

Lewisville Times

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

Feb/March 2011 Volume 3 Issue 1



Photo courtesy of April Liner

Lewisville Had A Wonderful White Christmas

Yes, it was the first White Christmas in about 30 years. The kids all loved it and frankly the adults had to admit it was a beauty. The winter season of 2010 - 2011 may be one for the record books. By the time this issue of the Lewisville Times hits the street, we will probably have had even more snow. The snow after Christmas was not as welcome. Most folks were out of the White Christmas frame of mind and had to drive to and from work. Between black ice and curves in the roads, the traffic was a mess. As I write this, I'm aware they are saying more snow will be coming our way, or I should say a "Wintery Mix" as it seems to be called. I don't know about you - but I can't wait for Spring. Spring and Fall in North Carolina are my favorite with the changing colors. But even I have to agree this White Christmas was picturesque.



Inside This Issue

Local Information and Events

Lewisville Plays (new feature)

Golf Tips - Senior Activities - Lawn Care

Pet Tips - Kid's Corner

and more.

So grab a cup of coffee/tea,
sit back, relax and enjoy
the Lewisville Times



Sarah

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Out and About Town

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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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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

Lewisville Drug Company Opens in New Location

January 19th, on a beautiful sunny day, Lewisville Drug Company held their ribbon cutting ceremony. Several people were on hand to wish the owner, Keith Vance well. Mayor Pugh and Keith cut the ribbon after some thoughtful words were expressed by both men. A prayer was offered by Keith's Pastor. Keith mentioned Pastor Speas was there with prayer when he first started Lewisville Drug Company in 2005. The Lewisville Times wishes Keith and his wife, Sarah continued success with their business.

CHARITY PANCAKE and SAUSAGE BREAKFAST

Lewisville Civic Club will have their Charity Pancake and Sausage Breakfast on Saturday March 12th, at Applebees restaurant in Clemmons from 8 am - 10 am. Adults are \$7, children under 8 free. Proceeds will be donated to college scholarships and charity benefits in Lewisville.

FOR INFORMATION AND TICKETS, CALL LARRY MORRIS
AT 945-9529.

Lewisville Library February 2011 Events

Visit the Lewisville Library

webpage <http://www.forsyth.cc/library/Lewisville>

336-703-2940

Lewisville Library Hours

Monday, Tuesday, & Wednesday

10am-9pm

Thursday & Friday 10am-6pm

Saturday 10am-5pm

Free Computer Classes

To view the complete list of computer classes, visit

www.forsythcomputertraining.org.

Registration is required. For more

information call 336-703-3079 or

336-703-2940.

Wednesday, February 16, 2011

10:30 a.m.-11:30 a.m.

Creative Crafts for Adults

.....Margie Carter, the "Wallpaper Queen" will be back to teach everyone how to make an inexpensive craft. Join us for this fun, free workshop. No registration required, but you will need to bring your own scissors and a glue stick. Free and open to the public.

Saturday, February 19, 2011

10:00 a.m.-11:00 a.m.

Chef Don McMillan

Join the Friends of the Lewisville Library in welcoming Chef Don McMillan. Chef Don, known locally and nationally for his culinary expertise, will conduct a free Cajun cooking demonstration for attendees. Free and open to the public.

Continued on page 4

Library Events continued

Tuesday, February 22, 2011 7:00-8:00 p.m.

Friends of the Library Book Club

The Friends of the Library Book Club invite you to an interesting discussion of the book, "Freedom Summer" by Bruce Watson. Call the Lewisville Library at 703-2940 for more information.

Saturday, February 26, 2011 at 10:30am

Books Alive!

It's still winter! Become the Arctic animals who help explain to Little Penguin why he is SOOO COLD in The Puzzled Penguin. Books Alive! is a reader's theatre book appreciation program for children. Free and open to the public.

Library March Events

Free Computer Classes

To view the complete list of computer classes, visit www.forsythcomputertraining.org. Registration is required. For more information call 336-703-3079 or 336-703-2940.

