

March 2020



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Excerpt from: White BASS FISHING IN CENTRAL TEXAS See Page 18



Songbird and Raptor Nesting: Does That Baby Bird Need Help? See Page 20

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March has officially begun and with it brings a variety of community events, rodeo traditions, green holiday happenings and warmer weather. We are also up and running following the kick off of all our new products and services here at Dock Line Magazine. If you can imagine it, we can promote it. We would like to say a big thank you to all our friends, family, and business and community support we continue to receive as this new chapter unfolds. We hope you have an amazing March.

Until next month,



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**Huntsville/Lake Livingston** 

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**Livingston Trade Days** 

When: March 13 - 15, 2020

Times: Fri. 9:00 a.m. to 5:00 p.m.; Sat. 9:00 a.m. to 5:00 p.m.; Sun. 9:00 a.m. to 3:00 p.m.

Where: Pedigo Park, 925 US 59 Bypass, North

Livingston, TX 77351

Admission & Parking: FREE

Open year-round on the Friday through Sunday before the third Monday of each month. Trade Days is set in Livingston's scenic Pedigo Park. Shoppers browse through two covered pavilions and open-air lots that are host to a wide variety of food, arts and crafts, collectibles and antique vendors. This great environment welcomes families, day-trippers and outdoor enthusiasts who come to enjoy a few hours at the park. Their goal is to bring a treasure or two home. Vendors with an eclectic selection of wares, there's something for everyone. For more information contact Stacy Edwards or Lynn Riley at 877-824-6653 or email livingstontradedays@livingston.net

Rusty Chippy Vintage Hippy & Garden Show

When: March 14 & 15, 2020

Time: March 14th - 10:00 a.m. - 5:00 p.m.;

March 15th - 10:00 a.m. - 4:00 p.m.

Where: Walker County Fair Grounds, 3925 SH 30 West, Huntsville, TX 77340

Admission: \$7.00 - ticket good for both days Walker County Fair Grounds, all inside and outside dealers. Yard and garden stuff, antiques and collectibles, rusty junk, funky junk, repurposed items.

**Huntsville Audubon Society** 

When: Thursday, March 19, 2020

Time: 6:00 p.m. - Snacks and chat; 6:30 p.m. -

**Guest Presentation** 

Where: St. Stephens Episcopal Church, 5019 Sam

Houston Ave. (TX-75), Huntsville, TX

Our guest speaker this month is Rick Bello presenting 'Birds of Ecuador'. Bottled water provided, but bring a snack to share. For additional information email huntsvilletxaudubon@gmail.com. All

are welcome!

Iunk-A-Palooza

When: March 21, 2020

Time: 7:00 a.m. - 12:00 p.m.

Where: Main Street Office, 1203 University Ave.,

Huntsville, TX 77340

Junk-a-Palooza is a community-wide garage sale that allows individuals the opportunity to purchase a booth space and empty out their storage closets, while finding quality items for a great price!

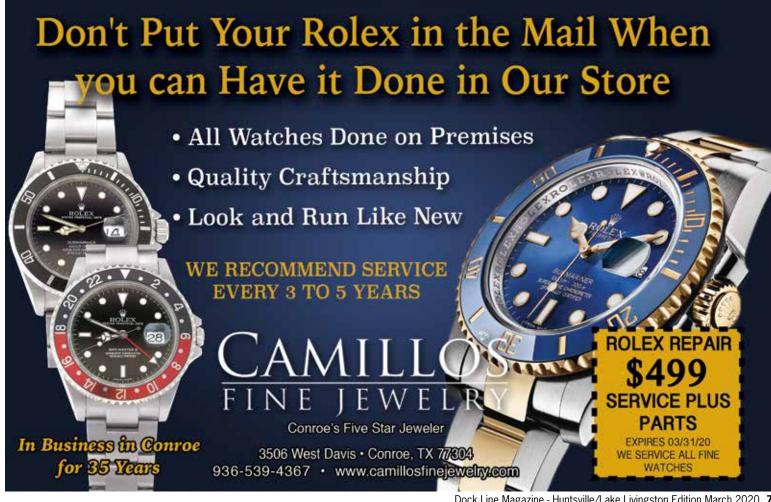
Herb Festival of the Wynne Home

When: March 28, 2020 Time: 8:00 a.m. - 2:00 p.m.

Where: Wynne Home Arts Center, 1428 Eleventh St., Huntsville, TX 77340

Locally grown herb plants, vegetables, pollinator plants, heirloom bulbs, and perennials. There will be lots of vendors, music, children's crafts, baked goods, speakers and more. Sponsored by the Texas Thyme Unit, Herb Society of America. This is a once a year event and it is free to the public. For more information call 936-891-5024. ◆







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## THE VALUE OF GOOD SLEEP

## AND THE SURPRISING COST OF NOT GETTING ENOUGH

BY: BRIAN SHERMAN



Our most valuable asset as humans is time. We spend it every day, and once it's gone, we can't get it back. Time is an investment. We can spend it recklessly and waste it, or we can use it wisely and get a "return on our investment." Time may be gone forever once it passes, but it doesn't mean we can't add more time to our lives. In fact, you could add years to your life just by getting enough restful sleep each night. The opposite is also true. You could lose years off your life, and lower the quality of the years you do have, by not getting enough sleep.

The sad truth is that most Americans don't sleep well. Some of it can be attributed to our busy lifestyles and our smartphones. However, the biggest reason we don't sleep well could actually be our mattresses. Yes, your mattress could be the culprit to your never-ending fatigue.



Travis is BACK, Travis is BACK come see him!

#### What Happens When I Don't Sleep Enough?

Aside from a lower life expectancy, losing sleep is proven to have many other negative side effects. Here's what happens when you don't sleep well:

You are more likely to be overweight. In a 2004 study, people who slept less than six hours per night were 30 percent more likely to gain weight and become obese than those sleeping six to nine hours per night.

You will become more forgetful. During deep sleep your brain clears out plaque-forming proteins (the same ones that contribute to Alzheimer's and Dementia). When you get deep sleep, which occurs when you get more than 5 hours a night, your brain resets properly and helps you think more clearly during the day.

You will look older, faster. Poor sleep can contribute to poor skin. When you don't sleep enough, your body produces less human growth hormone. This causes more fine lines and wrinkles over time, especially under your eyes.

You are more likely to get sick. Missing sleep over time wears down your immune system, making it more difficult for your body to fight off viruses and diseases. It also slows down your recovery rate from sickness.

The bottom line is this: poor sleep results in poor quality of life. Sleeping well adds years to your life and gives more life to the years you have left.

#### How a Mattress Affects the Quality of Your Sleep

So, you need to sleep better. Giving yourself an extra hour each night by going to bed earlier is a great start, but if you're like the millions of Americans who don't sleep well anyway, then you need to do the next best thing. You need a new mattress.

However, before you follow one of the countless ads for beds floating around out there, you need to understand a critical truth: not every mattress is right for you. Contrary to what many of those ads imply, you don't need the newest, most expensive bed out there. A mattress might be high-priced be

Continued on page 10 ∞





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cause the materials are expensive, but it's likely overpriced because the cost to advertise it is so high. Large mattress companies spend millions of dollars on marketing, and you as the consumer are often left paying the difference.

No, you don't need to get the highest-tech mattress or the most expensive one. What you do need is the right bed for you.

