

Dock Line



Magazine

Kingwood

October 2018



Dr. DiVincenzo
General Dentistry



Inspiring Moments In Humble ISD Page 21

The Chamber Page 31

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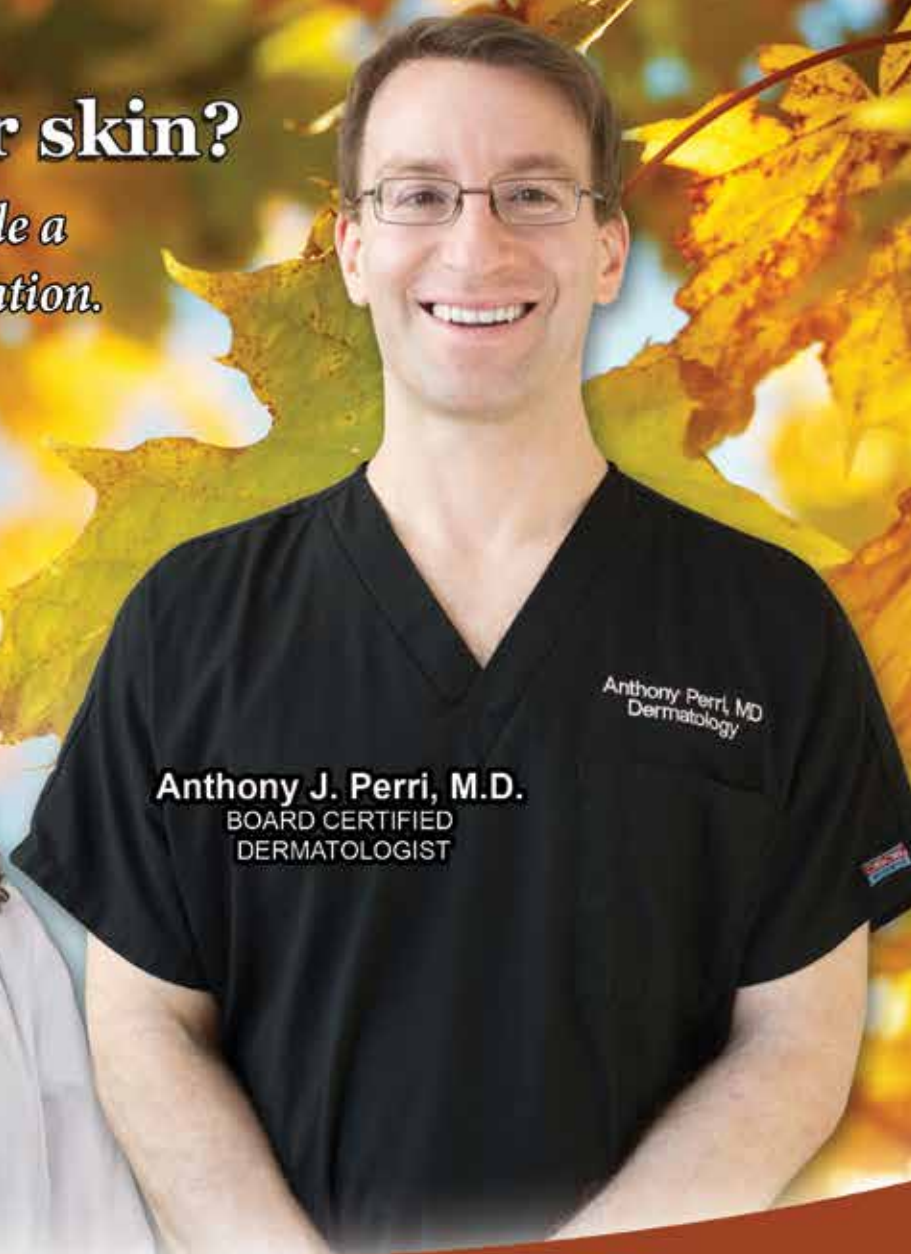
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Thomas J. Cook
PUBLISHER

Molly
MANAGING EDITOR

Gordon Gallatin
Dana Koslovsky
Sharon Frank
SALES

Karin Coleman
COPY EDITOR

Robert Kasprzak
EDITOR

Lindsey Kasprzak
ART DIRECTOR

Fabian Sandler
WRITERS

Contributors:
Brooke Martin
M. Cody McComb, D.C
Kyle W. Buchan, D.C., A.C.N.
Jenna Armstrong • Cheryl Conley
Erin Hein • Gregg M. Mielke

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P.O. Box 2634, Humble, TX 77347-2634
Telephone: 281-812-4775
E-mail: tom@docklinemagazine.com

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WAHOO! It's my favorite time of the year, Fall! And that means Halloween is right around the corner. I love to see all the little kids in costumes and not to mention the CANDY!!! When my mom's not looking I try to sneak a piece but she must have eyes in the back of her head because she always catches me in the act.

Well, I don't know about you but I'm ready for cooler weather, leaves falling and pumpkin spice! Yes, I said it! Pumpkin spice!

I think I smell my mom making cookies in the kitchen so I need to get in there and make sure she doesn't drop anything on the floor. If she does I'm more than happy to pick it up for her.

Until next month... Have a safe and Happy Halloween.

Molly 



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Dock Line Magazine

Kingwood

table of **CONTENTS**

OCTOBER 2018

21



6 Kingwood Perfect Smiles

9 Can You Hear Me Now?

10 Kingwood Pines Hospital

13 Hooked On Health

14 Know Your Law

22



21 Inspiring Moments In Humble ISD

31



On the Cover



Kingwood Perfect Smiles

22 San Jacinto River Authority

26 Modern Home

29 Darst Funeral Home

31 The Chamber

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Society dictates that young people should make a decision about what they want to do for the rest of their lives during their teenage years. Some know from an early age what they want to be when they grow up. For most of us, the process takes much longer. Our career tracks are decided upon while in high school, or for those who go on to college, during hopefully our first couple of years.

Adam DiVincenzo developed a sound game plan when he mapped out his career well into his

college years. He originally began a pre-med track in college.

"I had a friend whose father was a dentist and he was already predetermined that he was going to be a dentist himself," he explains. "One of the alumni who went to my college ran a practice residency at one of the nearby hospitals for new dental school graduates getting their specialty training. He would allow per semester one student to come shadow him two days a week. I was undecided at that point, in my junior year of college. I didn't know if I wanted to go into the medical school route, as my buddy was doing the internship. My friend said, 'Hey, why don't you apply for next se-

mester and try it out; it can't hurt.' So, I did that. I watched a periodontist for most of the time there and I fell in love with it, so I decided to apply to dental school."

The promising student signed up for the Health Profession Scholarship Program through the Armed Services. He got accepted. The newly minted dentist graduated from dental school in 2008 and went into the Navy. He was stationed as a Navy dentist at the Marine Corps base, Camp Lejeune, North Carolina, for most of those four years, but did deploy out of Norfolk on the Kearsarge, an LHD, for nine months. An LDH (Landing Helicopter Deck) is an aircraft carrier that handles helicopters and Harrier aircraft. He was responsible for two thousand two hundred Marines, half on board his ship and the other half on board the two other ships in his battle group. The Kearsarge's crewmembers had their own Navy dentist.

