

# DOCK LINE

Huntsville/Lake Livingston

## MAGAZINE

October 2020



greater houston  
PEDIATRIC DENTISTRY, PLLC

### Little Teeth are a Big Deal

Why Greater Houston Pediatric Dentistry is a Place Kids Love to Go! See page 8



Aquatic Plant Management  
on Lake Conroe  
It Takes a Village

See Page 20

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dedication to  
our **community****





## MAINTAINING OUR COMMITMENT TO SERVE OUR GROWING COMMUNITIES

When Sandstone Chiropractic was established in Montgomery, Texas in 2009 - We made it our mission to provide the families of our community with a new perspective on their health by delivering the highest quality of care in a comfortable and holistic setting.

Since then, the demand for the same experience in family medicine, neurofeedback and regenerative medicine presented itself. This provided us with the opportunity to continue our pattern of growth by creating a unique blend of comprehensive healthcare to better serve our community and their loved ones.

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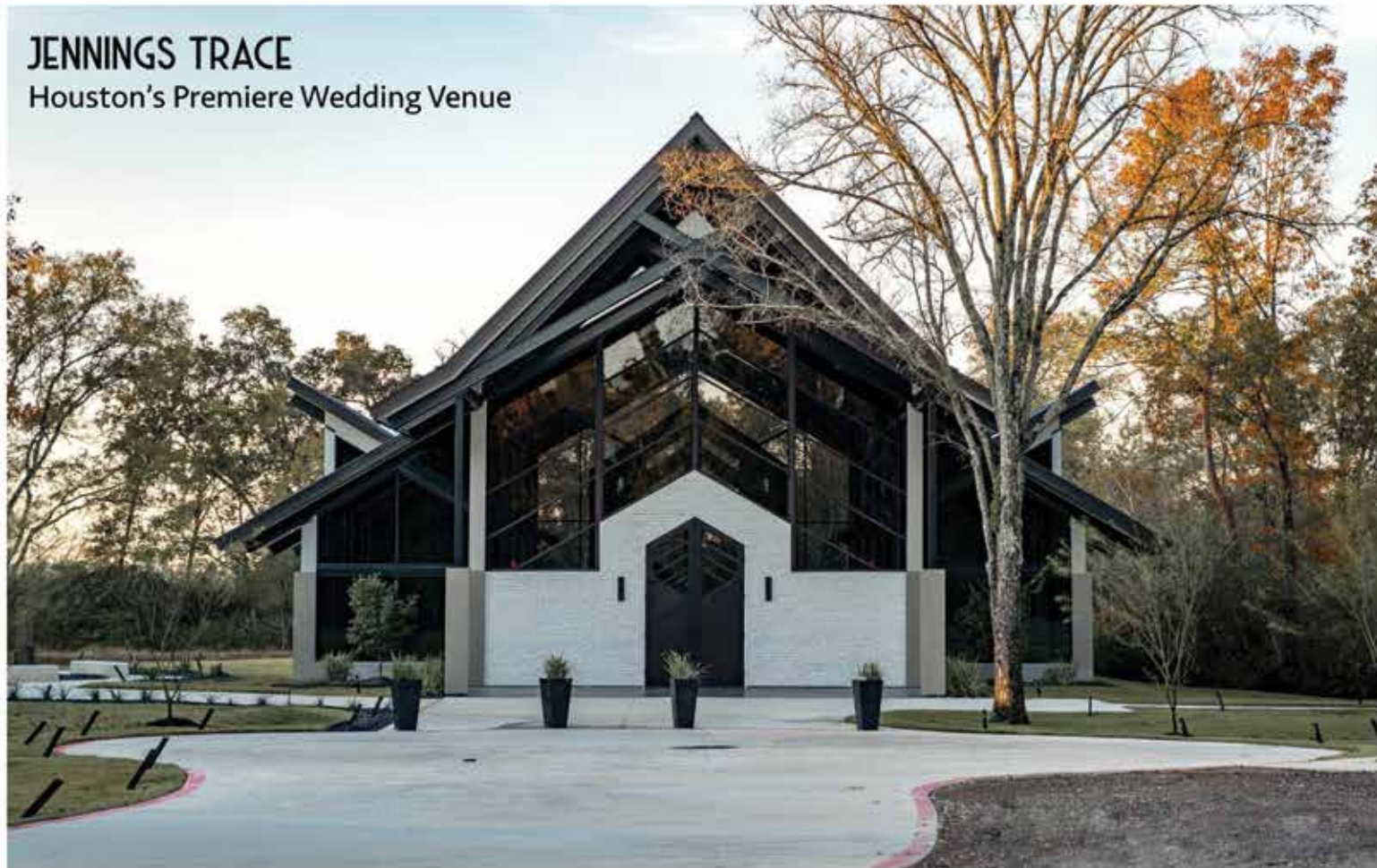
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# DOCK LINE

Huntsville/Lake Livingston

## MAGAZINE

## table of CONTENTS

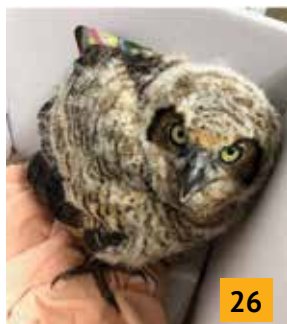
OCTOBER 2020

As we enter into another season, sadly it is safe to say nothing much has changed from the summer. We are continuing on the road of uncharted territory as we move through another month of 2020, which means we are continuing to adapt to the new normalcy society has implemented upon us. Rules with changing variables on a daily basis get 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 us to stand together. We are a community of resilience, compassion and generosity. It has become apparent what a great community it is in which we live. As the holiday season inches closer upon us, 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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### ON THE COVER



What sets us apart is care, knowledge, and compassion. Greater Houston Pediatric Dentistry's Conroe office is located at 381 South Loop 336 W, #1200, Conroe, TX 77304.

- 7 Fishing Report
- 8 Little Teeth are a Big Deal  
Why Greater Houston Pediatric Dentistry is a Place Kids Love to Go
- 12 Back to Health
- 14 Huntsville Pets Helping People: Colorful Critters
- 18 Online with Dock Line: How to Win at Social Media: The Exact 5 Strategies Used by the Top Brands and Influencers in the World
- 20 SJRA: Aquatic Plant Management on Lake Conroe It Takes a Village
- 22 TPWD Angler Recognition Program: Making Memories for a Lifetime
- 24 Dominating Performance
- 25 Fishing Adventures with Derek Pietsch
- 26 Friends of Texas Wildlife: What Every Wildlife Rehabilitator Wants You to Know
- 28 Fishing Hole Nature: Great Blue Heron – The Really Big Bird!