#### To find the right mattress, you need to ask yourself the right questions:

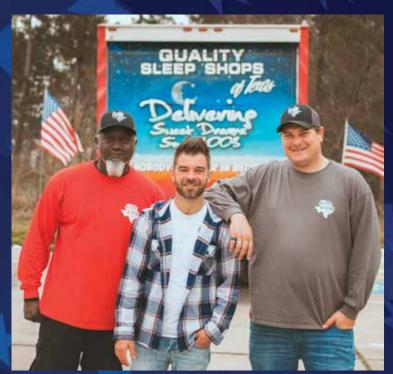
- Do you sleep on your back or your side?
- Do you sleep alone or with a partner?
- How much do you weigh?
- Do you suffer from back, neck, or shoulder pain?
- Do you have allergies?
- Do you have a medical condition that affects your sleep?
- What do you like/dislike about the bed you have now?

Asking the right questions will help an experienced mattress provider find you the perfect mattress for you. It is likely that you'll need to test out several mattresses before you find the right one.

#### **Not All Mattress Sellers are Created Equal**

The sad truth is, not all mattress stores have your best interest at heart. Often, the salespeople at large brand mattress stores are trained to sell mattresses, not consult you on the quality of your sleep. They are trained to move products, not educate their customers. Sleep is such an important factor in the quality of your life. It can be costly to leave it up to a quota-driven sales person.

Cory Walter, the owner of Quality Sleep Shops of Texas, takes a different approach. "We don't pressure anyone. We educate them. I want them to get the best mattress at the best price, even if it's not with us." Quality Sleep Shops of Texas has built a reputation locally for its rare honesty and attentive care for the lives of their customers. Cory often has to re-educate his customers on the truth about mattresses, even discourage them from buying a new mattress just because they were sold a wrong idea about their current one. For instance, it is a common belief that you should replace your mattress every 5-8 years. However, some mattresses easily last 10 years or



5 Star Service done right... John Pinchback, Shane Thornhill and Travis Hodges

longer. That narrative was created by big brands to sell more beds.

Sometimes the most important aspect of your mattress is what's not taught. In fact, one of the most important features of a mattress that almost nobody is ever told about is coil count. Coil count affects the level of support a mattress provides and the longevity of a mattress. Coil counts can range from 225 to over 1100. Beds with higher coil counts will provide better support and last longer than those with lower coil counts. Lower coil-count beds will often feel softer in a store, but wear out much faster. This seems like a crucial factor when it comes to buying a bed. However, in any given big-brand mattress store, beds with all different coil counts are placed next to each other and this important detail is almost never mentioned by sales people. Another industry secret is that one company makes all the coils for every mattress on the market. So, you are really paying for the other materials and for the name on the mattress.

#### **The Local Difference**

Quality Sleep Shops of Texas is big on educating its customers so they get the best bed for their unique situation, and at the best price. The best bed for you might not cost \$2,000, but only \$500. Quality Sleep Shops of Texas might be the only mattress provider that will encourage you to get the \$500 mattress. Why? Because getting the right bed is bigger than making a sale. To Cory Walter, you are his neighbor, his friend, his family.

"It's not about the money. It's about my reputation. I live here. I run into my customers all the time." He adds, "I just try to find my customers the best value for their hard earned money. I'm here every day, and I'm here for you. My customers know that." Trust is a nonnegotiable factor to Cory. It's a big part of the reason he never runs fake sales, a common practice in the mattress industry. He only offers the best price, always, and encourages his customers to shop around. Almost every time, they end up back in this store.

It's not just his customers that Cory is passionate about. Most people would never know that Quality Sleep Shops of Texas provides mattresses to over 100 fire stations in and around Montgomery County. It's bigger than growing a business. It's about growing a community.

Bad sleep is costly. Good sleep is priceless. Invest in the quality of your sleep and invest in your local community while you're at it.

Quality Sleep Shops of Texas is located at 14543 Hwy 105, West in Conroe, Texas. They are open Monday - Saturday: 10:00 am - 6:00 pm, and closed on Sundays. Learn more about Quality Sleep Shops of Texas and view their mattress options online at www.qualitysleepshops.com. ◆



FISHING FORECAST: March is the month to catch the big girls. Those are the big White Bass females. Look for the Whites to spawn around mid-March in upper Lake Livingston creeks.

White Rock, Carolina, Harmon, Nelson and Bedias Creeks are all famous for catching spawning Whites.

#### SPECIES REPORT:

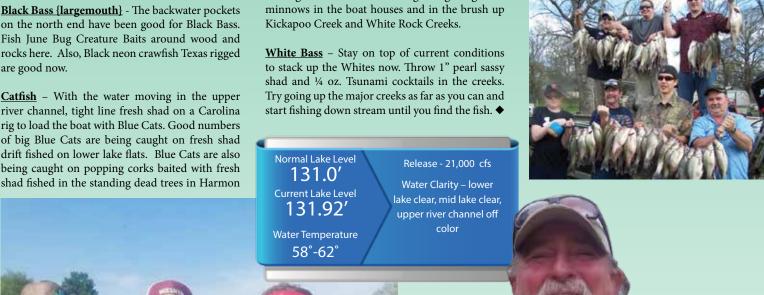
on the north end have been good for Black Bass. Fish June Bug Creature Baits around wood and rocks here. Also, Black neon crawfish Texas rigged are good now.

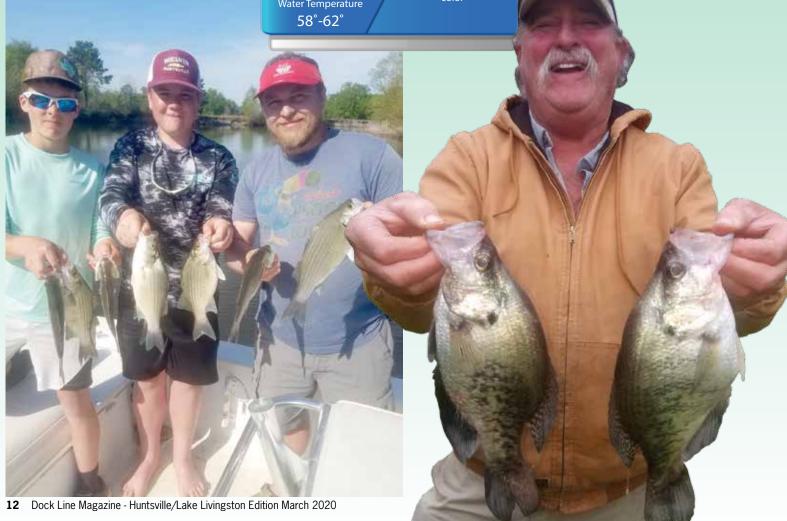
river channel, tight line fresh shad on a Carolina rig to load the boat with Blue Cats. Good numbers of big Blue Cats are being caught on fresh shad drift fished on lower lake flats. Blue Cats are also being caught on popping corks baited with fresh shad fished in the standing dead trees in Harmon

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Creek. Big Ops are taking live perch on trotlines in the upper river channel.

