

Lewisville Times

Current events and local information from the lovely town of Lewisville, NC June/July 2011 Volume 3 Issue 3

Lewisville Cares



Photo provided by the American Red Cross

Disasters, natural and otherwise have become more and more common. Whether it's the loss of everything a person owns from tornados; floods; fires; unemployment or the economy, loss and rebuilding are difficult. If the disaster is enormous the media will show scenes repeatedly and provide information on where and how people can help those in trouble.

The photo above was taken in eastern North Carolina after tornados tore through the area. Twenty four lives were lost, according to Hugh Quinn Executive Director of the Northwest North Carolina chapter of the Red Cross. The Red Cross at one point had shelters set up in ten states at one time due to all of the tornados. "Alabama had hundreds of deaths as a result of tornados in that state" said Mr. Quinn.

This column is to show some of the instances in which Lewisville cares and helps their neighbors, near or far. It is meant to show how easy it is to help one another. These instances are not of the same proportion as some of the natural disasters experienced recently, but the help provided is/was freely given and very much appreciated.

The Lewisville Civic Club offers assistance to local residents such as providing \$1,500 scholarships to three high school seniors. They have also presented \$2,000 to the Lewisville Cub and Boy Scouts. The Lewisville Civic Club is now gearing up for their annual Golf Tournament held on September 16th, with the proceeds to benefit Lewisville residents. The Science department of Lewisville Elementary School has also received a donation from the Civic Club.

Another business helping the community is Lewisville Drug Company. It is my understanding Keith Vance, owner of Lewisville Drug is planning a series of informative seminars for residents. As of this printing the dates were unknown, but the series will be on health issues such as diabetes and more. Check with Lewisville Drug to see if there is a schedule of events.

(continued on page 4)

Hayworth - Miller Funeral Home Coming to Lewisville

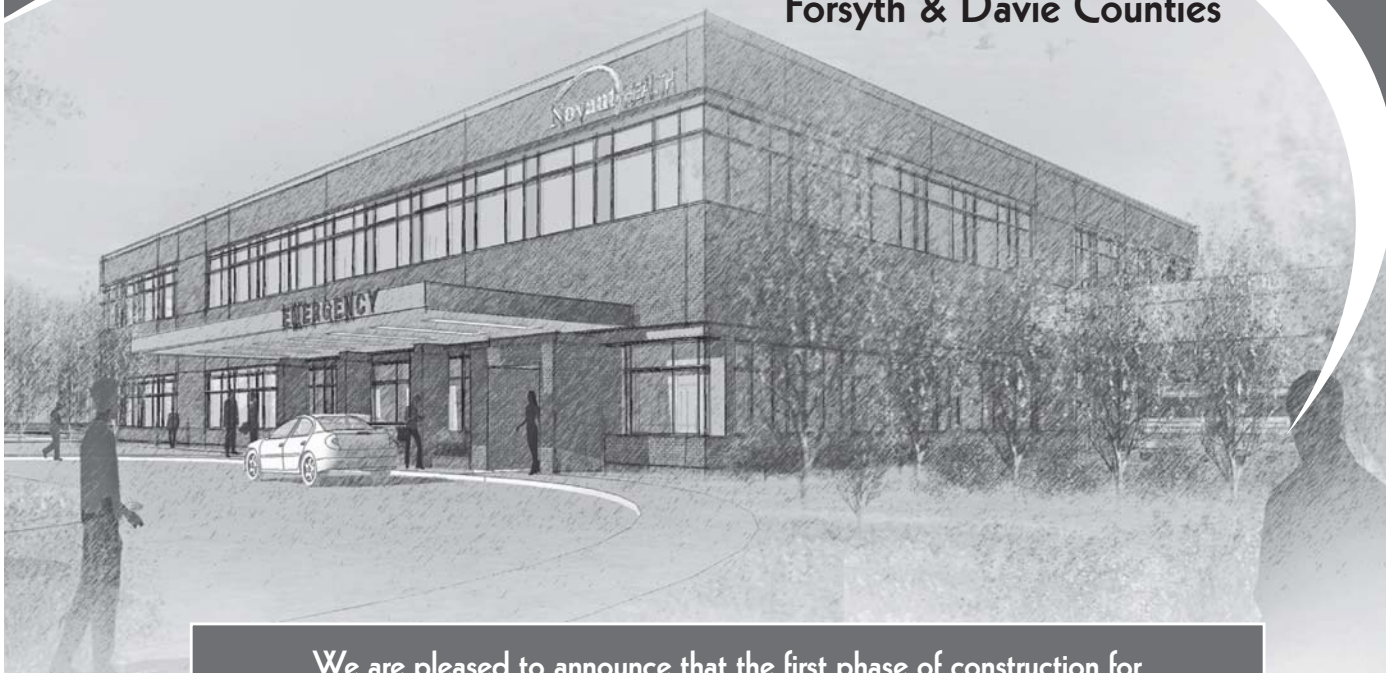
The rumors are true. Mr. Frank Miller of Hayworth Miller funeral home has confirmed their plans to open a new funeral home in Lewisville. "Ground will be broken in late July for the new funeral home, with an opening slated for Spring 2012", said Mr. Miller. According to Miller, the plans are all approved and moving forward. The only waiting game will be for approval of the completed work at each stage of the process. But yes, it is a go. Lewisville will have a Hayworth-Miller Funeral Home on Shallowford Road.