Wednesday, March 16, 2011 10:30 a.m.-11:30 a.m.

Creative Crafts for Adults

Margie Carter, the "Wallpaper Queen" will be back to teach everyone how to make an inexpensive craft. Join us for this fun, free workshop. No registration required, but you will need to bring your own scissors and a glue stick. Free and open to the public.

Tuesday, March 22, 2011 7:00 p.m.

Friends of the Library Book Club Adults are invited to join us for a discussion of a timely title. Free.

What You'll Find On These Pages

We try to keep the advertising to a minimum in order to provide content. (A funny thing to say with two ads on the opposite page.) Thankfully business owners do advertise with us, which provides the funds for print and postage. The labor is free.

If you are a regular reader, you will notice this issue has 4 more pages than usual. We have more and more people interested in being seen in the Lewisville Times. To accommodate, we had to increase the number of pages, again in order to not have more advertising than content, as promised.

The articles written by some of the advertisers are not paid advertisements. Their businesses are not mentioned in their articles and they are written to be informative, not advertisements. Believe me, if I wrote an article on Lawn Care, or several other topics, it wouldn't be good.

Martha Stewart I'm not. I turn to people doing certain things for a living, to share their expertise in their particular field.

The Getting To Know You section, is a gift to our loyal advertisers. This is also an unpaid section. No one pays for it. It is simply a page to provide information on business owners; their experience, education, and some personal information.

It's my belief it's always nice to do business with someone you know.

I hope this sheds a little light on the process for balancing our articles, events, ads, and other information. Your input is valuable to us. Please let us know how you feel.



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LEWISVILLE P.L.A.Y.S.

By Mike Johnson

Welcome readers to the inaugural edition of one of the newest feature articles in the Lewisville Times, Lewisville P.L.A.Y.S. In this space we will together explore some of the really cool outdoor type places and activities in and around our fair town. Being a fairly recent transplant to the area from big city living in Florida, I have relished and thrived in finding my “inner country boy” here in Lewisville. Oh yeah, before we get too far, in terms of this feature’s title, P.L.A.Y.S. stands for Ponds, Lakes, And Yonder Sites. Yes, a bit of an aquatic feel to the title, that is a tip of the cap to my passion for fishing, but we’ll try to keep things diversified and fun during our time together.

When we moved to the area in the middle of 2009, there was a certain comfort and familiarity in terms of coming to an area from Florida during the warmer months. Winter, that meaning temperatures below 45 degrees, was a concept decades removed for my wife and I, and something totally foreign to our 2 tropically-born and raised kids. When we moved here folks told us that it doesn’t snow much in these parts, and some winters go by without a dusting on the ground. Not quite sure what happened last winter, but it was plenty cold and white...in fact what we heard often was “Haven’t had a winter like that in 30 years”. Fast forward to this winter now, a snowfall on December 4th, then the first White Christmas in over 60 years, you can almost hear it now, “We haven’t had a winter like this in, well, 31 years”.

Like bears, even the most ardent outdoor enthusiasts tend to hibernate a bit more than they probably care for during the winter months. The good news we can now start seeing the light at the end of the winter tunnel, and it’s now time to start thinking about and planning what we’ll do when winter finally breaks. If you are looking for an outdoor adventure and can’t wait any longer, why not give ziplining a try.

Some of you may be asking yourself “Just what is ziplining thing?” Imagine yourself soaring between treetops some 50, 70, sometimes even 100 feet in the air... that is ziplining. No, Superman powers are not required; this is all accomplished through a very intricate system of suspended steel cables and a pulley system. Basically you traverse from platforms built high up in trees by sitting in a seat attached to a pulley system suspended by steel cables between the trees. Throw in the effects of gravity and you are off and going. Short on athletic prowess needed, but deep on thrills and excitement, ziplining is sure to put a charge into event the most chilled of participants.

Ziplining opportunities abound around the Triad, and can be enjoyed by “kids” of all ages. For obvious reasons this is not something you should try at home.

