

DOCK LINE

Huntsville/Lake Livingston

MAGAZINE



August 2020

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SKIN & HEALTH

**The Surprising Value of
Self-Confidence
in a World of Uncertainty**
How Radiant Skin and Health is Transforming
How People See Themselves



**SJRA Rehabilitation of
Bear Branch Gravity Main
Project Update**
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Just like June and July, August is shaping up to be like no other we have ever experienced. As we are continuing to learn what new normal behaviors are expected of us with changing variables on a daily basis it gets to be a bit confusing. Nobody seems to know what normal even looks like anymore. Here at Dock Line we will continue to be here to support our community, since now more than ever our community needs all of our support. As we continue to navigate the new waters of this ever changing summer, just know we will still have beach days and cookouts but there will also be social distancing, smaller gatherings and more staycations. Our new normal is definitely anything but normal. It is true our vocabulary has changed but throughout it all, the message remains the same. We are a community of resilience, compassion and generosity. It has become apparent now more than ever what a great community we live in. We encourage everyone to take a look around, celebrate the little things and support your local businesses, as they absolutely need your support as we all struggle to get through this unprecedented time. If we all stick together we will be stronger than ever. Until next month, stay safe and take care...

GT2 

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ON THE COVER



To make these life-changing services available to everyone in the midst of social distancing and health protocols, Radiant Skin and Health is offering free virtual consultations to anyone. Simply call them at 936-209-3010 or fill out the form on their website at radiantskinandhealth.com. Radiant Skin and Health is located at 4015 Interstate 45 N Ste. 300, Conroe, TX 77304 and is open Monday through Friday from 8:00 AM to 5:00 PM.



Check our Dock Line Magazine page online for any upcoming events that might happen in August 2020

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Subscriptions to DOCK LINE MAGAZINE
cost \$25.00 per year. To subscribe, mail a check with
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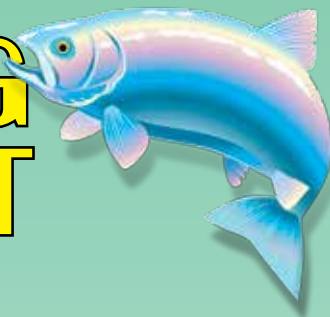
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FISHING REPORT



By: David Scott Cox

FISHING FORECAST: Summer heat is on and White Bass like it hot. Look for schooling Whites now lower lake, White Rock Creek, Palmetto Basin and more. Don't forget the river channel near Riverside in August. Look for birds working the bait and they will take you to the fish. Schooling Whites will take a variety of baits. I like to throw a bone colored pop r with a pet spoon trailer and catch them two at a time. Good luck.

Dave

SPECIES REPORT:

Black Bass – (largemouth) look for Blacks now on lower lake boathouses taking craw jigs and crank baits. Concentrate on the deeper boat houses. Fish rocky points with the crank baits.

Catfish - Good jug line fishing the bays with fresh cut shad. Best days are with a south or southwest wind moving the jugs. Also, fish the



mid lake bridges on the old 190 road bed with fresh shad or chicken liver.

Crappie – Slow fishing mid lake creeks in the cut banks around brush.

White Bass - Fish the humps lower and mid lake

17' to 21' with slab baits. Look for birds and follow schooling action.

Alligator Gar - Good fishing for trophy Gar now in the river. Fish large shad on the bottom. ♦

Normal Lake Level 131.0'	Release - 6,000 cfs
Current Lake Level 131.15'	Water Clarity – lower lake clear/ mid lake off color/ upper river settling out
Water Temperature 87°-88°	



David Scott Cox
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The Surprising Value of Self-Confidence in a World of Uncertainty

How Radiant Skin and Health is Transforming How People See Themselves

BY: BRIAN SHERMAN

The uncertainty in our world is increasing by the day. So many of the things we've put our confidence in are now becoming a source of worry, fear, or anxiety. Economic insecurity is looming, school systems are facing unprecedented challenges, social gatherings are difficult to navigate, and all the ways we've created our own "normal lives" seem to be crumbling. So much change in such a short time typically only causes more stress and anxiety about the future. The result of which tends to manifest in

our physical bodies.

But perhaps the shining light in all of this is the opportunity to change our perspective on where our sense of security comes from. We so often put our confidence in external things - things outside of our control. The saving grace in your life may actually be the confidence that is available to you from within. Now, before you go writing this off as some "woo-woo" mystical wisdom, you should know how powerful a little self-confidence can be to every part of your



world. Your reality is shaped heavily by how you see yourself. The less confidence you have in yourself, the more likely you'll look for an outside source to make up the difference.

Enter Radiant Skin and Health. The new med spa in Conroe is transforming people's ideas about what they thought was possible when it comes to their bodies. Stress can weigh us down and put such a strain on our physical bodies over time. Seasons like the one we're in now seem to only exacerbate the issue. Most people just accept it and live with the result, often adding extra weight to their bodies, finding new wrinkles in new places, feeling more fatigued than ever, and unaware that there is any hope to change it. Radiant Skin and Health is exactly the kind of solution that could reverse the physical symptoms of living in so much uncertainty.

Your Boost in Self-Confidence is Closer than You Think

Self-confidence is heavily predicated on how we see ourselves. Let's face it, we are our own worst critics. We look in the mirror and no-

tice all of our flaws before anything else. We see once firm, beautiful skin looking aged and wrinkled. We notice sagging skin in new places. We don't see the youthful reflection that used to bring us so much confidence in the past. Most of us just accept that our beauty is long gone and aging gracefully is just a pipe dream for celebrities.

However, that couldn't be further from the truth. Radiant Skin and Health, owned and operated by Dr. Jeremy Laningham, is giving people their youth back, and along with it the self-confidence that empowers them to take control of their lives again. Started in January 2019, Radiant Skin and Health has quickly become a bright light in Montgomery County for men and women of all ages and at all different stages of life.

"I opened the spa to help my patients



Continued on page 10



look great, and feel great," says Dr. Laningham. "I attended a conference in Dallas, when I saw the Inmode products and the results from the treatments. I knew I needed to bring that back to my practice. Our goal here at Radiant is to help our clients look and feel their best without breaking the bank."

Inmode is a leading innovator in medical solutions offering cutting edge medical devices for minimally-invasive & non-invasive procedures that provide amazing results for the patient and

the practice. Dr. Laningham immediately saw the need for the transformative treatments for his patients in and around Conroe.

How Can Radiant Skin and Health Transform How I See Myself?