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



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# DOCK LINE

Huntsville/Lake Livingston

## MAGAZINE



Verle "Ozzy" Osborne  
**PUBLISHER**

Linda Sharver  
**EDITOR**

GT2 /Coconut  
**MANAGING EDITORS**

Kelly L. O'Quinn  
**ART DIRECTOR**

Susan Osborne  
**OFFICE MANAGER**

David Donahoo, Colton Rucker  
**SEO SPECIALISTS**

Walt Thompson  
**DIRECTOR OF SALES**

Angela Glezman  
Stephanie Davis  
**SALES ASSOCIATES**

Hannah Sherman  
Brian Sherman  
**WRITER**

Jessie Smith  
**PHOTOGRAPHER**

### CONTRIBUTORS:

Bronwyn Clear • David Scott Cox

Lisa Wolling

Tony W. DeRamus, DC, CCSP

Marilyn Meshell • Mike Gore

Mark Hooker • Debbie Pietsch

Derek Pietsch

DOCK LINE MAGAZINE is published by:  
Dock Line Magazine, Inc.

P.O. Box 1203, Willis, TX 77378

Telephone: 936-890-7234

E-mail:

ozzy@docklinemagazine.com

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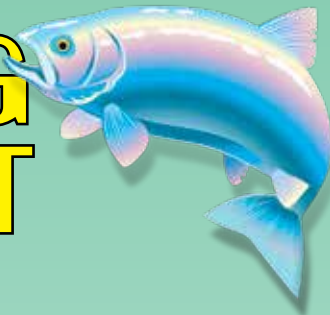
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# FISHING REPORT



By: David Scott Cox

**FISHING FORECAST:** I often get asked, "What is the best month of the year to fish Lake Livingston?" October on Lake Livingston is one of the best months of the year to be on the water. Lots happening here now with great fishing. One of my favorite ways to fish now is for Blue Cats in Harmon Creek. Fish a popping cork about 3' to 4' down baited with fresh shad. Throw around the dead standing timber and get ready for a monster Blue Cat.



Good luck fishing and be safe on the water!  
*Dave*

## SPECIES REPORT:

**Black Bass** {large-mouth} - Fish the Boathouses in Newton and Thomas Lake with six-inch red shad ribbon tail worms and black neon craw Texas rigged. Fish the

rocks in Bethy Creek with lipped crank baits in sexy shad and splatter back.

**Catfish** - Good jug line fishing the bays, Harmon Creek and Bethy Creeks can be good now with fresh cut shad. Best days are with a south or south west wind moving the jugs. Also, fish the popping cork early morning in Harmon Creek.

**Crappie** - Fish the lay downs in White Rock, Bethy, Harmon Creeks and Big Caney Creeks. Key on deeper holes and fish the end of the lay down about 5' with minnows and jigs. Also, now is a good time to Crappie fish the boathouses in Newton and Thomas Lake.

David Scott Cox  
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**White Bass** - Don't count out Whites stacking up in the creeks for the fall run. Also, the humps lower and mid lake 11' to 15' with slab baits. Look for birds and follow schooling action. ♦



Normal Lake Level

131.0'

Current Lake Level

131.32'

Water Temperature

80°-85°

Release - 15,000 cfs

Water Clarity - lower lake clear/ mid lake off color/ cloudy

# Little Teeth are a Big Deal

*Why Greater Houston Pediatric Dentistry is a Place Kids Love to Go!*



**BY: HANNAH SHERMAN**

*Serving families in the Houston area for ten years - opened the Conroe location last year.*

## A Gentle and Caring Approach

At Greater Houston Pediatric Dentistry, we strive to create a welcoming environment for all children. When entering, each member of our team will welcome your family with a smile. We are truly invested in making sure each child feels comfortable and safe, and leaves feeling happy and excited with a sense of accomplishment. We are firm believers that every child should love going to their pediatric dentist! Our goal is to make the entire experience as fun and enjoyable as possible. We get to know our patients on a personal level. We are passionate about promoting dental education, prevention, and creating a fun, nurturing environment.

## Our Doctors

Dr. Linh Luu and Dr. Badi Misaqi, our pediatric dentists, bring a lot of care and compassion to what we do each day. They combine their knowledge and expertise with clear communication. They will always make recommendations on each child's individual needs and risk assessment, and ultimately what is best long term for your child's health. We gently alleviate fears and build up confidence. We build motivation and give children a sense of pride in their smiles and their behaviors. We communicate with age appropriate techniques. We create a dental home where parents can trust our recommendations, our skills, and our care for their children. Our goal is for children to become the best version of themselves, to be great dental patients for life, and to maintain a lifetime of healthy habits and beautiful smiles.



*Houston's #1 Choice for quality dental care for children and adolescents.*

## Specialized Procedures for Every Need

In addition to comprehensive pediatric dental services for children, we offer:

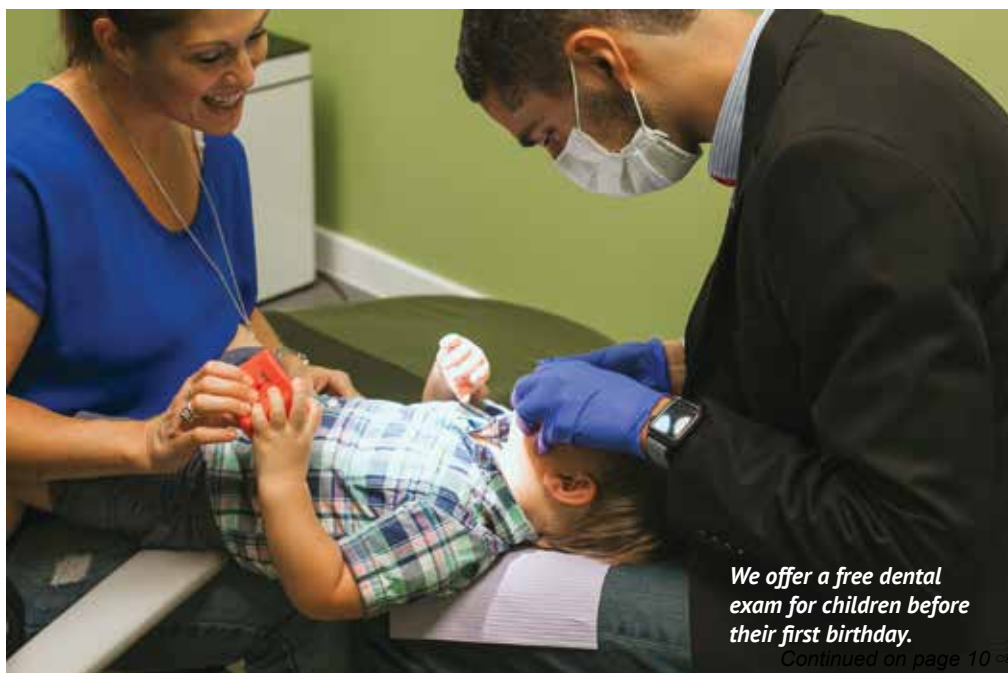
Esthetic white crowns, pediatric partials, laser dentistry, and wisdom teeth extractions with a highly trained and skilled surgeon.

