

# Lewisville Times

Local Information for the lovely town of Lewisville, North Carolina February/March 2012 Volume 4 Issue 1



## WHERE IS THE SNOW?

Lewisville was covered in snow by this time last year. What happened? Don't get me wrong, I'm not complaining. I'm just as happy to admire the snow in photos. These old bones prefer the sunshine. I know kids of all ages though, cannot wait for snow and all the excitement it holds.

I have to admit, it's hard to talk about snow when it is sixty degrees outside. Perhaps by the time this publication hits the street we'll have a flurry or two.

Which brings me to one of our articles in this issue; Lewisville Plays by Mike Johnson. Mike takes us skiing in his article. Mike and his family didn't wait for the white stuff. They went out and found it. He'll tell you all about it inside.

## The Continuing changing face of Lewisville

It seems there are constant changes taking place in Lewisville; remember the construction of Lewisville Family Practice and Lewisville Drug Company? New additions to existing structures have taken place too; Pig N Out Barbeque and some others new to Lewisville. Our most recent addition is the Hayworth - Miller Funeral Home being constructed on Shallowford Road. Unless you've been asleep at the wheel, you've seen the big green building being constructed piece by piece.

The massive construction project (massive for Lewisville) on Shallowford Road is almost complete. The expected opening date is some time in April of this year. While the green structure may not be very attractive, the finished project promises to be beautiful. Other Hayworth - Miller facilities are lovely, such as the one out by Bermuda Run. The charm of Lewisville seems to be preserved with this building once it is complete.

## INSIDE THIS ISSUE

Local events and information

Important phone numbers and websites

Lawn care - Outdoor Activities Health Tips  
and more.

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

Sarah





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[www.hayworth-miller.com](http://www.hayworth-miller.com)

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Please send your Lewisville

information or articles to us

for publication as space permits.

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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

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Animal Control 767-6293

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

# Out and About Town

## *The Library is is not just for children - visit today*

### **Lewisville Library 703-2940**

Friday Feb.17 at 4 pm

#### **Teen Eats! Chocolate Party**

**Spoons** Keep warm with some hot chocolate and our own Chocolate Party stirring spoons! Learn how to make your own gourmet dessert spoons. This program is for ages 12-18. Free and open to the public. 2940.

Monday Feb.20 at 7pm

#### **Black History Month Discussion**

Join us for a book discussion to celebrate black history month. Theme is African American Women in Culture and History. The book *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

Tuesday Feb.21 at 7 pm

**How to Get Rich Slowly** Investment seminar, "How to Get Rich Slowly", led by experts, Larry and Steve Hungerford. Free and open to the public.

Tuesday Feb.28 at 7:00 pm

#### **Friends Book Club**

The Friends of the Lewisville Library invite adults to join them in a lively discussion of a timely title. *Hidden in Plain View: A Secret Story of Quilts and the Underground Railroad* by Jacqueline L. Tobin. Free and open to the public.

Wednesday Feb.29 at 1:30 pm

**Creative Writing** If you have ever wanted to write your first novel, your memoirs or your family history, let us help you get started. The class will offer exercises to help you brainstorm and get your creative juices flowing. Just bring a notepad, a pen (or a laptop if you prefer to type) and your ideas.

Thursday March 8 2:00 pm

#### **Old Patchwork Quilts and the Women Who Made Them**

Friends of the Lewisville Library welcome BettyJane Hunnicutt. BettyJane will talk about Old Patchwork Quilts and The Women Who Made Them.

Friday March 9 at 3:30 pm

**Hunger Games Party** Come dressed as your favorite character from Suzanne Collins' dystopian series. This is also Teen Tech week, and you'll be able to try 2 online HG games. This program is come-and-go as you like program for ages 10 and up (adults are welcome).

March 22 at 2:00 pm

#### **Choosing and Caring for Trees**

Jim Nottke from the North Carolina Cooperative Extension will present information on how to choose and care for trees. Free program.

## NEW ONLINE COUPONS

Starting with this issue, we will have coupons on our website available for our readers.

Please visit us at  
[www.LewisvilleTimesNC.com](http://www.LewisvilleTimesNC.com)

## Other

### **Chick-fil-A Breakfast Giveaways**

When: February (13-18), & March (19-24)

Where: All Triad area CfA's

Description: Breakfast Give Aways

You can make reservations at

[www.chick-fil-aforbekfast.com](http://www.chick-fil-aforbekfast.com)

(This is a Triad wide Event) [http://](http://www.chick-fil-aforbekfast.com/triad/)

[www.chick-fil-aforbekfast.com/triad/](http://www.chick-fil-aforbekfast.com/triad/)

# Church Chat

All local churches are welcome and encouraged to post events free of charge. Since our publication will come out after Easter, we have listed some Easter services now.