Sarah



Remarkable *Care*

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We are pleased to announce that the first phase of construction for Clemmons Medical Center is anticipated to begin by the spring of 2012.

The first services to be offered will include:

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- State-of-the-art imaging center with CT, x-ray and ultrasound.
- Outpatient surgery center
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This new facility, affiliated with Forsyth Medical Center - the place you already

know and trust for high quality care - will make receiving care faster and more convenient for you.

The Clemmons Medical Center campus is also part of a carefully designed area plan that includes a new elementary school, recreational lake, walking trails, sidewalks, bike paths and land for new development to grow the tax base and bring new jobs to this area.

Please visit ClemmonsMedicalCenter.org.

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Out and About Town

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Duke Power 727-4300

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 Lewisville Citizen, the town's newsletter is full of important information. If you did not receive a copy you can find the newsletter on the town's website. Some of the topics on which you can find information are:

The Town's Budget

A Tree Ordinance

Repairs to the town square

The Great Wagon Road

Volunteer Opportunities

Civic Club Golf Tournament

Bulky Item Recycling June 25th at Shallowford Square 9am - 2 pm

Beach Blast June 18th Saturday - starts at 3pm until 10pm. Tailgate spaces are for sale for \$100. Set up your grill and enjoy the show. Grills not permitted in the square. The Beach Blast is for adults. Music performed by The Catalinas and The Embers. Reserve your space through the Town Hall 945-1026

Starlight Movie Night July 22nd at Shallowford Square. The movie, An American Tail is rated G.

Looking ahead. The August movie is Despicable Me, rated PG. The August movie - The Pirates of the Caribbean, The Curse of the Black Pearl rated PG-13

Lewisville Civic Club to hold 6th annual Charity Golf Tournament

September 16th at Salem Glen Country Club. This is a Captain's Choice Tournament. Cost \$75 per player. Cost covers Green fees, cart, lunch and goodie bags. Shotgun start 1pm. Box lunch available at noon. Prizes will be awarded Funds raised benefit the charities of the LCC. Contact Larry Morris 945-9529

Free Concert June 26th by the Salem Community Orchestra held at the Unity Moravian Church on Concord Church Road at 7:30pm. Please bring items for Community Assistance Program. Refreshments will be served.

Creative Crafts for Adults June 21st at 10:30am Lewisville Library.

Family Movie at the Library June 30th at 2pm

'Third Thursday' Teen Wii time June 16th 4pm. Teen Wii program every third Thursday of the month. Dance the afternoon away, or show off your inner rock star! Ages 12-18. Call library at 703-2940 for information. Free open to the public.

Asian Crafts and Games June 20 at 3:00pm Celebrate Asia by playing Asian games and making crafts. Program for ages 6-11. Free & open to the public.

Creative Crafts for Adults June 21, 2011 at 10:30am. Margie Carter will be demonstrating how to make Teddy Bear crafts. Free class. Just bring a pair of scissors and a glue stick. No registration required.

Thursday June 30, 2011 at 2:00pm

Family Movie

During Summer Reading Prize Week, we'll visit both North and South America while watching a popular animated movie which takes place on both continents. This movie is rated PG. Bring your own snacks if you'd like. Free & open to the public.