We also provide laser frenectomies to relieve tongue ties and lip ties in newborns, infants, and toddlers.

*Continued on page 10 ➡*



*A foundation of trust in patients is a top priority.*



*We offer a free dental exam for children before their first birthday.*

*Continued on page 10 ➡*



#### **Advanced Behavior Management Techniques:**

We see children with all needs. We offer in nitrous, in-office oral conscious sedation and IV sedation, and hospital dentistry with pediatric anesthesiologists.

#### **State of the Art Facility and Equipment**

Our ultra modern facility is truly unique in the area, offering a bright and fun environment where kids want to hang out and stay a little



*Children leave with a good experience and a healthy attitude towards oral health.*

longer. Our advanced digital imaging and equipment allows us to accurately diagnose early.

#### **Why an Age 1 visit is Critical**

Parents are sometimes nervous to take their child to the dentist or to even treat cavities at a young age. We are trained and equipped to manage behavior to make your child's visit as comfortable and as fun as possible. Our team is specially trained in behavior management, so don't be afraid to take your child to the dentist early. The recommended first dental visit should be as soon as teeth erupt or by age one. The earlier they start, the sooner they feel comfortable in the dental chair, and we can really work on preventing cavities from the start. Establish a dental home early so we can work together for prevention.

Dentistry is absolutely essential, as it is an integral part of overall health.

The ADA strongly encourages keeping routine dental appointments to maintain optimal health. Especially in children, where prevention and early detection of cavities is essential to avoiding big problems later.

Our practice keeps up with the ever changing guidelines and strictly enforces protocols set forth by the CDC and state for safety for your child and our team.

Greater Houston Pediatric Dentistry offers a complimentary dental exam for children before their first birthday, free of charge. ♦



*Even puppies need their teeth brushed! Have your kids practice good home care by keeping their dog's teeth clean!*

# Join us for our (Socially Distant) Fall Festival/Open House!

October 22, 2020 • 5:30pm-8pm

*Come in and see Houston's #1 choice for quality dental care for children and adolescents, where we make each visit fun and enjoyable for kids and their parents.*

*Dr. Linh Luu and Dr. Badi Misaqi and our team look forward to meeting your family and invite you to choose us as your dental home.*

**Dress up, treat-or-treat, get some Halloween goodies, and take a photo in our pumpkin patch.**

**Halloween snacks and drinks will be handed out. Other surprises to come!**

**\*Please call to reserve a time slot. Only a limited number of families will enter at a time. \*Masks required.**

**During the entire month of October, our pumpkin patch is up, so bring the kids in for their check up and photos at the same time!**



Greater Houston Pediatric Dentistry's Conroe office is located at 381 South Loop 336 W #1200, Conroe, TX 77304. Their office hours are Monday through Friday from 8 a.m. to 5 p.m. and Saturday by appointment. To request an appointment, call (936) 703-2131 or go to their website, [www.greaterhoustonpediatricdentistry.com](http://www.greaterhoustonpediatricdentistry.com).

# Back to Health

By: Tony W. DeRamus, DC, CCSP



## Sniffling, Sneezing and Wheezing: Avoiding Those Fall Allergies

Fall is here and many of us are probably noticing that we are starting to snifle and sneeze a little more often. We have pollen to thank for that. Ragweed pollination is in full swing during the fall months. When pollen gets into the noses of certain people, it triggers the runny nose, itchy eyes, and other allergy symptoms.

Air pollution can make allergy symptoms worse. One of the most common pollutants is ozone, which is created in the atmosphere by a combination of sunlight, nitrogen oxide, and hydrocarbons from burning fuel. Clouds of ozone are created around some cities as the sunlight becomes stronger.

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

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

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

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

### DIET

Clean up the diet by removing simple sugars. These sugars include glucose, sucrose, fructose and lactose and processed white flours. These sugars are in cereals, juices, cookies, cake, candy, soda, soft drinks, shakes, snack bars, milk, cheese, ice cream, bread, pasta, crackers and fast foods.

Sugar, like salt, is dehydrating to the body.

Dehydration increases histamine levels. Histamine is another pro-inflammatory chemical that can worsen symptoms. Water helps reduce histamine levels. Approximately, seventy percent of our body is made up of water. Make sure you drink water as your main beverage and stay well hydrated.

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

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

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

### Chiropractic Care

Since chiropractic deals directly with allowing the nervous system to function at its highest ability, chiropractic care for an individual with allergies can be extremely beneficial. It is a safe, effective, and natural form of care.

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

The chiropractic adjustment frees the nervous system from spinal stress allowing the immune system to function properly. This allows you to respond to internal and external environmental stresses more efficiently.

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

to best fit the patient.

### Household Chemicals

We are all being overexposed to chemicals from the products we use in our household and daily lives. As the exposure becomes greater, allergic responses are also increasing.

Trading out your all-purpose cleaner for vinegar, lemon juice, baking soda and water is one way to eliminate the exposure.

Avoid petroleum-based products. This is very common in the lotion, shampoo, conditioner and body wash that we use.

Rather than using insect repellent that you buy in the store, use eucalyptus oil as a deterrent for those pesky bugs.

Switch your laundry detergent to chemical free. Several manufacturers create detergents that are free of phosphates and chlorine and are super concentrated, so a little goes a long way.

If you or anyone in your family starts sniffling, sneezing, itching or comes home with a bite, here are a few natural remedies to eliminate the symptoms.

Vitamin E oil applied to a bee sting can relieve pain and swelling.

A slice of onion rubbed on the site will relieve the itch and swelling of an insect bite. A paste of baking soda and water or mud and water will also calm the area.

Peppermint oil acts as a decongestant, and substances in peppermint contain anti-inflammatory and mild antibacterial constituents.

Flushing the nose with saline solution (salt water) can help soothe upper respiratory allergies by removing irritants that become lodged in the nose and cause inflammation.

Dust mites love a humid environment, which allows them to reproduce like crazy. Invest in a dehumidifier. A dehumidifier can also help prevent mold, another allergen, from growing. When cooking or showering, take advantage of the exhaust fan, another way to help keep humidity to a minimum.

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

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





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*Fall*  
**FESTIVAL**

## COMMUNITY OPEN HOUSE

Come join us for our (Socially Distanced) Fall Festival/Open House  
on Thursday, October 22 from 5:30 to 8:00 p.m.

We will open up our office for a Halloween party and Open House.  
Dress up, trick-or-treat, get some Halloween goodies, and take a fall  
photo in our pumpkin patch. Halloween snacks and drinks will be  
handed out. Please call to reserve a time slot.

