

PUBLISHER'S AFFIDAVIT

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. 17, 2021

**TRAFFIC Pecan Acres Drive; Jordan Ranch Boulevard; Firethorne West Sec 2;
Anserra Section 4; Fulbrook Section Six; Sienna Oaks Drive.**



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 11th day of March, 2021 to certify which witness my hand and seal of office.




Notary Public, State of Texas

HEALTH

Why do we yawn? Are yawns really contagious?

By KATIE McCALLUM

There are plenty of mysteries about the human body, and yawning is no exception.

It's not particularly flattering — and it's sometimes even seen as impolite — but we all do it. And when the urge to let out a yawn comes on, we often can't help it.

We typically think of yawning as an indication that we're tired or bored, but some people report yawning more frequently when exercising or while singing. So, if it's not just a sign that we're sleepy or bored, why exactly do we yawn?

And then there's the most puzzling part of yawning: It seems to be contagious. In fact, it's so contagious that you don't even have to see another person yawning to yawn yourself. Sometimes, all it takes is just hearing a yawn or thinking about one. You may even be yawning right now.

So how much of yawning is mystery and how much can science actually tell us about yawning?

Why do we yawn?

Experts classify yawns into two types: A yawn that occurs on its own, which experts call spontaneous yawning, and a yawn that occurs after seeing someone else do it, which experts call contagious yawning.

(Yep, secret's out of the bag — yawning is indeed contagious.)

But, whether spontaneous or contagious, why do we even do it in the first place?

As it turns out, we don't really know why we yawn.

Some theories, however, are

that yawning helps:

- Regulate your brain temperature
- Wake your body up
- Bring more oxygen into your bloodstream
- Keep your lung tissue lubricated

While some of these theories have been largely debunked, one of the more recent and prominent theories that still holds some weight is that yawning may be a way to regulate brain temperature.

Let's back up for a minute, first.

Your brain operates best when it's running at an optimal temperature. When your brain is running warm, for instance, cognitive performance can suffer. As a result, your body has several ways of responding to changes in temperature, such as sweating or shivering, widening or narrowing your blood vessels, and triggering behaviors that cause you to seek cooler or warmer air (i.e. hitting the pool in the summer or putting on your favorite pair of cozy socks in the winter).

The brain thermoregulation theory suggests that yawning is yet another mechanism to help cool your body down — specifically, to cool your brain down.

A body of research supports this theory. Not only have animal studies shown that yawns are often preceded by rising temperatures in the brain and followed by a reduction in these temperatures, but a correlation between ambient air temperature and the likelihood for people to yawn also exists. The overarching theory is that — given that the air around you is of optimal

temperature — yawning can serve to help cool your brain.

If true, this concept would provide physiological relevance to yawning. Cooling your brain via yawning could possibly help ensure optimal cognitive performance. However, there are many skeptics of the brain-cooling theory of yawning.

But whether a physiological reason for yawning exists or not, what experts do agree upon is that yawning is indeed contagious.

Why are yawns contagious?

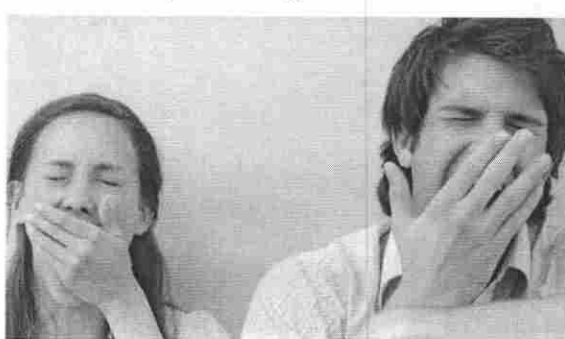
Similar to the mystery surrounding why we yawn, experts also aren't really sure why yawns are so contagious.

What is known is that spontaneous yawning — for whatever reason it may occur — is an ancient, evolutionarily conserved behavior shared among many vertebrate animals.

Contagious yawning, however, seems to be isolated to just a few animals, including people, non-human primates and domesticated dogs. What's more is that contagious yawning doesn't really appear in human behavior until early childhood. Taken together, experts believe that contagious yawning may be a social communication tool specific to higher-order animals.

In the context of the brain-cooling theory of yawning, perhaps yawning evolved to become contagious as a means to increase the cognitive performance and vigilance of people within a group. While this may sound silly in today's world, it could have been an important collective behavior for our cave-dwelling ancestors who needed to stay alert as a group in order to survive.

However, those who dismiss this physiologically relevant theory of yawning do still believe that the behavior has



been conserved throughout evolution because of its social effect.