Radiant Skin and Health now provides a wide array of options to help anyone, man or woman, to reclaim their youthful exuberance and revive their self-confidence. Here's a look at the core services you'll find at Radiant Skin

and Health:

- POWER T Hormone Pellet Therapy for treating low testosterone in men and giving them back their strength, energy, and virility.
- MORPHEUS8 Microneedling + RF Energy that improves skin complexion and texture for a more radiant and youthful appearance.
- EVOLVE TITE Skin Tightening that dramatically improves the look of sagging skin, recontouring your figure, with zero downtime.
- EVOLVE TRIM Body Reshaping, a quick and easy non-surgical, non-invasive alternative to liposuction. It's the new gold standard for body shaping and cellulite treatment.
- DIOLAZE XL Laser Hair Removal that lets you achieve the smooth and soft skin that you've always wanted without ever needing to shave again.
- LUMECCA Skin Renewal & Clarity, a light treatment to improve skin complexion, reduce skin irregularities and look years younger.
- FORMA Thermal Contraction that uses radio frequency treatments to improve the skin's overall appearance with smoother skin and a more radiant glow.

And Radiant Skin and Health offers even more services like spray tans and chemical peels.

Radiant Skin and Health also understands how important your overall health really is. As Dr. Laningham points out, "We are different from most med spas because we have an MD (me) here to do your consultation and assist with any of your needs, and we truly care about each and everyone patient of ours."

Perhaps the best aspect of Radiant Skin and Health is their desire to help anyone, regardless of your current situation.

"We really do have something for everyone," says Dr. Laningham. "Not looking to break the bank? Have a facial. Wanting to spoil yourself? Sign up for a mommy makeover package. We focus on your needs, and what it will take to make you happy."

If you're in need of a boost in self-confidence, want to revive your youthful vibrance, or just need to re-energize your life, Radiant Skin and Health may be just what you've been looking for. Come see how you can transform the way you look, and more importantly the way you see yourself.

To make these life-changing services available to everyone in the midst of social distancing and health protocols, Radiant Skin and Health is offering free virtual consultations to anyone. Simply call them at 936-209-3010 or fill out the form on their website at radiantskinandhealth.com. Radiant Skin and Health is located at 4015 Interstate 45 N Ste. 300, Conroe, TX 77304 and is open Monday through Friday from 8:00 AM to 5:00 PM. ♦



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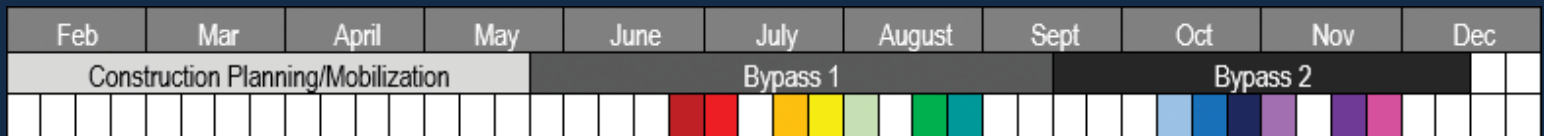


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SJRA Rehabilitation of Bear Branch Gravity Main Project Update



Over time infrastructure needs to be evaluated for repairs and improvements. As the operator of three wastewater treatment plants that serve the needs of Municipal Utility Districts (MUDs) throughout The Woodlands, the San Jacinto River Authority (SJRA) began improving the Bear Branch Gravity Main wastewater collection system in early 2020. When completed, the structural integrity of the more than 2.5 miles of pipe and associated manholes in the Village of Cochran's Crossing will be restored, preventing aquifer groundwater and stormwater from entering the collection system through possible leaking joints and manhole covers.

PROJECT UPDATE JULY 2020

SJRA's construction contractor, SAK Construction, mobilized February 2020. Since then, SAK has installed:

- Temporary access roads so that the heavy equipment can reach all of the manholes and pipes to be rehabilitated.

- The first of two bypass systems so that wastewater service remains uninterrupted while the project is completed.

SAK will begin a cured-in-place pipe (CIPP) lining process as well as manhole rehabilitation efforts. By using CIPP, SJRA will be able to significantly increase the life of our aging gravity sewer system in the most cost-effective manner that also reduces the construction schedule and impacts to the community. The CIPP process will be completed in smaller segments as shown below. SAK will be onsite 24-hours per day. Once the first half of the segments are rehabilitated, SAK will relocate the bypass to then start the second half of the project. Below is a map that identifies each segment, the two bypass pipelines, and the estimated construction schedule (dates subject to change).

What is Bear Branch Gravity Main?

Why does it need to be rehabilitated?

The Bear Branch Gravity Main, a major sewer collection main for the SJRA Woodlands

Division Wastewater Treatment Facility (WWTF) No. 2 service area, was installed in 1985, and requires rehabilitation based on physical condition assessments conducted in previous years. The gravity main is approximately 16,000 linear feet of existing 42-inch to 72-inches in diameter reinforced concrete sewer pipe.

What is Cured-in-Place-Pipe (CIPP)?

CIPP is a trenchless technology to rehabilitate and repair existing pipes without having to excavate or replace the pipes. It is a joint free, seamless pipe lining that is installed within the existing pipe. It is one of the most widely used rehabilitation methods for existing aging sewer lines.

What is the process for CIPP lining installation to rehabilitate the pipe?

- Divert existing sewer line flow by diversion pumps from one manhole to another.
- Mechanically clean and televise existing sewer line, remove debris, and check for failures.



- Mobilize trucks and equipment to a designated upstream manhole to receive the CIPP lining and at a downstream manhole that the CIPP lining will stop.

- The process of CIPP involves inserting and running a felt lining made of fiberglass into a preexisting pipe that is the subject of repair and rehabilitation. Resin within the liner is then exposed to a curing element (hot water) to make it attach to the inner walls of the pipe. Once fully cured, the lining now acts as a new pipeline.

- Because there are several different diameters of pipe within the pipeline, this process will be required to be repeated several times.

Why are there pipes laying on the ground?

In order to rehabilitate the gravity main system, the selected construction method requires that the existing system (underground sewer line) be taken out of service, in sections. The temporary above ground pipes will be used to bypass sections of the existing system while they are rehabilitated using CIPP.

What are normal construction hours?