Crappie - Crappie fishing has been good with some good numbers of fishing being caught on Good Luck fishing Lake Livingston! Reserve your fishing adventure at www.palmettoguideservice.com







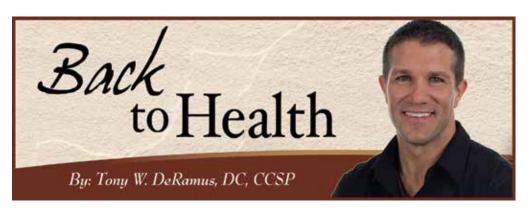
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## **Sniffling, Sneezing and Wheezing: Avoiding Those Springtime Allergies**

Springtime is here and many of us are probably noticing that we are starting to sniffle and

sneeze a little more often. We have pollen to thank for that. Tree pollination is in full swing during the springtime months. When pollen gets into the noses of certain people, it triggers the runny nose, itchy eyes, and other allergy symptoms.

Air pollution can make allergy symptoms worse. One of the most

common pollutants is ozone, which is created in the atmosphere by a combination of sunlight,



nitrogen oxide, and hydrocarbons from burning fuel. Clouds of ozone are created around some cities as the sunlight becomes stronger.

Inside, molds love damp areas, including the basement and bathrooms. Their spores get into the air and can cause problems for allergy sufferers.

Dust mites, tiny insects, thrive in warm, humid temperatures and nest in beds, fabric, and carpets. Their residue can get into the air, triggering sneezes, wheezes, itchy skin and runny noses.

In a healthy person, when the immune system is stressed by being exposed to these environmental triggers, chemicals are released that produce inflammation. These chemicals are made by immune cells that migrate to the site where the body is compromised. By the end of the inflammatory process another group of immune cells begins to produce chemicals that have anti-inflammatory properties. These anti-inflammatory chemicals help in calming the area of inflammation. As a

result, the symptoms of inflammation begin to resolve. The body, in the ideal situation, is genetically

programmed to heal itself.

These symptoms become a chronic occurrence when your immune system is not functioning at 100%. Here are some tips to keep you healthy throughout the springtime months.

#### Chiropractic Care

Since chiropractic deals directly with allowing the nervous system to

function at its highest ability, chiropractic care for an individual with allergies can be extremely beneficial. It is a safe, effective, and natural form of care.

It's most important to understand that chiropractic is not a treatment for allergies. Its purpose is to reduce stress on the body. Stress interferes with the proper functioning of the nervous system, can weaken the immune system, lower resistance and reduce the body's ability to heal effectively.

The chiropractic adjustment frees the ner-

vous system from spinal stress allowing the immune system to function properly. This allows you to respond to internal and external environmental stresses more efficiently.

The adjustment is very gently and customized to each patient's needs. At Sandstone Chiropractic, we offer of variety of adjustment techniques to best fit the patient.

#### DIET

Clean up the diet by removing simple sugars. Sugar, like salt, is dehydrating to the body. Dehydration increases histamine levels. Histamine is another pro-inflammatory chemical that can worsen symptoms. Water helps reduce histamine levels. Approximately, seventy percent of our body is made up of water. Make sure you drink water as your main beverage and stay well hydrated.

Remove unhealthy fats. These include partially hydrogenated oils, margarine, vegetable shortening and cooking oils such as corn, vegetable, safflower and sunflower oils. Use olive oil, organic butter, grape seed oil, coconut oil and cold pressed oils for cooking. You can also supplement your diet with good quality fish oil.

Eliminate the dyes, preservatives, food colorings, artificial sweeteners and additives found in most foods. Even pay attention to the color of your toothpaste and deodorant.

Of course, we all have those urges to eat ice cream, chips, candy, etc. That's why I recommend the 80/20 rule. 80% of the time stick with a diet that is filled with whole foods (i.e. vegetables, legumes, meat, chicken, fish, fruit) and the other 20% of the time satisfy your craving!

If you find that you keep having the same allergic response or the response intensifies even after eliminating all inflammatory factors, further allergy testing may be necessary to identify the source.

Sandstone Chiropractic provides comprehensive allergy testing for all ages. Please contact our office for more information regarding these tests. ◆





## **Huntsville Pets Helping People**

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## Service and Emotional Support Animals and DOT Policy

By: Marilyn Meshell

In late January 2020, the U.S. Department of Transportation (DOT) proposed a new policy for transportation of service and emotional support animals. As would be expected, many people are in favor of the changes and others oppose them. Let us take a few minutes to explore the proposed policy changes and the issued involved that have led to them. There is a great deal of confusion as to what constitutes a service animal and emotional support animals. We will start by clarifying who are service animals and emotional support animals.

that are unique to the individual they are assisting. The dog needs to stay focused on their "job" so it is important not to approach, verbally distract, or try to pet a service dog while they are working.

Service animals have the legal right to enter places where animals are not usually allowed, including restaurants and grocery stores. They have the legal right to live in facilities that have a no pet policy. Service dogs are allowed to accompany their person on public transportation such as subways, busses, and trains. Service animals ride in



According to the Americans with Disabilities Act, service animals are dogs that are trained and perform tasks for one individual. Miniature horses may be service animals as well. The Air Carrier Access Act uses a broader definition of service animals. In addition to dogs and miniature horses, pigs and monkeys may be service animals.

Service animals are trained to perform one or more specific tasks for one person who has a disability. Most of us have seen a service dog at work. The dog might have been guiding a seeing impaired person or picking up a dropped item for an individual who uses a wheelchair. Other dogs may alert a hearing impaired individual to a doorbell, smoke detector alarm, or other sounds. It is important to note that service dogs receive basic obedience training in addition to learning tasks

the cabin of airplanes because they must be available to assist their person as needed and because it is the law.

Emotional support animals provide comfort and therapeutic benefit to a specific individual. Support animals are not pets. Dogs and cats may be emotional support animals. Other species that may be support animals include: rabbits, guinea pigs, hamsters, and domestic rats. Some people have claimed that their exotic animals, such as squirrels, snakes, lizards, and even a peacock are emotional support animals. Basically, a person may claim that any animal is their emotional support animal. However, airlines do not have to accept exotics as emotional support animals.

Emotional support animals are not service animals under the Americans with Disabilities Act.

However, they do have some legal rights. They are authorized to live in facilities that have a no pet policy and they may travel in the cabin of aircraft with their owner. Emotional support animals do not have the right to enter public places where animals are not permitted such as restaurants.

Emotional support animals must be deemed necessary for treatment of the individual. They are prescribed by a medical professional, generally in the form of a letter. There are numerous cases where a person under mental health treatment would benefit by having an emotional support animal. Unfortunately, many people who do not require an animal for their mental or emotional wellbeing go on-line and, for a fee, are "treated" by a medical professional and obtain a letter attesting to the person's need for an emotional support animal. Sometimes the person wants their pet to fly in the cabin with them to avoid paying a pet transport fee to the airline. Sometimes it is because the pet is part of the family and they want them nearby, even when flying.

Emotional support animals are not required to have any specific training. As a result, some emotional support dogs lack basic obedience skills and display bad behavior in public places. Not only is bad behavior annoying to other people, but bad behavior may present a health or safety issue. Regrettably, some individuals let their support animals wander the aisle. At times, support animals have urinated or defecated on the plane and flight attendants were left to clean up the mess. Support animals have growled at or attempted to attack people or other animals, including service dogs. In one case in February 2018, a child was bitten by an emotional support dog on a plane in Arizona.