Specifically, these experts believe that yawning plays a role in social communication — that it's a sign of some internal state of mind. Perhaps yawning did truly help our ancestors say: This experience is unpleasant, but not alarming. (In today's world: I'm bored.)

While it's not clear what yawning truly communicates, some experts believe that the contagious nature may also be a way of showing empathy and matching the emotional states between people. In fact, a recent study shows that we're more likely to experience contagious yawning with our closest acquaintances than we are with strangers.

So, next time you yawn, think about whether you're tired, bored or neither, as well as whether you're yawning on your own or you're yawning because it's on your mind. You may even try to decide for yourself which theory of yawning you believe most.

(HOUSTON METHODIST ON HEALTH)

5 tips for handling COVID-19 vaccine anxiety

By KATIE McCALLUM

We've been living through a laundry list of anxiety-inducing unknowns during this pandemic.

Dealing with the fear of easily catching and spreading a deadly virus is new. Being forced to make extreme lifestyle sacrifices is new. Weighing the risks vs. the rewards of everything we do outside of our home is new. Coping with social isolation is new.

Now, we're faced with something else that's new: COVID-19 vaccines.

"We like to know what we're getting into, and we generally don't do well with a lot of uncertainty, especially when it comes to our health and our bodies," explains Dr. William Orme, a psychologist at Houston Methodist. "There are plenty of 'what-ifs' a person could ask themselves before getting vaccinated. What if I have uniquely bad side effects? What if they rushed things too much? What if there are long-term side effects we don't yet know about? All of these what-ifs can, understandably, contribute to anxiety."

If you're feeling anxious about the COVID-19 vaccine and struggling to make a decision about getting vaccinated in the midst of your anxiety, Dr. Orme shares the following tips:

Face your anxiety rather than avoid it

First thing's first, there's nothing wrong with being anxious about something new.

What can be problematic, however, is letting your anxiety automatically drive your decision-making process instead of you.

"If you're coping with your anxiety related to the COVID-19 vaccine by putting off a decision or avoiding even thinking about it altogether, you don't have control over your decision — your anxiety does," explains Dr. Orme. "Similarly, if your anxiety is causing you to spiral through all the what-ifs without much progress, your overthinking may paralyze you from ever being able to make a decision."

The best way to begin dealing with your vaccine anxiety is to recognize and accept that it's real, and then make a conscious effort to handle it in a productive way. "Think of anxiety as a signal to slow down and be thoughtful about how you

want to respond. A productive way might be to start with researching what's known about the vaccines so you can accurately appraise the risk level. From there, you can make the decision that you feel is best and hold on to that feeling when you need reassurance when anxiety surfaces again," recommends Dr. Orme.

Keep in mind, however, if you hope to arrive at a place where you don't feel any anxiety or nervousness whatsoever about these new vaccines, you're not likely to ever actually make a decision at all.

Do your due diligence

Right now, information and opinions about the new COVID-19 vaccines are likely coming at you from all directions: your TV, the internet, your social media feeds, your friends and family.

Feeling that you've assessed the perceived risk level as thoroughly as possible can help ease your anxiety. But not all information about these new vaccines is created equal.

"While appraising the situation and how it might impact your health, make sure you're gathering your facts from a trusted source of information. Some good options are your primary care doctor, the CDC's vaccine web page or credible health websites," recommends Dr. Orme. "Be aware that headlines and personal opinions expressed on social media may be based on less credible news sources."

Even after doing plenty of research, there are still some what-ifs that just won't come with answers right now. This is when it's helpful to weigh the known and unknown risks.

For instance, if you're concerned about the potential for long-term side effects of COVID-19 vaccines, it may help to consider what we know about the side effects of COVID-19, as well as the frequency and severity of long-term side effects of other common vaccines that have been studied for a long time.

Discuss your concerns with someone you trust

As mentioned, there's a lot of information to take in about the new COVID-19 vaccines. After trying to digest it all on your own, it may help to discuss your concerns with someone you trust.

"With any feeling of anxiety, it can be beneficial to turn to

someone you trust for support. While this can be hard to do during the pandemic, even something simple as talking through your decision with someone on the phone can help reassure you," says Dr. Orme. "Let the person know you're nervous and give them space to constructively weigh in on your decision-making process if they have concerns."

Avoid generalizing fear of COVID-19 with fear of the vaccine

Fear can be both very strong and easily generalizable.

For example, after being bitten by a stray dog at a park, you've become afraid of dogs — all dogs, even the ones that are on a leash or wagging their tails affectionately. You might even be afraid to visit that same park, regardless of whether there are dogs present or not. Your fear has generalized from one dog and one event towards the things that are associated: all dogs and the park.