Temporary access roads have been installed along the project route to allow the

specialized CIPP equipment to access the pipes and manholes. Once the contractor starts the CIPP process, the crew will work 24/7 until that segment is complete. They will then move their equipment to the next segment to proceed with the next CIPP lining installation. There may be construction traffic on the access roadway during the night; however, if you see something suspicious, please report it to Montgomery County Sheriff's Department at 936-760-5800.

Will there be noise, dust, or odors from the construction activities?

As with any construction, there may be activities that cause noticeable noises, but the contractor is required to minimize impacts to the neighboring communities. The contractor will mitigate dust impacts using water trailers as needed. Potential odors may be present in the vicinity of the where the bypass pipes are discharging into manholes and when the contractor is cleaning the existing sewer pipe in advance of installing the CIPP. The lining process may have a smell similar to nail polish.

Will the area be restored and temporary roads and water crossings be removed?

The current scope of work requires SJRA's

contractor to restore any areas impacted by construction activities. Planning and coordination between SJRA and The Woodlands Township may require some revisions to restoration activities.

When will this project be completed?

The project is currently anticipated to be complete by spring of 2021.

One of the major river authorities in Texas, SJRA's mission is to develop, conserve, and protect the water resources of the San Jacinto River basin. Covering all or part of seven counties, the organization's jurisdiction includes the entire San Jacinto River watershed, excluding Harris County. For additional information on SJRA visit our website at www.sjra.net, like SJRA on Facebook @SanJacintoRiverAuthority, follow us on Twitter @SJRA_1937, find us on Instagram @sanjacintoriverauthoritySJRA, or connect with us on LinkedIn @San Jacinto River Authority. ♦

Back to Health

By: Tony W. DeRamus, DC, CCSP



Your Child's Backpack: A Source of Spinal Stress?

It has become a picture that parents are most proud of - their child heading to the school bus, looking forward to their first day of school. They are well-prepared, with pencils, erasers, notebooks and backpacks in tow.

Backpacks can be very useful for your children. Many of them come with multiple compartments that help kids stay organized by keeping important books and papers in place. Backpacks are better than shoulder bags or purses for carrying these supplies, since the back and abdominal muscles (the strongest muscles in the body) are used to support the weight of the pack. However, to take full advantage of these benefits without the disadvantage of feeling overburdened or in pain, it is important that children use backpacks properly. This means watching the weight of the pack and carrying it correctly.

Wearing backpacks improperly or carrying ones that are too heavy put children at increased risk for spinal injury. Postural compensations carrying the heavy loads are causing what chiropractors term repetitive stress injury to many children.

According to the American Chiropractic Association, young children are suffering from back pain much earlier than previous generations, and the use of heavy backpacks is a contributing factor. Heavy backpacks can cause a child to hyperextend, or arch, his or her back, or lean the head and trunk forward to compensate for the weight of the bag. These postures can stress the muscles in the neck and back, increasing the risk of injury and fatigue. The natural curves in the upper, middle and lower back can become distorted, which will cause irritation to the spine. A rounding of the shoulders could also result if a back has to compensate for a heavy load.

Wearing a backpack on one shoulder may cause a child to lean to one side in order to compensate for the extra weight. The middle back, ribs and lower back can become stressed on the side of the body opposite of where the backpack is placed. Carrying the pack on one shoulder may also cause upper back pain and a strain in the shoulders and neck.

There are methods for preventing posture problems and other condition associated with toting a heavy backpack. The number one preventative method is to limit the weight of the backpack. Many healthcare profession-

als agree that backpack loads become a health problem when they reach 15% or more of your child's body weight. For example, a child weighing 50 pounds should carry no more than 7.5 pounds in their backpack; children weighing 100 pounds should carry no more than 15 pounds on their back; and children and adolescents weighing 150 pounds should not carry more than 22.5 pounds. A recent study has revealed that 55 percent of students are carrying backpacks weighing more than 15% of their weight.



As you prepare your child to head back to school, here are some tips on how to ensure that his backpack is safe, as well as ways to be proactive when it comes to the amount of weight your child carries to and from school everyday.

- Wear both straps and avoid the one-strap styled back packs. Uneven distribution of the load causes postural compensations and spinal stress.

- When putting on and removing backpacks, bend at the knees or have the pack at a higher level such as on a desk or table. Sudden twisting motion adds to the potential of injury.

- Arrange the backpack so it rests evenly and snugly in the middle of the back. Shoulder straps should be adjusted to allow the child to

put on and take off the backpack without difficulty and permit free movement of the arms. Straps should not be too loose, and the backpack should not extend below the lower back.

- Keep the load at 10-15% or less of the student's bodyweight. Carry only those items that are required for the day. Request additional textbooks to be kept at home instead of hauling heavy books to and from school.

- Clean out the backpack once a week to remove any unnecessary items that can create more weight.

- Organize the contents of the backpack by placing the heaviest items closest to the back.

- A padded back and wide shoulder straps will reduce pressure on the back, shoulders, and underarm regions, and enhance comfort.

- Hip and chest belts help to transfer some of the backpack weight from the back and shoulders to the hips and torso.

- Reflective material enhances visibility of the child to drivers in the evening hours.

If you begin to notice the following signs, it may be an indication that the backpack is too heavy or not positioned correctly on the back:

- Postural adaptations when wearing the backpack such as: excessive leaning forward, spinal tilt to one side or an elevated hip sup-

porting the excess weight

- Difficulty when putting on or taking off the backpack

- Pain or discomfort when wearing the backpack

- Tingling or numbness in arms and even into fingers

- Redness or soreness in neck, upper back and shoulder muscles

- Lower back pain with either gradual or sudden onset

Every child has a desire to have the "coolest" backpack, but if it's not functional then it's doing more harm than good. A great compromise is to find a backpack that is aesthetically pleasing to your child as well as provides him/her comfort each school day! ♦



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Beyond Basic Obedience – A Few Other Skills for Your Dog

By: Marilyn Meshell

If you watch Lucky Dog on Saturday morning television (CBS), you have heard Brandon McMillian mention the seven common commands for dogs: sit, stay, down, come, off, heel, and no. Every one of those commands are important skills for your dog to know. Some of them fall into the category of good manners (off, heel, no, sit, down) and some are necessary for the safety (come, stay, no) of your pet. There are several more skills that you might find helpful or maybe even essential for your dog to learn: go potty, wait, and leave it.

One of the suggested additional skills is "go potty". That may seem like a strange command to teach a dog but it can be very useful. For example, you are going to take your dog for a ride in the car. By having the dog go to the bathroom before the trip, it is likely there will not be an accident inside the vehicle. Maybe your dog sleeps in the house at night. By sending them out to go potty just before bedtime and ensuring that they go, it is likely that the dog will not wake you up in a couple hours to go outside and you can get some uninterrupted sleep.