Like bears, even the most ardent outdoor enthusiasts tend to hibernate a bit more than they probably care for during the winter months.

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GOLF TIPS

Learn to play your wedges

Almost all iron sets come with a pitching wedge, so many players grow comfortable with the standard 52-degree (or less) pitching wedge before they ever pick up one of its more lofted counterparts. That's too bad, because gap, sand and lob wedges add an important scoring dimension and might even be easier to hit. With practice and a smooth swing, anyone can send shots high into the air and land them softly onto the putting surface. When a bunker or creek sits between your ball and the cup, the loft of these wedges allows you to focus more on the pin than the hazard, and more on the benefits of a quality shot than the consequences of a poor one.

Most players know how far they can hit a ball with each club when taking a full swing from an ideal lie. But when a situation calls for a 40-yard pitch to a protected green, many players find themselves simply unprepared to set up for their shot with certainty. At the driving range, rather than spending the whole **time** blasting away with full swings, get in touch with your wedges by taking different types of swings. This will allow you to see and feel how the ball comes off each club, and how the height, trajectory and distance vary with each loft. Pick out a target like the 50-yard marker and try to land shots as close to it as possible with all wedges. When it's time to face challenging pitches in the middle of a round—perhaps a high lob that needs to land between a creek short and a steep ridge long—you will have the confidence to attack the hole with any of the wedges in your bag.

Bunkers can be terrifying for players who don't understand what it takes to get out of a sand bunker safely. So rather than practice in the sand, they go through their rounds hoping to avoid it. Learn to hit basic bunker shots with a sand wedge and you will immediately shave a few wasted strokes from each round. Not only will it make escaping from green-side traps less of a hassle, but it allows you to take risks from which you would typically shy away. Once you ace the basics of sand play, learning to escape from more challenging situations—like plugged or downhill lies—comes much more naturally.

Players lacking confidence in their wedge play often chop down on the ball around the greens, mainly because they fear striking the ball too hard from such close proximity to the pin. They drive the head of their wedge straight down toward the ball and either stick it into the ground behind the ball (resulting in a chunked shot) or skull it clear across the green in any direction. Visualize sweeping the clubhead directly underneath the ball. This allows the loft of the club to pop the ball into the air, while you do your job by providing a smooth and firm stroke that accelerates through the ball. Your scores can't help but improve.

**Article courtesy of Steve Nixon
PGA Certified Professional/Instructor
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Senior Section

Peace Haven Baptist Church Shepherd's Center Schedule of Activities and Classes:

Mondays:

9:30 – Pilates

Once designed to help dancers keep their muscles long and toned during off season, Pilates is excellent for posture, balance and agility. Pilates uses balls and bands.

11:00 – Chair Exercise

This class uses a chair for a resistance device. With regular practice and through a series of functional movements that gradually increase in challenge, muscle strength, flexibility, and overall well-being improve quickly.

12:00 – Game Day

Join us for fun and fellowship over your own sack lunch.

1:00 – Free Yoga

Yoga increases flexibility, strength, and concentration; decreases joint pain, stress, and blood pressure; and improves posture, lung capacity, and mood!

2:30 – Tai Chi & Qigong for Seniors

Probably more researched than any other form of exercise, Tai Chi and its parent practice, Qigong, have improved balance, agility, immune response, sleep disorders, and reduced pain and stiffness in seniors in China for years. Now, a research study from Australia with over 700 participants has reported a 70% reduction in falls after only four months of practicing Tai Chi weekly. Consisting of fluid, gentle movements that are relaxed and slow in tempo, Tai Chi and Qigong emphasize slowed, deepened breathing, and have been described as “moving meditation”. Tai Chi can be done from a chair as well as standing.