Only a limited number of families will enter at a time.

Also, during the entire month of October, we will have our pumpkin  
patch up, so bring the kids in for a dental check up and fall photos at  
the same time!





# Huntsville Pets Helping People

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## Colorful Critters

*By: Marilyn Meshell*

If you have not seen one in person, you have undoubtedly seen pictures of them on social media. They may be colorful, stripped, spotted, or uniquely patterned. They may look like another type of animal, advocate for a special event, or support a sports team. They are pets treated to a colorful makeover. They are pets with dyed fur.

While many domestic animals, such as cats, chickens, or rabbits may be colored, the great majority of colorfully dyed animals are dogs. Some people go small and only apply a bit of dye on a dog's ears or tail while other people go all out and dye most of their animal's fur. Some people like solid colors such as pink or purple and dye the whole dog. Other individuals like more variety such as rainbow colors on a dog that might be seen at a parade. Then, there are fans of patterns such as black and white panda designs, a green and red Grinch look around Christmas time, orange and black tiger stripes or even leopard spots. Another look that may be seen is colors or designs that support sports teams.

For many people, pet owners and observers, dyed pets are fun and the colors or patterns look pretty. Other individuals view dyed dogs as the product of silly people and believe pets are better in their natural state. But there is another group who view dyeing pets as animal abuse. So what is the truth about dyeing pets?

The pro-dyeing crowd say that pets getting dyed is just another form of pet grooming. Many dog breeds are regularly groomed and they enjoy the pampering. Therefore, getting their fur dyed is no big deal for them. Another pro-dyeing argument is that people get their own hair dyed so it is no different for animals to get their own fur or hair colored. Those in the anti-dyeing camp often times consider fur dyeing to be animal abuse. They state that



animals do not consent to the process and that animals are forced into it by people for their own pleasure. They go on to say that the chemicals used in dyeing are harmful to pets because they cause chemical burns and they are toxic to animals.

Let's talk about those anti-dyeing concerns. Pets do not consent to having their fur dyed in words but by actions they can let their feeling be known. If the animal will not stand still or growls or snaps at the person trying to apply the dye that is a clear indication that they are not happy with what is going

on. In that case, the animal should not have to undergo fur coloring now or in the future. If, on the other hand, the dog's posture is relaxed and they have a smile on their face, they are showing that they are comfortable or enjoying the grooming process and that fur dyeing is not a stressor for them.

After the dyeing procedure has been completed and the animal goes out in public, dogs show by their actions whether they like the attention that their new doo receives. Some dogs are thrilled with the extra attention and show it by happy tail wagging and relaxed body posture. They enjoy the smiling faces, the happy sounding comments, and petting by people, including strangers. Those dogs are in their element. They are telling everyone that they love it. If, on the other hand, the dog backs away from strangers or tries to hide behind their person, they are plainly saying that they are stressed and that they do not want any part of this unwanted attention. Dogs in this category should not be dyed. If the dog does not provide a clear indication of their enjoyment, support your pet in a positive way and forego future dye jobs.

Chemical burns and toxicity are real concerns if the wrong dye products are used. Never use dyes that are made for humans on animals. Without a doubt, dyes for human use will harm animals. Human dyes may cause



painful chemical burns, often over large areas of a dog's body. Another concern is toxicity. As animals lick their dyed fur, they could ingest unsafe chemicals into their bodies which may result in serious health issues. Both of those concerns can be avoided by only using dyes that are specifically formulated to be safe for animals. In addition, there are a couple of readily available alternatives to pet-safe dyes that are not harmful to animals – food coloring and Kool-Aid. Both of those products are safe to use to dye animal hair or fur. Regardless of which product is used, dye a small patch of fur. Then wait twenty-four hours and check it for an allergic reaction. If there was no reaction, the animal may be safely dyed using care to avoid the area around the eyes.

As long as pet-safe dye is used, the animal is comfortable with the grooming process, and they enjoy the extra attention that comes with their new look, dyeing fur is not harmful to animals. If the above considerations are not met, dyeing an animal is at best unwise and depending upon the level of discomfort of the animal might rise to the level of animal abuse. Each person should carefully consider the personality and behaviors of their specific animal before deciding if dyeing fur is right for that individual animal. Dyed fur can be fun and playful but a dog's natural coat color can be fun and playful too. ♦

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# Online with Dock Line

## How to Win at Social Media: The Exact 5 Strategies Used by the Top Brands and Influencers in the World

There are 3.8 billion social media users in the world today. If you own a business, you can bet that nearly all your current and potential customers are on at least one social media platform. By now, you've been told by everyone that your business needs to be on social media sites like Facebook and Instagram, among others, and you likely have a page on one or more of those platforms.

However, you've probably seen how these sites have taken away much of the organic reach of businesses and brands, forcing them to invest in paid social media advertising to get in front of their potential customers. Many business owners think organic reach is just about dead.

Well, we're here to tell that it hasn't. In fact, if you follow the right strategies you can grow your organic reach and build up a special media presence that works every day to grow your business and bring in new leads. The biggest influencers and brands in the world are growing massive audiences organically by following some simple methods and best practices.

Without further ado, here are the five strategies that will guarantee organic social media growth that results in growing your business.

### 1. Post more than you think you should.

Many business owners have built a belief that social media can't do much for their business. At least, not organic social media. Sure, you can pour thousands of dollars a month into

Facebook and Instagram ads and you might see some results if you know what you're doing. However, organic results from social media are not easy to come by for businesses or brands.

That is, unless you post the right kind of content...and you post often - much more than you probably think. Influencers like Gary Vaynerchuk post up to seven times a day and big brands like Starbucks and Nike post once a day or once every two days. Most small businesses post much less than that. Maybe you can relate. The point is, if you aren't getting the engagement you want out of social media, you probably aren't posting enough.

### 2. Be consistent for 2 years (more like 5 years).

An even bigger challenge for businesses wanting to use social media as a growth strategy is consistency. Most businesses create a page for their business and post a lot early on, but begin to post less and less over time, sometimes stopping altogether. Trust is a powerful force in online marketing, and the best way to build trust is to show up consistently for a while. You need to create an expectation for your followers and meet that expectation every time.

Whenever you decide to post and however often you do it, keep doing it the same way. Do it for at least two years and you'll see your social media channels become a reliable marketing tool for your business. Do it for five years and you'll grow to become a trusted authority in your industry.

### 3. Document. Don't Create.

You may be wondering, "what am I supposed to post every day (or several times a day)?" Trying to come up with the most beautiful, attractive, viral-worthy post every time you post is exhausting. You don't have the time for that and you likely aren't a bottomless well of creative content. But you might be...