Once you have decided that "go potty" is something you would like your dog to know, how do you begin to teach that skill? The easiest way to start is to go outside with your dog about thirty minutes or so after they eat a meal. Keep an eye on your dog's activity and when they take care of their business, verbally praise them by saying "good potty". You might provide a treat, too, as further incentive. Follow the same steps at other times of day. In the beginning, the key is to put a name to the activity as the dog performs the requested activity. After a few days of following the above steps, you should be able to ask your dog to go potty and they should understand what you want them to do.

"Wait" is another useful skill. Some dogs are door dashers. The minute a door or gate is opened, they bolt thru it. They may run out into the street and chase a child on a bicycle or possibly be hit by a passing vehicle. Time spent teaching "wait" could save your dog's life. Once your dog has learned "wait", you can give them the command before you open the door and put an end to door dashing.

For teaching "wait", attach a leash to your dog's collar or harness and walk to an exterior door. Make sure you have a good hold on the leash and ask her for a sit. Once she sits, open the door a few inches. Anticipate that she will try to dash thru the opening. As she approaches the door, close the door being careful not to hit her with the door. Repeat the process. After a few times encountering a closing door, she should begin to slow down trying to dash thru the open door. The next step is to make the opening a little bit wider. Continue the process until you can open the door all the way and your dog will remain at your side instead of aiming for a speedy

exit. At that point, you can give her a release word, such as "okay", and both of you can walk thru the door. Within a few days or a week, you should see noticeable progress in reducing her tendency to door dash. Over time, keep practicing until she develops a solid "wait" skill.

Have you ever dropped something on the floor, and had your dog rush to get the item before you can pick it up? It could be something harmless, like a cooked hamburger patty. You might be deprived of your lunch but a plain meat patty will not harm your pet if they eat it. But what if the dropped item was macadamia nuts or a blood pressure pill and your dog swallowed them? Your dog could become extremely ill and need an emergency trip to a veterinarian's office. However, if you immediately and firmly say "leave it" and the dog complies, you could save their life. The key to the leave it command is developing excellent compliance so that your dog understands that they must promptly and fully avoid whatever it is that you are telling them to leave alone.

Teaching "leave it" is best accomplished us-

ing a favorite treat. Hold a treat in your hand so that your dog can see and smell the treat but do not let him take it. Now it is a waiting game as he sniffs and paws at your hand to get the treat. Once he pauses, stops trying to get the treat away from you, and maybe looks away, say "good leave it". Then give him a different treat from your other hand as you retain the original treat. The next step is to place the treat on the floor and say "leave it" as you move your hand away from it. At this point, your dog should leave the treat alone. Most dogs will learn "leave it" in a few minutes.

These are just three suggestions for other skills for your dog to learn. With a little thought, you may decide that your dog should learn other skills. Regardless of their age, most dogs enjoy learning new things. It keeps them active and engaged and it is another way for animals and their people to spend time together. So make the learning process fun and both the two-footed and four-footed members of the family should enjoy the experience. ♦



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Should You Build Your Own Website?

The Pros and Cons of a DIY Website

In light of recent events in the world, you may be one of the many who have found themselves with a lot more time on your hands and stuck at home. You might also be one of the many unfortunate people who have lost their job, or if you have your own small business you've seen a drastic drop in growth. Wherever you are on the "affected by coronavirus" scale, it's likely you have been considering other options for income - mainly in the online space.

Perhaps you have an idea for a side business and need a website, or you already have a small business and you need to get your business online. Whatever your starting point, getting your own website is a crucial step in setting yourself up for success, and growing into something bigger, especially now. So, where do you start?

Well, for most beginners, the cheapest option seems to be the most attractive route. There are many DIY website builders that let you start for free. Wix, Weebly, Wordpress.com, and Go Daddy are just a few of the places that let you build a website for free. But is that the best way to go about getting your business online?

Let's look at that factor and the other major pros and cons of building your own website.

Pro: You can build your own website for free.

Free is appealing for obvious reasons. You can get a website without the finan-

cial investment. If you're just starting out, you might not have a lot of money to put into your website. You may be putting whatever startup money into a different aspect of your business, and a free website gives you some wiggle room to do that.

Con: Free looks "cheap".

While "free" always sounds good, it also has a flip side that can mean "cheap". We've all seen the result of DIY free websites online. With the amount of time we all spend browsing websites nowadays, it's fairly easy to recognize when someone has gone the DIY route. The design is poor. The navigation is difficult. The messaging is confusing. The colors don't





flow right. Overall, it's just not appealing and we tend to leave the website just as soon as we visited.

Pro: DIY websites are easy to build.

Most free DIY website builders are super user friendly. You don't usually need to be tech-savvy to start building your own website. Also, many of the DIY website options offer "drag and drop" types of builders to make it even easier. You can choose pre-built blocks and sections and quickly put together a simple design on your own in just a couple of hours.

Con: DIY websites are limited to your own design skills and the DIY website builder's capabilities.

The downside to building your own website is that most people are not web designers, even though we tend to give ourselves the benefit of the doubt. We also tend to have a bias toward things we created, not being able to see flaws in our work. DIY websites are a perfect example of this. People often think the website they built looks amazing, when in reality it's not attractive to visitors or potential clients. Poor website design can be detrimental to your business as websites are often the first impression people get of your business. Also, DIY website builders leave out a lot of design aspects employed by professional web designers in order to keep things as user friendly and affordable as possible.

Pro: DIY websites give you complete control.

Building your own website can be appealing because you have control over everything...or at least you feel like you do. You can build the site and complete it on your own schedule. You can make changes whenever you like. You can invest your own time in keeping it updated and secure.

Con: DIY websites lack security, get outdated quickly, and require time to maintain.

As any business owner will attest, time becomes more scarce and more valuable as your business grows. Finding time to devote to your website becomes more difficult, especially if you aren't very tech savvy. DIY websites already lack the level of security most professionally hosted websites provide. Keeping your website secure becomes more difficult over time. Not to mention, your DIY website will likely look outdated in just 6 months. Trends and technologies change quickly online. You'll need to stay up to date with what's "in" and what's working. Not only will you need to devote time to maintain your website, you'll also need to educate constantly on web design tactics.