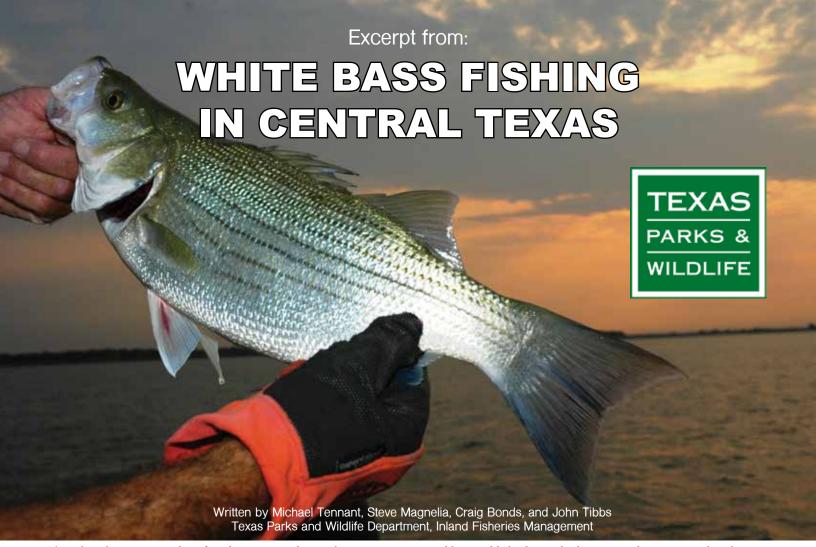
Current DOT policy requires airlines to allow passengers to fly with their service and emotional support animals. After numerous complaints, mostly about emotional support animals, DOT



has proposed new rules that would apply to both service animals and emotional support animals. Significant changes are included under DOT's proposed policy. Only dogs would be recognized as service animals. Airlines could limit a person to two service animals and require them to check in earlier than other passengers. It would no longer be mandatory for emotional support animals to ride in airplane cabins. Each airline would decide if they will accept emotional support animals in cabins and which species. The public has sixty days to comment on DOT's proposed changes. As a result, it will be several months before we know what changes will be made. But it is likely that big changes are coming. •







The white bass, commonly referred to as "sand bass" or "sandies", is an abundant and popular sportfish in Texas reservoirs. This is due to its willingness to bite artificial lures, schooling behavior, and outstanding quality as table fare. White bass provide anglers with exciting action throughout the year, but most notably during their annual spring spawning migration up river and stream tributaries. From January through April, large schools of white bass concentrate in the far upper ends or riverine sections of reservoirs making them more susceptible to anglers. The complete white bass angler understands the biology, migrational behavior, preferred habitat, appropriate fishing techniques and local "hot spots" for this popular species.

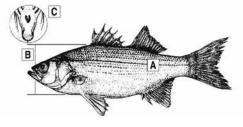
#### IDENTIFICATION

The white bass is a silvery, spiny-rayed fish with several incomplete lines or stripes, which run horizontally on each side of the body. The head is fairly small and pointed, and the dorsal (back) fin is conspicuously double, separated into spiny and soft-rayed portions. The white bass can be easily confused with striped bass and hybrid striped bass (a cross between white and striped bass), which are other members of the temperate bass family. However, striped bass and hybrid striped bass grow much larger than white bass. Anglers must be adept at differentiating between them as they often coexist in the same reservoir. White bass can be distinguished from the others by the tooth patch on the tongue (one is present on white bass

whereas there are two on striped bass and hybrid striped bass). Striped bass and hybrid striped bass also have several distinct "stripes" that extend to the tail, while the white bass has only one stripe extending to the tail. Study the pictures below, including the detail of the tooth patches.

#### WHITE BASS STRIPED and HYBRID STRIPED BASS

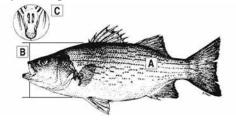
#### White Bass



A: Stripes faint, only one extends to tail. B: Body deep, more than 1/3 length.

C: Has one tooth patch near the midline towards the back of the tongue.

#### **Hybrid Striped Bass**



Also known as Palmetto or Sunshine bass.

- A: Stripes distinct, usually broken, several extend
- B: Body deep, more than 1/3 length.
- C: Has two tooth patches near the midline towards the back of the tongue. Tooth patches may be distinct or close together.

Note: For hybrids, all characteristics should be considered in combination, as characteristics in individual fish may vary.

#### LIFE HISTORY and BIOLOGY

White bass are migratory open-water fish. Most of their life is spent in the open-water portions of reservoirs chasing schools of small gizzard and threadfin shad. In late winter (December-January) schools of white bass migrate to the upper portion of reservoirs awaiting environmental cues signaling the start of the spawning migration up major tributaries. In February and March, they begin their spawning migration seeking clean gravel and rock substrate with good flow to spawn. Riffles and shoals are common spawning locations. How far white bass migrate is extremely variable, but it is not uncommon to find spawning white bass 25-50 miles above the reservoir. This may be related to river and stream flow, which varies among years. Fisheries biologists are unsure if adult white bass return to the same spawning spot each year, or if it is a random occurrence. After spawning, adult fish migrate back into the main body of the reservoir. The whole spawning migration is usually complete by sometime in May. Interestingly, "tributary"

spawning may not be inherent in all white bass. Some white bass may spend their entire lives in the main portion of reservoirs, spawning on windblown, rocky shoals instead of in major tributaries.

Of the three temperate basses found in Central Texas (white bass, striped bass and hybrid striped bass) only white bass successfully reproduce in significant numbers, although the other two species may also migrate up tributaries in the spring. Central Texas striped bass and hybrid



Close-up of White Bass caught from the Sabine River

striped bass populations are completely supported from stockings by Texas Parks and Wildlife Department (TPWD) fish hatcheries. White bass are not nest builders. Spawning takes place in midwater. The female rises toward the surface enticing males to follow. Fertilized eggs drift to the bottom and adhere to gravel or rock. Eggs usually hatch within 2 to 3 days. The newly hatched fry migrate downstream in schools seeking food and protection. On many Central Texas reservoirs white bass grow rapidly, normally attaining a size of 9 to 10 inches in their first year of life and 12 inches by the end of the second. This is faster than the statewide average. The life expectancy of white bass is short and few reach 5 years old. Although no studies have specifically looked at sexual maturity of white bass in Central Texas, fisheries biologists think that males become sexually mature at age one (8-9 inches) and females at age two (12-13 inches). This would be similar to fast growing populations in Tennessee and Arkansas. No studies in the Southern United States found significant numbers of female white bass less than 10 inches that were reproductively mature. A white bass weighs approximately 0.5 pounds at 10 inches and 0.9 pounds at 12 inches.

#### FISHERIES MANAGEMENT and FISHING REGULATIONS

White bass in Texas are currently managed with a statewide 10-inch minimum length and 25-fish daily bag limit. An experimental 12-inch minimum length limit was implemented on sev-



Larry Hodge (retired TPWD) holding a Hybrid Striped Bass.

eral Central Texas reservoirs between 1995 and 2003. The purpose of the experimental regulation was to test whether additional protection would delay harvest of immature female white bass and increase population abundance and average size of white bass. Evaluation of the 12-inch minimum length limit indicated this regulation failed to improve white bass populations in Central Texas Reservoirs. In addition to fast growth, a high level of angler harvest was required for this regulation to work. These requirements were based on computer generated models utilizing fisheries data collected on these populations. Angler creel data collected by TPWD, suggest that harvest rates for white bass were likely below the threshold level needed for the greater length restriction to be effective. Other research conducted by TPWD, and supported by recent scientific literature, indicates white bass reproductive success is highly correlated with springtime reservoir inflows. In other words, higher than average spring inflows to reservoirs correspond with higher than average white bass spawning production and vice versa. Environmental conditions can play a large role in determining white bass densities.

