The Woodlands

MAGAZINE **July 2020**



Not Another Fad Diet How Healthy Figures Houston is helping people successfully lose the weight and keep it off

See page 8





Enjoying Lake Conroe After Stay-At-Home Orders Have Been Lifted

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From the Managing Editor



Just like June, July is shaping up to be like no other we have ever experienced. As we are continuing to learn what new normal behaviors are excepted 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 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 in which we live. We encourage everyone to take a look around, celebrate the little things and support your local businesses. They need your support now more than ever as we all struggle to get through this unprecedented time. If we all stick together we will be stronger than ever. Until next month,



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

consultation and learn more at their website www.healthyfigureshouston.com.

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How Healthy Figures Houston is helping people successfully lose the weight and keep it off

BY: HANNAH SHERMAN



Do you find yourself looking in the mirror or down at the scale and not happy with what you see? Has your favorite pair of jeans betrayed you by not wanting to zip up? Are you shocked by your weekly pill box no longer being able to contain all of your prescriptions? So many of us have found ourselves here. Lost. Guilt-ridden. Questioning ourselves. "How did I get here?" So often these feelings trigger us to grab that bag of Cheetos, or a row of Oreos or a pint of Blue Bell. We get caught in this unhealthy cycle. We don't want to be here, but we have "tried everything" and haven't found an answer. But what if this time was different?

Healthy Figures Houston is a weight loss clinic and treatment center dedicated to promoting a healthy lifestyle and creating an environment for your success. Owner Theresa Grider and her knowledgeable staff are there to support and encourage you every step of the way. With their medically supervised programs, either with Appetite Suppressant (prescription only) or a Holistic Approach (all natural) which uses specifically designed Amino Acids to help curb your appetite, you can expect excellent results.

What makes the Healthy Figures plans different from other weight loss programs is that the staff offers one-on-one counseling and continuous support encouraging you every step of the way. They have cultivated a warm, relaxed environment that is inviting rather than intimidating. From the moment you walk in you are greeted by Lorraine Gengo at the front desk and are well taken care of by the Medical Director, Dr. Awobokun, and Nurse Practitioner, Tina Spruell.

One social media reviewer said, "If you are looking for a place to help you lose weight and live a healthier lifestyle, look no further. This place is amazing! The staff truly care about you and provide encouragement and guidance every step of your journey."



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Winner

Reviews

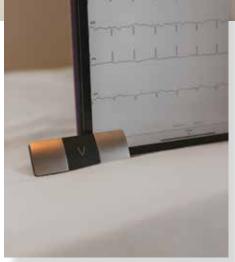
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Countless other reviews echo this sentiment and when told about the praise and acclaim, Theresa teared up and spoke about how much she appreciates each client and how they have impacted her life as well.

In September of 2010, Theresa visited her sister and brother-in-law in East Texas and was astounded by the seemingly miraculous weight loss of her brother-in-law. He went from hardly being able to walk a few feet without getting winded, unable to help maintain their 50 acres and care for their livestock, to being up helping feed the animals and 30 pounds lighter, all in about a month. She returned home and immediately joined her local Healthy Figures franchise. Now the owner and operator of Healthy Figures Houston, Theresa is a testament to the success of this program.

"Within four months, I was off all my medicine. Three kinds of blood pressure meds, cholesterol meds and nitro for chest pains... I lost 136 pounds the first year. This plan saved my life! And it's easy. It's just eating healthy foods, knowing what foods to eat and when," said Theresa.

Healthy Figures boasts about their many supplements that give you natural energy, boost your metabolism, combat weight loss plateaus and food cravings.

"We have all kinds of supplements and have kept the prices as low as possible. Of course you can lose weight without them, but they just make it a lot easier and a lot faster," explained Theresa.

So many people, men and women of all different ages have benefitted from this program, seeing weight melt away and medications rendered unnecessary, all because they have beaten it with nutrition.

"I think the fact that they lose weight so quickly and so easily is the biggest surprise of all," says Theresa. "And once I can convince them to drink a gallon of water a day then they're really surprised. Water makes such a difference in your life. It flushes all the toxins out and you drop weight like crazy!"

In the wake of the COVID-19 pandemic,

Americans have been social distancing themselves and staying home. No longer as active and more prone to stress eating, many have packed on extra weight and embraced unhealthy habits. Jokes about gaining the "Quarantine 15" are circulating social media sites. Though we may try to laugh it off, we all know the long-term effects of stress and stress related weight gain can be detrimental to both our waistline and overall health.

Since reopening, the Healthy Figures Houston community is growing. Friends and relatives who have seen amazing results are returning and referring others to try out the programs that have helped them reach their weight loss goals.

"Past customers are coming back because they want to take control over this and one thing they can manage is what they put into their bodies, and not let stress hormones take control and make them gain the weight back," said Nurse Practitioner Tina Spruell.

If you are looking to have more energy, get in shape, lose pounds and inches, and be healthy again, all while feeling supported and championed, contact Healthy Figures Houston at (281) 298-2599 or info@healthyfigures-houston.com. You may request a consultation and learn more at their website www.healthy-figureshouston.com. ◆







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10 Steps to Surviving a Layoff or Separation Package

With the markets rip-roaring as they have since March of this year (that's a strange event that could take up another article or two), many have been deceived as to the carnage that has been wrought due to the shuttering of the U.S. economy over Covid-19. Its effects will be felt for some time to come and the impact for millions of businesses and their employees will be less than optimal to say the least.

