

WEEK OF JUNE 16,1986

Those of us in law enforcement realize that we are in a high risk job and the thought of injury and even death at the hands of some of the people we have contact with in our daily jobs is constantly with us. Even with that thought in our minds we often become careless with the routine of our daily activities and law enforcement is very unforgiving of careless mistakes made by them, quite the opposite, but the injuries and deaths to law enforcement officers emphasizes the need for constant awareness. Anyone who has been in a dangerous job realizes that you cannot constantly perform at peak awareness, eventually you just wear down. This is one type of pressure that peace officers live with all their working lives. Occasionally when a fellow officer is killed, injured, or has a near miss, we tighten up our awareness, once again, of the dangers we face every day. A recent report received from the F.B.I. contains a summary of law enforcement officers killed in the line of duty so far this year (January thru May, 1986). Thirty-five (35) local, county, and state law enforcement officers were killed due to criminal action. Thus far this year, 17 officers have been slain in the southern states, 7 in the western states, 3 in the northeastern states, and 2 in Puerto Rico. Twelve (12) officers were killed while attempting arrests, 5 while investigating suspicious persons or circumstances, 5 while enforcing traffic laws, 4 while handling prisoners, 4 in ambush attacks, 4 upon responding to disturbance calls, and 1 by a mentally SHERIFF'S CORNER NORMAN HOOTEN SHERIFF

deranged individual. Of the 35 officers killed durning this period, 34 were killed by firearms; 26 of which were handguns. 32 of the 35 killings have been cleared by law enforcement authorities. An example of the way in which a law enforement officer can be killed while responding to what is considered a "routine" call is contained in the report below which was received by teletype from Philadelphia, Pennsylvania on June 10,1986. Report:: Philadelphia, Pennsylvania. Police Department advised officer, male, aged 38 with over 15 years police service, was shot and killed at approximately 9:40 am on 6-5-86. Upon responding to disturbance call, victim officer and partner observed two females and one male involved in altercation on sidewalk. Officers separated the three with victim officer escorting male away. Partner was interviewing females when she heard gunfire, turned and saw victim falling to ground. Partner drew her service weapon, fired six shots at assailant and then removed victim's weapon, firing additional shots. Wounded suspect, male, subsequentlyu apprehended. Victim suffered three wounds to head and one in each arm. Sixth shot was repelled by his pro-tective vest. Weapon is believed to have been a .32 caliber handgun. End of report. Routine calls? THERE AIN'T ANY!!!

Larry Ronald Stiver, the escapee from the Kinney County

Jail in August of 1984 who was subsequently captured in Oklahoma, transported to North Carolina, tried and convicted on felony charges in that state, sent to prison, released to my custody and returned to Kinney County to stand trail on the Escape charges here, finally was brought to trail on those charges in a special District Court hearing on Saturday, Junel3th. Stiver received a 5 year sentence in a plea bargain agreement reached with District Attorney Tom Lee on Stiver's plea of guilty.

George Barber, who was recently convicted of Involuntary Manslaughter in the shotgun slaying of John L. Titt in October of 1985, turned himself in to my custody to await transport to the Texas Department of Corrections to begin serving the 5 year sentence he received on his conviction. I am waiting for commitment papers on both Stiver and Barber so that they can be transported to TDC in Huntsville at the same time.

These latest trails pretty well clears up our felony criminal docket, at least for the time being. We have no cases pending for the Grand Jury at this time.



PAGE 2	тн
TRANSPRESS ASSOCIATION	Jui
Hekinney Caralryman	SUNDA 1 hus. Kaunt
J. GEORGE LOOS, JR. EDITOR PUBLISHED EACH FRIDAY	8000
USPS 100-610 DEADLINE FOR ALL COPY NOON ON TUESDAY	15- mary essie
P.O.BOX C Q BRACKETTVILLE, TEXAS 78832 563-2696 SUBSCRIPTION RATES: PER YEAR	296
\$15.00 - OUT OF COUNTY \$14.00 IN COUNTY *****	
"Any erroneous reflection upon the character or standing of any person or firm appearing in this paper will be gladly corrected, upon being called to the attention of the Management and to the article in question"	A c had s was a fox w
An unknown editor-hero is said to have published the following somewhere, sometime, "You'll notice that there are mistakes in this week's paper just as there were in last week's, and as there will be next week's.They are there for a purpose. We try to print something for everyone, and there are people who are	"O beaut How grace bad t voice Th the fl surpr voice WI dropp fox, j
always looking for mistakes".	ran a Tac I Th G J
	RETI

*

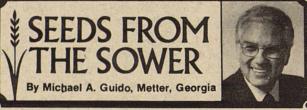
FALL ...

LOOISM

IF YOU SHAKE THE FAMILY TREE,

EXPECT AN OCCASSIONAL NUT TO

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 1 ^{thest} dlayt and beings barger diago							
Aumene Begins-June 21st Give 15- Sathers Day June 19- Imancipation Day SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 1 hus. dlayf wile 2 Kawigalanson Haupe Margar Lucy Barger 4 Kawigalanson Haupe Margar Lucy Barger 4 Kawigalanson Haupe Margar Lucy Barger 4 Kawigalanson Haupe Margar Husge Barger 4 Sommer Martin Barger 10 Hoperanic Coates 11 Diearge Martin Barden 130 martines 14 Beard Janson Haupe Margar 10 Hoperanic Coates 11 Diearge Martin Barden 130 martines 14 Barger 9 Olliert 10 Hoperanic Coates 11 Diearge Martin Barden Haupe Haupe 12 Martine Star Haupe 12 Martines 130 martines 14 Barger 15 June 16 17 Jacott 18. 19 Lucy 20 Charge 20 Charger 21	THE KI	NNEY C	AVALRY	MAN	JU	NE 20,1	986
1 nus chland saine 2 Kattiel Jahosen Stanger Stanger 4 Stange Barger Stanger Stanger 10 Stange Barger Stanger 10 Stange Barger 10 Sta	Summer Begins-June 212			June 14- Jacq Day 13 14 15 16 17 18 19 June 15- Jathero Day 27 28 29 30 31 June 19- Imancipation Day			
15 Verher's Day Mary Starter Saher Laher L	1 hus. Alay Javis Kawi Jalneau Jais Olangatau	2 Sammy D. Sargart Shawe Serve	3 Graze Bayer	4	Martin		7 Yelanda Barcia
	Bayer	Juentes	Sylvia Butierry	11 - Suarger Wyrick	12 Sandoral Sandoral Sandi Ispisela	13 alma martinez Clayton Sugar	14 Flag Day Billy Cardenas Kay Dimerey
22 23 Jolganes 24 25 26 27 28 Delore Rand	15 Hather Day Mary Dugardo essie may esher	16	17 Scott Broderick	18.	19 Julia Payres Sharen Terrill	20 cherul	21
	22	23 Jol Jones	24	25	26	27	28 Delores Raneyr
29 Lower 30 ^{anna} Orartinez Balley Duna	29 Downthy	30 anna martinez Bally Dune					
0							



vanted it.