"In the case of vaccine anxiety, your mind has already identified that COVID-19 is a threat that's very real and dangerous. Now, your fear may generalize to the COVID-19 vaccine, and it may be an automatic, conditioned response you might not even realize is happening," says Dr. Orme. "While COVID-19 and the COVID-19 vaccine are related, they are distinctly separate. The threat from COVID-19 is real, while the threat you may feel from the COVID-19 vaccine could very well be perceived."

Ask yourself if you have a deeper motivation for being vaccinated

Look — we all, of course, want this pandemic to end. And we also know that vaccine-induced immunity is a huge step in the right direction. But this truth may not be enough as you make a decision that you feel is right for your health but is still anxiety-inducing.

"Make space beyond the obvious reasons for getting vaccinated and see if you can find other powerful sources of motivation to lean into. For instance, maybe getting vaccinated is important to you because it might reduce your risk of passing the virus to someone who's more likely to get very ill from COVID-19. There's always value in finding a deeper sense of purpose," adds Dr. Orme.

(HOUSTON METHODIST ON HEALTH)

PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Avenue Section 4, 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

PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Hubbard Section 5A, Precinct 3.

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

NOTICE TO CREDITORS

Notice is hereby given that an original Letter of Administration for the Estate of Dorothy Ruth Finkbecker, Decedent, was issued on February 1, 2021, in Cause No. 20-CR-035173, pending in the County Court at Law No. 5 (S) of Fort Bend County, Texas, to Robert Luis Pavlock.

All persons having claims against this Estate, which is currently being administered, are required to present them to the undersigned within the time and in the manner prescribed by law.

/s/ Robert Luis Pavlock

1407 Berryette Dr.

Sugar Land, TX 77479

DATED the 9th day of February, 2021.

/s/ Michael V. Brophy

Michael V. Brophy

State Bar ID No.: 03082630

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ATTORNEY OF RECORD FOR ROBERT LUIS PAVLOCK

STAFFORD ECONOMIC
DEVELOPMENT CORPORATION
and
CITY OF STAFFORD CITY COUNCIL

NOTICE OF PROJECT AND NOTICE OF PUBLIC HEARINGS

The Stafford Economic Development Corporation hereby gives notice, pursuant to Section 505.160 of the Texas Local Government Code, that the Corporation has adopted, as a Project of the Corporation, "Streets and Parks Department Project" consisting of the funding the management, operation and maintenance of the City of Stafford Streets and Parks Departments/Divisions. The estimated cost for the proposed Project is \$3,214,700.00 plus maintenance and costs from the Stafford Economic Development Corporation.

The Stafford Economic Development Corporation hereby gives notice that it will conduct a public hearing to solicit citizen input on the proposed Project. Said public hearing before the Stafford Economic Development Corporation is hereby called regarding the proposed Project. Said public hearing will be held at 7:00 o'clock p.m., on February 23, 2021, in the Council Chambers, Stafford City Hall, 2610 South Main, Stafford, Texas.

The City Council of the City of Stafford, Texas will conduct public hearings to solicit citizen input on the proposed Project. Said public hearings shall be held at 7:00 o'clock p.m., on March 3, 2021, in the Council Chambers, Stafford City Hall, 2610 South Main, Stafford, Texas and at 7:00 o'clock p.m., on March 17, 2021 in the Council Chambers, Stafford City Hall, 2610 South Main, Stafford, Texas.

Interested citizens are invited to attend and will be given an opportunity to be heard.

For further information, please contact:

Nici Brown
Administrative Assistant
Stafford Economic Development
Telephone: (281) 261-3903

PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Pecan Oaks Drive Street Dedication Phase 1, Precinct 1.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Pecan Oaks Drive in Stafford 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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Firestone West Sec. 2, 15, 18 and 19, Precinct 3.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Jordan Ranch Boulevard in Jordan Ranch Boulevard and Jordan Ranch Street Dedication Phase 1, Precinct 1.

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

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PUBLIC HEARING NOTICE

The Commissioners Court of Fort Bend County, Texas has set a public hearing on Tuesday, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Anserra Section 4, Precinct 3.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Fulbrook Section Six "A", Precinct 3.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Slenna Oaks Drive Street Dedication Phase 1, Precinct 1.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Firethorne West Sec. 2, 15, 18 and 19, Precinct 3.

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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Pecan Acres Drive in Stratford 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, March 9, 2021, at 1:00 p.m. for acceptance of traffic control plan for Jordan Ranch Boulevard in Jordan Ranch Boulevard and Jordan Crossing Boulevard Street Dedication No. 1, Jordan Ranch Street Dedication No. 2 and Reserves, and Jordan Ranch Street Dedication No. 4 and Reserves, Precinct 3.

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