TPWD will continue to monitor white bass populations and angler harvest rates to determine what length limit is best suited for these fisheries. If fishing pressure significantly increases in the future and harvest levels reach a critical point, TPWD will consider alternative regulations. Currently, alternative regulations are not warranted. SEASONAL FISHING PATTERNS

waters near lighted marinas are consistent producers of white bass at this time. Summer (May-September): May to early June is characterized by good schooling action for white bass. The mouths of major creeks and mainlake points are good areas to try. Look for birds chasing baitfish. The whites and stripers won't be far behind. Topwater lures, lipless crank baits, and small twister tail jigs cast into schools are good bets. Anglers might also try night fishing as described for spring, although this pattern often weakens as

Spring (March-May): White bass will be in

the rivers or major creek tributaries. A variety of

artificial lures will work, but this is a good time for

small jig fishing. Small, medium-running crank

baits also work well. Trolling the river or creek

channel with small crank baits is a good technique.

Fishing early in the spring can be inconsistent, but

if the bite is on you can have the day of a lifetime.

Many old timers say, "when the redbuds (or dog-

woods) are blooming the white bass are running".

This old saying usually holds true. April and May

can be the most consistent months as many white

bass have finished spawning and are hungry as

they migrate back to the reservoir. Spring is also a

good time to try night fishing using lights. Float-

ing or submersible crappie lights, which attract

baitfish, work well for this. Flats at the mouths of

major creeks, main-lake flats, and floating break-

Continued on page 20 ∞

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Visit Us on the Web: www.BloominBlinds.com Like Us on FB: Facebook/BloominBlindsOfTheWoodlands the water warms throughout May. As the water heats up, anglers should concentrate on main lake structure near deep water, or look for schooling fish at dawn or on cloudy days. In the heat of summer good marine electronics for finding the fish in deep water are vital to consistent success.

Fall (September-November): Early-fall fishing is much like summer. Keep looking for the schools with your electronics. As the water cools, white bass will begin feeding at the surface in earnest. Cloudy days with a little wind are the best. Concentrate on creek mouths and major points. October and November can be good for surface schooling. Look for stripers mixed in with whites.

Winter (November-February): The water is coldest this time of year. Two patterns are noteworthy. One is to locate schools in deep water on major structural elements such as river channel ledges, humps, and tips of points. Vertically jigging spoons and tail spinners in these areas will produce some of the most consistent action of the year, if you can locate the fish. In January and February structure in the upper end of reservoirs near major tributaries is a good choice. A secondary pattern is night fishing around lighted boat docks and marinas in the main lake. Fishing from lighted dock to lighted dock casting a small twister tail jig into the light will produce consistent action, if you can stand the cold. Don't be surprised if you catch some nice stripers as well. January and February are two good months to try this pattern.

#### PLACES TO GO

Some of the best white bass fishing in the spring can be done from the bank and while wading in the upper reaches of tributaries. County road maps available from the Texas Department of

Transportation, or "The Roads of Texas", Shearer Publishing, Fredericksburg, TX, (800-458-3808) are invaluable for locating some of the access points described. Always get permission from the landowner if you cross private land to enter a river or stream. Topographical reservoir maps are often available from controlling authorities or at retail fishing stores. The Texas Parks and Wildlife Department maintains an internet web site which contains information on many fishing-related topics, including reservoir access, regulations, and fishing news, among many others. Check it out at http://www.tpwd.state.tx.us.

For the full publication, visit: https://tpwd.texas.gov/publications/pwdpubs/media/pwd\_br\_t3200\_0022e.pdf.

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For more information on length and bag limits, check out the TPWD Outdoor Annual or download the app! http://tpwd.texas.gov/regulations/outdoor-annual/

Information on where to fish in Texas public waters, including the Community Fishing Lakes, is available at http://tpwd.texas.gov/fishboat/fish/recreational/wheretofish/. If you have any questions, please contact us at 979-272-1430 or by email at niki.ragan@tpwd.texas.gov or alice.best@tpwd.texas.gov.

Follow TPWD's College Station-Houston In-



Dawn Dorsett (with TPWD's College Station - Houston Inland Fisheries Management District) holding a stringer of White Bass caught on Lake Somerville in an undisclosed tributary. Said tributary may or may not rhyme with agua.

land Fisheries office on Facebook and Instagram: www.facebook.com/TPWInlandFisheriesCol-

legeStationHouston https://www.instagram.com/fisherieshouston/ ◆



Zoe Ann Stinchcomb (with TPWD's Texas Freshwater Fisheries Center in Athens) holding a White Bass caught on the Sabine River.



## Songbird and Raptor Nesting; Does That Baby Bird Need Help?

By: Lisa Wolling, Executive Director

Spring is once again in the air, and baby animals and baby birds will soon be all around us. Understanding natural behavior is important as it can save wildlife lives. Sometimes well-meaning individuals think they are helping or saving baby animals from harm when, in fact, they are taking healthy babies away from their wild parents. Understanding the natural behavior about how baby birds grow and leave the nest can help to prevent them from being needlessly kidnapped.

Some of the large birds of prey in our area, such as eagles and great horned owls, begin nesting as early as December/January, so chicks may hatch out by January/February. The largest raptors nest earlier and then the smaller raptors nest later into the spring and early summer. Songbirds begin choosing nesting sites as early as February and may begin laying eggs in March. This means there are several times throughout the year when baby birds will be hatched and raised, with baby birds leaving their nests sporadically throughout the warmer months.

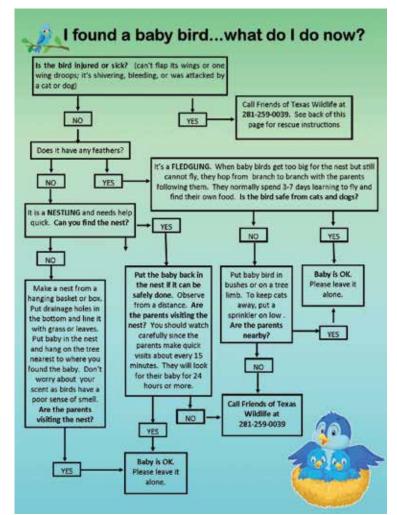
Raptors (hawks and owls) are typically born anywhere from January through May. Generally, the larger the bird the earlier in the year they are born. By May, many of the early arrivals are beginning to leave their nests. Similar to songbirds, when raptors first leave the nest, they cannot fly well yet. They are called "branchers" at this age and sometimes they wind up on the ground inadvertently. If they have feathers as opposed to down and they are in a safe location, they should be left alone. Their parents will still attend to them while they learn to fly. If you are not certain whether a baby owl or hawk may need help, please call us for assistance. Sometimes even younger birds that have fallen from nests can be "re-nested" in a large basket so their parents can continue to care for them.