Gary Vanerchuck, a successful online marketer and influencer that we mentioned above, gives this simple, yet powerful advice: Document. Don't create. Don't try to create something out of thin air every time you post. Just document your personal journey in your business. Post daily with a challenge you're facing or wisdom that is helping you. Share your successes and failures. Give advice. Help others.

A way to summarize this simply is to just be yourself. Be genuine and post every day about your journey. You could go live for a few minutes a day on Facebook or Instagram or just share a couple of sentences about your experiences. Yes, you'll feel a bit uncomfortable early on, but that will fade away as you get better and people start following you. People love connecting with authenticity.

### 4. Give, give, give, ask.

As a business owner, it can be tempting to talk about your products or services all the time and try to sell with your posts. This is a huge mistake and it's the fastest way to get people to ignore you on social media. Instead,

give away value when you post without asking for anything in return. Help out your audience. Post valuable content that will improve their lives. Post industry expertise that people would pay for elsewhere. Share what you know freely. Then, every now and then you can ask for something.

The best way to sell anything organically online is to provide value first, then ask for the sale later. When it comes to social media, you need to post value-based content at least three times for every post that asks for something - like an offer for your product or service.

#### 5. Hire a social media manager.

If you're a business owner and you're reading all of this, you may be thinking that you simply don't have the time to invest in social media; at least not the kind that will actually grow successfully organically. Yes, you need to be on social media if you want to grow into the future. All of your customers are hanging out somewhere in these online channels. But, you don't have to do it yourself. One of the best investments you can make when it comes to marketing your business is to hire a social media manager.

A social media manager can post for you every day. They can create all the content for your social media pages and manage all the communication from your posts and messages. It's a great investment to make for the future of your business.

At Dock Line, we have an entire team of so-



cial media managers that help local businesses grow online. If you would like to find out how we could help your business grow through social media, let us know! Not only do we post beautiful content that your audience will love, but we study your market to post at the most optimal times, constantly test and tweak content so it gets maximum engagement, and nurture followers into leads and customers, all

while you focus on the parts of your business you do best.

If you're interested to learn more about Dock Line's Social Media Services for small businesses, send us an email today at [ozzy@docklinemagazine.com](mailto:ozzy@docklinemagazine.com). You'll be glad you did! ♦

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# Aquatic Plant Management on Lake Conroe It Takes a Village



*A cage with White Water Lilly.*

For more than 40 years, aquatic vegetation has been a matter of concern on Lake Conroe. The San Jacinto River Authority (SJRA) and Texas Parks and Wildlife (TPWD) are close and collaborative partners in the on-going effort to manage aquatic vegetation in the lake. Though spearheaded by SJRA and TPWD, the

program has grown because of the ongoing contributions of many area stakeholders representing multiple interests. The Seven Coves Bass Club and Lake Conroe Association in particular have been staunch supporters of aquatic plant management and have had a major influence on the program's growth.

The idea of "management" within the context of aquatic plants, includes both native as well as exotic (i.e. non-native/invasive) species. The overall objective is to maximize the amount of native plants while limiting exotic species to an acceptable level. As eloquently described by TPWD Fisheries Biologist, Alice Best, in last month's issue of Dock Line, these exotic plants can be very aggressive, often out-compete native plants for existence, cause a multitude of undesirable consequences and upset the delicate balance of the natural ecology. One of the most significant and impactful effects of exotic plants is that they can form such large, dense mats that they can severely limit recreational opportunities on the lake. In fact, certain plants can become so entangled in boat propellers that they can render vessels virtually inoperable. Though well intended, certain methods used to control exotic species often also reduce the amount of native vegetation.



*Bull Rush from the Native Plant Nursery.*

Shortly after the reservoir filled in 1973, the exotic plant, water hyacinth, was first identified. Over the years, other exotic species have found their way into Lake Conroe including giant salvinia, crested floating heart, and hydrilla. Historically, the two most troublesome in terms of the labor and expense to control are hydrilla and giant salvinia. Once established, eradication is simply not a realistic objective. Therefore, a sustained main-



*White Water Lilly from the Native Plant Nursery.*

tenance program is essential. Both SJRA and TPWD have active exotic-plant treatment programs and each dedicates an extensive amount of time and resources, including experienced, licensed applicators to help fight the battle. A truly successful management program must be equally as committed to native plant restoration as it is to exotic species control. Therefore, SJRA and TPWD are both fully committed to this vitally important aspect of the overall aquatic plant management program. As previously acknowledged as being a major stakeholder and partner in the quest to maintain native plant species, several years ago, the Seven Coves Bass Club constructed an aquatic plant nursery on the SJRA Lake Conroe campus. The Nursery, which consists of eight individual water-proofed wooden troughs, is used to grow a variety of native plant species. Plants grown in the nursery are propagated from clippings of "mother plants" that have been well established in the reservoir from previous planting efforts. Those grown in the nursery in any given year can be transferred back into the reservoir the following year in a continuous, self-sustaining cycle. Each year an estimated 600 plants are transferred from the nursery back into Lake Conroe. Transplanting excursions often include the assistance of volunteers passionate about preserving the overall health of the lake's ecology.

In 2020, SJRA decided to try something new and create a living nursery test and demonstration site at the west end of the Lake Conroe Dam. For this, project staff chose to plant Bull Rush, Water Willow, Pickerelweed, and White Water Lilly. The test site will give SJRA a chance to monitor



*Pickerelweed from the Native Plant Nursery.*



*Water Willow thriving on the shoreline in Caney Creek.*



*Vallisneria being harvested in the field for propagation in the Native Plant Nursery.*

the growth patterns of each species thus providing insights on survival and proliferation rates once plants have been re-introduced into the natural shoreline of the lake. This living nursery will also serve as erosion control, provide suitable fish habitat, create educational opportunities, and act as a secondary nursery for future clippings and propagation. From the beginning, the plan has been to establish native plant colonies on the north end of the lake that, once established, would reproduce through mechanisms such as seeds and fragmentation, allowing plants to migrate to and populate other areas of the shoreline.

A stakeholder meeting was held on September 10th to allow for an open forum to discuss the current status of aquatic plants in Lake Conroe, the effectiveness of control and restoration efforts, and to outline a unified path forward.

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



*Living Nursery Site at the Lake Conroe Dam (Shane + Jace).*



*Living Nursery Site at the Lake Conroe Dam*

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 web-site at [www.sjra.net](http://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. ♦

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# TPWD Angler Recognition Program: Making Memories for a Lifetime

By: Mike Gore, Fisheries Technician  
Texas Parks and Wildlife Department  
College Station – Houston Inland Fisheries Management District

*"Many go fishing all their lives without knowing that it is not fish they are after." - Henry David Thoreau*

As I am sitting in front of my computer today, I started reminiscing about the times my parents took us fishing. We enjoyed many long hours on the water, bass fishing at Sam Rayburn or trying to catch white bass at Lake Livingston. Spending time with my whole family outdoors are the childhood experiences I remember the most. Was it the hunting or fishing or was it the feeling of togetherness that I remembered with such fondness? I know it was the latter. It was the feeling of knowing that we had taken time out of our busy lives to be together; to share and make memories that would last a lifetime. Now, as a father and husband, I am aware of the fishing experiences that made my childhood filled with joy. I try to impart the same experiences to my family, especially my kids.