Dr. Adam, who is from Pittsburgh, Pennsylvania, met his wife, Iadara, in North Carolina while she finished her residency as a physician. "My time in the Navy was ending. We looked at each other and asked, 'Where are we going to go next?' Iadara had spent some time living in Houston beforehand. I didn't want to go back north. It's too cold. Growing up with the Pittsburgh weather and then going to dental school in Boston, that was a nightmare with the weather and six months of



winter. So, we migrated to here in 2012.”

Drs. Iadara and Adam got married in 2013. They have one son, Leonardo, who is two years old. They make their home in Kingwood.

“Interesting story about this place,” Dr. Adam explains about his new dental office. “When I was working in my other office, it had flooded during the hurricane. My house here in Kingwood also flooded. We were homeless until we found a rental, I didn’t have a job because the other office was gone. I was actually in line one day at Kroger’s about a week after the hurricane, and my car was parked almost at the end of the Kroger’s parking lot. I was walking toward my car and they were almost finished with this building, and I saw the sign, and I thought this would be a good place to put the office. Now would be a good time to do it. It was actually Hurricane Harvey that some doors close, other doors open,”

The office is indeed in a great location, just south of the Kroger’s in the same parking lot. The dental office opened in June of this year. Dr. Adam has two staff members, Pepper, who is his dental assistant, and Leidy, his receptionist.

Dr. Adam gave much thought to what he wanted to call his dental office before choosing Kingwood Perfect Smiles. “I was hesitant to use the name because I didn’t want to make it sound too franchised, too corporate. I didn’t want to be known as a corporate dentist, because I’m not. It’s my own office; I own it. I’m not going anywhere. If you’re coming in to see me, you’re only going to see me. There isn’t a rotating carousel of different providers every time.” The name fits right in with Dr. Adam’s mantra, “Advancing oral health care one smile at a time.”

“What we’re trying to accomplish here is that we are like a family,” Dr. Adam declares. “We want to treat our patients like a family. When they come in, we want to have a long-lasting relationship, so we follow-up closely with everybody.”

With the office being completely digital – there is no paperwork – a patient comes in and

fills out their information on an I-pad. Phone numbers are kept on file, so that patients receive text messages concerning appointment reminders, happy birthday greetings, and emails as a personal touch. “I didn’t want to make the office seem like a typical dental clinic or like a doctor’s office,” Dr. Adam attests. “I wanted to make it a little bit more relaxing. Each treatment room has a TV. We can turn on a movie if you want to watch a movie while you get your teeth cleaned. Netflix is available. We play very relaxing music.”

Dr. Adam believes in minimally invasive dentistry, using non-aggressive techniques. “I don’t like to push dentistry on people. I like to educate them, tell them what’s wrong, tell them solutions and allow them to make their own decision.”

Having a family practice is paramount to Dr. Adam, providing cosmetic and general dentistry to the moms, dads, children and grandparents of the Kingwood area. “We are really big on prevention,” Dr. Adam asserts, “getting folks in every six months; stable, continual treatment.”

Kingwood Perfect Smiles offers a wide spectrum of services, from gum and teeth cleanings; gum therapy; crowns and caps; bridges and implants; teeth whitening and bleaching; fillings; dentures, partials and implants; and root canals. They are a full service, kids to adults, dental office.

Children come in for mainly preventative dentistry, cleanings, cavities and sealants, which seal the grooves of the teeth so that food does not become stuck. “Dentistry for kids isn’t that complex,” Dr. Adam intones. “The ADA (American Dental Association) recommends to bring the child in at six months, when teeth typically start to come in. It used to be at one year [old].”

Dr. Adam smiles at the thought that people don’t always want to admit what the cause of their visit may be. He quips, “It seems that most people that have a problem, like when they break something, is that they always broke a tooth eating soup.”

The good dentist makes sure he and his staff stays up to date on the latest technology. “It’s a brand new office. I’m not new to dentistry; I’ve been doing this for ten years. I’m more up-to-date on the new techniques and technologies out there.”

Testimonials are a good yardstick on how a business is doing. While Kingwood Perfect Smiles is too new a dental office to have many, one from Yelp stands out: “Beautiful office! Dental assistant and Dentist explained everything regarding treatment to where you understand and not leaving confused. Thanks to my referral, my dental health is in great hands!”

Alisha Sokoloski on Google writes, “We are in love with Kingwood Perfect Smiles. Everyone was so sweet and really knows how to handle young children. Mrs. Pepper is wonderful and amazing. She showed and explained everything to my children. Mrs. Pepper Even read my oldest a story. The dentist addressed my concerns. He was so sweet and amazing.”



Tom and Janet C. of Atascocita have both visited with Dr. Adam. “I was impressed with all of their state-of-the-art equipment, the friendliness and attentiveness of the staff and the attention to detail of Dr. Adam,” Tom states. “First time to have a 360 degree x-ray. I had an extraction and really appreciated the follow up call to see how I was doing.”

Janet adds, “I really liked that Dr. Adam did the cleaning and not some assistant and it was completely pain free. They follow up on everything, they don’t just do what you want and then never hear from them again. They treat you like you are their favorite patient. We recommend Kingwood Perfect Smiles to everyone!”

All major insurance is accepted. Financing through Care Credit is available. “We have our own in-office membership club for our patients who don’t have dental insurance. There’s a monthly membership fee. They basically get two cleanings, X-rays, exams for the year are included. They get an emergency exam if they need one. They also get twenty percent off of all treatments.”

Kingwood Perfect Smiles is located at 300 Northpark Drive, Suite 300, in the Kroger parking lot, in Kingwood. Office hours are 9 AM to 6 PM Mondays through Thursdays, and from 9 AM to 3 PM on Fridays. The phone number is 281-318-6640. A comprehensive website displaying all of the services provided can be accessed at www.kingwoodperfectsmiles.com. A patient can even schedule an appointment through the website. Look for specials, such as one for new patients, on the website. The website contains a Facebook link as well.

Some adults rue the day they chose their profession. They spend a career not enjoying what they do for a living. Dr. Adam is not one of them. He is passionate about dentistry, about the new dental office he and his staff is building, earning the trust of each patient who comes to see him. From the cold climes of Pittsburgh, to serving his band of brothers and sisters as a lieutenant in the Navy, to providing dental services to the residents of Kingwood and surrounding areas, Dr. Adam cannot wait for tomorrow. He is doing what he loves. ♦



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Lake Houston Ladies Club

October Meeting

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities and various interest groups. Our next luncheon will be held on Tuesday, October 16, from 10:00-12:30 at the Walden Country Club, 18100 Walden Forest Drive in Humble, Tx 77346. The cost of the event is \$17 per person and includes lunch and entertainment.

Our theme this month is Healthcare and our guest speaker will be Lee Ann Hyatt, RN, BSN. Her topic will be Live for Today, Let's Make the Most of It! Lee Ann states, "Many of us struggle to live in the present. We find ourselves thinking about our happiness in the past or believe that we will be happy in the future when we accomplish something or reach a certain milestone. As a result, we may be missing the opportunity to truly feel happy...now, in the present moment." She will discuss this self-defeating behavior and give several suggestions on how we can learn to truly "Live for Today"!