*Unity Moravian Church*  
8300 Concord Church Road  
945-3801

Pastor Stuart Zimmerman

**Sunday April 1** – “Love Feast for Holy Week” at 7:00pm

**Monday, April 2 – Friday, April 6** - “Holy Week Services” will be held every night that week at 7:00pm, with Holy Communion on Thursday, April 5.

**Easter Sunday, April 8** - 11:00am Holy Communion, followed by Resurrection Service

*Harmony Grove*  
5041 Styers Ferry Road  
712-0057

**Wednesday, Feb. 22** Ash Wednesday Service at 7:00pm at Harmony Grove

**Saturday, Feb. 25** Soup Supper sponsored by the United Methodist Men on Saturday from 4:00 – 7:00pm  
A wide variety of soups and chili is served - Eat in or take out. Cost is a donation of your choice.

**Saturday, March 31** Easter Egg Hunt - 1:00 - 3:00pm

**Thursday, April 5** Holy Thursday Service at Harmony Grove at 7:00pm

**Friday, April 6** Good Friday Service at Sharon UMC at 7:00pm (they are our sister church)

**Sunday, April 8** Early Service in the graveyard at 8:00am followed by Breakfast in the fellowship hall at Harmony Grove

**Sunday, April 8** 11:00am Easter Worship Service at Harmony Grove

**Pioneer Club** -for children in grades K - 6. It meets every Sunday from 4:00 - 5:30pm and is open to all children in the community.

For more information about any of these services or events, please contact the church office at 336-712-0057, the Harmony Grove blog at <http://harmonyumcblog.blogspot.com> or the webpage at [www.gbgm-umc.org/harmonygroveumc](http://www.gbgm-umc.org/harmonygroveumc)

*Lewisville United Methodist Church*

Consignment Sale

When: Sat. Mar 17 from 8am-2pm, Mon. Mar 19 from 9:30am-12:30 & 5-8pm

Where: Lewisville United Methodist Church 6290 Shallowford Road, 2nd Floor

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# Lawn Care

## Spring Is Coming!

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

Hey Folks, spring is coming weather you're ready or not. Now is the time to get your equipment and your lawn ready for the upcoming mowing season. Proper mowing and equipment maintenance is vital for a healthy lawn. First, always keep your mower maintenance up to date. For the average homeowner you should try to change your oil and filter after every season. Another easy tip is to check your air filter as often as you can. If it looks dirty, it probably is. They're pretty cheap to replace but just blow 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. I know that some of you guys like to drop the deck down real low so you don't have to mow as often but that weakens the grass and allows weeds to grow. 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 try to maintain the height of my yards at 4 inches or more. This reduces scalping and keeps the lawn healthy on those hot/dry summer days

Before spring arrives its vital to put out a slow release pre-emergent fertilizer. I recommend two applications with the first around in early March and the second in early May. This will form a chemical barrier on top of the soil to help prevent crabgrass later in the summer. It's very important that the first round is applied before the soil temperature reaches 65 degrees. If you wait until 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. Every year is different. This particular winter has been a lot warmer than the previous winters so extra steps may be involved to control your weeds this summer.

You can use some of these tips to do it yourself but if you're 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.



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# Health Center

## What are subluxations?

by Dr. Maureen Work D.C.

A subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body.

A subluxation is a stress response. Muscles go into spasm. Spinal bones lock up. And adjacent nerves are choked or chafed. This interferes with the control and regulation of your body. This garbles communications between the brain and parts of your body.

A dropped cell phone call is irritating. But dropped communications between your brain and your body can seriously impair your health!

Distorted nerve communications can be an underlying cause of many health problems beyond just headaches and back pain. For example. Interfere with nerve impulses going to or from your stomach: stomach problems.

Your nervous system controls every cell, tissue, organ and system of your body. These nerve impulses travel through your spine. So having a spine free of vertebral subluxation is essential for optimal health.

Only a chiropractic examination can detect subluxations. And only chiropractic adjustments can reduce their effect to your nervous system, naturally.

Find out if you have subluxations before they become more serious and more difficult to correct.