Yoga and Game Day are **free** activities. The cost for Pilates, Chair Exercise, and Tai Chi & Qigong for Seniors is:

\$32.00 per 8 classes **for Shepherd Center members;**
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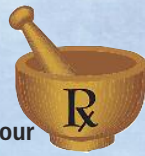
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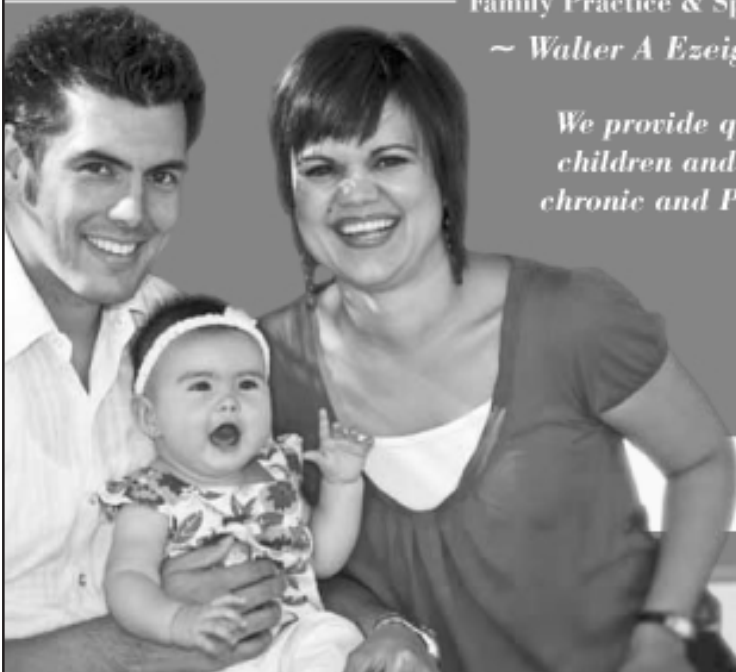
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Man On The Street

I've always wanted to do a Man on the Street type interview, where I'd walk up to people on the street and ask questions. Now I realize I'm not being politically correct to call it *Man On The Street*, but I'm of the age where it's okay to say man when you mean everyone. Since I don't really feel like going out in 20 to 30 degree weather, to ask questions, this column will have to do. Perhaps you'll see me in the Spring.

The Lewisville Times comes out every other month. Therefore asking timely political questions could be a problem. So our first question is pretty simple.

What type of business would you like to see in Lewisville? Perhaps What and Where in Lewisville, if any at all?

There have been certain things rumored, but nothing firm as of this printing. I heard a funeral home is a consideration. No confirmation as of print date. Personally, I'd love to see a restaurant come to town. A real restaurant, not fast food. I'm not talking about noise and chaos, just a nice restaurant. What do you think? Send us your response and we will print it in the next issue. Your name will be included unless otherwise requested, or no last name if you so desire. But be brave send your thoughts. You can e-mail to showardsmail@yahoo.com or mail to Lewisville Times P. O. Box 513 Lewisville, NC 27023. I'm looking forward to your responses.

A Few Of My Favorite Things

Once in a while, when there is a little left over space, I like to mention something I enjoy. Besides the obvious - my grandsons running to greet me with open arms, my daughter texting "U up?" every morning to start our day of conversation, and my younger daughter talking excitedly about her career successes. Those things go without saying, even though I just said them.

One of my favorite places to eat is Cherries Cafe in Clemmons. My love for the place started years ago when I would visit my daughter here in North Carolina. It became our special place. The menu is small, handwritten and changes daily. The staff is friendly and accommodating. The food tastes like mom just made it. It's a family business, with the rest of the staff feeling like family too. Cherries has a cookbook of their own - but don't look for their famous chicken pie recipe in the cookbook. It's still top secret.

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I will not push my dog away when she wants a hug after playing in a mud puddle.

I will not complain "My arm is tired" after only throwing the ball 20 times.

I will not drag my dog away from the interesting sniffing spots.

I will drop whatever I'm doing and take my dog out as soon as he asks me to.

I will not tell my dog to hurry up already when he's looking for just the right spot to take care of business.

I will not stare while my dog is doing his business.

I will never eat until my dog has tasted what I have and approved it for me.

I will share everything I eat with my dog.