The club welcomes new members from all surrounding areas. Many interest groups are available including Game Day, Shooting Club, Bunco, Mah Jongg, Lunch 'N Look, Tea Time, Movie Group, Supper Club, Hand Knee and Foot, Girls Night Out, Mexican Train, Reader's Choice and Bridge. There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends. Please join us. New members are always welcome. For more information about the club and for luncheon reservations, please go to the club web page at <http://www.lakehoustonladiesclub.com> or call Karen at 281-900-5584 by Tuesday, October 9.



Pro tips for getting used to hearing aids

Just like breaking in a new pair of shoes, getting used to your new hearing aids takes time – but the rewards are more than worth it. We spoke with three audiologists – Susie Grafman, Marina Mulvey and James Rock – who shared some pointers on what to expect from hearing aids, as well as tips for how users can make the most of their devices.

What's one unexpected thing that new hearing aid users often don't know?

Susie Grafman: Being patient is the key.

"When we haven't heard sounds in a long time and then put on hearing aids, our brains don't immediately remember how to tune out the sounds that aren't as important, such as footsteps or air conditioning humming. It takes time for your brain to adjust."

Marina Mulvey: Your voice may sound different at first.

"While hearing aids help you hear others, hearing aids also make your own voice sound different. You will hear yourself better, and it may be louder than you are used to. The more you use the hearing aids, the more accustomed to your new voice you will become."

James Rock: Clean your hearing aids regularly.

"The one thing new users should know is that they have to make sure that they are cleaning their hearing aids regularly especially the microphones. These are always the first thing we check when patients come in to the office saying that their aids are not working for them."

How can hearing aid users make the most of their hearing aids?

Susie Grafman: Schedule regular hearing evaluations.

"Wearing the aids from twelve to fourteen hours every day will help the patient adapt and hear better. Also, it's important for patients to come in to their follow-up visits with us, so we can be sure they are adapting well."

Marina Mulvey: Don't be afraid to ask for adjustments.

"Use your hearing aids every day, all day long. Soon you will be accustomed to the feeling in your ears, as well as all the new and different sounds you are hearing. If anything is uncomfortably loud or continues to bother you, tell your audiologist or hearing specialist so they can help with adjustments."

James Rock: Wear them all day.

"I would say that to get the most out of their hearing aids, users need to be wearing them from the time they get up to the time they go to bed. This will give them the maximum opportunity to hear the best."

What are your favorite aspects about today's hearing aids?

Susie Grafman: They're small and comfortable.

"Compared to just five years ago, they are much sleeker and patients hardly feel them now. Additionally, we now have rechargeable hearing aids so patients won't have to struggle with changing batteries once a week. I also love that we have so much connectivity to phones and Bluetooth® wireless devices."

Marina Mulvey: They don't make the "squealing" noise anymore.

"The control of feedback. Patients and their loved ones don't have to experience the acoustic squeal any longer! The automatic features that ad-

just for different listening environments eliminate this problem."

What's one question you wish more clients would ask about their hearing aids?

Susie Grafman: What are my hearing aids capable of?

"Hearing aids are capable of giving back clarity of speech, however everyone's experience is going to be different."

Marina Mulvey: How soon can I upgrade?

"Many patients think their hearing aids will last forever, or at least ten years, however hearing aid technology advances much more rapidly than that. The advantages of improvements in technology have great potential to benefit our patients every two or three years."

Following the advice of our experts, there are a few key things you can do to ensure your journey to better hearing is both smooth and enjoyable. Remember: ask questions, learn what today's technology can do for you, and make sure you have realistic expectations of both the capabilities and limitations of hearing aids. This will help greatly improve your hearing experience.

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By: Brooke Martin

Mental Illness Awareness Week: Time to Make a Difference

Information for this article provided in conjunction with the National Alliance on Mental Illness (NAMI)

Oct. 5-11 is Mental Illness Awareness Week (MIAW). It is an important opportunity to learn the symptoms of major depression, bipolar disorder, schizophrenia and other conditions. It also is an opportunity for conversations about mental health care, helping to end the silence that often exists.

Kingwood Pines Hospital is here to serve

the needs of people who have mental illness and are in a crisis, and we have services for adults ages 18 and up, as well as children from age 5-12 and adolescents from age 13-17. One in four adults experiences a mental health problem every year. One in five children and teens also experience serious emotional disorders. One-half of cases of chronic mental illness begin by the age of 14 and three-quarters by age 24.

Unfortunately, there are long delays—

sometimes decades—between the time symptoms first appear and when people get help. Early identification and treatment can make a big difference for successful management of an illness and recovery. Yet only one-third of adults and less than one-half of children with mental illness receive treatment.

One reason is that symptoms may not be immediately recognized. Another is that stigma - and silence - surrounding mental illness that discourages many people from seeking help. Still another is lack of access to mental health care.

During MIAW, everyone should learn the symptoms of mental illness. Information about specific diagnoses and treatment options is available from the National Alliance on Mental Illness at www.nami.org or from its HelpLine at 1-800-950-6264. You can also call Kingwood Pines Hospital at 281-404-1001 if you or a friend is having a mental health crisis or if you need more information.

Kingwood Pines Hospital provides no-cost assessments at our hospital 24-hours-per-day, 7-days per week. Information and appointments can be made by calling our intake department at 281-404-1001, but appointments are not required. If you or anyone you know is in a mental health crisis, we are right around the corner and would be glad to help!

No one should have to confront mental illness alone. Know where to find help in case it is ever needed. Most people start with their doctor, who may refer them to mental health professional.

Treatment works, but only if a person can get it. Dialogue must ultimately turn into action. But, education comes first. The more people know about mental illness, the better they can help themselves, their families and communities to get the help they need.

If you have a group that wants to know more about Kingwood Pines Hospital's services, we are also available to provide community outreach. Call our Business Development Department at 281-404-1039. Let's work together to keep our community happy and healthy! ♦

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Dr. Adam's all-encompassing philosophy incorporates overall health, proper function, and esthetics. He understands that teeth are living tissue that serve as part of a whole and should be treated accordingly. To Dr. Adam, there is an immeasurable value in understanding how the state of one's oral health directly impacts the rest of the body. It is his goal to not sell dentistry, but rather educate and provide sound advice for each and every patient. He thrives on discussing customized treatment plans for every member of the family and building a long lasting relationship for many years to come.

Dr. Adam has achieved a remarkable level of success as a dentist. After receiving his DMD degree from Tufts University, he was commissioned as an Lieutenant in the United States Navy where he gained invaluable experience working alongside experienced and highly knowledgeable dentists and specialists. He also served as the Dental Officer and solo dentist provider for a unit of 2400 Marines aboard the USS Kearsarge deployed overseas. After receiving an Honorable Discharge from his four years of service in the military, Dr. Adam elected to enter private practice and has since settled in the Kingwood area with his wife, Nadara, and his son, Leonardo. Dr. Adam has worked in a variety of dental offices over the past few years and is excited to bring his varied experiences and knowledge to his own new practice. Dr. Adam is excited to serve Kingwood and the surrounding communities of Porter, New Caney, and Humble for many years to come!