I caught my first Largemouth Bass on a black and white Heddon Lucky 13 Hula Popper on Sam Rayburn. A school of bass broke the surface chasing shad. I had never seen anything like it before. I sat in awe. Action was fast and furious for a few moments. The bass went down, but my dad turned to me and said that they would come back up at any moment, and to throw my lure as close as I could to the school. When the fish returned, I did just as I was told, hooking up with my first bass. It was only 12 inches long, but at 11 years old, it was big to me. The next few moments were even more important to me and are the vision I see every time I think about that moment in my life.

My dad removed the hook from the mouth of the fish. He was excited that I had just caught my first fish and desperately wanted me to get another before the school went deep again. He turned to me and said, "Hurry up and throw back out there..." His sentence stopped. On the word "throw" the fish, my first bass ever, slipped from his hands and returned to the water. I was devastated and upset. I did not get to admire my first bass. However, the hurt quickly faded and it has become one of my most cherished memories.

I could go on and write several stories about my experiences in the outdoors. My point in telling this story is to emphasize the quality time and memories that can be made on family trips.

Now COVID-19 is forcing people to find new things to do, and I have a suggestion that can create lasting memories for you as an individual or your family. The Texas Parks and Wildlife Angler Recognition Program recognizes anglers catches for waterbody and state records for every species of fish. Now this may sound like a hard goal to reach, but many waterbodies have never had a record application submitted! This means that many waterbody records are within easy reach. Before going out to your local lake or pond, go to the Texas Parks and Wildlife Angler Recognition page, <https://tpwd.texas.gov/fishboat/fish/programs/fishrecords/rules/> to explore

how you can participate.

There are many different ways an individual can challenge themselves and make their fishing trip even more memorable by qualifying for the Angler Recognition Program: State or Waterbody Records by weight, Waterbody Records by tackle type (rod & reel, fly fishing, etc.), First Fish Awards, and Big Fish Awards. You can even practice catch and release with Catch and Release Records by length. Categories exist not only for public waterbodies, but private waters as well. Imagine adding a fish award to the memory of beloved family fishing trip. It would be priceless!

The Junior Angler Recognition Program started in 2003. It is similar to the Angler Recognition Program. You must be 16 years old or younger to participate. It was developed to encourage adults to take a kid fishing and motivate kids to ask someone to take them fishing. The Junior Angler Recognition Program provides an opportunity for a young angler to be recognized separately from adult anglers and be listed in the record book in a standalone division. Junior Angler Records are displayed on the Texas Parks and Wildlife website. Just because it's for young anglers, doesn't mean the categories are any lighter. Kids can qualify for Junior State Records, Junior Waterbody Records, Big Fish Awards, First Fish Awards, Outstanding Angler, and others.



Angler Recognition Application

Angler Recognition Certificates

Since the Junior Angler Recognition Program is not so well known, many of the categories have not been filled yet for many waterbodies. Parents can help a child get as many records as they can or catch the biggest fish out of any waterbody of their choice. It is a great way to spend quality time with a child. Any species of fish qualifies, whether it is as small as a Golden Shiner or as big as a Small-mouth Buffalo. To qualify, a fish must weigh at least 2 oz., otherwise many of the rules for the normal Angler Recognition Program apply to the Junior Angler Recognition Program. Junior Anglers receive a certificate in the mail of the achievement and will be able to see their name on the Texas Parks and Wildlife website if they qualify for a record. Both of my kids have waterbody records at a local pond in College Station, Texas. My son, 7 years old at the time, even qualified for a Junior State Record with a Red-bellied Pacu he caught on a worm. His sister caught her record fish at 3 years of age. Let me tell you, there is nothing that will make a parent prouder than to see their child grinning from ear to ear knowing that they had just accomplished something on their own. The days could not go fast enough with the anticipation of getting those certificates in the mail.

Here's some guidelines before you head out to your favorite fishing spot to pursue a potential record catch:

- 1) Look at the records for that waterbody you are going to visit. <https://tpwd.texas.gov/fishboat/fish/programs/fishrecords/record-search.phtml>
- 2) Print an application and participation brochure for the rules. <https://tpwd.texas.gov/fishboat/fish/programs/fishrecords/scales.phtml>
- 3) Take a camera or phone that takes good pictures to capture photo evidence of your fish.
- 4) Take a measuring device (ruler, tape measure, etc.) to get a length and girth of the fish. Girth measurement is the circumference around the biggest part of the fish's belly.
- 5) If you have a record fish by weight, you'll need to find a place that has a certified scale to weigh your fish. You'll need the date it was certified, and by whom for the application. The most common place to find a certi-



*Certification process of a potential waterbody record by TPWD staff at a local fishing event*



*Junior Waterbody  
Record Redear  
sunfish*



*Junior Waterbody  
Record & Junior  
State Record Pacu  
in 2005*

fied scale is a local meat market. Certified scales listed with Texas Parks and Wildlife can be found at: <https://tpwd.texas.gov/fishboat/fish/programs/fishrecords/scales.phtml>

- 6) Fill out the application for your catch according to the procedures in the brochure. If you have any questions call the fisheries biologist for your area, and they will be glad to guide you through any questions you may have to complete the application.

Take the time and take a child out to create some great memories!

For information on the Angler Recognition Program go to <http://www.tpwd.state.tx.us/fishboat/fish/programs/fishrecords/>. For additional questions, contact our office by phone at (979) 272-1430, or by email at [mike.gore@tpwd.texas.gov](mailto:mike.gore@tpwd.texas.gov) or [alice.best@tpwd.texas.gov](mailto:alice.best@tpwd.texas.gov). Also, visit us on Facebook at <https://facebook.com/TPWInlandFisheriesCollegeStationHouston>. ♦

# Dominating Performance

Article by: Mark Hooker  
Photos courtesy of: Debbie Pietsch

To say that the MISD Fishing Team had a Dominating Performance on Lake Conroe would be an understatement. The combined squad from both Montgomery High School and Lake Creek High School, had 5 teams in the Top 10, out of 139 individual teams from 23 Houston Area High Schools.

to 12 feet of water using numerous soft plastic techniques. The bite was very tough, as we only caught 6 keepers on this day." Clepper went on to say that "the kids fished hard all day, and Fallon caught their biggest fish that culled out a smaller fish at 2.47." That cull of a smaller fish, allowed the team to increase their limit by

compete hard until the end.