1:235

hen she did, she or vice from virtue."

crow, says an old fable, are the worst kind of stolen some cheese and enemies." "When they about to eat it. But a meet," added De Foe, "the devil goes to dinner."

Crow," he said, "how Sir Walter Raleigh said, tiful are your wings. "Flatterers are the worst bright your eyes. How kind of traitors for they will ful your neck. It is too strengthen thy imperthat you do not have a fections, encourage thee in all evils, correct thee in e crow, thrilled with nothing, but so shadow and lattery, and hoping to paint all thy vices and follies rise the fox with her as thou shalt never, by their , opened her mouth. will, discern good from evil,

ped the cheese. And the The Bible says, "Flattery pleased with himself, is a trap; evil men are way with the cheese. caught in it." Flee from citus said, "Flatterers flattery and the flatterer!

SPECIAL THANKS

WOULD LIKE TO THANK ALL OF HE PEOPLE FOR THE WONDERFUL IFTS, MONEY AND CARDS I ECIEVED FOR GRADUATION. YOUR THOUGHTFULNESS IS GREATLY APPRECIATED. THANK YOU,

GILBERT MEYER, JR.



A fun way for the family to get together is with music. Learn it together. No matter what instrument you choose, playing it can be more fun if the entire family participates in the experience. Even younger children can clap their hands while mother and father play a duet on the piano.



High technology can add some forte to your music making. That's what some families are finding out as they tune in to the joys of owning a portable electronic key-board. User-friendly features help you play innovative and exciting music. One top-ofthe-line instrument carries 61 full-sized keys and delivers its versatile sounds in full stereo. The keyboard's polyphonic 16-voice orchestra selection includes jazz, strings, clarinet and harpsichord. The three-way Custom Accompaniment system pro vides flexibility in arranging a complete back-up band. The player inputs a drum pattern on one by tapping the keys, a bass line on another and a chord pattern on the third. The Yamaha PSR-70 is MIDIcompatible and can be connected to another keyboard or computer.

1311 368 ACTA

SCHOOL NEWS

BRACKETT JUNIOR-SENIOR HIGH HONOR ROLL 6th 6 WEEKS

> 12th ALMA AGUIRRE VIRGIE GARZA RHEA SLAUGHTER

11th TOBY FRERICH MARIA C. LOZANO

10th

9th HOPE KELLY TIA RALSTON SHERILYN WHITE 8th BONNIE FRERICH LISA FRERICH FIDEL HERNANDEZ ARTURO LINCON TREY STEVENS

7th VIRGINIA BURGESS

"A"-"B" HONOR ROLL

12th NAKAI BREEN RITA DIAZ MARK FRERICH RAMON GUTIERREZ DEBBIE HERMAN **GRACIE HERNANDEZ ROSA HERRERA** JESUSITA LOPEZ JESUS PENA JAVIER VALDEZ 11th HECTOR PENA JENNIFER STEWART 9th LEE FLOYD TAMMY FRERICH KELLY HALL MARIA P. LOZANO PATRICIA RODRIQUEZ 8th MITCH FRERICH MARK GOMEZ XAVIER GOMEZ YVONNE LUNA MICHELLE MUNOZ JAMES SCHERMERHORN 7th ERNESTO ESPARZA **CRYSTAL LOOS VIVIAN LUNA ROSEMARY RUBINO**

I2th ALMA AGUIRRE RITA DIAZ 11th JENNIFER STEWART 8th BONNIE FRERICH LISA FRERICH

THE KINNEY CAVALRYMAN

FIDEL HERNANDEZ ARTURO LINCON MICHELLE MUNOZ TREY STEVENS 7th VIRGINIA BURGESS ERNESTO ESPARZA

"A"-"B" HONOR ROLL

12th MARK FRERICH **VIRGIE GARZA** DEBBIE HERMAN GRACIE HERNANDEZ **ROSA HERRERA** MARIA PEREZ **RHEA SLAUGHTER** JAVIER VALDEZ 11th ANITA DIAZ **TOBY FRERICH** MARIA C. LOZANO 9th TAMMY FRERICH **KELLY HALL** HOPE KELLY MARIA P. LOZANO PATRICA RODRIGUEZ SHERILYN WHITE 8th MITCH FRERICH MARK GOMEZ XAVIER GOMEZ YVONNE LUNA **MELISSA LUNA** MELISSA MOORE 7th CRYSTAL LOOS VIVIAN LUNA ROSEMARY RUBINO *****

WHAT WENT WRONG

THIS IS THE STORY OF FOUR PEOPLE: EVERYBODY, SOMEBODY, ANYBODY AND NOBODY...

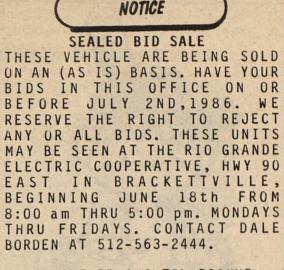
There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it.

ANYBODY could have done it, but NOBODY did.

SOMEBODY got angry because it was EVERYBODY'S job.

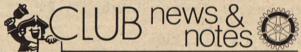
EVERBODY thought that SOME-BODY would do it.

VIVIAN LUNA
ROSEMARY RUBINOBut NOBODY asked ANYBODY.
It ended up that the job
wasn't done and EVERYBODY
blamed SOMEBODY, when actually
NOBODY asked ANYBODY!



PAGE 3

1982 FORD 1/2 TON PICKUP LICENSE NO. QD8490 1982 FORD 1 TON PICKUP LICENSE NO. QD8577 1984 FORD 3/4 TON PICKUP LICENSE NO. QD8568 1984 FORD 1/2 TON PICKUP LICENSE NO. VJ3652



RECORD KEEPING THE EASY WAY

A new record keeping system saves time and errors for churches, fraternal groups, clubs and school groups that have to keep accurate accounts. The Safeguard One-Write Record Keeping System eliminates the possibility of data-transfer errors and cuts the work of bookkeeping as much as 75 percent. Fund raising groups can maintain multiple accounts in one checking account and spend more time on actual fundraising activities. When most bookkeeping

When most bookkeeping departments pay bills, they start off by writing a check. This is the first time they copy numbers. Next, they must copy the same information on the check stub. The same information is then copied once more on the invoice. The information is copied yet again on the check register. Then the name and address must be copied on the envelope for mailing.