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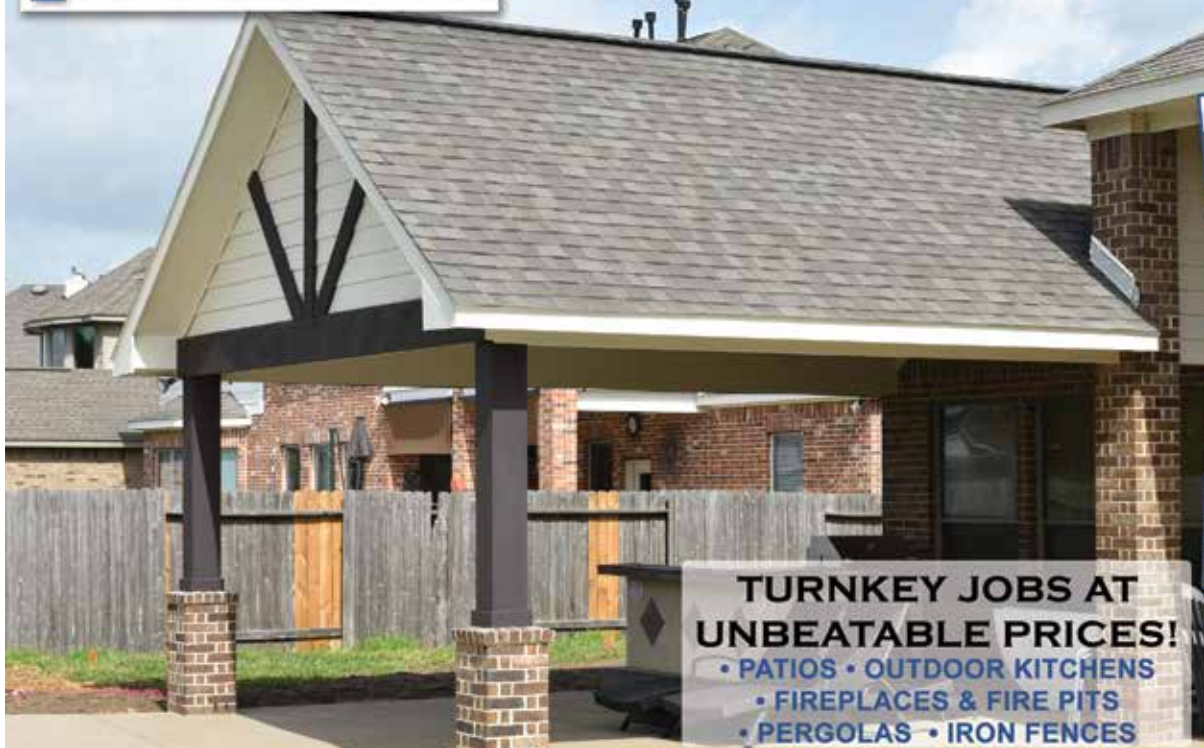
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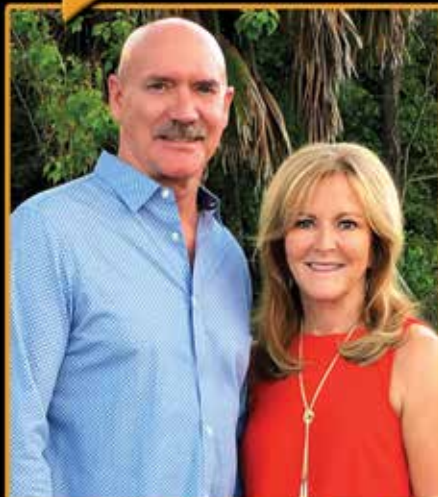
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Hooked on Health

By: M. Cody McComb, D.C.
and Kyle W. Buchan, D.C., A.C.N

Laughter IS the Best Medicine

*Why does a chicken coup have two doors?
If it had four doors it would be a chicken sedan!*

Hopefully you got a laugh or at least a chuckle out of this one because we could all stand to have more laughter in our lives. Where life is often hard and stressful, laughter offers an escape from that stress. Not only is laughter good for the soul it is good for the body as well.

There are many benefits to laughter and it should be sought out regularly. Laughing relaxes blood vessel walls, reduces blood pressure and improves overall blood flow. In fact, a good laugh can improve blood flow by 20%.

Laughing also reduces stress hormones such as cortisol and adrenalin and puts the mind and

body into a more relaxed state. When the mind is relaxed it is more creative and memory is improved. When you react to something funny, you engage the whole brain. Less than a half-second after exposure to something funny an electrical wave moves through the higher brain functions of the cerebral cortex. The left hemisphere analyzes the words and structures of the joke; the right hemisphere "gets" the joke; the visual sensory area of the occipital lobe creates images; the limbic (emotional) system makes you happier; and the motor sections make you smile or laugh.

A relaxed body has a stronger, more efficient immune system and is in more of a healing state. Laughter also triggers the release of endorphins,

the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter has the ability to wipe away your troubles, even if for just a moment. It is an escape from physical and emotional pain. In the moment of laughter, everything else melts away. I find that even though my troubles don't go away, if I can laugh I am better equipped to deal with any challenges that I may have. You may want to give it a try; it is guaranteed to brighten your day!

One more joke for the road...

What did the snail say when he was riding on the turtle's back?

Weeeeeeeeee

Dr. Buchan and Dr. McComb are board certified doctors of chiropractic and owners of Kingwood Chiropractic Associates. They have extensive education and training in the treatment of neuromusculoskeletal conditions, applied clinical nutrition and acupuncture. They are committed to helping you and your families obtain the information which is essential to achieve health and wellness, and through that process empower you to make decisions that will lead to fulfillment of your goals and a life of greater potential. For more information on methods of improving your health, go to www.kingwoodchiro.com. ♦

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Dock Line Magazine - Kingwood Edition October 2018 13



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Intellectual property (“IP”) can consist of both publicly disclosed items such as trademarks, logos, and copyrighted works (“Public IP”), as well as undisclosed information which is confidential, can be legally protected, and gives your company a competitive edge (“Trade Secrets”).

We are all aware of the Public IP of major companies. From the “Just Do it!” of Nike, and Apple’s “Think Different” to State Farm’s “Like a Good Neighbor, State Farm is There” and the United States Marine Corps “The Few, The Proud, The Marines”, these define the entity and have great value. Many smaller companies develop a tagline or slogan to distinguish their business as well and use social media to boost their brand and level the playing field with big competitors that have larger advertising budgets. Connecting with your target audience in the social web is effective, but also makes it very easy to lose control of anything you consider proprietary. You can use your slogan or tagline without any need to formally protect them, but if you want to keep others from using them, you should trademark them.

Trade Secrets can be a complex formula, manufacturing process, method or technique, or can be as simple as a compilation, estimating technique, a process to solve a problem or accomplish a task, or even a pricing list or customer list. You don’t need to be a food purveyor or a mega-corporation to have a unique approach that sets you apart from your competition—and if you can legally keep it a secret, you should. Unlike trademarked and

copyrighted Public IP, the value of Trade Secrets is that no one else knows them. Some of the most famous examples of Trade Secrets involve recipes: the formula for Coca Cola, McDonald’s Big Mac “secret sauce”, or that Mrs. Field’s chocolate chip cookie recipe that caused such a legal stir in the 90s.