WOOTTON

Although unemployment numbers nationally are improving, it's still really ugly and many are finding themselves in unfamiliar territory that can be both emotional and stressful. I am talking about layoffs and separation packages which have been quite high of late and there's another wave to follow with many companies as the federal PPP loan program deadlines come to an end. This will allow companies who took those loans to let employees go as needed without negating the forgiveness factor of their loan if they've met the requirements of the program.

If you are an employee or business owner who suddenly finds themselves out of work or facing the prospect of such an event, our prayers are with you and I want to give you 10 steps to help prepare you for what comes next.

1. KEEP CALM AND GET A PLAN

You think more clearly when you're not panicked. Take a deep breath and don't burn any bridges as you leave your employer. Do it with grace and respect and when things improve you might find that you are right back there working as they begin to restaff. Remember, many businesses will close their doors forever and the owners and managers are having to make some very tough decisions as well. It's not fun for either side. Furthermore, you need to immediately begin to plan financially for what you will do next. Don't wait!

2. EXAMINE YOUR LIVING EXPENSES

Most people have no idea what they spend monthly, that is a big problem with or without a job? With a layoff or separation package you need to know facts. Figure out quickly how much income is needed to survive. Once identified, this is your baseline expense for planning around it financially. Gather your financial data, meet with a fiduciary planning professional and this will help you determine if you need to look for another job and what to do next one way or the other.

3. INVENTORY YOUR RESOURCES

What assets are available to help you meet your baseline expense need? Savings, checking, investment and retirement accounts (including pensions) are all possible candidates. Even real estate and royalties. The CARES Act will also allow workers who lose employment to withdraw up to \$100,000 from a qualified plan without the usual 10% penalty if you are under 59.5 years of age (taxes would still be owed however).

4. SEVERANCE PAY

Although severance is not mandatory in the U.S., many employers offer it. Don't forget to factor this into the equation. It's not unusual for these packages to provide 6-12months of income and can even include continued medical benefits for a period of time depending on the employer. This can buy you some valuable time while planning your next steps.

5. UNEMPLOYMENT BENEFITS

If you've lost your job through no fault of your own (like a layoff) you may be eligible for unemployment. On average this replaces 40-45% of your weekly income and the maximum weeks of benefit allowed are state dependent (Texas is 26 weeks). Additionally, under the CARES Act, if you qualify you may also receive federal unemployment of \$600 per week until the deadline (currently 7/31/20 as of this writing).

6. EVALUATE YOUR HEALTH INSURANCE OPTIONS

If your company offers to pay for an extended period of medical coverage, great! If you're at least 65, it could be better to go the Medicare route. If not, depending on your circumstance, you may be eligible for COBRA (Consolidated Omnibus Budget Reconciliation Act) benefits of 18 or 36 months. COBRA is typically more expensive than what you're used to paying with your employers offset to the expense.

> Another option is to evaluate the individual insurance market for relief with a less expensive plan. However, benefits may not be as good and the special

pandemic enrollment window is limited to 60 days in 2020. Check out www.healthcare.gov for more information.

7. GET A NEW SOCIAL SECURITY ESTIMATE

This can help your financial professional determine when is best to start your income. Don't skimp on getting comprehensive financial planning in this regard. Your professional should have your best interest at heart, not theirs.

8. EVALUATE PENSION OPTIONS

Annuity payments? Lump-sum? Is your pension even available to you? Your financial planner should help you optimize what is best for your situation. Gather your pension estimate options and get started. There is not a one-size-fits-all solution to this area of evaluation and it can be complex integrating this cash flow into your long-range plan.

9. DO YOU WANT TO GO BACK TO WORK?

No seriously, some folks love to work and don't ever plan on retiring formally. However, work is a lot different if done because you want to instead of because you feel like you have to. Knowing you can stop working if desired can be very freeing to working itself.

10. SEEK PROFESSIONAL HELP!

You are not alone and surviving a layoff or separation can be doable with some planning and perspective. Let us help you put the retirement pieces of your financial puzzle into place. It might just reduce your stress, liberate you from worry and hopefully give you Clear Direction for Your Retirement.



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Now what?? Some answers from STAGE RIGHT of Texas

BY: CAROLYN CORSANO WONG

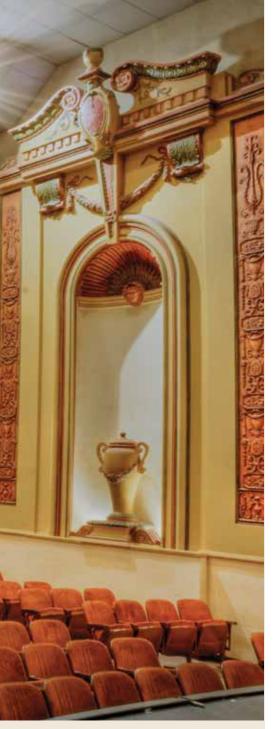
STAGE RIGHT of Texas, resident theatre company at the historic Crighton Theatre (you remember us, right?) has some answers for you in what we are hoping is the <u>aftermath</u> of a global pandemic.

Are you still doing Peter Pan?

Yes, we are producing *Peter Pan*. Out of an abundance of caution though, our board in consultation with the show's production team decided that it would be best to delay the show. The new dates for *Peter Pan* are September 11-27, 2020. So, *Peter Pan* will take the slot of the first show of our next season.

Why was *P*eter Pan delayed? I see people out and about and restaurants open and even other venues open?