With the new system, writing the check creates all the necessary records in just one step. At the heart of the system is a writing board that holds several forms aligned one beneath another. Writing on the top form produces the same notation on the forms



A handy one-step record keeping system for clubs is an inexpensive way to reduce the chores of bookkeeping and keep more accurate accounts.

beneath. There's no need to copy numbers on the check stub or on the journal—a duplicate check is instantly created to attach to the invoice.

A double window envelope eliminates addressing. The firm name and address, which is printed on the check, shows through the top window. The name on the check, which was written originally, shows through the bottom window. That way, the right check always goes to the right address.

For free brochures on this handy record keeping system, write to Department F, Safeguard Business Systems, Inc., 455 Maryland Drive, Ft. Washington, PA 19034.



THE KINNEY CAVALRYMAN

解,何間, 1, 及, 4, 五, 12, 又三, 任, 後,

JUNE 20,1986



1986 LITTLE LEAGUE

GAMES AT 6:30 & 8:00

Tuesday May 6,1986 H Astros... 28 vs Rams...4 Cowboys..21 HLions..0 vs

Friday May 9,1986 CANCELED DUE TO RAIN

Tuesday May 13,1986 H Lions.. 14 vs Cowboys. 4 H Astros. 11 vs Rams ..2

Friday May 16,1986 Lions... 2 H Astros. 24 vs Cowboys. 20 H Rams .. | vs

Tuesday May 20,1986 H Cowboys. 17 vs Rams... 12 H Lions.../5. vs Astros. 19

Friday May 23,1986 H Cowboys. **9** vs Astros.7 H Rams....5 VS Lions../O

Tuesday May 27,1986 Cowboys..7 H Lions...4 VS Astros...14 H Rams... 11 VS

Friday May 30,1986 OPEN

Tuesday June 3,1986 H Astros. 6 vs Cowboys...O H Lions... Rams.... VS

Friday June 6,1986 Rams..... H Astros.. 17 vs Lions...7 H Cowboys. 4 vs

Tuesday June 10,1986 H Rams...4 vs Cowboys. 20 H Lions.. VS Astros...

Friday June 13,1986 H Astros...15 vs Lions... 6 H Cowboys... 6 vs Rams..../

Tuesday June 17,1986 H Rams.... 5 vs Lions... H Cowboys. // vs Astros... 8

TEXAS HISTORICAL COMMISSION

The Texas Historical Commission, like many other state agencies, is feeling the effects of Gov. White's request to reduce state spending: agency services have been reduced, grant programs have been cut or eliminated, and staff will be reduced through attrition and lay-offs.

These dramatic changes will directly impact the work of county historical commissions, museums, historical organizations, and even city and county governments. In an effort to address and explain these changes, the THC will host a series of regional meetings this summer in 11 cities across the state.

Focusing on the theme "Is There a Future for History in Texas"?? the meetings are designed to answer questions pertaining to the budget, offer suggestions, and encourage discussion among preservationists. Local participants will be informed of how they can keep heritage efforts alive in these tough times.

In addition, THC staff will report on the results of an economic study recently completed by the agency's Field and Museum Services Dept., which indicates that cultural institutions and historical sites account for much of this state's economic stability. It has been determined that native and out-of-state travelers enjoy visiting Texas museums and historical sites -- this, in turn, brings in needed dollars for state coffers.

The regional meetings, which are open to preservationists, museum personnel, government officials, and other interested residents, will be held in El Paso, Denton, Jacksonville, San Angelo, Crosbyton, Panhandle, Weslaco, Corpus Christi, Clifton, Boerne, and Hempstead. Preregistration is not required and there is no charge for the workshops. For additional information on times and locations, contact the THC, Herbert Hoover appeared on an experimental telecast in P.O. Box 12276, Austin, Tx 1927 when he was Secretary of Commerce. 78711, 512-463-6100. *******

LEUKEMIA DRIVE SCHEDULED

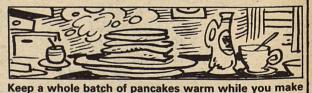
Mrs. Janie Slubar has been appointed Chairman of the South/Central Texas Chapter of the Leukemia Society of America, INC., 1986 residential campaign in Brackettville. The drive is scheduled for June 15-30.

Leukemia, a form of cancer that affects the blood-forming tissues, it kills more children than any other disease -- yet it kills more adults than children. The Leukemia Society of Amercia, Inc. a national voluntary health agency with 57 chapters located throughout the United States, concentrates all of its efforts towards the problem of leukemia and related disease, including lymphomas, multiple myeloma, and Hodgkins disease.

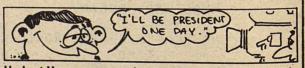
The Leukemia Society Chapter provides financial assistance to patients with leukemia and related diseases. Currently the chapter has over 613 patients enrolled in the Patient-Aid program, one of the few remaining financial assistance programs offered by national health agencies.

The Society also supports research programs that investigate methods of controlling and curing the disease. As a national organization the society allocated more than \$5.2 million toward its research program in 1985.

The Leukemia Society's South/Central Texas Chapter office is located at 906 Basse. Rd. San Antonio, Tx 78212. For more information please call collect (512)737-1777.



more by placing them between two or three folds of a heavy towel in a warm oven.



THE KINNEY CAVALRYMAN

PAGE 5

REWARDING RECIPES From The Betty Crocker Kitchens **CELEBRATE SPRING**

Spring is a time of renewal. a fresh start. It signals that it's time to give the house a thorough cleaning, buy a new outfit, begin making summer plans.

In this spirit of rejuvenation, celebrate with a spring fling. Whether it's having the family over for a special dinner or inviting neighbors to a coffee break, chocolatey good desserts will liven the occasion

The Betty Crocker Kitchens offer these two tempting recipe variations using the ever-popular brownie mix. Minty Cookies 'n Brownies incorporates that refreshing mint flavor.

Chocolate Fondue is a truly unique use of brownie mix. Guests will enjoy selecting their favorite "dipper," be it strawberries, bananas, marshmallows, apples, oranges, or pineapple.

Minty Cookies 'n Brownies

- 1 package Betty Crocker brownie supreme mix (with can of Chocolate Flavor Syrup)
- 1/2 teaspoon peppermint flavoring
- 2 cups chopped mint creme chocolate sandwich cookies (about 15)

Heat oven to 350°. Prepare brownies as directed on package except - add peppermint flavoring. Sprinkle cookies over top; press in gently. Bake as directed.Cool 2 hours.Cut into 1 1/2- or 2-inch squares. 48 small or 24 large brownies.