I will allow my dog on the couch.

I will not take shredded, soggy, yummy tennis balls away from my dog.

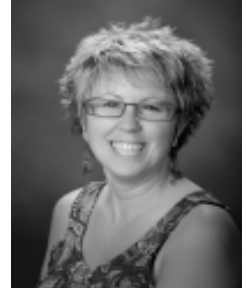
I will not sneak around the backyard wearing funny clothes to test whether my dog is a good watchdog.

I will always carry cookies and treats.

Lewisville Times would like to thank Jayne Warbington of Barkley Manor -A Pet Spa, for sending informative and witty articles for pet owners.

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Lawn Care

Spring Makeover “Yard Edition”

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

Hey guy’s, I’m back again after a highly anticipated winter break. Last years season didn’t seem like it was ever going to end. A white Christmas, ice/snow storms, and a new baby really kept me on my toes. Well, the chance for snow should be gone soon and you may not be mowing the yard every week but, that time is around the corner. Are you ready? Have you kept up with your turf program? Have you tuned up your equipment? If your like most people, probably not. Now is the time to get your rear in gear.

Dust of that old turf program that you probably kept perfect records in last year, RIGHT! Check your lawn history first and when spring finally arrives put out a slow release pre-emergent fertilizer. I recommend two applications with the first around early March and the second in May. This will form a chemical barrier on top of the soil to help prevent crabgrass from coming up later in the summer. It’s very important that the first round is applied before the soil temperature reaches 65 degrees. If you wait till after the soil temperature has risen the Crabgrass could have already germinated. The second round is just a little extra protection to get you through the rest of the summer. Skip these steps entirely if you are going to aerate in the spring and then wait till May or June and use a post emergent fertilizer.

Proper mowing and equipment maintenance is vital for a healthy lawn. First, always keep your mower maintenance up to date. Try to change your oil and filter after every 25 to 50 hours of use. For the average homeowner that’s about once a year. Another easy tip is to check your air filter as often as you can. If it looks dirty, it probably is. Just blow or wash it out real good and you’re done. Remember to check your tire pressure too. If one tire is low then it could cause the deck to drag or scalp. Always make sure you use sharp blades. This will keep the grass from shredding at the tips and help prevent fungal infections. Before you mow, check the height of your cut. Mowing should remove only one-third of the grass blade. This means you may have to mow more often during the heavy growing season. I generally try to maintain the height of my yards at 4 inches or more. This reduces scalping and keeps the lawn healthy on those hot and dry summer days.

You can use some of these tips to do it yourself but if you not comfortable enough please consult a professional. Over fertilization or improper maintenance could be very expensive to fix and also harmful to the environment if not done correctly. Have a great Spring.

... If you wait till after the soil temperature has risen the Crabgrass could have already germinated.

Important Recall Information

Recently McNeil Corporation has recalled several of it’s over the counter products such as Tylenol, Sudafed and more.

The recalled products are listed on their site, which can be accessed from our web site at www.LewisvilleTimesNC.com

Our site also has links to other important recall information.

If you do not have access to a computer, please let us know.

Getting to Know You

The Getting To Know You section gives Lewisville residents the opportunity to get to know some of the business owners supporting the Lewisville Times. Randolph C. Henning is an accomplished, award winning architect with his business right here in Lewisville. He is also a published author with two new books coming out this year.

How long have you been in business in Lewisville?

I've been here for almost four years. I moved my architectural practice from downtown Winston-Salem in late February 2007.

Were you in this field prior to Lewisville?

Yes, in fact I've been a licensed architect for almost thirty years. After moving from South Florida to the Piedmont in 1987 and working for two area architectural firms for five years, I opened my own architectural practice on January 1, 1993 in a one room office within the Business & Technology Center in Winston-Salem. In 1997 I relocated my practice to a commercial loft space in downtown Winston-Salem where I remained for ten years.

What is your business background?