Often these Trade Secrets have been created or obtained at great cost and effort, but they can be lost quickly through carelessness or error. Once the “cat is out of the bag” it cannot be put back in. So, take a minute to learn a few things you can do to avoid common mistakes many smaller businesses make with their IP, before you rush out to tweet information or share pics of your new logo, slogan or tagline you spent many nights dreaming up on Instagram.

1. Make a list: The first step in protecting Trade Secrets is knowing that you have them and what they are. Look across your business and think about any types of information you possess that are both confidential and critical to your success. Trade Secrets could be product designs, customer lists, marketing plans, sales forecasts, or processes. For software developers, proprietary code obviously needs protection and for restaurants and food stores, it’s the secret recipe. Identify the information you have a legal right to keep private and wouldn’t want your competitors to find out. If it is something that needs to be disclosed, think through what you want to disclose and whether you have taken the right protective steps to register or claim it as a branded Public IP. It’s important to remember that when you tell your customers something, you’re telling your competitors too. Make sure you have both a confidentiality and social media policy in place. Your policies must take Trade

Secrets and Public IP into account and clearly state the ways in which your information, content, images and logos may and may not be used.

2. Stake your claim: Once you know what your Trade Secrets are, it’s essential to start treating them like secrets. Stamp or watermark “confidential” on sensitive documents. Get confidentiality and non-disclosure agreements in place with employees and vendors. These will put the people who learn your secrets on notice not to usurp them and lay the basis for a legal claim, if necessary. With respect to items that are Public IP, consider filing trademark or trade name applications for the proprietary names or logos you’ll be sharing that are critical to your brand. While it’s certainly not essential to register every word you write or every image you use, socializing a compelling motto or a trendy logo without protecting it first can be a risk. It may go on your competitor’s next product-- and there will be little you can do about it. If you must put your IP in the public, registration heightens your chances of prevailing if you need to ask a third party to cease and desist from using it and – importantly – being able to recover damages against the party infringing on your Public IP.

3. Take Action:

A. For Public IP Display the Proper Ownership Marks: Most of us are so accustomed to seeing those little superscript marks next to brands, logos and content, that we hardly notice them. But these tiny icons can have a big impact on your ability to protect IP from infringement and abuse. For the protections to apply, it’s important to use the right kind of mark for the given situation. For trade names and logos, use the symbol ™ if you claim ownership but either have not filed an application or have filed and are waiting on approval. Only use the ® symbol if you have an approved and unexpired trademark or tradename registration on file with the U.S. patent and trademark office. For your original written content, you can use a © symbol whether or not you have filed a copyright application.

B. For Trade Secrets

1. Lock Them Down. Take whatever steps are reasonably available to you to secure your trade secrets from access. Digital files and systems should be encrypted and password

protected. Physical files should be kept locked. Establish rules around access to sensitive files. If possible, use a badge system to control access to your facility and posted signs to designate areas where access is controlled. Part of the requirement to have a protectable Trade Secret under the Uniform Trade Secrets Act is that you have taken "efforts that are reasonable under the circumstances to maintain its secrecy". If you don't protect it, neither will the courts.

2. Train your Troops. Many disclosures of Trade Secrets are inadvertent slips by an employee who simply did not know better. That may make it easier to forgive, but the negative impacts on your business are still there. Prevent this with good training and education for your employees on what your company considers confidential and what employees' obligations are. Back the training up with strong written policies. And when an employee leaves, remind them of their obligation to keep your Trade Secrets confidential, have them return all media that could contain Trade Secrets, and take steps to shut down their access to your files and systems right away to ensure that your secrets don't leave with them.

Whether your Trade Secret is a treasured family recipe, a brilliant string of code, or a closely guarded customer list, it won't be a secret for long unless you are careful. Taking the steps above is a great first step toward a solid trade secret strategy.

Gregg M. Mielke is admitted to practice before all Texas courts and the Federal Courts for the Southern District of Texas and the Fifth Circuit Court of Appeals. He is a fellow member of the College of the State Bar of Texas and has been practicing for over 30 years concentrating his practice in the areas of business formation and operations, construction and commercial real estate. Mr. Mielke is a Member of the firm, Currin, Wuest, Mielke, Paul & Knapp, PLLC ("CWMPK") located at 800 Rockmead, Suite 220, Kingwood, Texas. In addition to the areas in which Mr. Mielke practices, attorneys at CWMPK concentrate their practice in areas of estate planning, probate, family law (including divorce and custody issues), employment law, bankruptcy, and commercial litigation. For more information, please call 281.359.0100 or see the CWMPK website at www.cwmpk.com ♦

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Inspiring Moments IN HUMBLE ISD

Humble ISD Celebrate 100 Years

The Humble Independent School District is turning 100 this year and it will be celebrating in style! Humble ISD originally began back in 1884 as Harris County Common School District 28. The boundary of District 28 was very similar to the current Humble ISD boundary. In 1888, the district was split in two: the northern portion remained as District 28, while the southern portion became District 35. The two districts were put back together in 1918 as District 50. A few months later, in February 1919, the Texas Legislature transformed District 50 into the Humble Independent School District.

There were only 5 schools in the district in 1919. The district, as well as the City of Humble, struggled through a diminishing population through the 1930s and 1940s. By 1949, there were only two campuses remaining in the district: Humble Elementary School and Charles Bender High School. Fortunately, a number of factors attracted families to Humble during the 1950s: (1) The City of Houston annexed large



Thousands showed up at Humble ISD's Centennial Celebration Kick-Off event held at the Civic Center Arena Complex.

areas of land just outside of Humble, which transformed Humble into a suburb of Houston; (2) Lake Houston was built in 1953 as a water supply for Houston, but also became a recreational area for Humble; (3) Humble became just a 20-minute drive from Houston with the building of U. S.

Highway 59 through Humble and the planning of the Outer Loop, which was later renamed the Sam Houston Parkway. School district growth began in the 1960s with the addition of 3 new schools for 2,250 students. Today, Humble ISD consists of 43 schools serving over 43,000 students!



Schools began celebrating by looking back through history and dressing like the roaring '20s.



Local band 59 North, of which some members are Humble ISD graduates, entertained at the celebration.

To commemorate this monumental milestone, Humble ISD will host numerous celebrations throughout the year. The celebrations began the first week of school with a district-wide pep rally at the Humble Civic Center Arena Complex, along with a performance by the 59 North Band. Additional activities this year include participation in the Lake Houston Kids 1K (October), the Greater Lake Houston Heart Walk (November), the Symphony Orchestra at Charles Bender Performing Arts Center (November), the City of Humble Christmas Parade of Lights (December), the Livestock Show, Rodeo and BBQ Cookoff (February), a history celebration at Turner Stadium (February), and the Education Foundation Gala (March). Students at campuses are participating in the celebration through different decades with student Dress-Up Days. The district will receive a Texas Historical Marker sometime during the school year, and will schedule a dedication ceremony for the marker. The district also has an extensive history website that tells the history of the district, each campus, and even the area (humbleisd.net/history). ♦



Why Responsible Groundwater Management in Montgomery County Matters

The problems associated with pumping too much water too quickly from the aquifers in our region are well-documented. For over 50 years, utilities in Harris and surrounding counties have been limiting their groundwater pumpage and supplementing their supplies with surface water from nearby lakes because over-reliance on groundwater has led to declining water levels, which resulted in:

- Increased pumping costs, decreased well reliability, and in some cases water well failures; and
- Sinking of the land surface due to subsidence, which increases the risk of flooding.