High Altitude Directions (3500 to 6500 feet): Stir 2 tablespoons all-purpose flour into brownie mix (dry).

Chocolate Brownie Fondue

- **1 package Betty Crocker** brownie supreme mix (with can of Chocolate Flavor Syrup)
- 2 cups whipping cream teaspoon vanilla
- **Dippers** (strawberries, banana slices,* pineapple chunks, mandarin orange segments, pound or angel food cake cubes, marshmallows)

Heat brownie mix (dry),

Chocolate Flavor Syrup, cream and vanilla in heavy saucepan over medium heat, stirring constantly, until smooth; re-move from heat. Pour into fondue pot or chafing dish with water bath; keep

warm over very low heat. Using fondue forks or bamboo skewers, guests dip their choices of Dip-pers into fondue. If fondue becomes too thick, stir in a small amount of cream. 8 to 10 servings.

*Dip in lemon or pineapple juice to prevent discoloration.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.



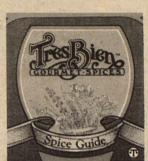
From the Yellow Ribbon® Hospitality Studio

SPICES—FACTS YOU SHOULD KNOW

Well-chosen seasoning can mean more than the difference between a flavorful meal and one lacking zest. Informed use of herbs and spices can help you save cooking time and enhance your family's health in the process.

Experimenting with herbs and spices can reveal ways to flavor foods without cholesterol, calories or sodium. First, though, it's necessary to become knowledgeable about ways to use familiar spices, and to introduce yourself to the more exotic ones. One way to accomplish that task is by mounting a spice chart on your kitchen cabinet door. You'll learn flavor-enhancing tricks, such as add-ing allspice to your chili or sprinkling a dash of ginger into chicken soup.

As you begin to acquire a variety of different quality spices, you'll appreciate the need to store them properly. After a careful and painstaking harvest, the intensity of fine spices can be captured only through proper proces-sing and packaging. Cryogenic grinding — grinding while frozen — for example, is a state-of-the-art process that enhances strength, content and staying power of the spice oil, the flavor key. Since quality spices are carefully cultured, harvested and processed, they require proper storage to keep them at their best.



You already know what garlic and red pepper can do for your cooking. Imagine what fennel and tarragon could accomplish. Learn more by consulting a spice guide.

The Hospitality Studio staff at Yellow Ribbon® offers guidelines for proper storage of its Tres Bien[™] brand of spices. Choose the most airtight container: A bottle with a tight-fitting lid is most suitable. Cardboard and tin containers are not as airtight as they may appear. Store herbs and spices in a closed cupboard to protect them from sunlight and humidity. To learn more about how to

use spices in your cooking, you can send for a free spice guide. Clip this article and send to Yellow Ribbon Spice Guide, Sixth and Grant, Anoka, MN 55303. It may do more than add zest to your food; it may also help you spice up your life.

LITTLE KNOWN FACTS ABOUT SILK

For thousands of years, silk has been used to make the most luxurious clothing, from the robes of ancient Chinese emperors to modern-day designer dresses. Now silk is being used in hair care products to make your tresses shine. But how much do you really know about silk? Learning more about it may make your HAIR more beautiful.

According to legend, silk was discovered by the wife of the Emperor of China nearly 4,700 years ago. From China, the art of making silk thread important product traded between Asia and Western Europe for centuries. Even today, China and Japan remain the most important silk producing countries in the world.

Silk has always been prized for its luxurious shine and softness which is combined with a surprising strength and elasticity. Silk garments



Today, silk has entered the realm of hair care. Aqua Net, a new line of shampoos and conditioners containing silk protein, has just been introduced by Faberge. A breakthrough in hair care technol-ogy, the liquid silk protein can enhance manageability and give hair a shinier, healthier look

The new Aqua Net line from Faberge is PH balanced and lightly scented. It in-cludes three shampoos—one for normal hair, one for extra body and a special moisturizing formula for dry, damaged, permed or color-treated hair. The conditioner is available in normal and extra body formulations. Consum this shampoo the highest marks in lathering action, rinsing, manageability, clean feeling, shine and added body

The luxury of silk—nothing else feels like it, looks like it, or acts like it.

is a source a source a source a source a source as a constant a source as a constant of the source by the source



THE SAME OLD BOARDIN' HOUSE HANX TO WORTH NEW YORK CITY

IT NEVER FAILS



from the cocoons of the silkworm spread throughout Asia. At the time of the ancient Roman Empire, silk was worth its weight in gold in the Western World. Carried along a trade route known as the "Silk Road," silk was the most

THE KINNEY CAVALRYMAN

JUNE 20,1986

Ending The Lawsuit Crisis

By William O. Bailey President Aetna Life & Casualty

Order in the courts? On the contrary, say those who feel America is caught up in a chaotic lawsuit crisis. Individuals, businesses, and the pub-

lic are all directly and seriously affected by the current trend towards everyone and everything hav-



Bailey ing its day in court, and many people want to do something about the problem. It is society's problem

The price we pay for goods and services, for example, is inevitably influenced by the growing number of lawsuits encouraged by our current legal liability system.' The problem, however, is not one of cost alone. When drug companies refuse to manufacture drugs, when obstetricians no longer deliver babies, and when concerned citizens choose not to serve on volunteer boards in order to avoid the threat of legal and financial consequences, we seriously impair society's ability to function, let alone thrive.

First, we must improve the overall fairness of the system that assesses who is liable for injury. For example, an 18 year old high school graduate lost control of his motorcycle making a turn at 50 miles an hour when the kickstand, which he had left down, struck



Prices on many consumer goods may stabilize if state legislators take steps to reform our civil courts.

the ground. The crash left him a paraplegic. He sued the manufacturer on the grounds that kickstands should be designed to return automatically. The jury agreed and awarded \$4 million. We must build controls into the system that more fairly link the level of responsibility to the damages paid.

We need to improve the efficiency of the system. Under the present liability system, less than 50 cents of each dollar spent in trying cases goes to help the injured person. We also know the system suffers from intolerable delays. Five years is simply too long to decide who owes what, if anything, to whom.

This issue has the special attention of the insurance industry. Insurance can only be provided if companies can reasonably predict the number and size of future claims. Due to the higher number of damage awards today that have no basis in contracts, cause or fault, companies can no longer estimate their potential costs.

One step that could help

Tax Increase On Consumer Products Proposed

All of us already pay heavy excise taxes on such products as gasoline, airline tickets, tires, cigarettes, beverage alcohol, fishing and hunting equipment and on telephone service. If Oregon Senator Bob Packwood has his way in Washington, the cost of many everyday products and serv-ices will skyrocket.

