

# PUBLISHER'S AFFIDAVIT

CCM 02/23/2021

item #

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THE STATE OF TEXAS

COUNTY OF FORT BEND

Before me, the undersigned authority, on this day personally appeared who being by me duly sworn, deposes and says that he is the publisher of **Fort Bend Independent** and that said newspaper meets the requirements of Section 2051.044 of the Texas Government Code, to wit:

1. It devotes not less than twenty-five percent (25%) of its total column lineage to general interest items;
2. It is published at least once each week;
3. It is entered as second-class postal matter in the county where it is published; and
4. It has been published regularly and continuously since 2008.

Publisher further deposes and says that the attached notice was published in said newspaper on the following date (s) to wit:

**Feb. 3, 2021**

**Fort Bend County Traffic Notices,  
Traffic Stafford Creek Dr.; Grand @ Aliana; and Chimney Rock Road;**

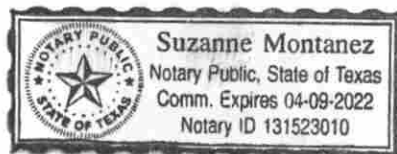
  
**Seshadri Kumar**


Publisher

SUBSCRIBED AND SWORN BEFORE ME by Seshadri Kumar who

- (a) Is personally known to me, or
- (b) Provided the following evidence to establish his/ her identity,

On this the 11<sup>th</sup> day of March, 2021 to certify which witness my hand and seal of office.



  
Notary Public, State of Texas

## HEALTH

## Heart

From Page 5

which is more beneficial?

A: Running, jogging and walking are all good examples. A study using the National Runners and Walkers' Health Study Cohorts (2013) showed that for equivalent energy expenditures, meaning when the same amount of calories are burned, walking or running had similar reduction on incidence of hypertension, cholesterol and diabetes.

Q: Can a person exercise after a heart attack?

A: If you have suffered a heart attack any type of activity should be discussed with your doctor. Exercise such as running and walking has been shown to be beneficial for survival within reasonable limits. It is important to talk to your doctor about how often and how vigorous.

Q: Are weight-based exercises also beneficial?

A: Absolutely! A combination of aerobic exercise and weight-based exercise is better than either one alone for controlling blood glucose in diabetic patients. The American Heart Association and the CDC also recommend muscle-strengthening exercises on

two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) in addition to the aerobic exercise.

Q: Do you have any tips to add more activity to my day?

A: Always use the stairs. Park in the farthest spot from your destination.

Walk during your lunch break.

Trade walking for driving if you are going less than a mile away.

Aim for exercise to cover at least 7.5 miles per week.

Q: What if I don't have to change locations for work and sit at my computer all day?

A: If your work requires you to sit more than 8 hours per day, then mortality may be increased, according to a recent study published in a top medical journal. The silver lining is that the study also found that the increased mortality can be offset if you increase leisure time moderate activity to at least 5.25 vs. 2.5 hours minimum (translating into about 16 miles per week of walking at about 20 minutes per mile).

For more information on Heart Health visit <https://www.bcm.edu/news/cccrc36-the-heart>

## Best diets: Which diet would a dietitian actually do?

By AMANDA BEAVER

I often get asked which diet I think is best and would recommend. It's a question that's both difficult and easy to answer.

While some diets can be a therapeutic tool for people with medical conditions — such as high blood pressure, diabetes or rheumatoid arthritis — the vast majority of people who follow a diet do so to lose weight.

The major drawback of almost every trendy, popular diet — including keto, paleo, whole30, intermittent fasting and everything in between — is that they're very restrictive and difficult to sustain. These diets are achievable for some time, but almost all of us will encounter situations such as going out to dinner, social gatherings, celebrations and busy schedules that wear away at our intentions.

Another huge drawback is that many of these diets restrict entire food groups, making it hard to obtain certain essential nutrients. For instance, it may be hard to get enough calcium with the whole30 or paleo diet since these diets restrict both dairy foods and most almond milk brands found at grocery stores.

Despite all this, you may still decide to try dieting. If so, you're probably wondering which is best.

Which diet is best for me? Weight loss can be achieved with any one of today's popular diets. However, once you stop the diet...the weight is often regained and another diet (maybe even a different one this time) follows a few months later.

This cycle leads to an unhealthy behavior pattern called yo-yo dieting or weight cycling, which is detrimental to our bodies because it leads to muscle loss and even potentially bone loss. It also takes a toll on our mental health. But let me tell you — it is the diet, not you!

The reality is that there's no one best diet for everyone. Rather, the best "diet" is the one that works for you and that includes plenty of veggies, fruits and quality protein sources.

Instead of focusing on a particular diet, I recommend primarily choosing whole,



less-processed foods, including cultural foods, and practicing mindfulness with celebration foods.