I've been blessed to have worked with a myriad of architects prior to opening my own practice and what business background I have garnered has been mostly due to their example. I also worked as an in-house architect for a commercial real estate development and construction company for six years in Florida which taught me the importance of teamwork in the design and construction process. My clients are mostly from the Piedmont area. However, I'm licensed in the five southeastern state (both Carolinas, Georgia, Florida and Virginia) and a few years ago I actually had projects under construction simultaneously in all five states.

Why did you choose Lewisville?

It was sort of like a perfect storm. When we determined that we wanted to sell our house in Winston-Salem we knew already that we enjoyed the feel of Lewisville and, after exploring building a home in the outskirts of Lewisville, we instead found a house in Shallowford Lakes that suited our purposes. At the same time my business lease in Winston-Salem was coming due and instead of renewing I decided to look in Lewisville to shorten my commute. I found a commercial storefront space next to the historic Roller Mill on Shallowford Road, walking distance from home.

Why did you choose this field?

My dream of being an architect started when I entered

high school, after enjoying success in a mechanical drawing class and being exposed to the architecture of Frank Lloyd Wright. His work inspired me to follow this career path in my life.

If you care to, please tell us about your family.

My wife Maggie and I have been married for almost 37 years. She works for the Juvenile Diabetes Research Foundation in the national outreach department. We have two sons Michael and Christopher.

What education or training do you have in your field?

I attended the University of Florida's College of Architecture for my undergraduate work (earning a Bachelor of Design degree in 1976) and the Graduate School of Architecture & Urban Design at the University of Wisconsin-Milwaukee where I earned a Master of Architecture degree in 1980. I purposefully augmented my academic education with practical training, working in a variety of architectural offices gaining experience in many different project types and sizes.

What do customers seem to like best about your service?

I think my clients appreciate the passion and creativity. But I also think they recognize that, as a sole-practitioner, they receive 100% of my personal and professional attention and 100% of the thirty plus years of experience that I've gained in the architectural profession, which translates into a better value for their expenditure. Being small also allows me to be extremely responsive, flexible and cost effective, which translates into happy clients and successful projects.

What are your hopes for the future of your business?

My immediate hope is to continue to weather the economic storm. Once the banks start loosening up their purse strings and act like banks again, things should fall back into some semblance of normality. As far as the long range future of my practice, my desire is to continue doing what I continue to enjoy doing - practicing architecture.

December 11, 2010 Rank Promotions at Karate International of Lewisville

Lewisville, NC: Karate International of Lewisville is proud to announce the promotion of 19 students at the Karate International Organizational end of year testing event (a full listing appears below). Among those promoted was Shihan Ginger Gallagher, who earned the rank of 8th Degree Black Belt in the American style of karate known as Sanshinkai.

Ginger Gallagher - 8th Black

Barry Gilbert - 4th Black

Kaitlyn Martin - 3rd Black

George Burns - 2nd Black

Wills Burns - 1st Black

Monika Marikova Sisak - 1st Black

Clint Atwood - 3rd Brown

Miles Burns - Purple

Michael Angell - Green

Chris Zendgraft - Green Stripe

Anton Sisak - Blue

Kendall Zendgraft - Blue

Joe Matthews - Orange

Jessie Watts - Gold

Alek Montiel - Gold

Cooper Ney - Little Dragon Purple Stripe

Reese Ney - Little Dragon Purple Stripe

Boris Sisak - Little Dragon Green Stripe

Roman Boyer - Little Dragon Blue Stripe



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Real Estate Resource

Don't Be OUT IN THE COLD on Winter Curb Appeal

by Dan Rath

Whether your home is on the market for sale this winter, or, you're just trying to stay one step ahead of the Joneses, don't overlook the warmth of winter curb appeal. Just like in our personal appearance, you only get one chance for a first impression. Make it a good first impression!

