



Hi!
It's spring in Lubbock, Texas, hold on to your hats and your hearing aids! Hoping for some beautiful days this spring and as few brown-sky windy days as possible! It's about this time of year when I am tired of winter! I enjoy early morning walks and bird watching and I am ready for the sun to shine!
Do you have any summer vacations planned?
Whether it is a trip to the lake or hiking in Europe, we want to hear about your plans! My husband and I love to take our boys one on one to special places and get quality time with each of them. This summer, my husband is taking our 15 year old to Washington D.C. with a group of kids from our school and I am taking our 17 year old son to Colorado to fly fish! We are very excited – they are growing up too fast! [Email me](#) and tell me about your plans!
Cheers to another month of hearing well. Let us know if you need anything at all!
Sincerely,

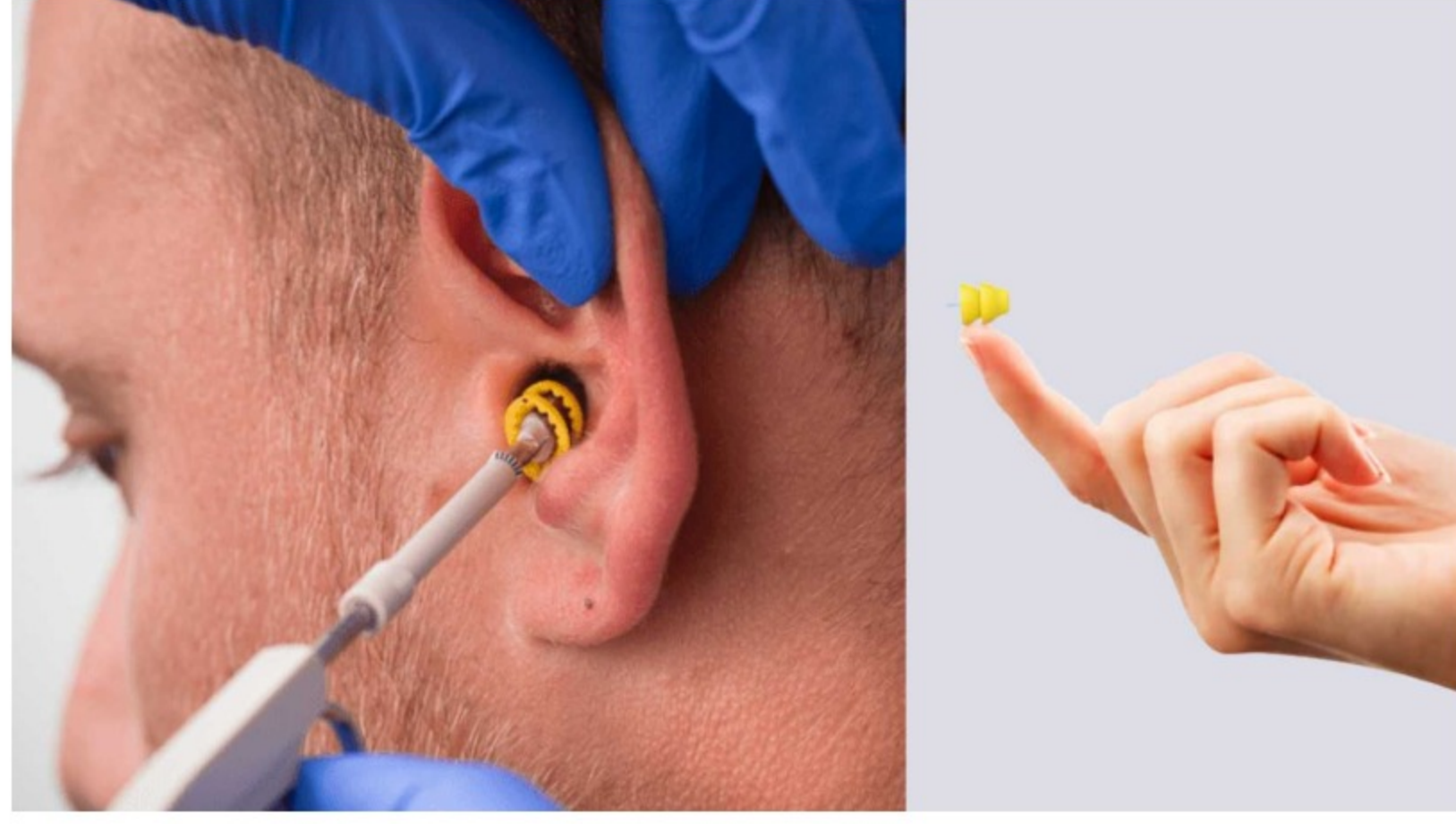


Dr. Julie Hubik

Invisible Hearing Aids - Really!?