This time, ditch the fad diets and try adding more nourishing foods into your day-to-day eating by:

Learning to prepare a few nutritious, easy meals

Relying less on restaurant and fast food

Sticking with regular meal and snack times that work for you

Thinking about what you want to eat for the next few days before going to the grocery store

Asking yourself if you are

eating a serving of veggies at both lunch and dinner

Opting for fruit and/or nuts while snacking

Including nutritious time-savers, like fresh or frozen pre-cut fruits & veggies

Depending on where you are in your wellness journey, pick one or a few of these suggestions to incorporate into your daily life. Start by creating an action plan and identifying how you might overcome obstacles that will arise, such as stressful work weeks or celebrations.

And keep in mind that social support is one of the keys to changing our habits, so

ask your partner, family and/or friends to help you reach the goals you want to achieve.

If you do decide to try a diet, make sure you know and understand the pros and cons of today's popular diets. And be sure to let your doctor know first, since some medical conditions and medications make these diets unsafe. Lastly, consider meeting with a registered dietitian so you can make sure the diet you've chosen won't result in a depletion of important nutrients.

(HOUSTON METHODIST)

## Libraries present Online Program on History of Prisoner-Lease System in Texas

Fort Bend County Libraries will present a special online program, "The Prisoner-Lease System in Texas," on Thursday, February 18, from 3:00 to 4:30 p.m. This program will be livestreamed via Webex; it will NOT be in person.

Dr. Theresa Jach, a history professor at Houston Community College, will talk about the history of convict leasing in Texas and in other southern states between 1867 and 1912. She will also talk about the shift to state-owned prison farms and the Texas prison farm system, with particular focus on Fort Bend County. Hear about the status of the graves found on the Fort Bend ISD property in Sugar Land.

Dr. Jach is the author of *Incarcerated Women* (2017) and *Huntsville Penitentiary* (2013), and she has also written articles on the history of the Texas prison system.

The program is free and open to the public. Registration is required. A link to view the presentation online will be emailed to all participants who register. To register online at the library's website ([www.fortbendlib.org](http://www.fortbendlib.org)), click on "Classes & Events," select "Virtual Programs," and find the program. Participants may also register by calling the library system's Communications Office at 281-633-4734.



Dr. Theresa Jach

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## LEGALS

## PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Starford Creek Drive in Starford Park Village Section 1, Precinct 4.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by:  
Laura Richard  
Fort Bend County Clerk

## PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Grand at Alana, Precinct 4.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by:  
Laura Richard  
Fort Bend County Clerk

## PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Cherry Rock Road, Mobility Band Project No. (2007) x20, from Cambridge Falls Drive to Acorn Glen Trail, Precinct 2.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by:  
Laura Richard  
Fort Bend County Clerk

## THE STATE OF TEXAS

CITATION BY PUBLICATION  
TO: JANET YVONNE BAKER and to all whom it may concern, Respondent(s).

MARK LAFORGE  
ASSISTANT DISTRICT ATTORNEY  
301 JACKSON ST  
RICHMOND TX 77469  
281-633-7638

You have been cited. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 AM on the Monday next following the expiration of twenty (20) days after you were served this citation and petition, a default judgment may be taken against you.

THE FIRST AMENDED PETITION FOR DIVORCE of SONAMIA ROMANA, Petitioner was filed in the 50th Judicial District Court of Fort Bend County, Texas on November 29, 2018 against JANET YVONNE BAKER. Respondent. It bears cause number 18-DV-250965 and styled in the MATTER OF THE MARRIAGE OF SONAMIA ROMANA AND JANET YVONNE BAKER. The suit requests that the BONDS OF MATRIMONY BE DISSOLVED.

The court has authority in this suit to enter any judgment or decree dissolving the marriage and providing for the division of property which will be binding on you.

Issued and given under my hand and seal of the said Court at Richmond, Texas, on this 11th day of January, 2021.

ATTORNEY FOR PETITIONER  
KENNEDY UCHENNA ONOYE  
ATTORNEY AT LAW  
9100 SOUTHWEST FRWY #240  
HOUSTON TX 77024  
713-771-0164

DISTRICT CLERK BEVERLEY MCGREW WALKER  
FORT BEND COUNTY, TEXAS  
Physical Address:  
1422 Eugene McDermott Circle,  
Room 21004  
Richmond, Texas 77469  
Mailing Address:  
301 Jackson Street, Room 101  
FORT BEND COUNTY  
Richmond, Texas 77469  
Deputy District Clerk SHANNON CHOLEY  
Telephone: (281) 633-7847

## THE STATE OF TEXAS

CITATION BY PUBLICATION  
TO: MARK LAFORGE and to all whom it may concern, Respondent(s).

MARK LAFORGE  
ASSISTANT DISTRICT ATTORNEY  
301 JACKSON ST  
RICHMOND TX 77469  
281-633-7638

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The court has authority in this suit to enter any judgment or decree dissolving the marriage and providing for the division of property which will be binding on you.

Issued and given under my hand and seal of the said Court at Richmond, Texas, on this 11th day of January, 2021.