# Pet Project

## Visiting With Your Pet - Being a "pawfect" guest

by Jayne Warbington, Barclay Manor Pet Spa

First Rule - Always ask if it's okay to bring your pet. Bring food and water bowls, a leash, cleaning supplies for accidents and a litterbox for cats. To keep your pet from roaming, consider a crate. Clean up after your pet, pick up pet waste and clean up pet hair with a lint roller. Keep your pet out of the kitchen and where food is prepared or served. Reconsider taking your pet if there are small children, especially if your pet is nervous. Reconsider taking your pet if it has anxiety or separation issues, especially if it barks a lot or if you will be leaving it alone for long periods. Respect others who may have allergies or may not be fond of pets. Always thank the host for their courtesy.

### Springtime Brings Ticks

Increasing temperatures and moisture bring tick activity leading to tick infestations on your pet. Ticks are not insects, they have 8 legs and are members of the arachnid family which includes spiders, mites and chiggers. They are found mostly in wooded and shaded areas about 3 feet above the ground. They cannot jump, they fall or crawl onto people and pets. Ticks feed only on blood. They do not burrow under the skin, they attach themselves to the skin with saliva that helps prevent blood clotting and also contains a local anesthetic.

To remove a tick, grasp the head/mouth with a pair of tweezers, slowly pull the tick directly away from the skin. If the head is not completely removed it will be rejected by the skin eventually. Place the tick in alcohol and seal in a bag and discard in the trash. Clean the bite with soap and water. Do not use peroxide or alcohol.

If you walk your dog in wooded or grassy areas, check daily for ticks and remove any found. Ticks like to attach around the head, face, neck, ears, in between toes. Use a topical pet product labeled for ticks, many insecticides do not work on ticks.



Every year we make 'resolutions' and for a majority of us within the first 10 days of the New Year, we break them.

Of all the resolutions you make, the most important resolution should be to improve your health.

How many years have you talked about making this change? Well 2012 is a great time to commit to the resolution and we at BodyCare Chiropractic, Inc. are here to help.

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**Dr. Maureen Work, D.C.**

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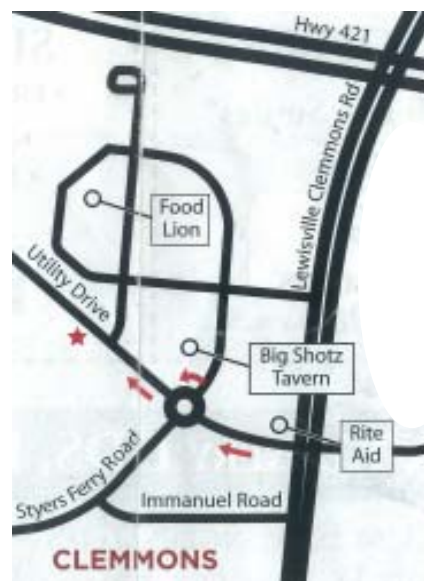
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## Kids Corner

Saturday Feb.25 and March 31 at 10:30

Books Alive! is a fun, non-threatening way for children to enjoy dramatic interpretations of favorite stories. Appropriate for children ages 5 and up. Sponsored by the Friends of the Lewisville Library. Free and open to the public. For more information, please call 703-2940.

Tuesdays at 10:30 – February 7, 14, 21 and 28 & March 6, 13 20 and 27

Preschool Storytime Children ages 3 to 5 years are invited to join us for Preschool Storytime. We read books, enjoy fingerplays and songs, and do crafts. Free and open to the public. Lewisville Library

Wednesdays at 10:30 – February 1, 8, 15, 22 and 29

<sup>a</sup>Wednesdays at 10:30 – March 7, 14, 21 and 28

Toddler Storytime Toddlers aged 18 months to 3 years, and their caregivers, are invited to join us for Toddler Storytime. We read books, enjoy songs and fingerplays, and move with music. Lewisville Library

Thursday March 8, 2012 at 2:45 pm

Homeschool Storytime Storytime for Kindergarten through 2nd grade homeschooled children and their parent teachers. Each month of this school year we will focus on a different genre of fiction literature. Free and open to the public.