This article from December of 2016 is being updated and reprinted in order to educate citizens in Montgomery and surrounding counties about the serious, negative consequences that result from over-pumping our aquifers. This update also incorporates a new study recently completed by the Harris-Galveston Subsidence District that confirms water-level declines caused by over-pumping of our aquifers will result in subsidence of the land surface, which leads to increased flooding problems.

It is unfortunate, but not surprising, that there is significant confusion in Montgomery County over groundwater issues. For the past few years, two central-Texas consultants hired by the City of Conroe and Quadvest Utilities have been arguing that there is plenty of groundwater in our aquifers and that we don't have a water supply problem that warrants the development of new supplies, such as the surface water treatment and delivery project implemented by over eighty utilities in the county. They contend that the major declines in groundwater levels experienced

firsthand by our local water utilities are nothing to worry about and will actually help recharge the aquifers.

Conroe's consultants are outliers among the many engineers and scientists that have studied our aquifers. And they're simply wrong. We do have a water supply problem, and SJRA and other cities, towns, and utilities in the county have been working together for years to solve it.

SJRA has been relatively quiet during the current water debate and has not aggressively challenged the dubious claims of Conroe's consultants for a couple of reasons.

First, we honestly didn't believe they would be taken seriously. Their positions have no merit and are contradicted by state and federal agencies that study these issues without getting paid for reaching one conclusion over another. While these consultants have been dismissed out of hand by most water professionals in our region, the issue unfortunately remains controversial on a local political level.

Second, SJRA has been content to let the Lone Star Groundwater Conservation District respond to Conroe's consultants, since Lone Star is the agency charged by the Legislature with managing the aquifers in Montgomery County.

But in recent months, things have changed. Now, SJRA has been falsely accused of "conspiring" with Lone Star to "create" a water problem so it could somehow profit from building and running a surface water treatment plant on Lake Conroe. These accusations are entirely untrue, and so it's no surprise that there is not a shred of evidence supporting them.

As a result, it has become necessary for SJRA to speak louder on this issue and point out some of the obviously false and mislead-

ing statements being made to the public by Conroe's consultants.

1. Conroe's hired consultants have argued over and over again, against all the science, that we don't have a problem with our aquifers.

The claims of Conroe's consultants that "there is plenty of water in the Gulf Coast aquifer"

and that "continued water-level declines will simply allow more water to recharge into the aquifer faster" are wrong, irresponsible, and contrary to the overwhelming guidance that engineers and hydrologists have given their utility clients in the Houston region for nearly seven decades.

The problems associated with water-level declines in the Houston region, including Montgomery County, have been studied since the mid-1900s. These problems are well-documented, not just by the Texas Water Development Board and the U.S. Geological Survey (USGS), but also by the local engineering community. Subsidence – that is, when the land sinks due to over-pumping of groundwater – is an obvious, serious, and costly result of declining water levels, but it is hardly the only problem resulting from unchecked water-level declines.

Wells that have been reliable for years will require expensive overhauls or have to be replaced with even more expensive new wells. These are the facts.

And you don't just have to rely on Montgomery County's experience. Hundreds of cities and water utilities in the greater Houston region have spent billions of dollars over the last 50 years to reduce their reliance on

Unless responsible actions are taken to manage the aquifers, the county faces water supply problems such as reduced well yields and increased concerns over the ability of existing wells to keep up with demand.

groundwater and develop alternate water supplies to meet their growing water demands. Montgomery County is only just now seeing the costs of increasing population and development that other utilities in our region experienced decades ago. They all use surface water to supplement and preserve their groundwater supply. They adopted forward-looking policies and solutions to avoid saddling future generations with even bigger problems. And they are all seeing water costs go up as a result, yet they choose to make the investment when the easy political choice would be to kick the can down the road.

For Conroe's elected leaders and their consultants to now claim that there is "plenty of water" and "no problem" and that "entities should simply continue pumping" is irresponsible beyond explanation.

Let's just look at one example that shows how far Conroe's consultants are willing to go to avoid the overwhelming evidence of the problems with our aquifers. It involves a June 1975 report by William F. Guyton and Associates prepared for Conroe and The Woodlands Development Company. Conroe's consultants have frequently quoted from this report to point out that there are millions of acre-feet of water stored in our aquifers and that water-level declines in wells are just reductions in pressure and not reductions in storage. Their position is simple: there's plenty of water, so why not just keep pumping like there's no tomorrow?

What is interesting is that they only quote the portions of the report that support their misleading arguments. Somehow, they missed the portions of the report that point out the inherent limitations in using the aquifers and the problems that would likely occur in the future as pumpage increased. The fact is this 1975 report documented that the ability to reliably produce water from the aquifers in Montgomery County would be limited in the future.

In other words, local experts knew – over 40 years ago – that there would be a water problem with unfettered groundwater pump-

age. These local experts have been proven right over the decades. The following figure shows how water levels have declined in Conroe's wells, including almost 350 feet of decline after the publication of the 1975 Guyton report.



Figure 1. Water-level data from a sampling of Conroe-area wells shows the significant declines that have occurred over the past 50-plus years.

2. Conroe's consultants have falsely claimed that water utilities in Harris County are only reducing their groundwater pumpage because of the problem of land surface subsidence.

This is absolutely false, no matter how many times Conroe's consultants repeat it. Subsidence is a big problem, but it's only one of the problems that occurs as water levels decline. The bigger problem for water utilities is how declining water levels impact their ability to reliably produce enough water from their wells to meet the demands of their customers. It's no help to have millions of acre-feet of water underground if no one can economically produce it, or if it's coming out of the well at a trickle.

A prime example of how Conroe's consultants are wrong is the North Harris County Regional Water Authority (NHCRWA). It recently borrowed \$1.2 billion from the State of Texas to expand its existing surface water treatment and delivery system. This is its second phase of surface water conversion, and the NHCRWA is not expanding its system because of subsidence – it is doing it because its groundwater wells alone cannot keep up with demand.

3. Conroe's consultants have falsely claimed that Montgomery County won't

have the same groundwater supply problems as Harris County because the Jasper aquifer is different.

Focused on selling their story that there is no water problem in the county, Conroe's consultants have tried to distinguish Harris County's groundwater problems from Montgomery County's problems by arguing that Harris County uses a different aquifer. Once again, Conroe's consultants are content to tell the county's citizens only half of the truth.

It is true that Harris County utilities primarily use the Chicot and Evangeline aquifers, but there are also utilities in north Harris County that use the Jasper Aquifer. These are the same three aquifers used by Montgomery County utilities. Plus, as pointed out in the 1975 Guyton report (though not by Conroe's consultants), the Jasper aquifer has very similar geology and the same inherent limitations as the Evangeline. There are plenty of differences between Harris County and Montgomery County, but when it comes to the aquifers, they share the same problems; and as explained in more detail below, the Jasper also shares the same risk of subsidence as the Chicot and Evangeline.

4. Conroe's consultants say that Lone Star is out of step with how other districts manage their aquifers, but it's Conroe's consultants whose opinions are on the fringe.