Have you heard of Lyric hearing aids?
Our team has been fitting this device for many years. We love to recommend Lyric for patients who are concerned that their hearing aids will be visible to others, or for patients who have tinnitus (*i.e. ringing in the ears*) and need constant hearing stimulation.
Lyric stays in the ear for 6-8 weeks at a time, you shower in it, sleep in it and don't have the hassles of taking it in and out every day.

Lyric is an amazing solution for those wanting to avoid wind noise, because of how deep it is tucked inside the ear canal, it's a great West Texas hearing aid!
Have questions about it? [Email us](#) and we will get you in contact with your audiologist to see if it's something you should pursue based on your hearing loss and hearing history.



All Things Red Raiders 🖱️

Did you see that Dr. Hubik was featured in this month's Pulse Magazine at the Health Sciences Center?
Here's some screenshots:



Julie Hubik, AuD

OWNER
Cornerstone Audiology, Lubbock, Texas
Health Professions Graduate: 2003, 2004

LIFELONG PASSION BECOMES PROFESSION

For Julie Hubik, both her passion for helping others with hearing loss started at a Dairy Queen in McAllister, Texas. There, she would observe a man named F. J., who was deaf, as he communicated with patrons using a notepad.

From a young age, Hubik was intrigued by the idea of becoming a reference for those who struggled to interact with the outside world. She observed people such as F. J. through her adolescence and, later, her college roommate battling hearing loss, ultimately growing her own an advocate to support those experiencing it.

Hubik and her Cornerstone Audiology team take pride in connecting with and serving patients, even providing hearing aids for those who might not be able to afford them, through their Hearing is Worth Sharing program.

"I am still as passionate about hearing as I was all those years ago!"

- Sarah Adair



We are proud of our continued partnership with Texas Tech Health Sciences Center Audiology Department!
Did you know that our audiologists are all **Texas Tech Graduates**.
Get your guns up at Cornerstone Audiology!



Have You Met Kenzie Yet?

Meet our student extern for the semester, Kenzie – she is a delight and we are excited to provide clinical hours for her degree in Audiology. We love how excited these students are to learn about the field we love so much.

We love our partnership with Texas Tech University Health Sciences Center! Wreck em! And welcome Kenzie!



The Defined Dish Chicken and Potatoes - Recipe of the Month

This will knock your socks off!
It's one of my favorites!

FOR THE POTATOES

- 1 ½ pounds Yukon gold potatoes 4 medium potatoes, halved lengthwise and sliced into ¾-inch wedges
- ½ cup fresh lemon juice 2 lemons
- ¼ cup extra virgin olive oil
- ¾ cup low-sodium chicken broth
- 1 ½ teaspoons kosher salt
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground black pepper

FOR THE CHICKEN

- 2 pounds bone-in skin-on chicken thighs
- 2 tablespoons extra virgin olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground black pepper

INSTRUCTIONS

- **MAKE** the Potatoes. Preheat the oven to 400°F.
- **PLACE** the potato wedges in a 9 x 13-inch baking dish. Add the lemon juice, olive oil, broth, salt, oregano, and pepper and mix until evenly combined. Spread the potatoes into a single even layer and bake, gently tossing every 20 minutes, until tender and golden brown, about 1 hour total.
- **MAKE** the Chicken Line a large baking sheet with parchment paper. While the potatoes bake, arrange the chicken thighs on the baking sheet in a single even layer. Make sure they are not touching. Pat dry the tops of the chicken thighs, then drizzle each thigh with olive oil to coat.
- In a small bowl, **MIX** together the paprika, salt, oregano, and pepper until well combined, then sprinkle evenly over the chicken.
- **BAKE** the chicken until it is cooked through and the skin is crispy and golden brown, 35 to 45 minutes, depending on the size. Let the chicken cool for 10 minutes before serving.

... and enjoy!

Have a recipe to share?

[Email me](#), we love receiving them!

Do you have a future appointment with us?

Don't forget to schedule! We always want to have either a hearing test (annually) or a clean and check on the books so that we can make sure you are hearing like you deserve to hear!

[Click here to schedule](#)

Thank you so much for being a patient at Cornerstone Audiology and as always, let us know if you need anything at all.

Sincerely,

The team at Cornerstone Audiology

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