If you're serious about your new venture, or want your current business to be taken seriously online, then avoid the DIY website option. You'll thank yourself later, and your customers will be grateful, too. Plain and simple, if your business is important enough to you, you'll invest in a professional website. Although you will spend more money up front, you'll see a return on your investment many times over.

If you need expert advice on getting a website that best represents the quality of your business, let us know! Dock Line is quickly becoming the local leader in web design services. Demand for professional web design in Montgomery County is growing exponentially. If you need a beautiful website for your business that helps it grow month after month and year after year, then let's talk. Contact us today at ozzy@docklinemagazine.com. ♦

CATCH *Em* CLEAN *Em* & EAT *Em*

Blackened Salmon Soft Tacos



- 1 1/4 pounds skinless salmon fillet, cut into 4 pieces
- 2 tablespoons blackening spice mix or Cajun seasoning (no salt added)
- 1/2 small head romaine lettuce, thinly sliced (about 4 cups)

- 1/2 cup fresh cilantro
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- Kosher salt and pepper
- 8 small flour tortillas, warmed
- Low-fat sour cream, for serving

Heat a large skillet over medium heat. Coat both sides of the salmon with the seasoning mix and cook, covered, until opaque throughout and blackened, 3 to 4 minutes per side.

Meanwhile, in a large bowl, toss together the lettuce, cilantro, oil, lime juice, and 1/4 tsp. each salt and pepper.

Flake the salmon into pieces. If desired, spread sour cream on the tortillas, then fill with the salmon and top with the lettuce mixture.

Chocolate Lemon Ice Cream Pie

- 1 9" chocolate graham cracker piecrust
- 3/4 cup chocolate fudge ice cream topping, divided
- 1 (10-ounce) jar lemon curd
- 1 teaspoon lemon zest
- 4 cups vanilla ice cream, softened



Spread half of the chocolate ice cream topping in the bottom of the piecrust and freeze.

In medium bowl, combine lemon curd, lemon zest, and ice cream; beat until blended. Spoon into piecrust on top of chocolate topping.

Drizzle with remaining chocolate ice cream topping; swirl the topping into the ice cream mixture with the tip of a knife. Freeze until firm. You can slice this right out of the freezer. ♦

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Fishing ADVENTURES

with Derek Pietsch



Today Parker and I went fishing at Lake Fork. We fished and fished and guess what? Zero Fish.

Since we did not catch anything yesterday, today will be a challenge to find where they are hiding. Parker's brother-in-law and girlfriend went with us today. She caught a 5 pounder. The challenge was on. I was determined we would catch some good fish today.

Parker and I were basically fishing in the same place making the same cast. He caught 2 spotted bass. I was fishing with a football jig. I caught a 5 pounder, and a 4 pounder. We kept on fishing in that honey hole. It was just fun catching since yesterday was a big 0. I caught 9 fish on the same spot.



Parker was having fun and did not want to leave. I needed to drive back but he kept insisting we stay a little longer. The gas tank in the boat was saying it was empty and he ignored it, thinking there was still gas in the tank. Surprise, the boat came to a screeching halt. We flagged down a guy on the lake and he went to get us some gas. He brought it back and we put it in the tank and it still did not start. He took Parker back to get more gas and that boat would not crank. This man called his wife and she had a little car and we all jumped in. I was scrunched and my head touched the roof. It was crazy, but thankful we were rescued. We all needed to get home and it was getting late. She took me, his brother-in-law and girlfriend to our cars. The man took Parker to the boat launch.

What an adventure. I did not make it home till 1 a.m. exhausted.

July 4, 2020 Happy 4th of July

What a great way to celebrate the 4th of July. Fishing at Galveston with my best friends Trey and Travis. The catch of the day was redfish and trout. There is a 5 trout limit and a limit of 3 redfish per person. We caught our limit of 3 redfish each and 6 trout. Used plastic swimbaits for bait. Having a great time with my friends and cooking up our catch.

July 5, 2020 Surfing on Lake Conroe

This evening I went out in the boat with my

parents. It's really busy with boats on July 4th so I like to go out after everything calms down. The best time is early in the morning or late in the evening about an hour before sunset. The lake is quiet except for the birds and the sound of the waves as we move on the water. It is one of the most relaxing times of the day. I get my board out and enjoy the rest of the evening. My legs are burning, what a great workout. It's all worth it. At the end of day enjoying a great sunset. Doing What You Love. Loving What You Do. Enjoying the Great Outdoors.

July 8-9 2020 Fort Gibson Practice

Trey and I are getting ready for the tournament on Fort Gibson. It was originally scheduled in March, but got cancelled because of



the Coronavirus. Today we went out where the lake meets Ft. Gibson up the river. It was a giant rock wall. Current was on one side of it. Overflow from the lake was above us flowing over the rocks.



We used spinner baits and big worms. Got about 30 bites and caught a few fish. At the end of the day we shook them off. While we were idling, a big paddlefish jumped up about 3 feet in the air and scared Trey. Some of them we saw were about 5 feet long.

We went out today and practiced and caught about 13 pounds of fish. Going to continue to practice and try to locate the big fish.

Our trolling motor was giving us trouble and was not working correctly. We did not have time to fix it so I went to Walmart and purchased a paddle. Trey already had one in the boat and I bought another one. I don't know how that is going to work but we will try our best.

I called Lee Livesay, one of my buddies on



the Bassmaster Elite Series and talked to him and told him that the trolling motor broke on Trey's boat. We both had paddles and we would use them. Lee knew that was not going to work so he called his one of his buddies, named Billy that lives in Oklahoma and told him we were in a bind. He asked him if we could borrow his boat and he said, "OK". That was such a generous offer but we did not feel that we knew him enough to take out his nice boat. Lee talked to us and said, "Go ahead and use it, you can't paddle and fish at the same time". We had never accepted something like this before. We did not even know this man and he was willing to help us. So, we both looked at each other and said, "Let's do this". We got in the truck and drove an hour away and picked up Billy's boat and talked with him and transferred our equipment into his boat. We just met one of the most generous guys. We were extremely grateful that he trusted us to use his boat. We drove back to the hotel and finally got to bed around midnight. Set our alarm to wake up at 4:30 a.m.

July 10, 2020 FLW Fort Gibson Tournament

It was a Friday morning with a slight breeze blowing. We were one of the last teams to take off. There were 82 teams in the tournament today. We were driving the bright green Skeeter and were about to set out on a great day of fishing.

We headed to the south end of the lake first. That is where we had the most bites during practice.