(Lewisville Cares - continued from front page)

Photo of Children performing at Forsyth Country Day School



The LCAP, the Lewisville Community Assistance Program, is a joint project of twelve Lewisville area churches to serve neighbors in emergency situations. The twelve churches include: Lewisville United Methodist, New Hope AME Zion, Sunrise United Methodist, Trinity Friends, Unity Moravian, Sharon United Methodist, Harmony Grove United Methodist, Shiloh Lutheran, Union United Methodist, Concord United Methodist and Shallowford Presbyterian.

Through the solicitation of donations, of products, services, and cash, these churches serve the Lewisville residents who have been adversely affected by house fires, illness, job loss or other events which threaten the stability of their families. Gifts from the pantry are provided at no charge on a non-denominational basis on approved need. Need is established by the LCAP representatives using a criteria similar to the one used by Crisis Control Ministry.

Below is a list of current needs for the LCAP to help residents:

* canned food * baby food and other baby items * cleaning products * rice, pasta, etc. * laundry products * health and beauty aids * paper products * cereals * school supplies.

The ability to respond to family emergencies with money for medications, utilities, clothing, and shelter is a very real part of the LCAP program. Checks can be made out to any of the churches listed in the program, name; Lewisville Community Assistance Program (LCAP) on the check. Checks should be mailed to PO Box 305, Lewisville, NC 27023. Donations are tax deductible.

The Lewisville Fire Department also helps the community. The fire fighters collected \$6,400 in their "Fill A Boot" campaign, to benefit the Muscular Dystrophy Association. The funds were enough to send eight local kids to the MDA Summer Camp in Stokesdale County.

Financial and other donations make a difference in the lives of people needing assistance of some kind. But there is also another type of giving, serving another purpose. I recently had the opportunity to attend a special show at Forsyth Country Day School. The show was similar to a show the young (first graders) performed at Salem Towne, a Senior facility. These children gave their all for the seniors. They sang songs that brought tears to my eyes. I could just imagine the recipients of this lovely well organized event reminiscing about days gone by. The students all looked so tailored and handsome/beautiful, as they sang, "Take Me Out to The Ball Game", "Down by The Old Mill Stream" and many other old time songs. I was reminded of my father walking though the house singing those songs in his deep, husky voice. I just know there were smiles to spare at Salem Towne, when the little performers gave their all. Time and care were the gifts given by the children to a generation of people who deserve their time and care. And what wonderful values are being taught to the Children at Forsyth Country Day School. Congratulations to the organizers and staff and a big thank you to the children.

So, whether it's dollars and cents, diapers and dishes, or time and tenderness, your donations are not lost. There are many ways to give in Lewisville; check your church, the fire department, the schools, LCAP, and the Red Cross.

Time and care were the gifts given by the children...

The American Red Cross is an organization helping people through disasters worldwide. The Red Cross is usually first on the scene. You can stipulate where you want your donations used or just write Disaster Relief Fund.

The Funds are then available for any disaster coming along.

Send donations to Red Cross 690 Coliseum Drive Winston Salem, NC 27106 or online at Redcross.org. You can also make a donation at 800-RED CROSS.

***There are people who prey on concerned citizens during times of need. If you are contacted by someone collecting for a charity, please verify their identity. It is not advisable to give credit card information over the phone, unless you are the person instituting the call to a registered charity. The charities listed above are a good resource for those in need *and* those looking to make donations.



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Golf Tips

Playing Golf with Confidence

It's easy to feel confident when you're playing well, but the real challenge is to remain confident under adversity. That's the part that is difficult, and one every golfer must struggle with. Confidence can be learned. It just takes a commitment to develop this skill. So how can a golfer build unshakable confidence? It isn't a simple answer, and the solution to your problem isn't either. We all lose confidence from time to time; the important thing is to minimize the occurrences and the duration of these self-doubt spells.

1. First, you must use past success memories instead of failure memories. If you walk up to a hole where you have failed before and start thinking about past failures on that hole you're already defeated. That's negative thinking, and that type of thinking will only hurt your chances of pulling off the good shot. Instead, supplant in your mind the best shots and replay them regardless of the impending shot looming ahead. Remember to see it, feel it, hear it and then do it. Have a success memory for all kinds of shots that you have worked hard on in practice.

