise had a wonderful career history and a delightful way of describing it. The participants in our class and I learned that she had written a thesis on the rise and fall of the department store in America for a Master's program she had completed *after* retiring from a life in retail. Several editors read her thesis and declared it should become an autobiography.

When I took on the task of typing her manuscript, Louise had only a few chapters finished. A year later, she had an entire book. She was published by Second Wind Publishing Company, and her book, **Dear Emily, A Memoir: My Life in the Fine Stores**, is available at the Golden Apple on Robinhood Road near Peace Haven and at the Shepherd's Center at 1700 Ebert Street. Louise is available for signings and talks and can be reached by contacting the Shepherd's Center at 748-0217.

The Shepherd's Center is happy to have had Louise participate in the annual Mutual of Omaha's "Aha Moment." When I asked her what moment she chose to share with them, I muttered a soft chuckle thinking that for Louise, they should have had an "Aha Hour," as a moment just wouldn't do.

The Third Wednesday Book Club will be reading and discussing Louise's book in September, and the author will attend their meeting and discuss her life and writing process on September 21 at 2 pm at the Shepherd's Center. Please feel free to join the group and enjoy the opportunity to listen to some fascinating tales. From Churchill's funeral to buyer for Thalhimers, it's all good.

If you can't make the Book Club, you'll have one more chance to listen to Louise at Adventures in Learning this fall at College Park Baptist Church, 1701 Polo Road in Winston. She will present her book on Tuesday, the 25th of October at 10:30 am, as part of our Local Authors Series. Look for more familiar authors to be highlighted in later news.

Here's What's Coming Up

Caregiver Day Out — August 17th from 11am to 3pm at The Shepherd's Center. Lunch, Manicures, Goodie Bags, Healing Touch and Information Tables. Come see what's available.

Card Making Workshop — August 21st from 2pm-5pm at Country Village Apts. - 201 Park Ridge Circle. Cost of \$2.50 per participant. Each participant will create and leave with 2-3 cards. You must preregister to guarantee your spot. Call AnneMarie Ziegler at 765-4354.

Winston-Salem Community Band Performances — July 3 at 6:30pm — Miller Park, Patriotic Concert. August 7th at 6:30pm – Miller Park, Band Showcase.

Are we missing something you would like to see added? Call Susan at 748-0217

EVENTS CONTINUED FROM PAGE 3

September

Art Show (all month long)

Lewisville Art Guild Juried Art Show in the Auditorium/Gallery

Tuesday September 20, 2011 at 10:30am

Creative Crafts for Adults

Margie Carter is back by popular demand. She will be demonstrating how to make a simple inexpensive craft. Adults are welcome to join us for this free class. Just bring a pair of scissors and a glue stick. No registration required.

Tuesday September 20, 2011 at 6:30

Civil War Movie

Come join us for a movie at the Lewisville Library to commemorate the 150th Anniversary of the Civil War and Forsyth County Public Library's On the Same Page Community Reading Program. Bring a snack and enjoy a movie on the "big screen"! Free and open to the public.

Saturday September 24, 2011 at 10:30 am

Books Alive

Books Alive! is a reader's theatre book appreciation program for children. We will be acting out Baby Bear Baby Bear. For children in grades K-3. Free and open to the public.

Tuesday September 27, 2011 at 7pm

Friends of the Library Book Club

The Friends of the Lewisville Library invite you to enjoy a lively discussion of a timely title. Free and open to the public. Call 336-703-2940 for more information.

Rock Star Wanted

No, not really. We are looking for people who would like to see their name in print. If you have an interest in writing articles or reporting on local events, we will publish them for you as space permits.

We would love to have some Human Interest or Historical articles.

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LEWISVILLE P.L.A.Y.S.

By Mike Johnson

There is truly something magical, almost mystical about living in Lewisville. Maybe it's the occasional muscle (some would dare call them antique) car shows in the Food Lion parking lot, the family-centric, town celebrations (like the 4th of July), or neighborhoods where people actually know each other, talk to each other...and geniuly like each other. If I didn't know better, I would swear that when we moved to Lewisville a few years back, we entered a time machine and were transported back in time to the 1950's....a time when things were simpler and some would say more wholesome.