As of press time for this article, live performance venues are currently under capacity restrictions and social distancing measures are still in effect. With capacity restrictions in place, the 541 seat Crighton Theatre is reduced



to a little over 150 seats. We lose money if we run a show with only that amount of folks in the audience especially an expensive show like *Peter Pan* that comes with the exorbitant cost to fly performers. Additionally, maintaining 6' distance is impossible on stage and backstage during a performance. Our cast and crew in preparation for a July show, as it was originally scheduled, would have to be in close proximity singing, dancing rehearsing, etc. much prior to July to be ready for a July performance. We just didn't feel comfortable having our artists put themselves at risk prior to July especially when guidelines from the CDC and the state have recommended distancing remain in place. Other venues may have decided not to abide by the distancing recommendations or perhaps they feel they are able to do so in their venue. Our venue



Performances at the historic Crighton Theatre in Conroe, TX

Lyrics by Carolyn Leigh Music by Morris "Moose" Charlap Additional Lyrics by Betty Comden Adolph Green Additional Music by Jule Styne Based on the play by Sir J. M. Barrie

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Funded in part by The City of Conroe CVB visitconroe.com By arrangement with Music Theatre International MTISHOWS.COM has a reduced sized lobby area due to renovation construction and still only one toilet downstairs. People unable to climb the stairs to go to the upstairs restrooms would be out the door waiting to use the restroom in order to maintain social distance of 6'. Theatre is a contact sport and the backstage area at the Crighton is very close quarters. We have chosen to do what we felt is in the best interest of our artists, patrons and our organization.

If Peter Pan is now in September, what happens to the next season line-up of shows?

Moving *Peter Pan* from the last show slot of our 2019-2020 season to the first slot of our 2020-2021 season has obviously necessitated a re-shuffle of our new season. *Peter Pan* will replace *The Odd Couple* which was originally scheduled for September of 2020. Here is our show line-up going forward barring complete and total disaster:



Sept 11 – 27, 2020 – *Peter Pan* Lyrics by Carolyn Leigh, Music by Morris "Moose" Charlap, Additional Lyrics by Betty Comden Adolph Green, Additional Music by Jule Styne, Based on the play by Sir J. M. Barrie

Based on J.M. Barrie's classic tale, Peter Pan is one of the most beloved and frequently performed family favorites of all time. This highflying Tony Award-winning musical has been performed around the world and delighted audiences for 60 years.



Oct 23- Nov 8, 2020 – *Nunsense* by Dan Goggin

The Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the

sisters, and they are in dire need of funds for the burials. The 5 remaining sisters decide that the best way to raise the money is to put on a variety show with riotous results.



Dec 4 – 20, 2020 – **Elf-The Musical** Based on the motion picture of the same name, with a score by Matthew Sklar and Chad Beguelin. The book is adapted by Bob Martin and Thomas

Meehan from the 2003 film.

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas.



Feb 12-28, 2021 – *Funny Girl* Book by Isobel Lennart, music by Jule Styne, and lyrics by Bob Merrill.

A musical theatre classic which celebrates the exuberant and elegant flavor of Broadway in the 1910s and 20s and the comic genius of Fanny Brice. Featuring such beloved songs as "People", "Don't Rain on My Parade", and "Sadie, Sadie."



Apr 9-25, 2021 – *The Odd Couple* by Neil Simon The story of two divorced men – neurotic neat-freak Felix Ungar and fun-loving slob Oscar Madison – who decide to live together. Can two divorced men live together without driving



June 6-20, 2021 **M*A*S*H** Adapted by Tim Kelly from the book by Richard Hooker (this show was postponed from April of 2020) M*A*S*H stands

for Mobile Army Surgical Hospital,

and joining it are two unpredictable madcaps, Hawkeye and Duke. They can't be dealt with casually, however, because they are also two of the best chest surgeons in South Korea. They decide to wage a campaign to get a young Korean named Ho Jon to the United States and entered in a good school. If you loved the book and subsequent TV series, you'll love the play.



Jul 9-25, 2021 – *The Wizard of Oz* (RSC version 1987) by L. Frank Baum adapted by John Kane from the motion picture screenplay for the Royal Shakespeare Company. With music and lyrics from the MGM motion picture and EY Harburg Back-

score by Harold Arlen and E.Y. Harburg, Background music by Herbert Stothart

Dorothy lives on a farm in Kansas until a cyclone arrives, and picks her, her house, and her dog Toto up and deposits them in the land of Oz. There with the aid of the Scarecrow, Tin Man and Cowardly Lion she travels to Oz so the Wizard may send her home again, because there's no place like home. What happened to Leaving Iowa: A Comedy About Family Vacations?

We decided to cut that show from the 2020-2021 season and replace it with the better known show *The Odd Couple* (that was bumped out of September to make way for *Peter Pan*). Don't worry. We'll most likely put it on our next season. It's a delightful family friendly show and one that is sure to appeal to anyone that has travelled through our great country while sitting in the back seat with your siblings slowly driving your parents crazy. **Now, I'm real confused! I'm a season ticket holder and I already paid for some of these shows, how is that going to work??**

Fear not. You will get what you paid for. For folks that had season tickets to our 2019-2020 season, you already paid for *Peter Pan* and *M*A*S*H*, so, when you renew your season subscription, you will be only charged for 5 shows (*Nunsense, Elf, Funny Girl, The Odd Couple* and *Wizard of Oz*).

If you were a season subscriber in 2019-2020 and already renewed for the 2020-2021 season and paid in full the \$125, we owe you a refund, or we can give you extra tickets to a show of your choosing. You can get that by contacting the box office at 936-441-7469. Remember we moved M*A*S*H to a June slot where we normally don't do a show, but your tickets will still be good for that so you'll have tickets to all 7 shows above.

If you are a new season subscriber, the lineup of 6 shows is *Peter Pan, Nunsense, Elf, Funny Girl, The Odd Couple* and *The Wizard of Oz.* If you'd like to purchase separate tickets to see $M^*A^*S^*H$ that will be an add on and you can either buy them online or call the box office and see if your season seats are available for the performance you'd like to attend.

