

ROBERT LEE SCHOOL NEWS



Pennies for Pasta! The Robert Lee Jr. High and High School recently participated in Olive Garden's Pasta for Pennies program to benefit The Leukemia & Lymphoma Society. The group raised \$528. 23. Olive Garden in San Angelo rewarded the 8th grade class for raising the most money (\$144.41) with a Hospitaliano lunch. Shown are (top row, from left) Kaleb Torres, Wade Allen, Rani Coppedge, Hunter Hamrick, Pammy Meeks, Jesus Landeros, Brady Clawson, (middle row, from left) Madison Wright, Kodi Drennan, Julia Madrid, Bruce Buddin, Yulissa Peraza, Justice Saucedo, Jaicee Torres, (bottom row, from left) Mrs. Sandy Sawyer, Samantha Orona, Karlee Roach, Sandra Flores, Myrka Rangel, Blaine Yanez, and Hayden O'Neil.

Robert Lee Sport Booster Club

Hey all you Robert Lee Steer and Lady Steer fans. The sport booster club is trying to raise money to buy our school a blow up inflatable for the kids to run through at

School Menu



Breakfast

Monday, March 19

Breakfast pizza or cereal, juice, milk

Tuesday, March 20

Cinnamon roll or cereal, juice, milk

Wednesday, March 21

Biscuit with jelly or cereal, juice, milk

Thursday, March 22

Pancake on stick or cereal, juice, milk

Friday, March 23

Pigs in blanket or cereal, juice, milk

Lunch

Monday, March 19

Pizza, salad, corn on cob, applesauce, crackers, milk

Tuesday, March 20

Chicken a la king, rice, egg roll, pineapple, milk

Wednesday, March 21

Grilled cheese sandwich, vegetable beef soup, crackers, pickles, pudding, milk

Thursday, March 22

Chicken fried steak, cream potatoes, peas, bread, strawberries, milk

Friday, March 23

Chicken patty on bun, salad, pickles, French fries, peaches, milk

sporting events. This will be used for all sports.

If you would like to donate, contact Brenda Skinner, Brandi Sawyer, or Valerie Howard at the Robert Lee State Bank, 325-453-2545. The booster club will also be doing some fundraisers throughout the year.

Child Find

Do you know of a child ages 0-21 who shows signs of developmental delay, on-going learning problems, behavioral or medical problems that interfere with learning?

Child Find is the ongoing process of locating students with disabilities for special education services. The Region 15 Education Service Center coordinates efforts with local school districts to assist in the identification of students with disabilities for special education services according to the procedures established by the Commissioner of Education and the Texas Education Agency.

Public Education in Texas is for Every Child. Don't leave any child behind.

For more information, call the Robert Lee ISD at 453-4555 or Child Find at 325-658-6571.



by Jan Yanez

AgriLIFE EXTENSION Agent

10 Healthy Ways to Enjoy Springtime

It's springtime, a great season for being outdoors. And while you're enjoying the warmer springtime weather, you can also help your entire family get more active and stay fit. Here are 10 great springtime activities you can try together with family and friends.

1. Bring out the bikes. Gather the family and go for

a bike ride around the neighborhood or through a nearby park. Biking is an aerobic exercise, so it's great for your cardiovascular health. A convenient aspect of aerobic exercise, is that you can burn the same number of calories with a short, intense workout as you can exercising at a longer, more leisurely pace. Just be sure everyone wears a helmet and follows the rules of the road.

2. Take a hike. Take in the beauty of springtime with a hike through the woods. Like biking, hiking provides cardiovascular health benefits. You may also find that hiking brings mental health benefits — it's a great way to clear your head.

3. Plan a picnic. Fill your picnic basket with lean meats, whole grains, and colorful fruits and vegetables that are bountiful in spring. You can make healthier versions of traditional picnic fare like potato salad simply by using low-fat dressings or low-fat yogurt in place of mayonnaise. Head for a park, beach, or ball field to enjoy lunch in the sun — just be sure to wear sunscreen.

4. Plant a garden. Gardening can be good exercise: Planting, hoeing, and weeding all require bending and stretching. Gardening also has other rewards — the freshest, tastiest foods. If you plan your garden well, you can enjoy a healthy harvest into the fall, and a healthier body, too.

5. Romp in the park. Parks are great places to stay active. You and your family can picnic, play games, go for a walk or jog, or climb on the jungle gym. "Playing on monkey bars is a great way to improve your kids' motor skills. Parents can reap the health benefits by joining in on the fun and fitness.

6. Take a trip to the zoo.

Zoos are a great place to visit during the spring, when animals give birth to adorable new offspring. Walking around the zoo is also a good way to get moderate exercise.

7. Participate in a charity walk or run. There are dozens of charity races for good causes in the springtime. Pick a charity you feel passionate about and sign up for the organization's 2-mile fun run, or take on a 5K if you're looking for more of a physical challenge. You can help yourself stay active while supporting a worthwhile cause.

8. Take a swing at golf. Whether you enjoy 18 holes of golf with friends at the country club or a round of miniature golf with your children, golf is a fun, healthy activity to enjoy in the springtime.

9. Get game. Get the family together for some kids' games at the park. Fun family choices include badminton, Frisbee, volleyball, soccer, tag, softball, and basketball. Afterward, you can celebrate your game with a healthy treat, such as low-fat frozen yogurt or low-fat ice cream.

10. Savor a seasonal meal. Fruits and vegetables are at peak quality when they're in season. Treat your family to a meal with the freshest produce from the local farmer's market or grocery store. A healthy springtime meal can include a salad with seasonal lettuces and greens; grilled chicken, fish, or lean meats; seasonal vegetables like peas and asparagus; and fresh strawberries for dessert.

However you choose to be active, you will benefit most if you can increase your heart rate and break a sweat. Experts recommend at least 30 minutes of moderate activity most days of the week. Gather your family and friends and head outdoors to enjoy the many activities that springtime has to offer.

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