Senator Packwood's tax reform package includes a proposal to no longer allow businesses a deduction for federal excise taxes imposed on their products. It is the consumer, however, who will be especially hurt by this proposal. Prices will go up, many jobs will be lost and businesses, large and small, will be forced to close their doors.

Senator Packwood's proposal is so anti-consumer that Citizens for Tax Justice, a national consumer and labor organization, recently called it "nothing but a huge consumption tax that will fall heavily on middle and low income families." Lane Kirkland, President of the AFL-CIO, says his organization is also deeply concerned with the effect that nondeductibility of excise taxes will have on



Senator's The proposal would be particularly devastating for the liquor business. Just a few months ago, the government raised the excise tax on liquor 19%. The effect of the Packwood proposal would be the same as raising the excise tax another 54% or about \$2.00 per liter bottle of 80 proof liquor. Similarly, consumer prices for other products would increase.

While the Reagan Administration has long stood for decreasing taxes, Senator Packwood's excise plan amounts to nothing more than a "tax on a tax." It is regressive, anticonsumer and should be opposed.

Your voice can make a difference. If you oppose this tax increase and the higher prices it will bring, write to Senator Packwood and your Senators in Washington at: U.S. Senate, Washington, DC 20510.

dramatically would be to control and define what we mean by such terms as "pain and suffering." We also need to examine whether we as a society are more concerned with restoring economic losses to a victim or punishing - via punitive damage awardsthose who are deemed "responsible" but did not intend to injure anyone. In the end, we must balance our wellmeaning desire to help the injured against the practical limitations of how much we can afford to pay through the cost of goods and services, rising insurance premiums and

How to meet the lawsuit crisis? When compensation is once again based on a defendant's actual degree of fault, when duplicate payments for the same economic loss are disallowed, when there are reasonable limits on jury awards, when the public shows Breater support for effective alternatives to lawsuit, insurers will be able to reflect that stability in their products. The competitive process will take over once again.

higher taxes.

Texas Oil & Gas...

Education Funds Grow With Royalties, Rentals

By Richard C. Hudson, Chairman, Texas Mid-Continent Oil & Gas Association

For decades the Texas oil and gas industry has been the largest single taxpayer to all levels of government in the state. This remains the case, although collections have been reduced by the recent decline in prices for crude oil and natural gas.

During Fiscal Year 1985, which ended last August 31, the industy paid more than \$3.2-billion in severance, corporate franchise, well servicing, regulatory, and sales and use taxes to the state. Property taxes paid to local jurisdictions during Calendar Year 1984, the last 12-month period for which a survey has been completed, amounted to almost \$1.4-billion. The total of these payments: \$4.6-billion!

Texas has been fortunate to have had these valuable natural resources under both public and private lands. In addition to the annual contributions cited, the production of oil and gas has enriched Texas education through the establishment and perpetuation of two endowment funds-the Permanent School Fund and the Permanent University Fund.

Texas began using its vast public domain for public benefit in the early days of statehood. Over 52-million acres of land were set aside originally as an endowment to public schools and colleges. The University of Texas System today holds title to 2.109.000 fee acres.

The Texas Permanent School Fund was established in 1854 by the appropriation of \$2-million and when the present Texas Constitution was adopted in 1876 it provided that proceeds from the sale and use of lands set aside for the support of public schools constitute a perpetual public school fund. This perpetuity has been ensured for both funds with the stipulation that only the income secured from the investment of these endowments may be spent.

In 1900, the Legislature gave the Permanent School Fund all unsurveyed land and the remaining unappropriated parcels of public land. In 1939, all lakes, bays, islands, and the submerged areas off the Texas coast accrued to the Permanent School Fund.

Prior to 1939, the Permanent School Fund and the Permanent University Fundtwo separate endowments underwritten in a similar manner-had become two of the largest endowment funds in existence. As indicated, this phenomenal and unexpected growth came about through the discovery of the vast petroleum reserves lying beneath these lands.

Oil first-was discovered on university lands in 1923 and the first royalty payments were made to the Permanent University Fund in Fiscal Year 1924. Public school lands were developed for oil and gas production later, with the first lease rentals, bonuses,

and royalty payments made to the Permanent School Fund in Fiscal Year 1932. The General Land Office handles leasing and revenue accounting for the Permanent School Fund. Proceeds from investments go to the Available School Fund which is administered by the Texas Education Agency

The Land Commissioner, two University of Texas regents, and one Texas A&M University regent make up the Board for Lease for the Permanent University Fund. Revenue accounting and administration of the income from this fund, which becomes accessible as the Available University Fund, is the responsibility of The University of Texas System, with approximately two-thirds going to The University of Texas and one-third going to Texas A&M University.

The payment of lease rentals, bonuses, and royalty payments to both funds has continued for more than half a century. Thus, at the end of Fiscal Year 1985, the Comptroller reported that the Permanent School Fund investment account was valued at almost \$5.1-billion; the Permanent University Fund investment account at more than \$2.3-billion.

The vision of the Constitution writers in 1876 has been more than fulfilled. The financial support that has been provided by virtue of oil and gas production on public lands has enabled the Texas public school system to prosper and both The University of Texas and the Texas A&M University systems to become among the finest in the nation.



Bayer® relieves the major source of arthritis pain Tylenol can't touch. Tylenol works on minor arthritis pain,

but does nothing for inflammation. Taken regularly, Bayer works on pain

and inflammation giving fast.

effective relief.



Bayer. The wonder drug that works wonders:

THE KINNEY CAVALRYMAN

PAGE 7



STOCK PLANS For small investors, there's a plan many people are using to succeed at stock buying even though they have little money and less experience with Wall Street.

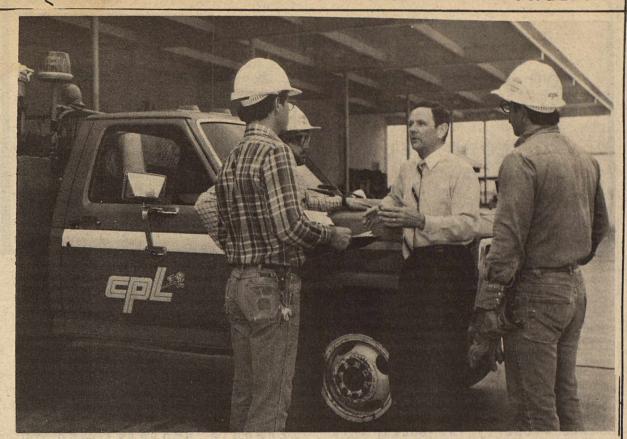


are getting big help from a national investment group.