You can even use non-golf success memories to assist you. You have probably excelled at something in your life that you're proud of like other sports, school, work, etc. Use this information stored up in your brain to your advantage to remind yourself how competent and successful you are.

2. Next, practice training your body and your mind well. The key to having success is quality practice with purposeful meaning. You need to have defined goals on what you're trying to achieve. Banging balls at the range all day will be a good workout, but more than likely won't transfer into success on the course. When I hear from people that they hit thousands of balls each day, but can't seem to make it happen on the course, I have to question what exactly they practiced. Like the old saying, "Inefficient management is like straightening the deck chairs on the Titanic." Practice like you play. I will discuss this in future articles in depth.

(continued on page 10)

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Aleesha Dunham Pharm.D., Keith Vance Pharm.D., & Joni Johnson Pharm.D.



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First Construction Phase of Clemmons Medical Center

Winston-Salem, N.C. -- Novant Health announced today plans to build a 24-hour emergency department, an outpatient surgery center, an imaging center and primary and specialty medical offices as part of the \$23 million first-phase construction at its Clemmons Medical Center campus. The new facility will have approximately 35,000 square feet and cost \$15 million. Novant also will spend an additional \$8 million for road construction, site grading and building greenway trails with parking.

The 12-bay emergency department will provide 24/7 emergency care. The imaging center will offer a CT scan, X-ray and ultrasound services. The outpatient surgery center will offer a full-range of technology for outpatient procedures. Construction is scheduled to begin by spring 2012 and is expected to be completed by early 2013. The initial facility is projected to provide 80 full-time positions.

“This facility will be staffed by experienced physicians and nurses and provide residents of Clemmons, Lewisville, Davie and Yadkin counties faster, more convenient access to the most advanced emergency care, outpatient surgical and imaging technology available,” said Jeff Lindsay, president of Forsyth Medical Center and chief operating officer of Novant Health’s greater Winston-Salem market. “It will also enhance local EMS service by reducing transport time, allowing units to reach emergency services faster and return to service sooner.”

When completed, Novant estimates that the Clemmons Medical Center emergency department will have more than 15,000 patient visits each year and be able to provide treatment for most medical emergencies and urgent care conditions.

“Having the ability to provide emergency care in Clemmons will help to reduce pressure on other area hospital emergency departments, reducing waiting times and allowing for more prompt delivery of care,” says Lindsay. “The staff at the Clemmons Medical Center emergency department will be able to quickly evaluate, stabilize and treat 90 percent of the injuries or illnesses now treated at the larger medical center emergency departments. This will allow those facilities to more efficiently provide high-level care for conditions that require the resources of a major medical center ED.”



LEWISVILLE P.L.A.Y.S.

By Mike Johnson

There are times and occurrences in each of our lives where the memories are so vivid they seem to as if burned and earned a permanent spot in what we call our gray matter. I can remember my father taking me to my first professional baseball game, emerging out of the concourse tunnel to see the vast green of the meticulously manicured playing field, the bright lights shining down on players I had only heard about, feeling the heat of the steamy summers night, the smell of popcorn and hot dogs in the air.....I was hooked...a baseball fan for life. Another time I was hooked, more appropriate use of the word this time, was the first time I went fishing. I remember sitting on the bank of the lake, anxiously waiting for my bobber to go down, and when it finally did, I reeled in a 3 inch sunfish. Well, it might has well been a 1,000 pound blue marlin...I was so excited I had caught my first fish ever, and in the process I found an exciting, new hobby/passion for life.

While fishing was not "invented" in America, it is certainly part of the Americana fabric. Think back to those iconic image of Huck Finn and Tom Sawyer cane poles slung over their shoulders heading out to go fishing, or think about the closing credits on the Andy Griffith Show where Andy and Opie walking down a dirt road to do a bit of fishing. Fishing doesn't have to be expensive, it can be done by people of all ages, it's not just a "guy thing", and fishing can be the perfect way to spend quality time with others.