You lost me. I'm still confused.

Don't worry, this all looks far more confusing on paper than it really is. If you have questions, please call the Crighton box office and they can answer any questions you might have and get all your ticketing issues resolved.

Tickets can be purchased online at www. stage-right.org or by calling the Crighton box office. Season Tickets for our upcoming season can be purchased by calling the Crighton Theatre box office at 936-441-7469. All 6 shows are only \$125. Season tickets are your best investment if you intend to attend multiple shows in our fantastic line-up. In addition to your tickets for each show, we also provide one Friends Ticket for each season package purchased. That way you can invite a friend to join you to see one show during the season for free. Your seats will be reserved for the next season, your name will be in every playbill and you can always change the date of attendance for free! We hope you'll consider joining us for our lucky 13th Season at the historic Crighton Theatre!

Please keep up with the most current information regarding dates for shows on our website: www.stage-right.org or the Crighton Theatre website www.crightontheatre.org. Please keep safe, stay well and we look forward to seeing you in September (hey, that would make a great song title)! ◆



IT'S A BIRD...IT'S A CRANE; NO, IT'S A HERON

By: Lisa Wolling, Executive Director

We certainly have a wide variety of wading birds in our area, both permanent residents as well as migratory birds. Quite often, we have people call our wildlife center regarding "cranes" they have found. While it is possible that sandhill cranes or even whooping cranes might be spotted occasionally during winter months, we have no cranes that make their home in our area on a permanent basis. What we do have are two very large species of wading bird; the Great White Egret and the Great Blue Heron. This month's article will focus on the beautiful Great Blue Heron.

The Great Blue Heron is a very striking bird with a blue/gray back and black sides. Their belly is gray and white striped. Males and females are

may raise one or two broods each year and generally remain monogamous during that time, but they usually choose new partners each year.

Great Blue Herons will eat nearly anything they can catch, including fish, amphibians, reptiles, small mammals, insects, crustaceans, and other birds. They hunt mainly by wading in shallow water and impaling prey with their spear-like bill. They will also hunt from floating objects such as logs and docks. They generally forage and hunt for food alone. They will defend their feeding territories from other predators by defensively approaching intruders (other birds or even humans) with their head thrown back, wings outstretched, and bill pointed up in the air. Herons are



Left: Great Blue Heron fledgling. At birth they are covered with gray down. Right: adult Great Blue Heron

quite similar in color and size. They have a huge, 6' wingspan, and hold their neck in a distinctive S shape while flying while trailing their long legs behind them. They are the largest herons in North America. Great Blue Herons have a permanent range in much of the southern United States, including all of Texas.

Great Blue Herons generally breed in colonies located in trees close to lakes or other wetlands. Occasionally they will construct a nest on the ground within wetland reeds or mangroves. The male generally will collect much of the nesting material and bring it back to the female, who then weaves a saucer-shaped nest. The pair then lines the nest with pine needles, moss, dry leaves, and reeds. Nest building can take up to two weeks, after which the female lays two to six eggs. Both parents incubate the eggs for 25 to 30 days. When chicks hatch, their eyes are open and they are covered in pale gray down. The chicks remain in the nest anywhere from 49 to 81 days with both parents feeding them. A nesting pair sometimes unwelcome visitors to yards that include ponds; a length of drainpipe placed in the pond can provide fish a place to hide from feeding herons and other predators.

While their numbers are thought to be stable, Great Blue Herons are being impacted by loss of habitat (especially nesting areas) due to logging, development, and traffic (both on roadways and waterways). Pollution and other causes of reduced water quality also can have an impact on these birds.

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. Details can be found at www.ftlw.org, and then click on "How to Help". We also have a great deal of helpful information on our website about other species of animals and how to assess if they need help or not. If you need assistance with an animal in need, please email us a ftwl.help@gmail.com. ◆



Be U Salon Wants to Put Your Needs First

Haircare isn't just about keeping up with the styles but making sure YOU feel good about yourself.

BY: MATTHEW CALHOUN

18 Dock Line Magazine - The Woodlands Edition July 2020



Looking for something a little different with your hair care needs? Do you find that your hairdresser doesn't care about doing the best job possible? Would you like a hairdresser who can help you be the best version of yourself? Be U Salon is that and so much more! From the moment you walk in you'll be treated to a warm environment and a specialized haircare treatment that's right for you!

A Stylist That Listens to Your Needs

Our hair is important. In a lot of ways, it helps define our personality and how we want ourselves to be seen. Why should you settle for an average hair treatment when you don't have to? Be U Salon hopes to change that narrative every time you step into their store, "I started my business because I wanted people to see what I have to offer and be able to find the right team to work with, which I did," says owner Yamil Lambrides. "I have eight amazing professional Hair Stylists that work in the salon who are dedicated to helping customers find the right look for them."

Coming into Be U Salon isn't your ordinary experience. Instead, you'll have access to haircare professionals who go above and beyond what is necessary for a salon. Each member of the team has been handpicked because of their hard work ethic and dedication to the customer. This is an essential starting point for all of Be U Salon's staff. As Yamil notes, "What makes our business different from others is that we take care of our clients like they are the only ones. We like to view Be U Salon as an escape for our customers." Everyone is dedicated to the mission Yamil has presented for Be U Salon "What surprises our customers the most is the way our team works together and gets along." Unlike big haircare chains, the staff at Be U Salon is committed to creating an environment that is not only enjoyable for the workers but also the interactions between hairstylists in customers.