Once the Christmas lights are down and the snowman has melted what should you do to grab everyone's attention? Here are a half dozen ideas;

1. Give the landscape a dash of color. Some popular winter hues are purple and green. Plants from the cabbage family give you a vibrant purple and have dotted more and more homes in past winters. Evergreens are a natural for your green, but, there are many other plants and tall grasses to fit the bill. These might be best in plants framing the front door. Combine your purples and greens into a wreath on the front door to make for a wonderful welcome.
2. A new reason for a new season. If you have a fountain or bird bath going unused during the winter months you can re-purpose it. Decorate in seasonal colors using red berries, silver balls along with greens, purples and gold. Use all your loose twigs to create a nest for all of your colors.
3. The brighter the better. With the sun setting so much earlier in the winter you'll have to replace the sun. If you have landscaping lights that point to the trees or spot areas of your home, be sure they are at the best and brightest. Clean and replace all bulbs that need it. A temporary idea are portable spot lights that highlight your front door or another eye catching feature.
4. Winter Lifestyle. No matter what the month, North Carolinians always find a way to spend time outside. The winter seldom cramps our lifestyle. So if you like to grill out, sit in a hot tub or sing around a camp fire in February, do it. Don't shut these areas down for the winter. If you're selling your home this outdoor feature might be the key to a winter sale.

5. Clear the deck and patio. Even if you don't spend the winter months on your deck or patio, you can still stage it as if you do. Again it's an inviting theme for potential buyers. Don't forget even if unused, a glance out the window to these areas, is quite appealing.

6. Dig this. I'm not a lawyer but, it's never a good idea of your potential buyers, neighbors or family members slip and fall on a snow covered sidewalk. Be sure to shovel all walking areas, driveways, decks and patios where people may walk. Plus, it shows off the true size as shoveled areas define boundaries.

Don't let the cold weather months freeze you out, take advantage of the natural beauty North Carolina has to offer year round.



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1309 Allspice Court, Cinnamon Ridge
Beautiful .7 of an acre lot on a quiet street. All brick w/master on the ML, screened porch and 2 car garage. \$189,900.
Nancy Anderson
RE/MAX Realty Consultants 749-1910



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317 Jack Booe Road Mocksville NC 27028 Attention horse lovers. This Cape Cod house sits on 54 acres. Included is a 36x48 metal barn with 5 horse stalls, wash pit, feed/tack room, bathroom and riding arena. Jimmy Barrett, Keller Williams Realty 231-8358



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Small Talk

Hi there. It's me just staring at a blank page. Staring and waiting. Waiting for the words to come, the profound words, the words of wisdom, or the comical words, something. "I Got Nothin", to quote a movie character somewhere. The funny thing is that most of my better ideas come to me in the wee hours of the morning, two or three in the morning. I've probably even cured world hunger in my head at that time. Yes, I must be an insomniac. I really think it's just that when the day is done and all the chaos that can accompany daytime is gone, the mind just relaxes enough to have great thoughts. The ones that are buried deep inside while fighting traffic or standing in line at a store, or yelling at the phone because another computer answered instead of a real person. You know what I mean.

Since I have this space and I'm running out of time and have to get this edition to press, I'll let you in on some of my late night thoughts. One of the most wonderful visions I can sometimes muster up, is the vision of the sunrise over the ocean at Palm Beach, Florida. A sunrise over the ocean anywhere is beautiful but there is something special about a Palm Beach sunrise. It may be because it's a more tropical setting with warmer water temperatures. I don't know what makes it so pretty. But if you go early enough, you can catch the silver moonbeams glistening on the water. As daybreak begins, the dark sky cracks with blades of light and color. What a palette the sunrise presents, as silver turns to pink, red, purple, gold and orange. While the early morning colors dance across the sky, and fishing boats form silhouettes in the distance, a dolphin or two can be seen bobbing and peaking through the ocean. The only sounds of the black night turning to day are the sounds of each wave approaching the beach and receding back again along with the chatter of birds, before they reach down along the top of the water to steal a fish for breakfast. Yes, a Palm Beach sunrise is medicine for the soul. It's one of God's greatest creations. You can almost hear him whisper in the breeze letting you know he is there and everywhere. At least that's what a Palm Beach sunrise is for me.



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