Our first stop was at a transition bank with a brush pile. This is when the rocks go from big to small with sand. This was one of the patterns we discovered. At 12 feet deep there was a school of fish. I caught the first keeper on the first cast. It was 2 ¼ pounder. Trey cast once and then on the second cast he landed a 6 pounder. He was going crazy, but he had to keep it down because there were other boats near us and we didn't want to make it obvious our spot was good. What a great way to start a tournament. For a solid hour it was non-stop action. Every cast we were getting bit or hook-





ing fish. We were on a roll and this was fun! At this spot we caught 10 fish, 5 of which were keepers. It slowed down and we left and went to the next spot.

We went to a brush pile half way up the river. This is another spot we went to during practice and I shook off some fish the day before. We didn't catch a thing. It was getting cloudy and as we looked in the distance you could see it raining about 500 yards away.

Rain came and went. We went back to the first spot where we caught the big fish and got the most bites. We did this because the day before a storm rolled in just like today, they bit like crazy and we were hoping for a repeat. Well as you know things change and that did not happen.



We saw some a high school boat fishing nearby so that hole was probably fished out.

We decided to go north running way up the river. It was a 30-minute run. Got to another transition bank with a brush pile fishing in 10-12 feet of water. The thermocline

was at 12 feet. Trey and I were listening to Podcast Bass University on the way to the tournament about how the thermocline effects fishing. We realized why we were catching fish at a certain depth.

A thermocline develops when layers of water separate into several layers and the lowest level of water in the lake is full of rotted decaying matter, therefore depleting the oxygen. Since this bottom layer is depleted of oxygen baitfish like the gizzard and threadfin shad and other fish cannot survive below the thermocline. When you have reached the thermocline there is a sudden change in temperature. We were fishing right above the thermocline.

We were up north going up the bank fishing some of the lay downs. On my 3rd cast I hooked a 4 pounder. I culled one of my fish up. Right after I caught mine Trey was throwing the big worm on a small lay down and as soon as it hit the water, he picked up on it and it was dead



weight. Had it on for two seconds and it pulled off. He didn't have a good hook set. After that we only had one more bite. We had ten bites on this same spot the day before.

We went to four to five more places and didn't catch a thing.

We ran all the back to the South end of the lake. We were low on gas. Running from one end of the lake to the other that we used fifty gallons of gas. We stopped at the gas station and put in five gallons, that would be enough to get us back to the weigh in.

Trey was throwing a jig and made a cast. He was dragging it across a brush pile and got hung up. He started popping it hard trying to release it and it came out. He drug it for two seconds and got popped. He had a fish on. Set the hook, it felt good. Fighting it, as he was reeling it in, he knew it was going to be a good cull. Landed it and culled one of the smaller ones. We only had one more small fish.

The lures we were using were the Magnum Trick Worm, Ol Monster and a Football jig. We ran out of spots so I started idling looking for new spots. We found another brush pile and on the first cast I set the hook and it pulled 3 strips of drag and the fish pulled straight into the brush pile and broke me off. That was our winning fish. It only needed to be a 4 pounder, but I know it was way bigger than that. It dominated me and I could not do a thing. It was so strong it broke me off.

We fished a few more places with no luck. Last place we went to we caught 4 keepers. That did not help, they were all too small. We fished as far as the lake goes from the south end all the way to the north end of the lake. We covered everything that looked good.

When we arrived at the weigh-in we pulled into a boat stall and parked the boat. We had a good bag on board but it sure would have been better if we had my fish that broke off or Trey's bigger fish that we lost to cull up the last small fish. Since we are social distancing for Covid-19 they only let one of us go up on stage with a mask to weigh the fish. Our bag weighed 17-5. They had me hold up our fish. It was exciting. I told them the big one was Trey's. We were excited! I told Trey and my mom I did not think it would hold. There was going to be someone else that had a few more pounds. There were still people in line and we were patiently waiting as they stepped up to weigh in fish. Then the Oklahoma's team came up and



had a bag weighing 19-14 and took over first place. We were still happy to come in second, but the most exciting thing was that we qualified to go to the FLW National Championship. The top 10 teams qualified. It will be held in 2021. It was a great tournament and we want to thank our new friend, Billy for being so generous and letting us borrow his boat. We sure could not have covered the water we did with a paddle instead of a trolling motor. This is what makes fishing so great. Meeting great people that are so generous and help others. It is all part of the journey, we will never forget this. Trey and I cannot thank Billy enough for letting us use his boat.

When the tournament was over, we took the boat back to Billy. He told us that 4 to 5 people called him and wanted to know why he let those Texas guys use his boat. He told them that we were friends with Lee so we must be good guys. You could spot this boat anywhere. It was fluorescent lime green and obviously this guy Billy knows everyone on the lake. **THROW IT OUT, POP IT IN, FISH ON! ♦**



IS THAT A BABY OWL?

By: Lisa Wolling, Executive Director

We are fortunate in our part of Texas to have four different types of owls that can be found. Quite often at our intake center, we get calls about “baby great horned owls”. In our area, great horned owls are generally hatched early in the year, as early as January. While there are times we do get in baby great horned owls, many times what people actually find are the smallest owl in our area, the Eastern Screech Owl (which in everyone’s defense, do look a lot like miniature Great Horned Owls).

Eastern Screech Owls are short, stocky owls. Adults are only about 6 to 10 inches tall and weigh on average only $\frac{1}{4}$ to $\frac{1}{2}$ of a pound. They have pointed ear tufts similar to those of the Great Horned Owl and are either mostly gray or mostly reddish-brown in color. The red (or rufous) coloration seems to be more common in southern states. The screech owls’ coloration is in no way connected to their gender, nor does the coloration change throughout their lifetime; gray owls remain gray and red owls remain red. In fact, both color morphs can occur within the same clutch of babies. Their

eyes are pale yellow in color.

The Eastern Screech Owls are the most strictly nocturnal of all North American owls, so they are far more often heard than seen. They are known for their trilling or whinnying song. Screech Owls are common in most types of woods and prefer to be near water. Although they would rather nest in tree cavities, they can also be attracted to man-made nesting boxes, and pairs are monogamous. Eggs are laid in late March or early April, with 2 to 5 eggs being usual. The eggs hatch after 26 days. During nesting, the female stays in the nest except for brief dawn and dusk excursions. She and the nestlings are fed by the male. The owlets fledge at about four weeks of age, but they gain flight and hunting skills slowly. The family will stay together for another 8 to 10 weeks as the owlets depend on their parents for food while they hone their own hunting skills. Both parents feed and tend to the youngsters at this stage.