Find A Style That Fits You

Throughout life, our preferred hairstyle is going to change. We may want to go shorter, introduce highlights, or get extensions, but we need a guiding hand oftentimes. That's where Be U Salon comes in. You don't have to struggle to try to find the right style for you. "I wish people to know we are here to help them find the right style and make them feel good about themselves. The stylist in the salon is able to provide almost any hair service the customer desires," says Yamil. Not only that, but a stylist can help you consider the following things when choosing a new hairstyle:

- How your hair texture will be affected
- Your face shape
 - How much maintenance your hair will need on a daily and monthly basis
- What color is right for your hair
- How to add highlights to your hair and the best time to reapply highlights
- Shaping your hair

Be U Salon understands that there is not always an easy answer for every customer. Oftentimes, people can be hesitant to change styles or colors because they often feel alone in their decision making. At Be U Salon, they want to help walk you through the process, providing examples and adjustments. The staff at Be U Salon wants to make sure you can make the best decisions with your hair regarding style and treatment. Not only does your style need to make you feel confident and look good, but it also needs to help your hair look and feel healthy. You're only going to get that type of treatment at Be U Salon.

You're home

When you're at Be U Salon you won't feel like just any ordinary customer. As Yamil puts





it, "We make them feel welcome and at home. Our customers say our salon makes them comfortable like they are at home, which is what we hope and strive for." Be U Salon is staffed with an engaged group of stylists that are attentive to their clients. Be U Salon understands that a salon isn't just a place where you go to get your haircut. It is also a place where you get to make new friends and enjoy a congenial environment. When asked about why creating this atmosphere is so important to Yamil and her crew, she stated that "my favorite thing about my community is that people believe in us." For her team, it's about providing a space where she can show how much this community means to her. "It makes me very happy that we made another customer's day and met their needs because they have always shown us support."

It's not just about creating a nice atmosphere, but about being comfortable with who you are. As Yamil puts it, "I would advise my clients to be themselves with their style because at the end of the day it's all about them." Don't choose a hairstylist that isn't committed to you living your best life. Instead, choose Be U Salon.

Be U Salon can be found at two locations: 14756 FM 1485 Conroe, TX 77306, and 25526 I-45, Spring, TX 77386. You can schedule an appointment with the Conroe location at 281-572-1008, and for the Spring location at 281-771-3122. Hours are Tuesday-Friday 10 am-6:30 pm, Saturday 9 am-5 pm, Sunday-Monday Closed. You can also reach them at www.hairbyyamil.com.



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Enjoying Lake Conroe After Stay-At-Home Orders Have Been Lifted



With stay-at-home orders being lifted, school ending early, and summer here, the number of boats on Lake Conroe waters increases every single day. The lake level is bobbing at 200 feet above mean sea level (msl), which is one foot down from the conservation pool level of 201 feet msl. As always, with any level, there is the need to keep an eye out for water haz-



ards. With the start of boating season, the San Jacinto River Authority (SJRA) wants to remind boaters of some basic water safety rules.

Underway means not at anchor, made fast to the shore or aground.

Know who can operate a boat. Any person who is at least 13 years of age and born af-

ter September 1, 1993, must complete an approved Texas Parks and Wildlife Department (TPWD) boater education course before jumping in the driver's seat. A person



less than 13 years of age is only permitted to operate personal water craft (PWC) vessels with motors of less than 15 horsepower and sail-

Examples of watercraft are: boat, Jet Ski, motorized skiboard, Sea Doo

boats less than 14 feet in length when accompanied on board by a person who is 18 years of age or older.

Have the proper safety equipment. All personal flotation devices (PFDs) must be U.S.



able condition, read-

ily accessible, and of the appropriate size for the intended user. All children under 13 years of age in motorboats that are under 26 feet in

The law requires that certain equipment be kept on board at all times, and other items are simply a good idea. You can obtain a complete list of both required and recommended equipment through the TPWD website at http://www.tpwd. state.tx.us/.

length must wear a U.S. Coast Guard approved PFD while underway. Put on your flotation device and make sure it fits properly before you enter the water. When already in the water, buoyancy, stress and anxiety of the moment can put you in danger. Check your flotation fit before you board your boat.

Fire extinguishers are another required item that is all too often forgotten. It is essential that your fire extinguisher is accessible and charged. When used early enough a fire extinquisher can make a huge difference and possibly save the entire boat and those onboard. Also, extinguishers need to be checked regularly. Don't forget about the routine maintenance.

Drive safe. Alcohol is the leading contributing factor in fatal boating accidents. In Texas, it is illegal to operate a watercraft with a blood alcohol content of 0.08 or higher. The penalties for a boating while intoxicated (BWI) are the same as for driving while intoxicated (DWI): First conviction carries a fine up to \$2,000 and/

That's right...just like it is against the law to drive a car on the road while being impaired, getting behind the wheel of a watercraft will result in the same punishments.

or up to 180 days in jail. Second conviction carries a fine up to \$4,000 and/or jail time up to one year. Third conviction carries a fine up to \$10,000 and/or 2-10 years in jail. According to law enforcement, a person's driver's license will be automatically suspended if operating an engine-powered watercraft having a manufacturer's rating of 50 horsepower or above and the person refuses to provide a specimen (breath or

What's that strange boat?

