

# Mayor of Robert Lee among recent indictments

Robert Lee Mayor Allyson Crenshaw was among those indicted during Grand Jury proceedings Thursday, May 9, 2019. She was indicted on the charge Debit Card Abuse, a state jail felony.

Robert Clark, Jr., was indicted on felony charges of Evading Arrest and

Unlawful Use of a Motor Vehicle.

Daxtyn Dominguez was indicted on a felony charge of Illegal Dumping > \$1000.

Jacob Torres was indicted on a felony charge of Burglary of a Habitation.

Other indictments will be released once arrests have been made.

# Lawsuit filed against City of Robert Lee

The Darby Law Group, PLLC, attorneys for former Robert Lee City Secretary Crystal Blevins, filed a lawsuit against the City of Robert Lee with the 51st District Court Thursday, May 9, 2019.

The following statement was included in the petition to the court.

“Ms. Blevins was employed by the Defendant (City of Robert Lee), as City Secretary until April 9, 2019. Plaintiff (Ms. Blevins) reported that Allyson Crenshaw, Mayor of Defendant had misused funds belonging to the Defendant. Upon learning that Plaintiff was the person who informed law enforcement of Mayor’s

conduct, the Mayor retaliated against Ms. Blevins by orchestrating the termination of Plaintiff’s employment with Defendant. Plaintiff alleges that the Defendant violated Plaintiff’s First Amendment Rights and the Texas Whistleblower Act. Plaintiff seeks reinstatement, other injunctive relief, lost wages, compensatory damages, and attorneys’ fees to compensate her for the Defendant’s unlawful actions.”

Further in the petition is a plea for “monetary relief over \$1,000,000.00”. The complete petition is available under the Robert Lee City Investigation tab at ObserverEnterprise.com.

Disparities also exist; individuals with lower income and those with lower educational attainment have lower rates of physical activity and are more likely to not engage in leisure time physical activity.

Overall, physical activity associated with work, home, and transportation has declined in recent decades and can be attributed to less active occupations; reduced physical activity for commuting to work, school, or for errands; and increased sedentary behavior often associated with television viewing and other forms of screen time.

**Shift physical activity choices:** Most individuals would benefit from making shifts to increase the amount of physical activity they engage in each week. Individuals would also benefit from limiting screen time and decreasing the amount of time spent being sedentary.

**Making Healthy Shifts**  
Making changes to eating patterns can be overwhelming. That’s why it’s important to emphasize that every food choice is an opportunity to move toward a healthy eating pattern. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a big difference. Here are some ideas for realistic, small shifts that can help people adopt healthy eating patterns.

1. High Calorie Snacks to Nutrient-Dense Snacks
2. Fruit Products with Added Sugars to Fruit
3. Refined Grains to Whole

Grains

4. Snacks with Added Sugars to Unsalted Snacks

5. Solid Fats to Oils

6. Beverages with Added Sugars to No-Sugar Added Beverages

**Shift to consume more vegetables:** Following a healthy eating pattern would include an increase in total vegetable intake from all vegetable subgroups, in nutrient-dense forms, and an increase in the variety of different vegetables consumed over Strategies to increase vegetable intake include choosing more vegetables—from all subgroups—in place of foods high in calories, saturated fats, or sodium such as some meats, poultry, cheeses, and snack



**Food Connection Day!** On May 6, 2019, Coke-Sterling Farm Bureau held their Food Connection Day at the Farm Bureau office in Robert Lee. They served a hamburger lunch for canned food or monetary donations for the Coke County Food Pantry. They received several pounds of canned food items and \$301 in monetary donations for the food pantry. Pictured above are Dolores Roe, volunteer for the food pantry, and John E. Stephens, Vice-President for Coke-Sterling Farm Bureau.

foods. One realistic option is to increase the vegetable content of mixed dishes while decreasing the amounts of other food components that are often over-consumed, such as refined grains or meats high in saturated fat and/or sodium. Other strategies include always choosing a green salad or a vegetable as a side dish and incorporating vegetables into most meals and snacks.

**Shift to consume more fruits:** To help support healthy eating patterns, most individuals would benefit from increasing their intake of fruits, mostly whole fruits, in nutrient-dense forms. A wide variety of fruits are available in the U.S. marketplace, some year-round and others seasonally. Strategies to help achieve this shift include choosing more fruits as snacks, in salads, as side dishes, and as desserts in place of foods with added sugars, such as cakes, pies, cookies, doughnuts, ice cream, and candies.

**Shift to make half of all grains consumed be whole grains:** Shifting from refined to whole-grain versions of commonly consumed foods—such as from white to 100% whole-wheat breads, white to whole-grain pasta, and white to brown rice—would increase whole-grain intakes and lower refined grain intakes to help meet recommendations. Strategies to increase whole grains in place of refined grains include using the ingredient list on packaged foods to select foods that have whole grains listed as the first grain ingredient. Another strategy is to cut back on refined grain desserts and sweet snacks such as cakes, cookies, and pastries, which are high in added sugars, solid fats, or both, and are a common source of excess

calories. Choosing both whole and refined grain foods in nutrient-dense forms, such as choosing plain popcorn instead of buttered, bread instead of croissants, and English muffins instead of biscuits also can help in meeting recommendations for a healthy eating pattern.

**Shift to consume more dairy products in nutrient-dense forms:** Most individuals would benefit by increasing dairy intake in fat-free or low-fat forms, whether from milk (including lactose-free milk), yogurt, and cheese or from fortified soy beverages (soy milk). Some sweetened milk and yogurt products may be included in a healthy eating pattern as long as the total amount of added sugars consumed does not exceed the limit for added sugars, and the eating pattern does not exceed calorie limits.

(Continued on page 9)

**Bronte Body Shop, LLC**  
Complete Auto Body Repairs & Paint  
Insurance Claims Welcome  
Formerly Paul's Body Shop  
**PAUL KNIGHT**  
123 N. State Bronte, Texas  
(325) 473-2425 (325) 450-2281

**Russell Davis**  
Agent  
611 Austin Street  
PO Box 1079  
Robert Lee, Texas 76945  
(325) 453-4505 office  
(325) 453-4524 fax  
(325) 650-1904 mobile  
TXFB-INS.COM

**TEXAS FARM BUREAU INSURANCE**  
AUTO / HOME / LIFE

**Pentecost**  
Water Well Service  
Windmills • Submersible Pumps • Pressure Systems • Storage Tanks & More  
**325-450-0835**  
Lic# 59658KLP

**Congratulations, graduates!**

**Tommy E Neal, AAMS®**  
Financial Advisor  
2412 College Hills Boulevard  
Suite 102  
San Angelo, TX 76904  
325-223-8244

**Edward Jones®**  
MAKING SENSE OF INVESTING  
Member SIPC

MKT-5894I-A