Rounding out the top three weights and places for MISD, which is how the overall Team Champion is decided, were Jack Middlebrook and Kaden Harmann coming in 5th with a total weight of 11.37. They were followed closely by Rylan Mitchell and Tyler Gerner landing in the



Leading the way for MISD was last year's Angler's of the Year for MISD, Fallon Clepper & Wyatt Ford. This "Dynamic Duo" captured 2nd Place with a 5 Bass Limit of 16.13 pounds. Their "Local Legend" Captain Julian Clepper reported, "the kids caught them fishing slow in 3

almost 4 pounds, sealing both their 2nd place finish, as well as helping the MISD Fishing Team to a resounding First Place finish. Being that their official time to stop fishing in the Texas High School Bass Association Tournament was 3:00, that's an impressive lesson for all of us,

6th spot with 10.90 pounds. This combined total of 38.40 pounds easily outdistanced the 2nd Place school by 6 pounds.

As mentioned above, we had two other teams in the Top 10 in Andrew Wilson and Brandon Warren, placing 8th with 8.34 pounds,





#### FISHING THE SALTWATER IN GALVESTON

The beginning of fall is the best time to catch the Bull Reds in Galveston. It's still a little early but we can't wait to hear our reels scream. The Bull Reds swim from the bays to the Gulf to spawn. Redfish are members of the Drum family. When they are pulled out of the water they make a unique drumming sound. They are also called Red Drums. Redfish range in color from silver to a copper red and then fade to white on the bottom. They also have a large ringed spot on the upper part of the body at the start of the tail.

Trey, Austin and I went out on the weekend of September 12 to 8 Mile Beach. We threw out the cast net to catch some mullet with no luck at all. I decided to go to the local bait shop to pick up some mullet since we were not having any luck catching and it was the same story there. There were no mullets. Redfish like to eat shrimp, crab and mullets so I decided to try something different and bought some crabs to use for bait.

Currently the limit is 3 Redfish between 20" to 28". You can also purchase a bonus Red Drum



and Jack Haag and Connor Callihan coming in 9th with 7.54 pounds. This is only the third time in the history of the MISD Fishing Team, that the Squad had 5 teams in the Top 10.

Overall, the fishing was extremely tough on the 139 Teams, as over 50 percent of the field did not catch a keeper Bass, which on Lake Conroe is 16 inches. Anytime it takes less than 10 pounds to be in the Top Ten, you know it was

tough conditions!

Overall, the MISD Fishing Team had 40 Teams competing for scholarships and prizes. The next stop on the THSBA Houston Division Trail is Lake Somerville on October 10th. It will be there, that the MISD Fishing Team will look to expand their lead, and accomplish one of the three Team goals for the season, another Conference Title. ♦



tag allowing you to keep one Redfish more than 28 inches. We always release the Red Drums back into the ocean. We just love catching them!

We got back to the beach and walked out to the second sandbar, normally we go out to the third but the tide was too high. We started fishing at 10 p.m. that is when the Bull Reds are biting. We fished for hours and got lots of bites from catfish. Finally, I got a Bull Red on and set the hook and handed over my reel to Austin. I wanted him to see what it was like to catch a Bull Red. He reeled and reeled fighting the fish for 15 minutes and then he landed the giant 36-inch Bull Red. Then we released him back into the ocean. We fished till 2 a.m. and that was the only fish caught for the night. **THROW IT OUT, POP IT IN, FISH ON!** ♦

# WHAT EVERY WILDLIFE REHABILITATOR WANTS YOU TO KNOW

*By: Lisa Wolling, Executive Director*

As a wildlife rehabilitator, one quickly learns that educating the public is a large part of the services we provide. When people bring animals to our intake center, they are often curious about what we do and how they can help animals. There are also many misconceptions about wildlife rehabilitation in general. This month's article will try to address these topics.

First, here is a little background information about wildlife rehabilitators in general:

- In almost all cases, wildlife rehabilitators are completely unpaid and unfunded. Many of us work at "real" jobs to earn a living (unrelated to rehab "work"). We pay for most, if not all, of the expenses of caring for the animals we take in out of our own pockets. Donations at the time an animal is dropped off with a rehabber are very much needed and appreciated. Anything helps!

- Rehabbers will generally ask the public to bring animals to them. Please be understanding of this request. Most rehabbers have many animals in their care at any given time which require frequent feedings and attention. Time spent running around in the car picking up animals is time taken away from the animals already in care.

- Rehabbers do not have unlimited resources and/or space for animals. Some can only take certain species. Most will get to the point that they are completely overwhelmed and cannot take in any more animals at times. If a rehabber refers you to other resources, it is not because they do not care about the animal. It is actually because they want the best care for that animal; that may mean it needs to go to somebody else who has more time and space to properly care for that animal.

- In Texas, as in almost any other state, wildlife rehabilitators are required to have state and/or federal permits (issued by Texas Parks & Wildlife and U.S. Fish and Wildlife), and they are also required to work within the rules and regulations set forth by those organizations. We all are required to obey those rules, at the peril of having our permits taken away if we do not follow them.

- All training and continuing education rehabbers have is obtained on our own time, at our own expense. That is also a requirement for obtaining and retaining ones permit, although once again we receive no funding or assistance to help pay for it.

- Wildlife rehabilitators have a lot of expertise and knowledge, but we are not licensed veterinarians. There are limits as to what a rehabber can realistically do, both from a medical standpoint as well as the fact that we are dealing with wild animals. Treatment that might be possible to do for a pet is not necessarily possible for wildlife, especially in the cases of adult animals (such as deer, coyotes, bobcats, foxes, and raccoons). Sadly, sometimes helping a wild animal is not possible. While many of us are fortunate to have veterinarians who will assist us, we generally pay for these services out of pocket. Thankfully, some veterinarians will offer rehabbers discounted services.

- Please bear in mind that rehabbers are often overwhelmed, overworked, and sleep deprived. We are on call 7 days a week, 365 days a year. Animal emergencies do not take vacations, and most of us do not either. Please be understanding if we seem harried and exhausted. We generally are.

Generally, people who are seeking help for an animal they have found have a love for wildlife as well. We often get asked how people can help, or how they can get involved. We understand that not many people



*Some baby birds require feeding as frequently as every twenty minutes.  
From top left: baby wrens; top right: baby barred owls; bottom left: baby mockingbirds; bottom right: baby great horned owl.*

can make the commitment to be a hands-on rehabber, but there are many other ways you can be a friend to wildlife, as well as to wildlife rehabilitators. Here are just a few:

- Consider volunteering with a rehabber or at a rehab center. This can include helping hands-on with animals in care, answering phones, help with animal transport, help with fundraising (VITALLY IMPORTANT!), or help with administrative tasks.