While out enjoying the Lake this spring you may encounter an unfamiliar looking boat. SJRA has contracted with the Texas Water Development Board to conduct a volumetric and sedimentation survey of Lake Conroe. The survey will serve a number of purposes. First, it will provide for an estimate of the volume of water impounded in the lake at a given water surface elevation. A comparison of data derived from the current survey with that from previous surveys will allow for a determination of the approximate loss in capacity of





the Lake as expressed in acre-feet per year. Water volume, when provided in acre-feet, is simply a measure of surface area in acres multiplied by depth in feet. For example, a one acre area that is one foot deep is one acre-foot of water (the equivalent of 325,851 gallons). Data obtained from this effort will also be utilized in long-term water supply planning and will allow for the development of a contour map of the lake bottom. The last time that a survey of this nature was performed on Lake Conroe was during the summer of 2010. The survey vessel itself, which is rather conspicuous, is equipped with a multi-frequency depth sounder and global positioning system that allow for the collection and storage of survey data.



Stubblefield Lake Lake Conroe Public Boat Ramps

Cagle Recreation Area

Stow-A-Way Marina

Scott's Ridge Boat Ramp

ake Conroe

FM 830 Boat Ramp

April Plaza Marina Inland Discount Marina Lakeview Marina "Accidents on the lake significantly increase during the summer months," said Lt. Tim Cade of the Montgomery County Precinct 1 Constable's marine division. "Since boating traffic and lake activity drastically pick up when temperatures rise, it is even more important to do your part by following safety precautions to guarantee a positive, fun, and safe trip to Lake Conroe.

Lake Conroe is a destination of choice for recreational enthusiasts from the greater Houston metropolitan area and across the State of Texas. Of course we want to make sure it stays that way, but, most importantly, we want everyone to go home safely at the end of an outing.

You can find Lake Conroe rules and a map of the public boat ramps online at www.sjra.net/lakeconroe. For general questions concerning state boating laws you can go to the Texas Parks and Wildlife website at www.tpwd.state.gov.

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. 🔶

blood) to determine intoxication. The period of suspension for first time offenders is 180 days.

Common sense reminders:

- Communicate to someone that is not going with you, where you plan to go and when you Plan to return
- Take a waterproof cell phone on board with you
- Keep a list of emergency numbers handy
- Be aware that the conditions on the lake can, and often do, change in an instant
- Keep a first aid kit on board
- Bring plenty of water for every passenger

Did you know that SJRA mows and weeds Ayers Island and the East beach? While you are on the water, check it out. Just remember to practice social distancing and dispose of your trash properly.





GARDENING IN JULY

GOD BLESS AMERICA!! HAPPY U.S. INDEPENDENCE DAY!!

We wish you a Happy Holiday as we celebrate our Nation!

Following are a few tips to help your lawn and gardens thrive this summer. ANNUALS

High temperatures place a great deal of stress on annual flower beds. Following a spring of frequent rain, Texas style summer has now set in. We all know it will get hotter and

dryer in the coming weeks. Watch the weather, and apply water appropriately. Keep the soil moist. Newly planted shrubs and flowers will need more frequent irrigation than plants that are established. Annuals in containers may need to be watered daily. LAWN

The lawn turf grass will need water in different amounts, and possibly on a different schedule from the flower beds. When it comes to the lawn, once again, keep the soil moist. However, do not water needlessly. Overwatering your lawn wastes water and promotes disease problems. And here is a no-no: do not water "lightly" every day. A light, daily sprinkling encourages diseases and creates a shallow root system. Here's the key: apply sufficient water to reach a depth of 6 to 8 inches.

CHINCH BUGS

If your grass wilts, turns yellowish brown, dried out, and dies in sunny areas and along sidewalks and driveways, CHECK FOR CHINCH BUGS! While these little guys feed on several types of grasses, St. Augustine and Zoysia are their favorites. They can move across an entire lawn within a few days. Treat with an insecticide, or call a professional such as Lawn Ranger Company's renowned GREEN LAWN SYSTEM. **MOWING**

Mow regularly throughout the growing season. St. Augustine grass should be cut about every 7 days, with the mower blade set at a height of no less than 3 inches.

"Mulching - mowers" eliminate the need to bag clippings. By mulching, the clippings return nutrients to the lawn, which assists in "fertilizing" the turf. Our Maintenance Division, we never bags the clippings.

SHRUBS

Most summer-flowering shrubs bloom over a relatively long period, compared to spring-flowering shrubs. Faded flowers often



linger as new ones are being produced, detracting from the attractiveness of the display. Pull or trim off faded flowers as they occur. In the case of Dwarf Crape Myrtles, Oleanders, and others, trimming of the faded flowers will encourage more blooms to form.

TREES

During the first several years after planting a young tree, keep an area at least 1 foot out from the trunk mulched. Young trees do not have well developed bark, and the base of the trunk is easily damaged by mowers and string trimmers. Young trees will grow faster when



grass is not allowed to grow close to them. SEND US YOUR QUESTIONS AND COMMENTS

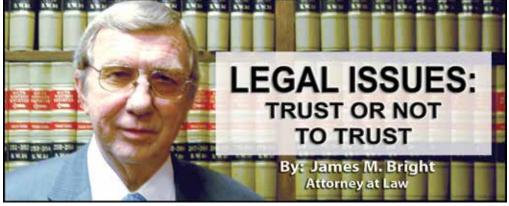
You are invited to send us your questions and comments. We can be contacted at our offices at 281-681-1025, or through our web site: www.LawnRangerCompany.com.

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The following is provided for informational purposes only and is not, nor should it be construed as legal advice.

Once we reach the age of 50-55, the selfproclaimed revocable living trust advisors seem to come out of the woodwork, descending upon us like locusts and telling us that we need a revocable living trust if we love our families. (We are even made to feel that if we do not have a Revocable Living Trust we might be the type of person who would kick the dog.)