So what do you need to get fishing? A basic rod and reel (figure \$30), some bait (worms will run about \$3), a fishing license (kids under 16 don't need a license if fishing with a licensed adult), and a place to fish. While there are not many public areas to fish within the Lewisville town limits, there are some great spots to fish not too far away. Tanglewood Park, Salem Lake, Hanging Rock State Park, the Yadkin River, and High Rock Lake are just a few of the many spots that can satisfy the needs of the most novice to the most experienced of fisherpeople. While a lot of the largest fish caught by folks in our area come from these bodies of water, some real whoppers are also caught in ponds located on private property. Make sure you get permission before venturing onto someone's property to wet a line...no matter how "fishy" a spot may look.

So, what are you fishing for? Any fish that bites your hook is a good fish, but the real prize in freshwater fishing is the Largemouth Bass. Known for its fierce fighting and relative abundance, the pursuit of Largemouth Bass has grown into a global industry. The world record Largemouth Bass weighs over 22 pounds, but a Bass over 3 pounds is considered a "good catch". Catch a Largemouth Bass over 10 pounds and you have truly got yourself a fish of a lifetime (I've been fishing for over 40 years and still looking for my 10 pounder). Psst...here is a little secret....Largemouth Bass can be found in all the local bodies of water mentioned earlier, and this is the perfect time of year to go fish for them.

Now before to head out to fish, some quick "rules of the fishing road":

1. Always bring a child when you go fishing
2. Always bring a camera....best way to document the one that didn't get away
3. Always release every fish after catching it...let it bring joy to someone else

That's it my friends for this edition, until we chat again, Tight Lines!!!!

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June is Letter Writing Month

This is the third year of Letter Writing Month. When we first started the Lewisville Times the US Post Office was in financial trouble. People were paying bills online, e-mails and text messages replaced many notes and letter, and now Facebook seems to have replaced sending birthday cards. Call me an old fashioned girl but I enjoy opening letters and cards (bills, not so much).

The lost revenue from all of the online business has become a real problem for the post office. They may be forced to eliminate services and cut hours. If we take just one month out of the year to concentrate on writing letters and paying bills the old fashioned way, we may just help the institution which has been a part of our lives for many, many years.

It's a wonderful feeling to open a hand written letter and enjoy heartfelt words. It's an even better feeling to know you've given someone else special words too. Try to write at least 5 letters or notes to people this month.

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Golf Tips

(continued from page 6)

3. Having a good pre-shot routine is critical in building confidence. This rehearsal will help you to be physically and mentally ready to pull the trigger on your swing. A good routing will help you put your game on automatic, and empty your mind of distractions and any self-doubt that you may be facing under a crucial shot.

4. Remember, you're only human. The great Ben Hogan said once that he hit the ball exactly the way he imagined maybe only five to six times a round. Humans make mistakes; we are not perfect, and we can't be expected to play a perfect round of golf. Failure is a natural way to learn from our mistakes. "Failure is the opportunity to begin again more intelligently." The key is to learn from your mistakes.

Finally, what really matters is how you present things to yourself to empower you to be your best. To get confidence is to remember the good shots, and forget the bad ones. Believing in yourself - that's what being confident is all about. By Steve Nixon PGA Certified Golf Pro.

Senior Section

Fraud Alerts for Seniors

All too often thieves steal from people by way of trickery, violating trust afforded them by others. The most vulnerable group has become our senior citizens. This information is provided by the North Carolina Division on Aging and Adult Services, to help seniors avoid these situations.

Tree Removal and Distraction

The Iredell County Sheriff reports that a man and a woman driving a white SUV perpetrated distraction thefts against older home owners last week. They pulled up to the victims' homes and offered tree trimming services. While one of the suspects spoke with the home owners in their yard, the other apparently slipped into the home to steal valuable items. According to an account in the Mooresville Tribune, a victim wanted to go back into her home at one point, whereupon the suspect making the sales pitch tried to dissuade her. When she proceeded into her home anyway, the suspect spoke into a microphone on her lapel. Upon entering her home, the victim found that several items had been stolen.

The suspects were described as being white, in their mid-twenties to early thirties, clean-cut and well spoken. They reportedly drove a recent model Dodge Durango and spoke with foreign accents, occasionally speaking to one another in a foreign language.

* Note while this happened in Iredell County and a description was given of the suspects and vehicle, this could happen anywhere by anyone. These suspects were apprehended.

Diabetes Testing Machine - Identity Theft

The Chatham County Council on Aging alerts residents to a phone calls from someone marketing diabetes testing equipment. The marketer is asking for personal health information and addresses over the phone.