During the day, screech owls prefer to remain hidden in tree cavities or old woodpecker holes. At dark, they emerge to hunt, with

most prey being taken in the few hours just after nightfall. Eastern Screech Owls eat small birds, rodents, and surprisingly large numbers of earthworms, insects, crayfish, tadpoles, frogs, and lizards. They will also eat bats, scorpions, spiders, snails, and occasionally fish. Screech Owls are ambush hunters; they prefer to observe from a perch in a tree or bush and then dive down to pounce on prey. Because they often take prey on the ground and consume large numbers of insects, Screech Owls are particularly susceptible to poisoning from pesticides and fertilizers.

As with all owls, Eastern Screech Owls are perfectly designed hunters. Their skeletal structure is very light and strong, and many of the bones which would be separated in mammals are fused together in owls, making them strong to support their weight on the ground. In addition, some of their larger bones are hollow with bony internal bracing. This helps reduce overall weight. Owls are known as silent flyers, so you will never hear an owl flapping overhead. Their flight feathers are edged in



Eastern Screech Owl babies are tiny little fluffballs about the size of a billiard ball. You can still see the “egg tooth” on these little ones (at the end of the beak, which helps them to peck out of their shell). They will fledge at four weeks of age, but are still dependent on their parents for another 8-10 weeks.



Top left: juveniles almost ready for release. Top right: red morph adult Eastern Screech Owl. Bottom left: gray morph showing their wonderful camouflage. Bottom right: adult gray morph Eastern Screech Owl.

fringe-like tips, which cuts down on air turbulence and effectively muffles the sound of flight. Many owl species have asymmetrical ears. Having ears located at different heights on their head makes them more able to pinpoint the location of sounds in multiple directions. While owls cannot, despite common myths, turn their heads all the way around, but they can rotate them up to 270 degrees in either direction. They have fourteen neck vertebrae (twice as many as humans) and they also have a special arrangement of the jugular veins to ensure that blood supply is not impeded as the neck is rotated. As nocturnal animals, owls have disproportionately large eyes. These large eyes help to improve their hunting efficiency,

especially under low-light conditions. Their well-developed eyes are actually not eyeballs as such, but elongated tubes which are held in place by bony structures in the skull. For this reason, an owl cannot move its eyes at all to look side to side or up and down, but rather they need to pivot their head to look around.

If you happen to be out and about after dark, keep your eyes and ears peeled to see if you can observe these little nocturnal beauties. If you want to learn to recognize some of their calls, check out the following link: <https://www.audubon.org/field-guide/bird/eastern-screech-owl> and click on "songs and calls".

With the ongoing concerns during the Covid outbreak, we continue to do our best to

remain open while keeping everyone safe. We are extremely grateful to our wonderful volunteers for helping to assure that we can stay open. For the time being, we remain open, but our hours are limited, and we are accepting animal intakes only by appointment. If you need assistance, please call 281-259-0039, or email to our emergency email at ftwl.help@gmail.com. For the time being, our visitor's center and educational programs remain closed.

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/SavingTexasWildlife. ♦

Article and photos
by Bronwyn Clear,
Certified Texas
Master Naturalist



Eastern Kingbirds appear very formal, dressed in black "coats, tails & hats" with white "shirts".

Flycatchers & the Texas Bird-of-Paradise

Flycatchers migrate into our area to spend spring and summer. Scissor-tails, Eastern Phoebe, Eastern Kingbirds, and many others. They mate, nest and raise their young here, and then in late fall they gather together in large flocks and head south to spend warm winters in Mexico or Central America.

Some flycatchers, such as the aptly named Eastern Phoebe, are "little brown jobs" with not much to characterize them other than their repeating call of "PHOEBE". Scissor-tailed Flycatchers, also known as the Texas Bird-of-Paradise, are all-time favorites with exotic long split tails, light grey bodies and peachy-orange wing

and belly markings. Eastern Kingbirds appear very formal and pert in their tuxedo feathers of black and white.

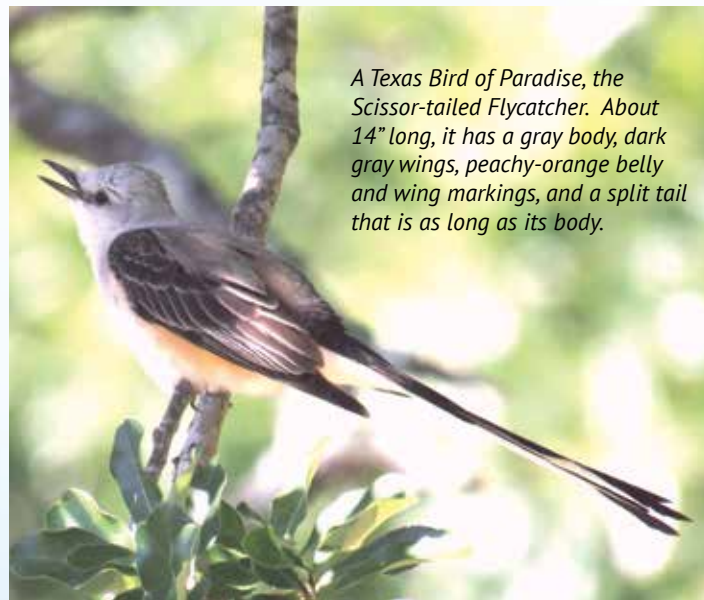
As expected by their name, flycatchers are primarily insectivores which can execute tight spinning maneuvers to catch insects on the wing. You will see them almost anywhere,



This 'little brown job' is an Eastern Phoebe flycatcher, and she is sitting defiantly on her nest. Can you make out her flat beak?



This Eastern Kingbird flycatcher is 70' up in a tree, snatching up high flying insects. Sometimes the flying insects are low to the ground and sometimes high in the sky. The birds go where the getting is good.



A Texas Bird of Paradise, the Scissor-tailed Flycatcher. About 14" long, it has a gray body, dark gray wings, peachy-orange belly and wing markings, and a split tail that is as long as its body.

on telephone wires, up in high trees, on fence posts, or spots near the water to catch lake insect hatches. Farmers and ranchers appreciate them because they eat grasshoppers, flies and other insects that harm crops and animals.

You can tell if a bird is a flycatcher by looking at its beak shape. The types of bills that catch flying insects tend to be very flat and look like pancake spatulas! These flat beaks

have more surface area than birds with pointed bills which makes them best for catching fast winged insects. This flat beak gives flycatchers an advantage.