Contrary to this conclusion, it is this firm's experience that many people love their spouses, cherish their children and never kick dogs without having a revocable living trust. When I am approached to draft this type of trust, my first question is, "What purpose is it to serve?" There are many good reasons, but there are typically just as many reasons that favor a different approach. The big question is, "What are you attempting to accomplish?"

Many people tell me that they want a Revocable Living Trust as opposed to a Will simply because a friend, neighbor, parent or a really nice person who called on the phone told them that they needed it. There can be many reasons for having a trust; "in fact," most of the Wills that this firm prepares has a testamentary trust, but trusts (either Living or Testamentary) need to solve a particular problem.

Having a testamentary trust in your Will that serves a particular purpose is far different than making a revocable living trust the primary instrument in your estate planning.

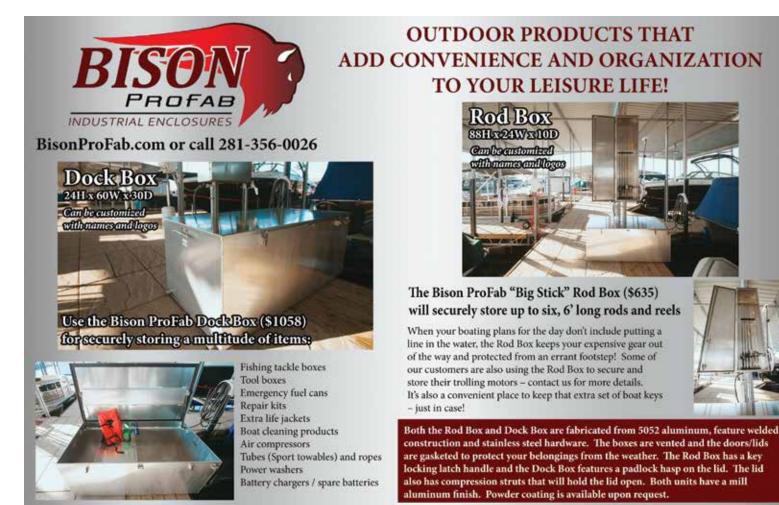
Some of the false or misleading reasons given for having revocable living trusts that this firm hears include:

• MY CHILDREN WILL PAY INHERITANCE TAXES UNLESS THEY INHERIT IN A TRUST – This assertion is very misleading because most Texas estates do not pay inheritance taxes in the first place. Under current laws, your estate pays no estate tax on the first \$11,580,000.00 (\$23,160,000.00) for a married couple, whether you have a trust or not.

• A TRUST WILL SAVE PROBATE COSTS – This statement may or may not be true, depending on the following:

TRUE - If all of the assets that are owned by an individual are included in the trust. This means every bank account, every piece of real property, every automobile, every brokerage account and every other thing that was owned by that individual are captured by the trust and titled in the name of the trust.

PART TRUE AND PART FALSE – If every asset of every kind is held by the trust, then you will avoid probate, but that is not usually what happens. In addition to a revocable living trust, you should have a "pour-over Will." This type of Will is intended to capture everything you own at the time of death and pour it over into the trust for planned distribution.



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FALSE - If your trust does not capture assets, it will actually cost more in both time and money than a well-drafted Will. You will bear the meticulous burden of keeping the assets in the trust for years, and your family will still need to go through probate for the pour over Will.

• PROBATE WILL TAKE YEARS – Ordinarily this is NOT TRUE. Texas has very reasonable laws regarding probate. A probate proceeding with a Will can take as few as three weeks, but on an average, based on this firm's experience, not more than 90 days from the time that your probate attorney is contacted until you have "Letters Testamentary," giving the executor power to act, and all reporting to the Court has been completed.

• PROBATE IS VERY EXPENSIVE AND WILL TAKE A PERCENTAGE OF THE ESTATE is a FALSE statement. Most attorneys charge an hourly fee, and a few will quote you a onetime flat fee. Percentage fees in probate are normally not done.

• MY BENEFICIARY IS A SPENDTHRIFT AND WILL WASTE THE INHERITANCE IF NOT PLACED IN TRUST. This is a very common problem that can just as easily be handled in a testamentary trust as it can in a revocable living trust. The difference being that you do not need to go through the arduous task of keeping all of your property titled in the revocable living trust during your lifetime.

This firm is not making a declaration against revocable living trusts. "In fact," they are very often the best way to settle an estate. What this article is intended to do is to say, that *"it is not the only tool in the box."* It may be the proper tool and it may not be---depending on your particular circumstances. For instance, if you own real property in more than one state, a revocable living trust, at least as regards that particular asset, might be the best and least expensive solution.

The determination of which tools are best to use in particular circumstances are best done with the guidance of an attorney of your choice who is experienced with wills, trusts and probate. The best results are not always accomplished with someone soliciting your business through telephone calls, mailers, dinner invitations or even well-meaning family or friends.

As always, it is recommended that you talk to an attorney of your choice rather than one who solicited you through a phone call, mailer or dinner invitation.

James Bright has been admitted to practice before the Federal Courts for the Southern District of Texas and Eastern District of Texas as well as all of the Justice Courts, Probate Courts, County Courts at Law, District Courts, Courts of Appeal and Supreme Court for the State of Texas. He maintains an office in Houston and by appointment another at 208 McCown Street in the heart of historic Montgomery. Contact may be made by telephone (936) 449-4455 or (281) 586-8277. For more information about wills or probate in Texas, please see www.houstontxprobate.com. ◆

IF YOU WISH TO SUGGEST A TOPIC FOR THIS COLUMN, SEND TO: JAMES M. BRIGHT 14340 TORREY CHASE BLVD., SUITE 150 HOUSTON, TEXAS 77014 Email: topics@houstontxprobate.com

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The Truth About Running a Successful Online Business 7 Things You Need to Understand About Making Money Online

Have you ever thought about building an online business? Many have, but few have actually followed through. We've all seen "experts" online telling us how easy it is, but once we start to look into it things seem to get complicated quickly. Dock Line helps people build online businesses every day, and we want to share with you some of the most important things to understand first. In this article, you'll discover exactly what it takes to build and run a successful online business.