Songbirds are busy nesting in spring and summer, and some birds will even raise two or three broods each season. Hatchling birds have no feathers. Nestling birds have fuzzy down feathers and/or are just beginning to have pin feathers emerge (it looks like they have toothpicks sticking out of them). If either a hatchling or nestling and has fallen from a nest, it does need help. If you can place it back in the nest, that is the best thing to do (it is an old wives' tale that touching the baby will cause the parents to reject it). If the nest has been destroyed or cannot be located, take a small basket or bowl (like a margarine container), punch some holes in the bottom, and line it with pine needles, leaves, or straw. Tack the nest on the tree closest to where you found the baby and watch for at least a couple of hours to see if the parents come back to feed. Fledgling baby birds are fully feathered and have about one inch of tail feathers. They leave the nest TO learn how to fly, not WHEN they can fly. It is normal for them to hop from branch to branch or even wind up on the ground. The parents will still tend to them while they learn to fly. If they are in danger from domestic pets or not in a safe spot, it is ok to pick them up and place them in a nearby bush or low tree. This is the most dangerous time for baby birds, but they just need a day or two before they can fly quite well. If possible, keep cats indoors if you notice fledgling birds in your area.

Friends of Texas Wildlife will be having an Open House on Saturday, March 21 from 11 am to 3 pm. At this open house, we will have many interesting educational displays. All our educational animals will be there for you to visit with (opossum; box turtles; snake; owls; and hawks). Educational displays will also be presented by: The Spring Creek Greenway Nature Center; Texas Master Naturalists; Texas Wildlife Association; Caleb Paul (snake wrangler/reptile rescue and removal); Montgomery County Sheriff's Office; Lake Houston Nature Center; Texas A & M Forest Service. For the first time ever, we will

be offering "behind the scenes" tours of our flight enclosures and intake center. This is the only time this year our entire facility will be open to the public. \$5 per person, kids 3 and under free. More details available at www.ftwl.org.

To learn more about what we do and view pictures of many of the animals we assist, please visit our Facebook page at www.facebook.com/SavingTexas-Wildlife. Our educational visitor's center is open the second Saturday of each month from 10 a.m. to 2 p.m., located at 29816 Dobbin Hufsmith Road, Magnolia, Texas, so the next open house date will be Saturday, March 14. Come on out and visit us, learn a little more about local wildlife, do some fun activities and a craft, and meet some of our non-releasable wildlife educational animals. We also host birthday parties, camps, and educational presentations. For more information about events, birthday parties, spring break camps, summer camps, or educational presentations for scouts, schools, or other groups, please visit our website or email ftwl.education@gmail.com. There are many other ways you can help support our efforts, too (such as Kroger Community Rewards, Amazon Smile, etc.). Details can be found at www.ftlw.org, and then click on "How to Help".



Dock Line Magazine - Huntsville/Lake Livingston Edition March 2020 21



## 6 Things Your Website Should Include

If you want your website to convert more visitors to customers, it must have these features...

If you own a business, your website should be working for you to consistently bring in new leads everyday. Most websites come with a hefty price tag and may look pretty, but they don't do much to grow a business. Very few people see the website, much less know what to do when they do see it. Worst of all, the message is unclear.

Can you relate? Are you consistently getting new customers through your website?

At Dock Line, we've built hundreds of websites for small businesses to help them grow their business online. No matter what industry you're in, there are six things that we've suggested most often when designing a highly profitable business website.

Incorporate these six components in your website and you'll get more visitors, more sales, and more fans of your business. You'll stop losing to your competition.

#### 1. Your business website should include a 3-second headline.

When someone visits your website they should understand what you do in 3 seconds or less. People make instant subconscious decisions about you and your brand when they visit your website. If you confuse, you lose. Your website headline needs to clearly tell the reader what you do and how it helps them.

To help you clarify your main headline (the company's tagline), use this formula to get started.

to help	you	your

= (Main service you provide) to help you (Result of your service) your (Thing your service benefits).

Example: Landscaping services to help you manage your lawn. Here are a couple of guidelines to follow when developing your main tagline.

#### Don't:

- Don't use insider lingo.
- Don't be too vague.
- Don't be long winded.

#### Do:

- Use language anybody will understand.
- Be specific.
- Be concise.

#### 2. Your business website should include a clear call-to-action.

If possible, give visitors only one call to action on each page of your website. If your main objective is to get them on the phone, make that the only option. You may also offer a lead generator as a call-to-action. Make sure it points people to your main call-to-action. Make your call-to-action specific and straight to the point.

What is it you want the website visitor to do? Do you want them to book a call with you? Do you want them to buy your product? Be up front and direct. Also, make the call-to-action obvious — put it just under the header of your website, and in the top right of the main menu.

- Bad CTA's: "Learn More" "Get Started"
- Good CTA's: "Call Now" "Buy Now"

#### 3. Your business website should include a "Success Header Image".

The header background at the top of your home page is prime real estate. It is where your 3-second headline goes and it is the first thing people see when they visit your website. Your header image gives people their first impression of your business, so it needs to imply success.

Use an image that shows the success of your product. It doesn't have to be an actual photo of your product or even a real customer of yours. You can use a stock image if you want, as long as it conveys a message of success, as if someone used your product or service and achieved their desired goal because of it. Images with people work best, especially if they are happy and smiling.

#### 4. Your business website should include search engine optimization.

What's the use of having an amazing website if no one sees it? Search Engine Optimization (SEO) works to get your website higher in the rankings on search engines like Google.

Nearly everyone begins a search for a product or service online. With SEO you can use Google to your advantage and get more visitors to your website by showing up on the first page of search results. How to start implementing SEO:

- Use strategic keywords in your writing based on what people type into Google to find the services you offer.
- Optimize your website so that it loads quickly and looks good on any device (See "Mobile Optimization" below).

- Put engaging content like video on your website.
- Invest in good technical SEO (Back-end website optimization).
   SEO stats you need to know:
  - 93% of online experiences begin with a search engine.
- 81% of people perform some type of online research before making a large purchase.
- Google currently holds over 80% of total search engine market share.
  - 75% of people never scroll past the first page of search engines.
- Leads from search engines have a 14.6% close rate, while outbound leads (ex. cold-calling, direct mail, etc.) have a 1.7% close rate.

#### 5. Your business website should include responsive design.

52.2 percent of all website traffic worldwide is generated through mobile phones.

Simply put, more people are searching online using their mobile devices compared to desktop computers and the gap is widening each year. This means your website needs to be optimized to look good on any device, especially mobile phones.

If you have a website, pull it up on your phone now and see how it looks. You can also open your website on a desktop and click and drag the web browser to make it thinner. You can see how the appearance changes to match the screen size...or not.

If your website doesn't adjust to various screen sizes it becomes difficult to navigate and read. You can make it more mobile responsive by doing the following:

- Rebuild using a responsive website design template.
- Eliminate the use of popups.
- Make buttons and links large.
- Optimize for fast page load.

It's worth investing in an experienced web designer who can optimize your site to be mobile responsive.

6. Your business website should include sales oriented copywriting.

Not only should your website look good, it also needs to compel people to buy your product or service. As Donald Miller, CEO of Storybrand, says,

"Pretty websites don't sell things. Words sell things."

When we talk about sales-oriented copywriting, we simply mean this: Don't talk about yourself. Talk about your customer.