### *Astronomy Observing Session at SciWorks*

Sat, March 31, 7pm – 11pm SciWorks, 400 W. Hanes Mill Road, Winston-Salem Description: The Forsyth Astronomical Society and SciWorks Planetarium will have an astronomy observation at SciWorks, in our parking lot. The public is invited to attend this free observation event! The exhibit galleries will not be open. This will be an excellent opportunity to view the fall constellations, the moon and the planet Jupiter. Inclement weather or unforeseen circumstances may cancel the observation. Call SciWorks after 5:30 PM on 1/29 and on 3/31 at 336-767-6730

### Jokes!

1. Why did the bacon laugh?  
Because the egg cracked a yolk!
2. What did the nut say when it sneezed? Cashew!
3. What do you call a snowman with a tan? A puddle!



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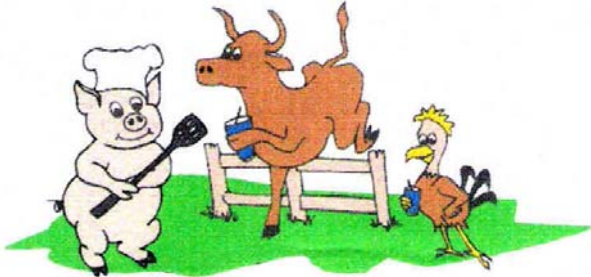
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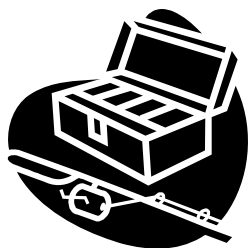
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## LEWISVILLE P.L.A.Y.S.

OK, this is now our 3<sup>rd</sup> winter living in North Carolina, and one question I have for all of you is, “Where is the snow?”. Of course by the time this article gets published we may have gotten a visit from Ol’ Man Winter...but to date nada this winter in terms of the “white stuff”. It has been well documented now that the past 2 winters were quite extraordinary for these parts, extremely cold and unusual amounts of snow. Heck, we even had our first white Christmas in over 60 years last winter. Don’t get me wrong, I am not wishing for a white out, but just a bit of snow to make the winter complete would be nice (it’s like maple syrup on a stack of pancakes....pancakes just wouldn’t be the same without it). Well, as I just found out recently, you don’t have to rely on Mother Nature to give you a great day in the snow...and here is the story.

One of the “deals” we made with the kids when we moved to North Carolina from Florida was we would go snow skiing (the other deal with the kids resulted in the newest addition to our family..Tank, our English Bulldog). Well for whatever reason we never got around to the skiing thing our first few winters here, but that changed recently. We decided after Christmas that it was time to “head to the mountains” for a family ski trip. First thing we found out is there are quite a few options for skiing near us, destinations to find out we serious it has been that close least that is what I am sure gear, and barely have clothes the day we picked to go skiing everything you might ever need clothing). It was so warm and resorts made snow. Don’t know lessons, from the very basic teenagers that think skiing is for much “cooler alternative) is also activity and fresh air might work up a mighty appetite...not to worry food and drink are never too far away from the bottom of the slopes. Not sure you have embraced skiing as a participant sport and would rather just watch the others ski...not to worry most ski resorts have you covered and you can watch all that is going on from the comfort and safety of a lodge.

*... amazed when we plugged in the address of ski destinations to find out we could be on a slope within a 90 minute drive of home.*

and we were amazed when we plugged in the address of ski could be on a slope within a 90 minute drive of home. Are you all along and we are now just getting to the skiing thing...at our kids thought. We didn’t, and still don’t have a stitch of ski fitting for such an adventure. Well, all that didn’t matter since was 40 degrees, and yes all these ski resorts can rent you for a day on the slopes (equipment, slope passes, and even there had been no snow, could we ski...not to worry the ski how to ski, don’t let that stop you, most resorts offer skiing beginners (yes sign us up) to more advanced levels. Got “old people”...not to worry, snowboarding (from what I hear a offered at many ski resorts. Worried that all that physical

If I am making this all sound fairly hassle-free and tons of fun it can be, but be forewarned, a day on the slopes can get a bit pricey. For us, it was about a long overdue promise fulfilled to the kids, and like the credit card commercial says our day together exploring a new family adventure was truly “Priceless”. All I can tell you is if there are a few pennies saved up in the family rainy day jar, you just might want to call it a “snowy” day jar and head out to the mountains for a day of skiing that everyone will enjoy and remember for a long time. For more information about skiing opportunities in North Carolina you can check out:

<http://www.skinorthcarolina.com/>

Until next time my friends, keep warm, get out and enjoy this great part of the country we live in, and of course.....Tight Lines !!!

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