- Are you handy? Offer help with building of cages, nest boxes, etc. This kind of assistance can be invaluable to both new rehabbers just getting started as well as to rehab centers in need of more caging on site. Scout projects are always welcome too!

- Do you own rural property? We are always looking for release spots for rehabilitated wildlife animals. As our county continues to be developed, finding safe release locations is becoming more of a challenge.

- Help us out if you can by donating. Direct donations can be made at [www.ftwl.org](http://www.ftwl.org). You can also support our organization through AmazonSmile and Kroger Community Rewards (details also found on our website). Many corporations offer matching donations for direct donations, payroll deductions and/or volunteer hours.

- If you have a cat or cats, please consider keeping them inside. Free-roaming cats kill or injure millions of wildlife animals every year. We get many, many songbirds, squirrels, rabbits, opossums, and even young

owls and hawks that have been attacked by cats. Many of these animals have non-survivable injuries.

- Please do not use rodenticides (rat or mouse poison). Even with bait stations, these poisons often affect non-target animals such as owls, hawks, raccoons, squirrels, and foxes. Wildlife and even domestic dogs and cats can be inadvertently poisoned, either by direct ingestion or by ingesting a rat or mouse that has eaten the bait.

- Be mindful of other toxins, such as pesticides, fertilizers, etc. Many animals ingest insects, or drink from run off, and they then ingest the toxins as well. Songbirds and screech owls are particularly at risk from pesticides.

- If you do find an animal that appears injured or orphaned, PLEASE call or email a rehab facility as soon as possible! In many cases, especially with baby animals and birds, it may be possible to reunite with their parents. Time is of the essence in these cases. We have helpful flowcharts on our website ([www.ftwl.org](http://www.ftwl.org)) and Facebook page that are species specific and give reuniting information. Reuniting baby animals with their natural parents can help to keep rehabbers from getting overwhelmed too quickly.

- Please do not “rehab via the internet”. There is so much misinformation out there. Many animals we get require critical care when



Many of the animals that rehabbers care for need frequent care and feeding. Top left: baby raccoon being bottle fed; top center: adult opossum; top right: fawn being bottle fed; bottom: three baby gray squirrels.



Injured animals often require around-the-clock care. Top left: bald eagle with lead poisoning; top right: baby squirrel with a broken leg; bottom left: baby rabbit with a broken leg; bottom right: armadillo with dog-bite injuries.

they first come in due to improper feeding and care. Please remember that a Google search does not qualify one to be a rehabber. Animals that are dehydrated, ill, emaciated, and/or hypothermic cannot digest food or formula, so feeding them can in fact kill them. Improper feeding can cause severe gastric upset as well as a host of other issues. For any animal found, warmth is the most important thing. Hydration should only be done with warmed Pedialyte (or other electrolyte-type of drink) given with a small syringe or eye dropper.

- The fastest way to get in touch with us is by emailing our help line at [ftwl.help@gmail.com](mailto:ftwl.help@gmail.com). This help line is monitored frequently, even when our center is not open. For rehabbers listed by county, help can also be found by checking <https://tpwd.texas.gov/huntwild/wild/rehab/list>, or by searching [ahnow.org](http://ahnow.org) (put in your location, and then click on “wildlife emergency”).

- Please do not set traps to relocate wildlife animals. This often results in orphaned babies being left behind. If you have nuisance wildlife issues, please reach out to a local rehabber for advice, or call an expert company such as 911 Wildlife or Skeedaddle Humane Wildlife Removal. These companies will not harm any animals, and they will assure no babies are left behind.

- If you can help us out with volunteering, cage building, or being a release spot, please email [ftwl.center@gmail.com](mailto:ftwl.center@gmail.com).

These are simple things everyone can do to help wildlife animals as well as your local wildlife rehabilitator. 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](https://www.facebook.com/SavingTexasWildlife). Details can be found at [www.ftwl.org](http://www.ftwl.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 at [ftwl.help@gmail.com](mailto:ftwl.help@gmail.com). For the time being, due to ongoing Covid concerns, our educational center remains closed. ♦

Article and photos  
by Bronwyn Clear,  
Certified Texas  
Master Naturalist



*Heron bring bigger catches to shore and stab them to death. This makes fish easier to swallow, but Herons have been known to choke to death on a large catch!*



## Great Blue Heron – The Really Big Bird!

One of the most splendid and fierce birds around our local waterways is the Great Blue Heron. Their size and coloring give them their name. Great Blues can grow to an enormous height of 4-1/2 feet tall with a wingspan up to 6-1/2 feet, but a weight of only 4 to 7 lbs. Their coloring is black, white, and grey with hints of blue. During springtime they have a shaggy look with long plumes down their shoulders, fronts, and behind their heads. In flight the Great Blue is recognized by long trailing legs,



*Look at those gams!! Drying and cooling off.*



*The Great Blue Heron. 4-1/2 feet tall with a wingspan of 6-1/2 feet, but a weight of only 4 to 7 lbs!*

a tucked S-shaped aerodynamic neck, and slow graceful beating wings. And if a Great Blue is surprised, it flies off making a ferocious growling honk!

In East Texas the Heron rookeries are usually high in tall pine trees, but never far from the water. Their nests are made of loose sticks and twigs, and are about 3 feet in diameter. Females lay around 3 to 6 light blue eggs in a clutch, and generally produce only one spring-

time clutch each year. Both parents take turns incubating the eggs and feeding the young, requiring almost 2 months of hard work before the nestlings can fly.

The Great Blue Heron is a true carnivore and can hunt prey day or night due to special photoreceptors in its eyes. Fresh fish are their preference, but they have been known to eat rodents, crabs, and even baby alligators! These birds are found near most bodies of fresh or



*Great Blues constantly need to repair their loosely made stick nests.*

salt water, and occasionally in roadside ditches. Great Blues have even been known to raid backyard goldfish ponds! They are long-legged waders and can stand like statues, waiting patiently to snatch small fish hiding around their tall legs. Or from the side banks a Great Blue will swoop down, grab a much larger fish, carry it to land, and stab it to death with its dagger beak. Once the fish stops wiggling there is less chance of choking on it, but a bird occasionally does die by choking on too large a fish! Therefore, these birds always eat fish headfirst to

prevent having them get stuck in their throats. Make no mistake, these birds are relentless stone-cold predators!

Learn more about the incredible nature in our area by joining a chapter of the Texas Mas-

ter Naturalist organization. To find a chapter close to you, or to read about the state program, go online to [www.txmn.org](http://www.txmn.org). Volunteer and get involved! ♦



*During breeding season in springtime, their long plumes create a shaggy look.*



*Hérons are long-legged waders that slowly stalk smaller prey in shallow water.*

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