As hard as it might be to hear, people don't care about how long you've been in business, what your mission statement is, or the whole backstory about how you started your business. What they do care about is how you can help them and if you understand their pain.

It's also important to remember that you only have a few seconds to grab someone's attention and persuade them to keep reading or not. Good sales copy will keep the reader's attention and carry them through your desired process toward a sale.

Answer these questions in your copywriting:

- Who is your ideal buyer?
- What problem do they face?
- What kind of life are they aspiring to that the problem is hindering?
- How can you solve their problem?
- What bad thing will happen if they don't solve their problem?
- What will their life be like when you solve their problem?
- What simple plan can people follow to solve their problem?
- How can they get started right now solving their problem?

So, how does your website fare in relation to these essential components? Can you see areas where you can improve right away by implementing some of these? Maybe, you have a website that is outdated, or just doesn't do anything to grow your business. Or worse, maybe you don't have a website at all. If you'd like some help getting a website that you are proud of and one that works every day to grow your business, we can help.

Dock Line now offers professional web design, along with digital marketing services like SEO and social media marketing. If you need a new website for your business, let us help you out. Give us a call today, or just send an email to info@docklinemagazine.com. •





#### January 2020 Pre-Fishing Toledo Bend

Trey and I arrived at Toledo Bend on Sunday to start pre-fishing. It was really windy and we just caught a few. We practiced again on Monday I caught a few and Trey did not catch any. Grant is fishing with Hayes this year. He fished on The Woodlands High School team. Grant caught a nice 4 ½ pounder while he was practicing, but his partner Hayes did not catch any either. It is really tough and the weather is not cooperating either. It's Wednesday and we have been trying hard to find fish but it's tough, I mean really tough. Today Trey and I started fishing at 9 a.m. because it was raining very hard. We wanted to wait till it slowed down a bit. I caught 1 keeper. Trey and I took turns fishing. It was so cold we warmed our hands with hand warmers and put them in our pockets when the other one was fishing. It was in the 30's and miserable with a constant rain. We fished for 3 hours and decided to go in. It was still raining at 12 and everything was soaked. Our gloves were wet. This was no fun at all. No fish. Wet and Cold. All we could think about was a warm place. Grant also told us he was freezing and his hands were numb.

#### 1-23-20 BASSMASTER COLLEGE SERIES – Toledo Bend

Today is the day I have been waiting for and I just don't know what to think. I came into this saying we could win and qualify, but with the bad practice days and all the terrible weather it doesn't seem attainable. The line to get to the ramp was so long. It took about an hour just to get to the ramp. Colleges are here from all over the United States to compete. There are 250 teams fishing today. That is the limit. The top 25 teams will qualify for the



National Championship in the summer. It is still sprinkling rain, but should stop soon. Wow we are finally getting a break. Hopefully we can concentrate on fishing instead of freezing and accomplish our goal to catch 5 BIG keepers.

You can definitely tell there are 250 boats in



this tournament. The lines are at least an hour long just to get to the boat ramp to launch. Several lanes are closed due to the drought.

We found a group of fish on the main lake next to the standing timber and brush piles. There were a lot of fish on the graph. Some in the brush and some scattered in the area. I was up front looking at the graph and dropped down to the fish with a drop shot. I caught 1 keeper and lost one. It broke the line in the timber. Trey caught 3 at the first spot.

We left there and went to Housing, a creek

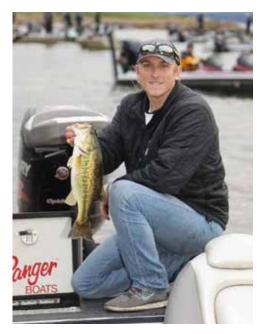
arm. We fished shallow for 1 ½ to 2 hours with no luck. I caught 1 tiny fish, that was it.

I decided to go back to the first sport to get









caught all our fish and we caught 2-3 small keepers. Knowing it was going to take a big sack to catch up, we decided to fish new water hoping to catch some big fish.

We headed over to Indian Mounds. We saw Grant in a distance and idled up to him to chat. He had 1 keeper at that time. We found a group of fish and Trey caught 1 spotted bass. It was a hard day of fishing for us. We just couldn't get any good bites. There was a lot of spotted bass between 1 34 - 2 pounders. Just not enough to make the cut. Grant and Hayes fished deep using drop shot and caught 4 keepers.

Trey and I are planning on fishing the FLW College series the rest of the school year. Our next tournament is in March at Fort Gibson, Oklahoma. THROW IT OUT, POP IT IN, FISH ON! ◆



one more keeper, with no luck again. Making a long run to the last spot to see if we could catch something big. The ones we had were all small. Trey had one fish on, only for a second, then it pulled off the hook. I caught a little spotted bass which was the last keeper.

Grant and Hayes fished shallow the first day. They caught 3 keepers weighing in at 8.8 lbs. Trey and I had 5 fish also weighing 8.8 lbs. What are the chances of that? My brother and I are tied on the first day. Yes, I said, "Tied with a sack of little fish".

#### 1-24-20 Day 2 Toledo Bend

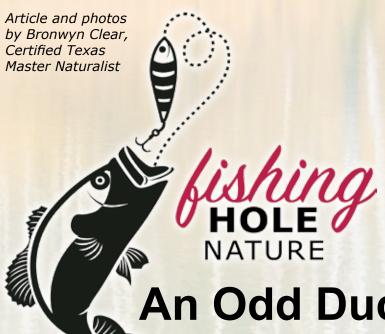
The rain has finally stopped, but it is still extremely cold. There was ice on the boat this morning. It is going to be sunny, but still cold.

We started the day fishing the main lake points. We fished 2-3 with no luck close to the launch. We went back down south to try a few new places. Found a few fish that looked like a school and I caught 1 fish. We decided to go back to the place we fished the day before where we











When alarmed, muscovies hiss and raise their head crests.

An Odd Duck - The Muscovy

What's not to love about ducks! They quack, they waddle, and oh those feet! From the domesticated "Donald" varieties to the wild varieties, they make people smile.

Have you heard someone shout "DUCK!" when a ball sails past your head? Have you ever wondered about that command? It comes from way back in the past because of the duck-raptor predator-prey relationship. When a swimming duck realizes an eagle is about to drop out of the sky to make him a meal, a smart duck's maneuver is to plunge entirely under the water. The eagle keeps dive-bombing, and the duck keeps "ducking". Sooner or later the duck wins, or the eagle does, but don't count the duck out!

There are so many duck phrases - "Sitting duck", "Water off a duck's back", "Like a duck to water", "Lame duck", "Duck soup", "Ducks in a row", "Dead duck", "Ugly Duckling", "Duck, Duck, Goose!". And don't forget about Daffy and

Donald. Yes, ducks are endearing, and ingrained in our American culture, history, food supply, and language.

Floating near the banks is the ever-present iridescent green headed Mallard, or the ornately detailed Wood Duck. But these days some odd ducks have also been paddling along our lakes and ponds, and they are Muscovy Ducks. A male drake can be as big as a goose at 15 pounds, and they have red facial ornamentations called caruncles, somewhat like those on a turkey! Muscovies also have a feather crest on their heads that they raise and lower at will. They are considered to be one of the more intelligent ducks, and they don't scare easily. If you get near one, he might just stand his ground and hiss at you!