Many people invest \$20 to \$50 a month in the plan which is akin to buying stock on the installment basis. The plan works so well because making small investments regularly for a long time can be profitable. Many people are at-tracted to the stock market when it's booming and tend to invest a fair-sized sum at high prices. Others have learned that over time the stock market is low more than its high, so if you invest regularly for a long time, you're likely to make more of your purchases on the low side.

Most regular brokers are not really equipped to deal with people who want to invest this way, so the nonprofit volunteer-run National Association of Investors Corporation (NAIC) developed this special plan.

You can get a free leaflet on investing this way by writing NAIC Installment Plan, P.O. Box 220, Royal Oak, Michigan 48067.



Providing opportunities for employees to be successful in their jobs and giving them decision-making responsibilities early in their careers are among the goals E.R. Brooks, center, has established as CPL's new president and chief executive officer. With Brooks are members of CPL's Corpus Christi underground crew, from left, Gerald Mayne, Lee Marshall and Tony Garza.

Plan devised to save surplus food program

AUSTIN-A way to salvage a federal emergency food distribution program in Texas was announced by Marlin Johnston, commissioner of the state Department of Human Services.

More than 1.5 million hungry Texans-elderly and unemployed people and the working poor-depend on the free surplus food distributed as a supplement to food stamps.

The program was to shut down in Texas on June 16 because allocated federal funds are running out. The state's share of the \$50 million national program is about \$960,000 short of what it will take to continue operations until Oct. 1, when the next federal fiscal year begins and new funds become available.

Johnston said the Department of Human Services can come up with twothirds of the money to keep the program running, if the remaining one-third (\$320,000) can be raised locally.

The state agency operates the Temporary Emergency Food Assistance Program on a federal grant of \$3.3 million and an allocation of donated commodities from the U.S. Department of Agriculture. The cost of distributing the food, plus storage of perishables like cheese and butter, have consumed Texas' allocation of federal funds, Johnston said

"Costs are going up and participation has quadrupled since 1983," he said, adding that 26 other states face the same problem.

The Department of Human Services contracts with 86 non-profit groups to distribute the food to a half-million Texas households in 253 counties. In addition to cheese and butter, limited quantities of dry milk, flour, rice, cornmeal and honey sometimes are available. Distributors are reimbursed for actual costs up to 5 percent of the value of the donated foods.

Johnston said the contractors will be notified immediately of the availability of supplemental state funds and urged to seek matching funds from local sources to continue the program's operation.

The program has been funded by the federal government at approximately the same level for the last three years and has been inadequate to meet rising costs associated with high program growth.

On May 15, Johnston wrote to members of the Texas congressional delegation to advise them of the situation in Texas. At its meeting on May 27, the three-member Board of Human Services said it will pursue federal supplemental funding with a second letter to the Texas delegation.



They're members of the National Guard and Reserve, and they make up one-inira or

Their being fully trained and ready could make the difference between our being a strong, secure nation or not.

So when some of the people who work for you ask for time off to train to keep our defenses strong, give them that time. Even when they're out of the office, they're still working for you. If you're an employer and want more information,

write Employer Support, PO, Drawer 9660, Arlington, VA 22209-0660. Or call 1-800-336-4590. In Virginia and Guam, call collect 202-696-5307.



Protect their future while they protect yours.

THE KINNEY CAVALRYMAN

JUNE 20,1986

THANK YOU

FOR ALL YOUR VOTES & SUPPORT IN THE PRIMARY & PRIMARY RUN-OFF ELECTIONS

YOUR HELP WAS APPRECIATED

ROSEMARY SLUBAR

POL. .ADV. PAID FOR BY ROSE MARY SLUBAR P.O.BOX 121, BRACKETTVILLE, TEXAS.

TAX NEWS STATE PROPERTY TAX BOARD

AUSTIN... "If you are among the millions of Texas property owners who receive a notice of appraised value this year from county appraisal districts, pay close attention to it," advised Ron Patterson, executive director of the State Property Tax Board."This notice contains important information concerning your 1986 property taxes."

Patterson explained that the notice of appraised value is designed to inform taxpayers of proposed increases in the appraised value properties and the possible effect on their property taxes. "The notice also tells you how to protest the appraisal to an appraisal review board if you disagree with it," he added.

In most cases, a notice of appraised value means that the appraisal district proposes to increase the property's value by more than \$1,000 over its value the previous year. It may also indicate that the proposed value is higher than the value the owner reported on a rendition form, or that the property is on the tax records for the first time in 1986.

Patterson counseled taxpayers to carefully inspect their notices of appraised value."If the notice shows an incorrect description of your property, or if you simply disagree with the value, it's best to contact the appraisal district as soon as possible. By acting promptly, you can often clear up errors or disagreements over value without a formal hearing, he said.

If the taxpayer can't settle his disagreement informally, he can file a written protest and get a hearing before the appraisal review board. The notice of appraised value shows the deadline for filing

repressning lineres finereig.

deliged That

a protest, where to file it, and the date the appraisal review board will begin hearing protests from taxpayers.

"Again, it's best to file your protest soon after you receive your notice of appraised value," advised Patterson."It makes it easier for the appraisal district to schedule protests and to provide you with information you may need to back up your protest."

Among other information, the notice of appraised value lists the taxing units that tax the property, any exemptions granted for 1986, and value information from the previous year for comparison. "State law requires the notice to show your estimated taxes for 1986, so that you can gauge the possible effect of the proposed value on your taxes," said Patterson. "However," he added,"keep in

"However," he added,"keep in mind that these estimates assume that proposed values won't change and that the taxing units won't need more taxes than the year before. In practice, the estimated tax rates on your notice will rarely be the same tax rates that the local taxing units actually adopt."

"Remember," Patterson concluded,"the appraisal district only appraises your property. The governing bodies of your local taxing units are the ones who set the tax rates, and they must notify and listen to their taxpayers before adopting all but the smallest tax increases."

MIDDLE RIO GRANDE DEVELOPMENT COUNCIL

247.92

Contraction and a second s

PRESENTATIONS BY RURAL VENTURES, INC. MONDAY JUNE 23,1986. ZAVALA COUNTY COURTHOUSE, CRYSTAL CITY, 1:00-4:30 pm.

there exerts cars street

GENERAL OVERVIEW - Will include presentation on: (1) Mesquite Products including firewood, charcoal briquets, restaurant cooking wood, floor tiles, and arts and crafts; Fruits and Vegetables including apples, oriental vegetables, and value-added processing of traditional produce such as spinach, onions, cabbage, etc., (3) Aquaculture (fish-farming) production and marketing of pawns; and (4) Spanish Goats (Cabrito) processing and marketing.