"We remind residents that they should never give out personal health information and address over the phone...not in any circumstance," said Angel Dennison, director of the Council on Aging.

The Council on Aging itself received one of these calls today, so that it appears to be a random calling system, Dennison said. "They ask if you have diabetes and then tell you that a company representative can come to the home and show you a better blood testing meter. They then ask for your Medicare number and address."

If you have caller ID on your phone, it will read: "Important Call."

Copy Of Your Deed

If you've gotten a letter telling you to send \$87 for a copy of your property deed, don't fall for it. North Carolina consumers have reported getting mailings with a Charlotte return address that is likely a rented mailbox. These misleading mailings are being sent out by the State Record Retrieval Board, which sounds like a legitimate government agency but is really a California company looking to make money at your expense.

If you need a copy of your property deed, contact your county Register of Deeds where you can usually obtain a copy of your deed for free and a certified copy for **no more than a few dollars.**

Safety is our main concern. If you have an uneasy feeling about a caller or someone approaching your door contact the local police, Senior Services or the Council on Aging.

Hop aboard Thomas The Tank Engine.

June 12th & 13th at Tweetsie Railroad, located on hwy 321 between Boone and Blowing Rock 1-877-TWEETSIE. Kids enjoy activities in the Imagination Station and meet Sir Topham Hatt.

Adults \$34

Kids ages 3-12 \$22

Under 3 free

open 9am to 6pm

Fairy Tale Thursday

June 16th at the Children's Museum of W-S. 390 Liberty Street Winston Salem. 723-9111. Sing, Dance, dress-up and enjoy fairy tales Free with museum admission fee of \$7

Fitness Friday

June 17th Children's Museum of WS. Fun exercise. free with admission

Gold and Gem Panning

June 12th - 15th at Castle McCulloch, 3925 Kivett Drive Jamestown NC 336-877-2206. Pan for gold, emeralds, crystals and more call for times.

Car Seat Safety Check

June 16th Free safety check of your child's car seat 2:30 - 4:30 Downtown Health Plaza 1200 N. Martin Luther King Jr. Drive, W-S 716-0649

Tab's Contraption

June 18th, 19th, 25th and 26th presented by the Peppercorn Children's Theatre at the Children's Museum of WS. This sounds like a fun adventure. Kids will love this if they like special contraptions or machines.

Free with museum admission of \$7. call for times 723-9111

or visit

www.childrensmuseumofws.org

Science Storybook.

June 15th SciWorks 400 W. Hanes Mill Rd. Winston Salem 767-6730

Preschoolers will enjoy a reading of a popular book then make a craft based on the story. Free with admission. Adults \$10, kids ages 6 to 18 \$8, ages 2 to 5 \$6, under 2 free.

Star Wars Day

June 12th Children's Museum of WS. Star Wars fans of all ages will love this! Kids will complete a Jedi Training Course, create a Yoda mask, practice Light Saber skills and more. A special Rock Concert by Big Band Boom. Call for times or visit site. Museum members \$8. non-members \$10



Tom Sawyer Musical

June 19th, 23-25th and 26th at the Fitzpatrick Auditorium, Kernersville Elementary School 512 w. Mountain St.- Kernersville. A lively musical of the adventures of Tom Sawyer. Call for times 993-6556

Treasure Island

June 30th and July 1st. The Children's Theatre Playhouse presents Treasure Island at the Arts Council Theatre, 610 Coliseum Dr. WS. 725-4531 Tickets \$6 call for times.

All A Flutter

July 2nd Butterfly Farm Family Days. Visit a working Butterfly Farm Feed the butterflies and

see the beauty of a butterfly up-close. Picnic tables are available. No credit cards please. Adults \$6 Kids and seniors \$5 - 10am to 3pm

7850 Clinard Farms Road Highpoint 454-5651

Dora the Explorer and Go Diego Go

at Tweetsie Railroad. June 26th. This is a fun-filled 3 day weekend. Meet Dora and Diego and have pictures taken with them. 10am to 4pm. Adults \$31, kids 3 to 12 \$22, under 3 free. 1-877-TWEETSIE

Most of the information provided can be found online at each website. many of the activities run more than one day or one weekend. Please call providers or check out their websites.