Conroe's consultants claim that Lone Star's goal of reducing groundwater pumpage to amounts that will halt water-level declines is somehow unique and out of step with other groundwater districts in the region. They have argued repeatedly that Montgomery County's "managed available groundwater" is unreasonably low in comparison to other counties in the state.

Again, this just isn't true.

"Every county surrounding Montgomery County has either decreased their groundwater pumping or kept it constant."

There are lots of counties in Texas with a lower managed available groundwater (MAG) than Montgomery County. Montgomery

County actually has the fourth highest MAG out of the 20 counties in our region.

Equally false is the claim that Montgomery County is somehow unique in how it manages its aquifers. Every groundwater district in the counties surrounding Montgomery County, including the two subsidence districts, all have the same goal for the Gulf Coast aquifer – namely, to reduce groundwater pumpage to levels that do not result in further water-level declines. The regulatory and permitting procedures for each district are not identical, but their management goals are. Figures 2 and 3 below show how counties surrounding Montgomery County have either decreased their groundwater pumping



Figure 2. Groundwater pumping history for Waller, Liberty, Grimes, Walker, and San Jacinto counties.



Figure 3. Groundwater pumping history for Harris and Galveston counties.

or kept it constant.

5. One of Conroe’s consultants recently provided an affidavit in which he made erroneous statements regarding land surface subsidence in our area.

One of Conroe’s consultants recently stated that “No subsidence has ever been documented to have occurred or will ever occur from pumping groundwater from the Jasper

aquifer within Montgomery County or the other counties of GMA 14.” This statement is an astounding overreach with no support in science or fact. Here are the facts: (1) as reported by the USGS, there is subsidence occurring across the southern half of Montgomery County, including in the Conroe area, (2) there is no monitor in Montgomery County that can distinguish subsidence in the Jasper from other layers of the aquifer, and (3) a recent report by the Harris-Galveston Subsidence District concludes that the Jasper aquifer will experience subsidence if it is over-pumped, particularly in the northern portions of the aquifer where it is being used for freshwater supply.

Conroe’s consultant claims no subsidence “has ever” or “will ever” occur in the Jasper “because the Jasper aquifer is a confined aquifer that is considerably deeper than the Chicot and Evangeline aquifers . . .” Even these supporting arguments are incorrect.

First, the Chicot and Evangeline aquifers are both confined aquifers in the parts of our region where subsidence has occurred. Whether an aquifer is confined or unconfined has nothing to do with subsidence in our region. It’s caused by depressurization due to removal of groundwater, and it occurs in confined aquifers. Furthermore, the Jasper



Figure 4. This figure, produced by the Harris-Galveston Subsidence District, shows the total estimated amount of subsidence that has occurred in the region from 1906 to 2016. Rainfall runoff in Montgomery County generally flows to the southeast toward Lake Houston, which means that subsidence is increasing the slope of rivers and creeks and is likely exacerbating flooding.

is unconfined in some parts of GMA 14.

Second, the upper Jasper aquifer where we get our water supply is not “considerably deeper” than the portions of the Evangeline aquifer where pumpage and subsidence are occurring in Harris County. In fact, the depths overlap considerably.

6. So what is the truth about the aquifers in Montgomery County?

We have a growing groundwater problem in our county, and it relates to both water supply and subsidence. It is the same problem utilities have been dealing with in Harris, Galveston, Fort Bend, and Brazoria counties since the 1970’s. Our aquifers simply cannot produce enough water fast enough to keep up with increasing demand. When an area exceeds the reliable yield of the aquifer, water levels in wells begin to drop and can reach a point where the pumps have to be turned off or down-sized, which means the utility cannot keep up with demand. This has already happened to at least one utility in Montgomery County during the recent drought.

By repeating false and misleading claims for the past few years, Conroe’s consultants have tried to persuade the county’s citizens that Montgomery County doesn’t have the same groundwater problem that the rest of the counties around us have. They want county residents to believe that we are the only county where water has become more expensive, and that Lone Star is somehow an outlier in deciding to adopt regulations to limit groundwater pumpage and preserve the county’s water supply.

The fact is the only thing that is unique here is the inexplicable position of Conroe’s hired consultants that we should just keep on pumping the Gulf Coast aquifer despite ongoing water-level declines, while nearly every other city and water utility in the Houston region has already recognized the problem and taken steps to address it. Pretending a problem doesn’t exist won’t solve it, nor will it ensure that the natural resource we’ve relied on for decades will be readily available decades in the future. ♦

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Planning, design and execution are keys to any home improvement project. Many of our repeat customers are engineers, business leaders, and other detail-oriented professionals who have come to expect a level of engineering akin to craftsmanship of old. Modern Home Renovation has researched and refined our proposal, planning, design, material selection, and building processes to achieve not only a beautiful finish but a durable product across our entire product line. From windows & doors to kitchens & baths to major home additions, the research has paid dividends. Here is how we have evolved into the premier remodeling company in the Greater Humble area serving Humble, Kingwood, Huffman, New Caney and Atascocita since 2007.

First, we have learned thorough years of experience what works and what doesn't. We stand behind our projects during difficult situations. Over time, we have discovered that employing experienced personnel in key positions produces a better result than expecting one person to master and execute multiple disciplines in a timely manner.

Professional consultants should listen to what the homeowner wants to accomplish, discuss better building practices for the desired work and set realistic expectations -then create a detailed scope of work with generous allowances. Your proposal should include a scope of work that walks the reader through the planning and building process in order of completion. Planning, management, design, drawings, permits, demolition, trash, foundation, framing, Mechanical, Electrical & Plumbing(MEP), millwork, painting, countertops, tile, flooring and final clean are basic sections anyone considering a remodeling project should insist on. The level of detail included in each section should also be easily understandable and complete.

After all, the scope of work as written in the proposal becomes the basis of the contract to which both parties can hold one another accountable. Many homeowners have chosen a contractor based on bottom line price only to realize later the actual cost was higher than the company they really wanted in the first place. This is primarily due to scope creep and low selection allowances. The bottom line: If it's in the contract it's included; if not, it's excluded and may result in a change order thereby increasing your final price.

Most projects require a space planner, a professional who creates drawings and renderings showing the new look and detailed measurements of everything from knocking down walls and re-designing a living area to cabinet elevations from which the millwork carpenter builds. A good space planner listens to the homeowner's vision and can offer a level of creativity the owner may not have imagined. How you use your space is important, especially in a kitchen. Are you a baker, a sous chef, or do you rarely cook at all? Which accessories (i.e. slots for baking pans, lazy-Susan, corner drawers, pull out shelves, spice rack, etc.) are right for the way you organize and use your kitchen. Where should a bank of drawers replace a door drawer combination? How deep should the usable space in a drawer be (what's to be stored inside?) A professional space planner will ask the right questions, so you're pleased with the result - both beauty and function.

Similarly, your designer should offer sug-

gestions and options beyond what you may have listed in the initial meeting. This is called vision. Recently, our space planner and interior designers working as a team, changed a section of standard wall cabinets in the original design to a double row of 2" thick stained open shelves between standard painted wall cabinets with the backsplash going to the ceiling. For a very small increase in price, the owners now have the WOW factor they didn't know to ask for! Of course, it helps that we have a 4,000 Sf showroom where clients can relax and view top brands as well as meet with their design team to go through options.