1. It takes a lot of work up front.

Although we are constantly sold the idea that making money online is "so easy", the truth is that it will take a lot of work. There are so many pieces you need to put in place, research you need to do to get the right pieces, and time to build and implement those pieces. These include your website and all the pages needed to make your business work, copywriting (extremely important to get this right), design, branding, social media pages, online store components, and so much more. Unless you're already an expert and know how to do all of this, you'll have to put in a lot of time to learn, or you'll need to hire someone to help you. All that is just to get things set up and ready to work. Then you'll need to invest a lot of time into running the business. This includes advertising, marketing, customer service, fulfillment, and much more. If you're serious about running an online business be prepared to put in the work, and stick with it for the long haul.

2. You will need to put some money into it.

"Free" is a powerful marketing word. We gravitate toward it and give away our information to get something free online. There are many offers online that sell the idea that you can start an online business with no financial investment. While there may be some ways to do that, the truth is that if you're serious about creating a real online business, it's going to require more than a free method. When it comes to starting and running a successful online business, you will need to put some money into it... possibly a lot of money up front. Don't let that push away from your online business idea, though. It's worth investing money if you know you'll get a return on your investment. Plan on spending some money building all the components to make your business work (website, software, etc.) and on expert advice to help you do it all right.

3. It requires lots of testing.

Once you get all the pieces in place to sell your offer, don't be surprised if buyers don't flood to your website and buy what you're selling. More than likely, it'll be a slow start, especially if nobody has heard of you online. Even if you do have an audience, your first take on selling something might not go over well. Don't let that deter you from your idea. Everyone experiences this in some way in the beginning. You'll need to test your offer, test your sales pages, test your ads, test your copywriting, and many other components of your pitch and presentation. This is one of the reasons online business scares off a lot of people. They don't understand how common failure is and how many times you need to go back to the drawing board to get things just right. Stick with it, test and test some more, and you'll make it work.

4. Your offer needs to be really good.

More than likely, your product, service or idea is not completely original. There is most certainly something similar already available in the market. However, don't let that keep you from moving forward with your idea. If anything, it proves that your idea already works. It also means that in order to stand out, your offer needs to be really good. And you will do better if you have multiple offers at several different price points, from low to high. Start with a low price offer, like a book, short video series, intro or sample product or something similar that costs you little to produce and can be acquired without much buying resistance from your potential buyers. More than anything, your initial offer needs to have a much greater perceived value than its price would suggest. For instance, many online entrepreneurs will sell a book with a "Free + Shipping" method that gives the buyer a lot of value for a little investment. They will then use that book purchase as a lead-in to a higher priced item like a course, and then an higher priced item, and so on.

5. You need to understand your ideal customer really well.

Nowadays, it's nearly impossible to make real money through an online business if you don't know exactly who your ideal customer is. The more specifics you can know, the better. You need to know demographics, yes, but also more detailed information like where they hang out online, what their spending habits are, what hobbies they enjoy, and what gets their attention. You also need to understand exactly how your offer helps them at a core level. Basically, you need to understand the pain they experience that your product "cures". You also need to know what causes that pain and how they have tried to solve it in the past. The more you know about your perfect customer, the more targeting your offer will be, and the more sales you'll make.

6. You need a funnel that works.

In the online space, a funnel is simply the set of steps that a customer goes through to purchase your offer. When you place your product or service for sale on your website, you need to get potential buyers to see it. That means you need to find out where your customers are online and get them to come to your website. Once they do, you need to move them through your funnel until they are paying customers. Like a real funnel, an online marketing funnel is larger at the top and gets smaller toward the bottom. At the top of the funnel is where everyone first sees your offer. From there, fewer people will get to your website, then even fewer will click on your offer, and even fewer will buy. If your funnel is set up right it can run like clockwork, almost entirely automated, and bring in customers while you sleep. It can be complicated though, so you may need to get some help from an online marketing expert. If one part of your funnel is broken or "leaking" you could lose out on a lot of sales.

7. You need to find your customers online and know how to market to them.

Having a working funnel is one thing, but getting people into the funnel is another challenge all its own. You need to find out where your

customers are online, what they are searching for, and how they buy. Once you find them, you then need to know how to get in front of them, get their attention, and compel them to check out your offer. This means using methods like SEO, con-



tent marketing (including video), social media advertising, and many more strategies. The point is, your online business needs customers and you'll need to invest in marketing strategies that are proven to work. Yes, you need to spend money to make money, but once you've nailed down the exact marketing strategy that works best for your business, you'll know exactly how much it will cost to get a customer. For instance, if you discover that for every dollar you put in to your marketing machine you make three dollars, you can just keep putting money into your marketing machine and keep making more money than you spend.

This article is not meant to make you shy away online business. Actually, it's to help you realize exactly what it takes to be successful. Yes, it will take a lot of work up front, but once you get a system that works, it can be a gold mine. If you are serious about starting an online business, let us know. Dock Line now offers a full suite of online marekting services that can build your entire online platform, funnels, marketing pieces, social media channels and so much more. If you're interest in getting started with an online business, or to get your current business online and crushing it, send us an email at ozzy@docklinemagazine.com. ◆



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