Lewisville Library also has events for children such as Toddler Story Time and other activities.

If you know of activities or events for children and families please send them to the Lewisville Times by the 10th of the month prior to publication.

Example: next issue is August/September deadline July 10th - following issue October/November deadline September 10th. The deadline for our December issue is November 10th.

We will gladly publish activities such as above FREE of charge.

send to showardsmail@yahoo.com

Here are some websites for activities

www.sciworks.org

www.childrensmuseumofws.org

www.natsci.org

www.all-a-flutter.com

www.piedmontparent.com

www.forsythlibrary.org

Also see Mike's article and Jayne's in this issue for other activities.



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Pool Safety

Each year, about 260 children under 5 drown in swimming pools. In addition, the suction from drains in swimming pools and spas, under certain conditions, can entrap swimmers under water. To help protect your family, be sure to take the following steps.

Use Layers of Protection

To prevent swimming pool drownings, layers of protection are essential. Place barriers completely around the pool, closely supervise young children, and be prepared in case of emergency.

In addition:

- * If a child is missing, always look first in the pool. Seconds count.
- * Knowing how to swim doesn't make a child drown-proof. Never use flotation devices as a substitute for supervision
- * Keep rescue equipment and a phone next to the pool.
- * Learn CPR.
- * Install physical barriers around the pool to limit access. Fences and walls should be at least 4-foot high and installed completely around the pool. Gates should be self closing/self latching/out of reach

* If your house forms one side of the barrier for the pool, doors leading from the house to the pool should be protected with alarms that sound when the doors are unexpectedly opened. Or, use a power safety cover a motor powered barrier placed over the water area, to prevent access by young children.

* For above ground pools, steps and ladders to the pool should be secured or removed when the pool is not in use.

Pool and Spa Entrapment Dangers

* Never use a pool or spa with a missing or broken drain cover. Be sure a newer, safer drain cover is in place. The new drain covers are usually domed-shaped instead of the old flat drain covers.

* Consider installing a Safety Vacuum Release System (SVRS), a device that will automatically shut off a pump if

To Our Readers

Thank you for being a loyal reader of the Lewisville Times. We hope you have enjoyed the articles on health, pets, real estate, career and other articles as they have been featured over the past three years. Our goal is to bring useful and/or fun information right to your mailbox. We encourage your participation by sending your comments or story ideas to us.

We are always looking for interesting stories on Lewisville residents, charitable events and other activities happening in Lewisville.

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Health Information

More than 500 thousand people in the U.S. have surgery each year to remove their gallbladders. "Gallstones are hard, pebble-like deposits that form inside the gallbladder. Gallstones may be as small as a grain of sand or as large as a golf ball," explains Dr. Bruce Bolling of Davie County Hospital. Gallstones may result in the following symptoms:

- abdominal pain
- pain between the shoulder blades
- nausea and vomiting
- upset by fatty or greasy food and/or chronic indigestion
- burping frequently
- chronic constipation
- yellowing of the skin

If you experience these symptoms, tests are available to detect the presence of gallstones. Some can be temporarily treated with medication or dietary adjustments. However, if symptoms persist eventually the gallbladder will need to be removed surgically.

Health Information provided courtesy of Dr. Bolling of Davie County Physicians

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Pet Tails

As the summer holidays draw near and gas prices soar, "stay-cations" are becoming the norm for many families. North Carolina is home to many animal related adventures, aviaries, aquariums, farms, sanctuaries, wildlife rehabilitation centers and zoos. A fabulous guide to these many locations are in a book by Jennifer Bean Bower "Animal Adventures in North Carolina, which outlines over 70 different facilities. Here are a few suggestions to start your "staycation":

Santa's Land Fun Park and Zoo, Cherokee
www.santaslandnc.com

Western North Carolina Nature Center, Asheville
www.wildwnc.org - Catawba Science Center, Hickory
www.catawbascience.org - Zootastic Park, Troutman
www.zootasticpark.com - Carolina Raptor Center, Huntersville - www.carolinaraptorcenter.org
Tiger World, Rockwell - www.tigerworld.us
Museum of Life and Science, Durham
www.lifeandscience.org or www.ncmls.org

Jayne Warbinton, Barkley Manor - A Pet Spa

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Lewisville Plays - Outdoor Activities

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