ATTORNEY FOR PETITIONER  
KENNEDY UCHENNA ONOYE  
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FORT BEND COUNTY  
Richmond, Texas 77469  
Deputy District Clerk SHANNON CHOLEY  
Telephone: (281) 633-7847



## City of Missouri City

THIS IS A MANDATED PUBLICATION OF THE LEGAL NOTICE:

Supply and Installation of Pavement Markings, Invitation For Bid (IFB) No. 21-302

Commodity Code: 968-61

Bid Opening/ Due Date - February 17, 2021 at 2:00 PM  
Responses must be sealed, marked on the outside of the delivery envelope with the IFB name and number as listed above, and the date of opening. Responses must be delivered to the attention of:

City of Missouri City  
Attn: Purchasing Office - IFB 21-302  
Supply and Installation of Pavement Markings  
1522 Texas Parkway  
Missouri City, Texas 77469

Prior to the acceptance deadline, Responses marked improperly and therefore misdirected may be disqualified. Until final award of the contract, the City reserves the right to reject any or all responses, to waive irregularities or technicalities, to re-advertise, or proceed to do the work otherwise when in the best interests of the City. No bid may be withdrawn during the 60 days following the bid opening date. (If applicable.)



## City of Missouri City

THIS IS A MANDATED PUBLICATION OF THE LEGAL NOTICE:

21-050 IFB Residential Paint Services

Commodity Code: 962-49, 961-66, 962-31, 962-72, 910-54, 914-61

IFB Due Date 02/10/2021 at 2:00 PM

Responses must be sealed, marked on the outside of the delivery envelope with the IFB name and number as listed above, and the date of opening. Responses must be delivered to the attention of:

Missouri City Police Department  
Attn: Purchasing Office - IFB 21-050 Residential Paint Services  
3849 Cartwright Rd  
Missouri City, Texas 77459

Prior to the acceptance deadline, Responses marked improperly and therefore misdirected may be disqualified. Until final award of the contract, the City reserves the right to reject any or all responses, to waive irregularities or technicalities, to re-advertise, or proceed to do the work otherwise when in the best interests of the City. No bid may be withdrawn during the 60 days following the bid opening date. (If applicable.)



## City of Missouri City

Notice of Appointment of James Bradley Brown  
Notice is hereby given that on the 1st day of February, 2021, Letters Testamentary upon the Estate of Norman James Brown, Deceased, were authorized to be issued to James A. Bradley Brown, Executor of the Estate of Norman James Brown, Deceased, by the Honorable Christopher G. Hensley, Judge of the Fort Bend County Court at Law No. One (1), having Cause No. 20-CR-025158 pending upon the Docket of said Court. All persons having claims against said estate are hereby required to present the same within the time prescribed by law at the address of James Bradley Brown, as shown below:

James Bradley Brown  
14773 La Lumina Drive  
Houston, Texas 77461

Dated this 1st day of February, 2021.

Dermot Kigg, P.C.  
2245 Texas Drive, Suite 300  
Sugar Land, Texas 77479  
281-666-2900 (phone)  
281-666-2905 (fax)  
Email: [dkigg11@worldnet.att.net](mailto:dkigg11@worldnet.att.net)  
Attorney for James Bradley Brown,  
Independent Executor of the Estate of Norman James Brown, Deceased



## City of Missouri City

THIS IS A MANDATED PUBLICATION OF THE LEGAL NOTICE:

Concrete Pavement Lifting, Invitation For Bid (IFB) No. 21-301

Commodity Code: 910-51

Bid Opening/ Due Date - February 17, 2021 at 2:00 PM

Responses must be sealed, marked on the outside of the delivery envelope with the IFB name and number as listed above, and the date of opening. Responses must be delivered to the attention of:

City of Missouri City  
Attn: Purchasing Office - IFB 21-301, Concrete Pavement Lifting  
1522 Texas Parkway  
Missouri City, Texas 77469

Prior to the acceptance deadline, Responses marked improperly and therefore misdirected may be disqualified. Until final award of the contract, the City reserves the right to reject any or all responses, to waive irregularities or technicalities, to re-advertise, or proceed to do the work otherwise when in the best interests of the City. No bid may be withdrawn during the 60 days following the bid opening date. (If applicable.)

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## LEGALS

### PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Stratford Creek Drive in Stratford Park Village Section 3, Precinct 4.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by,

**Laura Richard**  
**Fort Bend County Clerk**

### PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Grand at Aliana, Precinct 4.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by,

**Laura Richard**  
**Fort Bend County Clerk**

### THE STATE OF TEXAS CITATION BY PUBLICATION

**TO: ROLANDO OMAR CASTILLO-HERNANDEZ**

NOTICE: You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on Monday next following the expiration of forty-two days from the date of issuance of this citation, same being March 01, 2021 a default judgment may be taken against you.

The case is presently pending before the 400TH JUDICIAL DISTRICT COURT of Fort Bend County sitting

### PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, February 23, 2021, at 1:00 p.m. for acceptance of traffic control plan for Chimney Rock Road, Mobility Bond Project No. (2007) x 20, from Cambridge Falls Drive to Acorn Glen Trail, Precinct 2.

The hearing will be held in the Commissioners Courtroom at 401 Jackson Street, Second Floor, Richmond, Texas. You are invited to attend and state your approval or objection on this matter.

Submitted by,

**Laura Richard**  
**Fort Bend County Clerk**