Muscovies originated in regions south of the border, and have been expanding to areas inside the States. They are dabbler ducks and eat plants, small fish, bugs, and frogs. Unlike other ducks they don't quack so much as trill or giggle, but like many ducks they hiss when something threatens their territory. Although they spend their days on the water, the Muscovy roosts on land in the safety of tree cavities or shrubs, or they use their webbed claws to dig out shallow nest holes in the ground. Domesticated Muscovies are raised by farmers and duck lovers for meat and eggs, poultry show contests, and for pets. Some are bred for their spectacular colors - pied white and black, pastel, blue, lavender, red and speckled! This makes for a very striking bird indeed. People who raise them really love their personalities and antics. They might jump into the air to eat bugs, or chase and catch mice on the farm! To other communities they are major pests and allowed to be destroyed. Florida's feral populations have grown to enormous numbers, passing disease to other ducks, breeding with native ducks, taking over neighborhood ponds and leaving huge fecal messes for landowners.



A watchful family. The green tinted feathers are remnant colors from a native population.





A pied black & white Muscovy.

The regulations regarding these migrating ducks are somewhat confusing, possibly because they are both loved and hated. A few years ago they were added to the US protected species list when indigenous populations were found in a few Texas counties along the Rio Grande. However, due to the explosion of feral populations in unex-



Muscovies come in many colors - including dappled grays and pastels

pected areas, the US Fish and Wildlife Service calls them a problematic invasive species. What is clear is that these ducks are flourishing, and we are seeing more and more of them on our waterways.

Learn more about the nature in your area by

joining a chapter of the Texas Master Naturalist organization. To find a chapter close to you, or to read about the state program, go online to www. txmn.org. Volunteer and get involved! ◆



With a weight up to 15 pounds the Muscovy drake is as big as a goose.

# Transport Saves Lives... ASVT Road Trip

By: Ruby Cross, Animal Shelter Volunteers of Texas, 501c3 (ASVT)

## What is a rescue transport? Why are transports important? Who does these transports? Are they free?

These are just some of the questions that the public asks when we say "Transport saves lives." ASVT provides humane road trips for homeless, abandoned dogs primarily to our rescue partner in Sioux City, Iowa. We help bring them to their "second chance" for a loving forever family.

#### What is a rescue transport?

"The transportation of animals is the intentional movement of animals by transport."

Wikipedia has a simple way of describing rescue transport. ASVT likes to say it transports rescue animals to a better life.

#### Why are transports important?

Believe it or not... many other states actually have a shortage of puppies and adult dogs. Consequently, the last five years have seen an increase in the transports of shelter and rescue animals from areas of over population, to areas of greater



demand.

#### Who does these transports?

ASVT does scheduled transports once a month. Many rescue groups also do transports and there are also organizations that provide transport services for rescues and animal shelters.

Our transports are driven by a professional animal transport driver. Sometimes, when we have a group of puppies that need to go quickly, one of our volunteers will load their personal SUV and make the drive to their destination.

Are they free?

Transporting animals is a very expensive operation. There are costs for health certificates, the fee for the transport driver, and boarding for shelter dogs if a foster is not available. All shelter dogs that are approved to go on transport must be out of the shelter for at least two weeks, so they have to be boarded. ASVT has to reserve at least 10 crates on the transport van to make the trip. The average cost for each dog is \$200.

The transport process is handled by three ASVT Transport Coordinators. It is a time consuming process and we are fortunate to have this Task Team of three that handle it all.

- ASVT has partnerships with shelters, foster based rescues and breed specific rescues that have high adoption needs.
- These shelters/rescues have room for pets from Texas because of better spay/neuter and registration laws.
- ASVT has been sponsoring pets for transport for five years. We have visited the receiving shelters and have great relationships with the management and staff of the shelters/rescues.
- The pets are driven to the shelter/rescue by an animal transport overnight and arrive the next day.
- The pets ASVT have sent are usually adopted within 10 days. Some puppies have been adopted off the van!
- ASVT spends \$200/per dog for the transport. This covers the cost of the animal transport, boarding for 14 days if a foster home can't be



found, a required interstate health certificate exam and any necessary vaccines to bring the pet up-to-date

What is the impact of animal rescue transports? How many dogs are transported each year? In 2018 ASVT transported 160 dogs and 272 dogs in 2019 were transported. The number of animals in high kill shelters and abandoned animals ASVT rescues before they get to the shelter are staggering. Statistics show that an estimated 6M to 8M dogs and cats enter animal shelters each year and even more astonishing is that 3M to 4M are euthanized (from Humane Society of the United States).

#### **SAVING PUPPY LIVES**

ASVT "puppy only" transport departed to Iowa in February. It was driven by two ASVT volunteers in a personal van. The transport included 15 puppies. They arrived on Thursday and by Friday they were all adopted.















These are just four of the lucky puppies that made the journey to Iowa to find their forever homes.

During the month of January 2020, ASVT took in over 50 puppies into our program. February transport gave many of these puppies a real chance for a good life.

ASVT is a 501c3 nonprofit rescue and we depend totally on community donations to make these transports possible. All ASVT staff are volunteers and do not collect a salary. 100% of all donations go toward saving the animals.

See some of our puppies available for adoption. Just submit an Adoption Application at www. ASVTexas.net.

#### What's in it for you?

If you have been around anyone in marketing or sales, you have probably heard the saying, "Sell the Sizzle NOT the Steak". The "ASVT Sizzle" is the wonderful homes these puppies will find because of your generosity.

All sponsorships will receive a certificate and picture of the dog you sponsored. If you are a business, it is something you can proudly display in your office and on your website.

You can save a dog with a Transport Sponsorship. Just visit our website and make a donation using the DONATE button. Make a note that the donation is for a transport dog. You can sponsor with the entire \$200 or a partial sponsorship. Or you may sponsor the entire transport! All sponsorships are tax deductible and you will receive a letter for your donation.

Please consider helping these dogs on their journey to a forever, loving home.

HOW CAN YOU HELP US HELP THEM? ADOPT, SPONSOR, VOLUNTEER, FOSTER, **DONATE!** 



Other ways we help our community animals is by educating youth, pay for medical expenses, food, supplies and transporting animals to areas with high adoption needs.

ASVT also sponsors a Spay/Neuter Program for community animals whose owners cannot afford to have their pets altered. This helps decrease the rise of community puppies and kittens that will end up in the shelters. ASVT requires spays and neuters for all animals in our program

The accomplishments of ASVT would not be possible without partners like Ransoms Steakhouse, Wiesner Automotive, Empire Electric, Dock Line Magazine and so many more.













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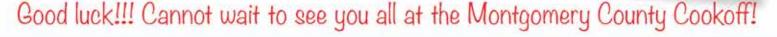


Every year our booth is a new fun and colorful theme...

This year we along with Tamarah Curtis and Creighton Realty Partners want to give one lucky winner a bottle of Bartley Distilled Whiskey custom etched with your name or logo by Etch Express, and a \$100 Visa gift card!

#### Rules to enter to win are simple!

- Must follow Dock Line Magazine and Tamarah Courtright Curtis, Realtor on Facebook and Instagram.
- 2. Like the cook off giveaway post.
- 3. Comment what you think our theme will be this year.
- 4. Share the post on your page.











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