Well, if you are looking for that same type of quintessential Americana experience and looking to get in touch with Mother Nature.....we have a great recommendation for you. Hanging Rock State Park located in Danbury, NC is a great place to take the family, spend a day, and come back and visit often. First, part of the fun of Hanging Rock State Park is getting there. There are no super highways you can take to get there, in fact the hour or so it takes to drive there from Lewisville is done mostly on 2 lane country roads. En route to Hanging Rock you'll pass through some pretty countryside, and small towns with some intriguing establishments. I remember our first trip there we passed a restaurant who had its daily specials listed as spaghetti and hot dogs. Now this was not spaghetti and (also) hot dogs, it was spaghetti served with hot dogs. I don't know about you, but there was something just quite unique and "homey" about this offering...again making the trip to Hanging Rock part of its charm.

Once you arrive at the park entrance, you follow a gently sloping road through the heavily wooded park, slowly making your way to the main parking lot. This will lead you to the epicenter of activity for the park, the lake. Keep your eyes peeled on the drive up, you might catch a glimpse of some wildlife along the way. Before you enter the lake, you'll need to pay a nominal entry fee at the bathhouse. This is a rustic wooden structure with a certain damp and musty smell that reminds you of perhaps a time you played hide and seek in your grandmother's basement. Again, nostalgic memories flood back at many points throughout a visit to Hanging Rock.

At the lake, there is a lot to do. You can take a dip into the cool and clear mountain lake waters, swim out to the swim platform and take a dive off a diving board, hang on the beach and catch some rays, or rent a canoe or rowboat for a bit of "aquatic exploring", or dare I suggest a bit of fishing. The lake is not particularly big, so no matter how far you venture off, you are always under the watchful eyes of a lifeguard.

Say you have had your share of water and sun; you can pack up your stuff and picnic in one of wooded/shady areas adjacent to the lake. There is something about being out in the fresh air that really builds one's appetite. Once you have enjoyed your meal, you can stretch your legs a bit and take a hike on one of the many hiking trails throughout the park. Most of the trails are fairly forgiving in terms of level of difficulty, and pick the right trail and you might just happen upon a waterfall. Make sure if you'll think you'll be taking a hike you toss in a pair of sturdy shoes and a few bottles of water before you head to Hanging Rock.

Well, as you can see a day spent heading to and "playing" at Hanging Rock State Park can be about as adventuresome and wholesome as it gets. For more information about Hanging Rock State Park you can go to: www.ncparks.gov/Visit/parks/haro/main.php

If you want more information about other Ponds, Lakes, And Yonder Sites (P.L.A.Y.S.) in and around Lewisville, check back in the next edition of The Lewisville Times.



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The Karate International Of Lewisville Competition Team Takes On The World!

The Karate International of Lewisville Competition Team competed recently in the U.S. Open World Martial Arts Championships in Orlando, FL. The team has been training together three times per week for one year, and competing on local and national levels, in preparation for this milestone event.

Coached by Master Mark Thomas, the team is made up of 11 dedicated adults and juniors, ranging in rank from intermediate purple to advanced black belts.

The U.S. Open is the largest martial arts tournament in the world, hosting over three thousand competitors from over one hundred countries worldwide. Competition is fierce in every category and age group.

The Karate International of Lewisville Competition Team fielded 5 competitors and brought home 8 awards:

Chris Zendgraft: 3rd sparring, 4th open hand kata

Jake Hobeck: finalist in both open hand kata and sparring

Monika Maricova: 3rd continuous sparring, 4th weapons kata

Anton Sisak: 3rd MMA fighting

Ginger Gallagher: 3rd weapons kata, 3rd sparring, 6th open hand kata

"I couldn't be more proud of the team this year," stated coach Master Mark Thomas. "Everyone trained so hard all year and weathered both disappointment and success in the tournaments leading up to the US Open. The character, drive and sheer will power of the team is astonishing and makes me very proud to have been a part of this group of athletes."

Karate International of Lewisville is celebrating 20 years in the Lewisville area and is located at 6497 Shallowford Road, just beside Lewisville Town Square.

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Health Info

Helpful Tips to Prevent Dental Decay

Many people ask me how they can protect themselves from developing future cavities or wonder what causes cavities, especially if they brush regularly and still get a cavity.