Project management and trades are where the rubber meets the road. Our process includes a dedicated project manager and many of our trades are in-house. A great working relationship with your project manager (PM) is important. How can a consultant manage your project and expectations if he or she is across town consulting with a prospective client? Our consultants consult while our PMs manage projects and communicate with clients throughout the building process. Because remodeling is seldom a completely painless process, bumps and delays should be expected. It's how we work through these challenges together that sets us apart. There is no substitute for being there and seeing the evolution first hand. Proactive management means anticipating common mistakes and identifying problems early on, so they can be corrected before growing into a larger issue. Consider hiring a local professional company which has less windshield time to get to your home. Our consultants make every effort to offer our high level of quality at a fair price - a value you can trust.

Key in-house trades are another reason for our success. Most remodeling companies hire subcontractors for all their work. I can't tell you how many times our in-house trades, especially our master plumbers, either helped keep us on schedule or saved the day. We control our in-house employee's schedules whereas a subcontract may have other priorities. Therefore, we can be more responsive during critical process work like MEP and/or respond quickly to an emergency such as a leak, even at night. At Modern Home, we employ a demo crew, three master plumbers, as well as crews for painting, drywall, millwork (cabinets, etc.), tile & flooring work. These crews drive a company truck or van appropriate to the type of work proudly displaying our logo and number.

Of course, we use subcontractors. In fact, we have a deep bench of professional subs, many of which derive 50 - 100% of their annual compensation from Modern Home and have been with us for years. Their quality has consistently met or exceeded our high standards, or they would

Continue on page 28 ➡

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not be on the team. Prior to each trade starting their work, our PMs hold a detailed project walk describing the work to be done and ensuring any required drawings are on site for the task at hand. Then, spot check QAs are performed as work progresses. Dedicated PMs can visit each project multiple times a day to ensure mistakes are caught early, inspect quality of workmanship and communicate with the customer.

All our employees attend continuing education on site and at the office. These product knowledge (PK) meetings help ensure we are offering the latest materials, most durable substrates and best building practices. Our vendor reps from many companies such as Ferguson, Kohler, Thermador, Emser, Dal, Interceramic, Carol's Lighting, Sunrise Windows, ProVia Doors, Marvin Windows and Doors, and many others come to our showroom to update displays and educate our team on the most sought-after finished surfaces as well as substrates - the glue that holds everything together. Just a few examples of substrate materials are thin set, medium bed mortar, grout, glue and moisture barrier. Companies like Mapei, TEC, Laticrete and DriTac, and NovaFlex research and develop better products for installation of windows, doors, tile and wood which are stronger, longer lasting, more mold & mildew resistant and better color coordinated than more inexpensive, older alternatives. Without high quality substrates, the most beautiful finishes do not stand up over time. Ask you consultant which substrates are being speeded out in your project and what makes them a better choice. A professional should either already know or be able to get an answer to you quickly.

Do we make mistakes? Yes. However, at Modern Home Renovation, we always take the high road by standing up to our responsibilities. Our three-year labor warranty and the fact that we service all manufacturer's warranties (when we both provide and install the product) exceeds most builder/remodeler warranties. Employing a better process with dedicated professionals for each discipline ensures a more seamless, durable and beautifully finish. Add to that, our proactive approach coupled with a willingness to correct any scope of work items not up to our high standards and you have a level of trust like no other company.

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The Autumn of Our Lives

By: Erin Hein

"How beautifully leaves grow old. How full of light and color are their last days."

- John Burroughs

What is Autumn to you? For me it's cinnamon spice candles. It's gratifyingly sharp fresh yellow pencils, comfort food, and lovely scarves. It's jagged-edged construction paper pumpkins with crooked crayon and glitter smiles beaming at me from the fridge. It's the unfiltered joy that my young children still find in the PERFECT leaf, and it's the pile of scratch paper covered in Halloween costume ideas, each more unreasonable than

the last, left on the table by my seven-year-old son. (He thinks he is settled on being "The whole continent of Antarctica" this year).

It's the time of year, they say, when the trees show us how beautiful it is to let go of the things we don't need. I love that sentiment. Not just for the Fall season each year, but for the Autumn season of our whole lives. I relish the idea that aging, and even dying, can be the most beautiful season of our lives. That we can let go of whatever baggage we need to let go of and we can blaze our brightest, truest selves in the process.

For some reason, our culture tends to shy away from the elderly and from the whole process of aging and dying. It's such a missed opportunity to connect and to soak up wisdom, to delight in a perspective that only that very person could share with you. It is so disheartening to think of how many people in our society live out their Autumns out-of-sight and out-of-mind.

Anyone who has lost an older loved one can relate to the feeling of wanting to call that person up to ask about a turkey recipe they never thought to write down, or the story of how a grandparent met their love, or the lyrics to the lullaby from that old music box. When a person is gone, so much more than their personality and the sound of their laughter slips from our grasp. All of the little things and big things they knew and remembered, slip away with them too.

So as we bustle around in this season of cinnamon, pumpkins, sweaters, and thankfulness let's remember to take our cues from the trees. Let's let go of something we have been holding on to for too long. Let's call our Grandmas and reach out to retirement homes. Let's worry less about dying and more about writing happy endings for ourselves and being a part of the happy endings of others. We don't all get to know when the Autumn of our lives will be. Share your colors now and cherish every moment, so that when your time comes, you can drift peacefully out of this world, beaming your colors.

Erin Darst Hein is the daughter of Anne and John Darst of Darst Funeral Home. She grew up in Kingwood and lives here with her high-school-sweetheart-now-husband Evan and their children Jack (7), Caroline (5), and Ian (3) and they are expecting a baby boy in early December.

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The Lake Houston Area Chamber

New developments are coming to our area including some exciting new entertainment venues as well as nightlife. For some, this is a welcome, much needed addition to our community. For others, this represents a big change. And change can be daunting. Our community is undergoing an evolution from a sleepy bedroom community to a region that is on the verge of a massive population and job explosion.

The top issues our area's employers have, one that we hear over and over again, is their challenge attracting and retaining young talent. The Boomers are retiring and we, as well as the rest of the country, have begun entering a cycle of mass retirements from this generation. This poses a challenge for companies – passing knowledge and skills on to a new generation. But in recent years, that new generation has been opting to live in other areas around Houston which offer entertainment and nightlife.

The transition our Lake Houston Area is undergoing may be uncomfortable for many. But as a community, our amenities are limited and our businesses are put at a great disadvantage if we don't offer anything to attract and retain young talent.

New attractions such as Main Event in Humble, White Lightning in Fall Creek and Redemption Square at Generation Park will help draw the attention of a younger demographic of workers – employees for which our businesses have been clamoring.

Like the old saying goes, “if you're not growing you're dying”.

The Mission of the Lake Houston Area Chamber of Commerce is a cooperative effort of business people to attract new business, support and strengthen the business environment, serve the needs of the members, and cooperate with civic leaders and other interested parties to promote community growth.

***Jenna Armstrong, IOM
President & CEO***



A photograph of a pool deck with a stone fire pit and a small garden light.

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