## Mayor of Robert Lee among recent indictments

Robert Lee 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 Evading Arrest and been made.

Mayor 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 indicted on felony charges released once arrests have

## 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

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 conduct, the Mayor retaliated Ms. Blevins against 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, attorneys' fees and 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.

## 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 intake vegetable 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 overconsumed, 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.

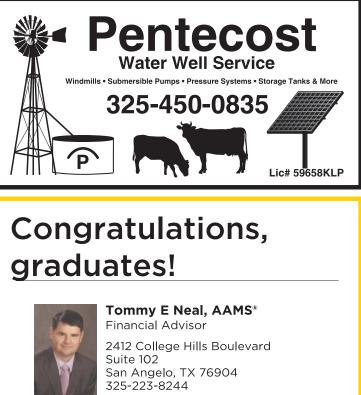
Shift to consume more fruits: To help support healthy eating patterns, most individuals would benefit from increasing their intake of fruits, mostly whole fruits, in nutrient-dense forms. A wide variety of fruits are available in the U.S. marketplace, some year-round and others seasonally. Strategies 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.

grains: Shifting from refined to versions whole-grain of commonly consumed foodssuch 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 **products** in meet recommendations. grains in place of refined grains foods that have whole grains as the first grain listed 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

Shift to make half of all calories. Choosing both whole and grains consumed be whole refined grain foods in nutrientdense 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 nutrient-dense refined grain intakes to help forms: Most individuals would benefit by increasing dairy intake in Strategies to increase whole fat-free or low-fat forms, whether from milk (including lactose-free include using the ingredient list milk), yogurt, and cheese or from on packaged foods to select fortified soy beverages (soy milk). Some sweetened milk and yogurt products may be included in a ingredient. Another strategy is to healthy eating pattern as long as the cut back on refined grain total amount of added sugars consumed does not exceed the limit for added sugars, and the eating pattern does not exceed calorie limits.

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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 mealcan 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



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