Most people may know that sugary foods and drinks can cause decay, but it is more important to understand how the sugars affect our teeth in order to prevent decay. Sugar is broken down by two main types of bacteria in our mouths: Strep mutans and Lactobacilli. These bacteria eat the sugar and carbohydrates on our teeth and release acids which breakdown our enamel. Therefore, the frequency in which the teeth are exposed to sugar is much more important than the quantity and the stickier the food, the more it adheres to the teeth. It is much better to drink a drink that has sugar in it (like regular soda, fruit juice, or sweet tea) all at once, rather than sipping it over the course of an hour or all day. It is also important to brush after consuming sticky candy or dried fruits because they stick in the tooth grooves and stay on the teeth longer-like an open buffet for the hungry bacteria. It, of course would be better for your teeth for you to drink beverages that have artificial sweeteners because the natural bacteria in our mouths cannot break them down into the acids that cause decay.

Did you know that our saliva is a natural protectant against decay? If you have dry mouth, you should discuss it with your dentist, because you are at a much higher risk for developing cavities than even a person that consumes a lot of sugar in their diet. There are many products out there to combat this growing problem.

Another good idea is to chew gum that has xylitol in it. Studies have shown that the bacteria in our mouths cannot process this sugar alcohol and therefore you can actually reduce plaque in your mouth by chewing gum with xylitol in it. Some of these gums will also stimulate saliva production and you will get that added benefit. I particularly like Ice Breakers brand. The makers of this gum have put 1 full gram of xylitol per piece. Now you're fighting cavities! As always, see your dentist every 6 months! You can make sure a small problem won't turn into a big problem.

Yours in dental health,
Jonathan Liner DDS
Lewisville Family and Pediatric Dentistry

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or send your question to Lewisville Times PO Box 513
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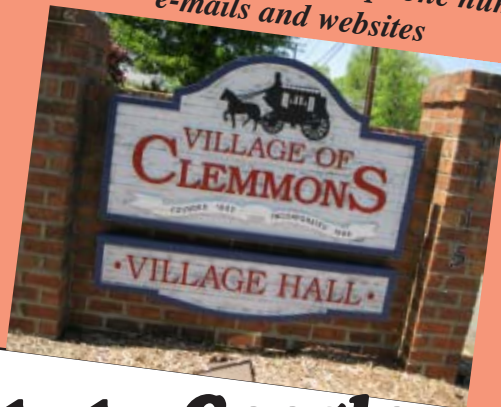
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Back To School

It's that time of year again. Summer is just about over and the little ones will be heading off to school. Most schools prepare a list of items your childrens will need for the years. You can usually find them on the school's website.

Here is a partial list of school supplies you may need. Please check with your school to be sure.

These are suggested only - check with your school.

Box of 24 crayons
Glue Sticks
box of number 2 pencils
tissues
Erasers
Spiral Notebooks
3 ring binder
Binder paper

Ruler
Spiral Notebooks
3 ring binder
Binder paper
Notebook with tabs
Package of 3 x 5 cards
Red, blue and black pens
Highlighters
Pencil sharpener

Washable markers
Pencil case
Book bag - Back pack
Folders
Hand Sanitizer
Change of clothes for younger children
Ruler

Lewisville Library Events for Kids

**Saturday August 27, 2011 at
10:30am Books Alive**

Books Alive! is a reader's theatre book appreciation program for children. We will be acting out the Napping House. For children in grades K-3. Free and open to the public.

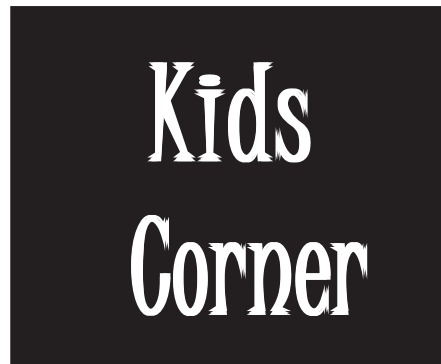
September

Tuesdays at 10:30am

(September 6th, 13th, 20th, 27th)

Preschool Storytimes

Join us for Preschool Storytime!
This story time is appropriate for children ages 3-5 years with a caregiver. Activities may include read-aloud of books, songs, fingerplays, and a craft project.



**Saturday September 24, 2011 at
10:30 am**

Books Alive

Books Alive! is a reader's theatre book appreciation program for children. We will be acting out Baby Bear Baby Bear. For children in grades K-3.

These events are free/open to public

**Check out these
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more kid friendly
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