To see photos of our Texas bird-of-paradise in flight, check out Google images and videos for "Scissor-tailed Flycatcher in flight". Or look on youtube.com. These sky dancers are breathtaking aerial artists, fluttering verti-

cally up and down as much as 100 feet during mating season. It is worth the time to watch a scissor-tailed aerial show.

Learn more about the incredible nature in our 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! ♦



Look straight into any flycatcher's face and you can see how very flat their bill is. Like a spatula! All the better to catch winged insects.

Rescues & Shelters are Overcrowded...

How can you help?

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

Animal Shelter Volunteers of Texas (ASVT) has more than 200 animals in our foster program and it is a revolving door – we take them in – give medical care – spay and neuter and find them homes – take in more & repeat. Every animal has a story and how it came to us.

ASVT takes in unwanted, discarded, community animals to lighten the load on shelters and we place them in temporary ASVT foster homes until adopted. Unfortunately we can't take them all. Unwanted animals are at an all-time high and the local shelters are bursting at the seams and there is no sign of slowdown in sight.

We thank Dock Line Magazine for allowing us to share information on what is happening right under our noses here in our Community. This is not meant to sadden the public but to share awareness of the issues and the options for helping improve the situation.

Montgomery County Animal Shelter (MCAS), located on Hwy 242 houses more than 900 animals, plus has hundreds in foster care! Can you visualize what that must be like? They arrive unwanted, some starving, sick and neglected. Quite often you will see MCAS personnel going beyond their regular work hours and volunteering extra hours to help the animals in need.

ASVT, other rescues and MCAS are working together to re-home shelter animals and increase SPAY AND NEUTER in our community!

Sadly, the COVID-19 pandemic that is plaguing us right now has made the animals in need coming in higher numbers. Shelters are limited on intake and hours of operation. ASVT and other rescues are having to pick up the higher influx of homeless stray animals in our community.

The past few months of this pandemic is bringing so many abandoned puppies and kit-

tens. We can take them in only if we have fosters so the dilemma continues.

There is FREE and LOW COST SPAY AND NEUTER AVAILABLE! There should be no excuse in the world to not have animals spayed and neutered when it is there for the taking! Please spread the word on spay and neuter!

Animal Shelter Volunteers of Texas is a foster based rescue organization. We depend on foster parents to help us improve the quality of lives for animals in our community. ASVT has been active in rescuing homeless and abandoned pets since 2010.

I personally became involved with fostering for ASVT about 6 years ago. I was asked if I would like to foster an injured Chihuahua named Soldier that was having his leg amputated. My first thought was how can I ever love a dog and then let him go. Everyone assured me I could do it, so I went with it. Well, I was right. When it came time for his first meet and greet I was in tears. Soldier was my first "foster fail". But, I did try again and it didn't become easier to let them go, but I realized I was saving a life and making sure my fosters were placed in a safe and loving home. After more than 180 fosters, many tears of joy, it has been one of the most rewarding experiences in my life.

All fosters shown here are waiting to be adopted. Please consider adopting a rescue pet.

WHAT IS A PET FOSTER HOME?

Being a pet foster parent, you provide a temporary home for a pet on the way to adoption. The number of pets that ASVT can save depends on the number of fosters who open their homes and hearts to foster them.

WHY DO ANIMALS NEED FOSTER CARE?

Fostering saves two animals lives when shelters are full. The one you foster and the one that can now use the kennel freed at the shelter.

Whatever the reason, these pets need extra love and care before they can be adopted. Providing foster care can be a lifesaving gift for a homeless pet.

ASVT does transports to northern states that have a need for adoptable dogs. These pets need to be in a foster home for at least two weeks prior to the transport. Temporary fosters are needed for this time before the transport leaves.

Fosters find their forever homes by ASVT networking on numerous pet finder websites, on our website, Facebook page and adoption events. This gives people looking to adopt a rescue pet a wide venue to look for their dream pet.

THE JOY OF FOSTERING A HOMELESS PET

If you would like to help the homeless pets of our community and become an ASVT foster, just visit our website and submit a foster application. We would love for you to foster volunteer, adopt or donate. Visit www.ASVTexas.org.

Animal Shelter Volunteers of Texas (ASVT) is a 501(c) 3 non-profit organization. We are



dedicated to helping abandoned, abused and neglected animals. NO ONE IS PAID and we appreciate the Donations, Fosters and Volunteers to help us continue.





Our Annual Bulb Fundraiser is in full swing. It includes flower bulbs, such as daffodils, tulips, allium, crocus and other varieties. Plant these bulbs in fall to enjoy the blooms in springtime. Orders can be placed through September 15. Visit <https://threeiversfundraising.com/fund/asvt-fall2020>

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

You can visit our website to sign up to volunteer and/or foster and donate using our DONATE button. Donations help us 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.

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



This Summer ADOPT, Don't Shop



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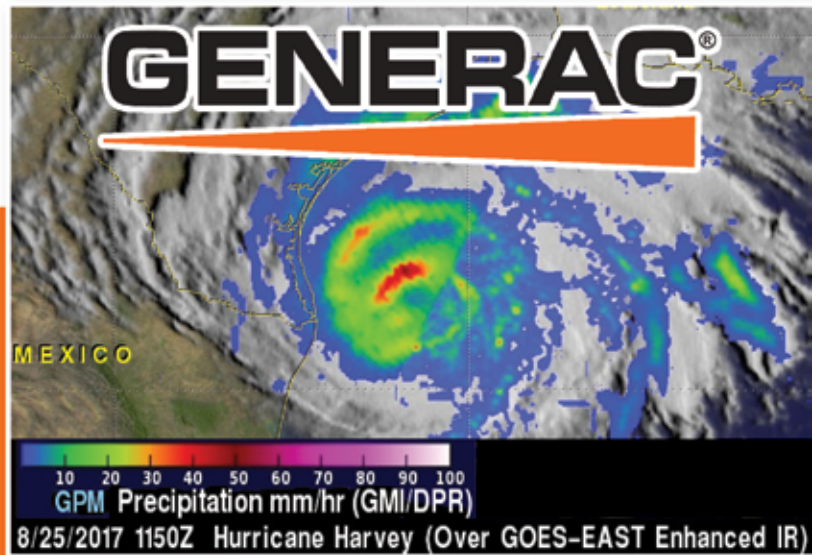
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