TUESDAY JUNE 24,1986. LA SALLE COUNTY COURTHOUSE, COTULLA. 9:00-12:00 am.

Aquaculture (Fish-farming) Production techniques and costs, marketing and sales. 1:00-4:00 pm Follow-up sessions with individual producers and potential producers to discuss their particular situations and projects.

WEDNESDAY JUNE 25,1986. DIMMIT COUNTY COURTHOUSE, CARRIZO SPRINGS. 9:00-12:00 am

Mesquite - Production techniques and costs, Harvesting and Processing techniques and costs, marketing and sales.

1:00-4:00 pm Follow up sessions with individual producers and potential producers to discuss their particular situations and projects.

THURSDAY JUNE 26,1986. Texas A & M Extension Service, Uvalde (Garner Field Road) 9:00-12:00 am. Fruits and Vegetables Production techniques for new products. Harvesting and processing techniques and costs, marketing and sales. 1:00 4:00 pm Follow up sessions with individual producers and processors to discuss their particular situations and projects. FRIDAY JUNE 27, 1986. MAVERICK COUNTY COURTHOUSE, EAGLE PASS 9:00-12:00 am Spanish Goats (Cabrito) Marketing and Sales.Processing operations and costs. 1:00-4:00 pm Follow up with individual producers and processors to discuss their particular situations and projects. *******

FOR MORE INFORMATION CONTACT::GREG DAVENPORT OR SKY JONES-LEWEY MIDDLE RIO GRANDE DEVELOPMENT COUNCIL. **********

· Cital

3.6.0.1 0.9 3 M.U.

THE KINNEY CAVALRYMAN

计方规者名子为并立,并当时有行为, 当日工

SIGNIFICANT CHILD ABUSE STATISTICS IN TEXAS

PREPARED BY THE GOVERNOR'S JUVENILE JUSTICE EDUCATION PROJECT.

Reports of child abuse and neglect to the Texas Department of Human Services increased 9.6% over 1984. TDHS identified 59,863 children as abused / neglected durning 1985. 50.6% were age 6 or under. 59.1% were neglected; 56.4% were physically, sexually or emotionally abused.

Of the child abuse cases confirmed by TDHS in 1985, 36.1% received services past the initial investigation. The need for ongoing services exceeds available resources. In 1985, 54% of alleged child abusers were married when reported to TDHS. 46 % were natural mothers of the victim, 25% were natural fathers of the victim. 14% were stepparents or paramours of the child's parent. In a 1978 study by Sam

Houston State University, 14.3% of adults reported they were abused or neglected as children, although only 26% of those incidents were reported. The study suggests that 8-12% of Texas children may be abused or neglected.

In 1983, 121 children are known to have died as a result of abuse / neglect.

CHILD ABUSE HAS BEEN LINKED WITH SOME OF OUR MOST SERIOUS SOCIETAL PROBLEMS...

DOMESTIC VIOLENCE ..

.

Child abuse is a behavior that is passed on from generation to generation. The majority of pedophiles, conservatively estimated at 80% were sexually abused as children. A 1982 study indicated that of residents in Texas shelters for battered women, 27% were abused as children and 34% experienced spouse abuse between their parents. Of those who battered these women, 38% were abused as children and 58% experienced spouse abuse between their parents. 70% of the children who came to shelters with their mothers had been physically or sexually abused. Only 21% of those cases had been previously reported to the systolic pressure, TDHS.

MURDER..

1. 1 1 1 1 1 1 1

A study of first degree murderers indicated that 75% had been abused or neglected as children. Other studies of people incarcerated for all crimes show even higher correlations between criminal behavior and child abuse / neglect.

JUVENILE DELINQUENCY...

One study indicated that 97% of hard core deliquents had a history of severe physical punishment and assault in their home. Abused deliquents were 58 times more likely to commit rape than non-abused deliquents. *********

TEXAS DEPARTMENT OF HEALTH

ACCENT ON HEALTH -- HIGH BLOOD PRESSURE ...

High blood pressure, also called hypertension, is the leading cause of death from heart disease in Texas each year, yet it is almost entirely controllable, with medication, diet and lifestyle changes, according to the Texas Department of Health. TDH urges everyone to have their blood pressure checked and take precautions against the most common deadly heart disease. Anyone can develop a high blood pressure condition in which the heart exerts excessive force in pushing blood through the arteries. What makes hypertension so deadly is that it is hard to detect by the way a person feels. A person can have dangerously high blood pressure and feel perfectly fit. The only reliable way to know whether a person has the disease is by a simple, painless blood pressure check, performed preferably by a nurse or physician.

To determine blood pressure, an inflatable cuff is wrapped around the upper arm, while a stethoscope is placed in the bend of the elbow. When the cuff is inflated, the pressure increases until blood flow, heard through the stethoscope, stops momentarily. The air pressure in the cuff is slowly released until the flow resumes. The reading on the pressure gauge at the cuff is then recorded. That reading, indicates the pressure the heart exerts each time it pumps blood into the large blood vessels.

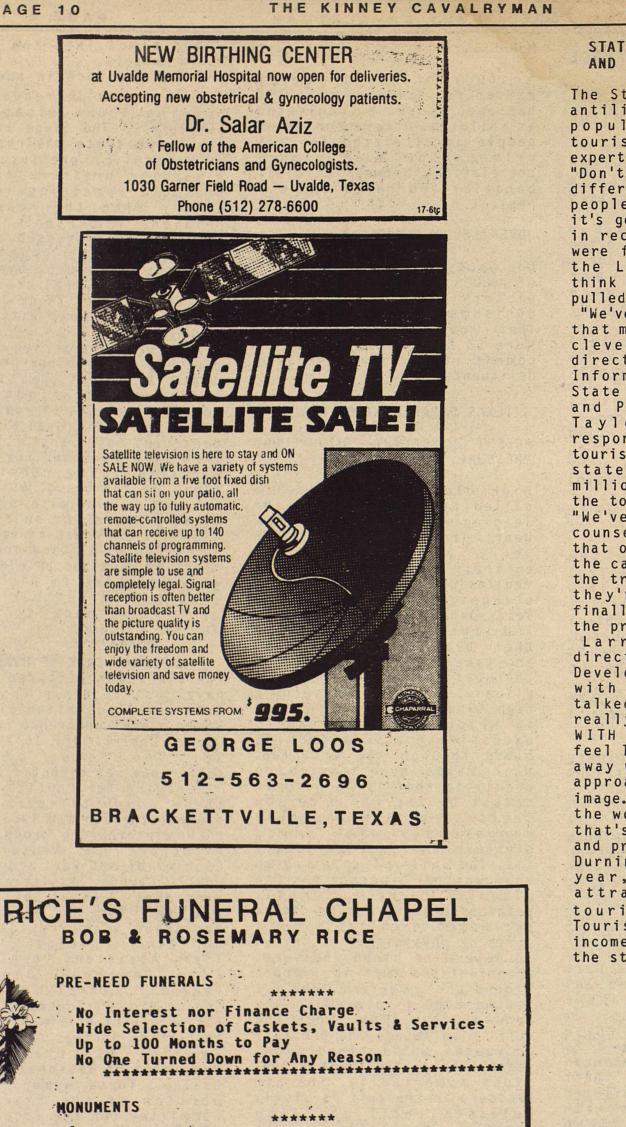
As the pressure in the cuff continues to decrease, the pumping sound disappears completely. The gauge reading then represents the resting, or diastolic, pressure. The diastolic pressure is the pressure remaining in the artery when the heart is relaxed. A person's blood pressure is expressed as two numbers, the systolic (pumping) pressure, over the diastolic (relaxed) pressure, such as 118 over 74 or 118/74, which is considered within the normal range.

For accuracy, a person should have his or her blood pressure checked on at least two different occasions, and compare the sets of readings, since an individual's blood pressure may vary slightly from time to time. For blood pressure to be considered high, the individual must have an average diastolic pressure of 90 or more, or an average systolic pressure at least of 140 or more. A blood pressure check is easy and painless. If your pressure is high, you should find out early and begin treatment to avoid further illness.

NATIONAL BANK OF UVALDE

The six women pictured above have just returned from the National Association of Bank Women state conference held in Corpus Christi May 16 through 18. The focus of the conference was directed toward " Managing for Profit" which these women officers will promote through the local area NABW Wintergarden group. Left right are B.J. Hensarling, Cashier of NBC Bank - Uvalde. Odelia Garcia, Assistant Vice President of First Savings of Uvalde, Ann B. Vaughan, Assistant Vice President of NBC Bank - Uvalde, Jackie Ilse, Assistant Cashier of Frio National Bank in Pearsall, Carolyn Little, Senior Vice President of First National Bank of Dimmit County in Carrizo Springs, and Bettie Gamble. Assistant Vice President of National Bank in Uvalde. These women form a portion of the Executive Committee for the local NABW Wintergarden group for the upcoming 1986-87 year. The current membership is composed of 36 women officers representing 13 area financial institutions.

* * * * * * * * * * * *



All Sizes and Colors

6 to 8 Weeks Delive

WE SERVE TO SERVE AGAIN

Prices Include Lettering, Delivery & Installation

563 2438

STATE DEPARTMENT OF HIGHWAYS AND PUBLIS TRANSPOTATION ...

The State's hard-hitting new antilitter slogan is gaining popularity, even among tourists, according to Texas experts on tourism.

"Don't mess with Texas" is a different approach to getting people to stop littering. And it's gotten a lot of publicity in recent weeks. Some Texans were fearful that visitors to the Lone Star State would think the welcome mat had been pulled in. Not to worry.

"We've reached the conclusion that most tourists think it's clever," said Tom Taylor, director of the Travel and Information Division of the State Department of Highways and Public Transportation. Taylor's division is responsible for the 12 Texas tourist bureaus throughout the state. Each year, some 3.2 million visitors pass through the tourist bureaus.

"We've talked with our travel counselors, and they tell us that out-of-staters appreciate the campaign. They've noticed the trash along the roads, and they're glad to see we're finally getting serious about the problems," said Taylor. Larry Todd, executive

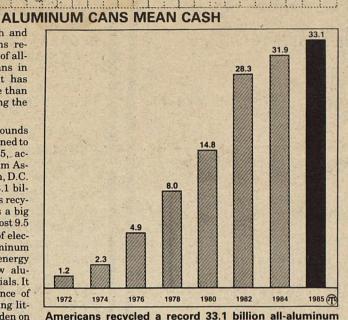
director of the Texas Tourist Development Agency, agrees with Taylor. "People I've talked to from other states really like the 'DON'T MESS WITH TEXAS" approach. They feel like only Texans can get away with such a bold, brash approach because it fits our image. We're known throughout the world as a friendly bunch that's proud of our heritage and protective of our state. Durning the Sesquicentennial year, Texas is expecting attract. 20 percent more tourists than last year. Tourism is one of the largest income producing industries in the state.



In the quest for cash and conservation. Americans re cycled a record number of allaluminum beverage cans in 1985. It's a trend that has earned Americans more than one billion dollars during the past five years alone.

Almost 1.25 billion pounds of aluminum were returned to productive use in 1985, ac-cording to the Aluminum Association in Washington, D.C. That's equivalent to 33.1 billion beverage cans. This recycled volume represents a big savings of energy-almost 9.5 billion kilowatt hours of electricity. Recycling aluminum saves 95 percent of the energy required to make new aluminum from raw materials. It improves the appearance of communities by reducing lit-ter and it eases the burden on municipal landfills.

"For five years running, Americans have recycled more than half of the aluminum beverage cans shipped," according to Aluminum Association President John C. Bard. He believes the popularity of the all-aluminum beverage can stems from its recyclability-a trait that's good for



THE KINNEY CAVALRYMAN

Americans recycled a record 33.1 billion all-aluminum cans in 1985.

everybody. It benefits the aluminum industry, can manufacturers, the environment and American consumers. The can is convenient to use and is strong, but lightweight.

The Aluminum Association is a prime source of information on aluminum and the

aluminum industry. The Association's member companies account for virtually all the primary aluminum produced in the United States.

Recycling aluminum is an example of America's commitment to the environment.

Snoring: The Din May Sound Danger

information I thought I would list the employees who work for me and their titles, they are as follows:: Matha Smallwood, Deputy Tax Assessor/Collector, TAC Office Rachael Clements, Clerk, TAC Office Terry Fisher, Deputy Sherriff, KCSO Dee Jordan, Jailer/Dispatcher,KCSO Jesse Garcia, Jailer/Dispatcher,KCSO Matt Sandoval, Jailer/Dispatcher, KCSO John Jordan, Jailer/Dispatcher, KCSO Reese, Larry Jailer/Dispatcher, KCSO David Luna, Jailer/Dispatcher,KCSO Longoria, Mario Jailer/Dispatcher, KCSO Johnny Sheedy, Reserve Deputy, KCSO Warren Outlaw, Reserve Deputy, KCSO Ben Vasquez, Reserve Deputy, KCSO Martha Ward, Dietician, KCSO

PAGE 11

Just as a matter of public

Rosa Baker, Jail Nurse, KCSO

want to thank all those listed above for their loyalty, support, and hard work under what is often difficult situations. Without these people and their assistance, my job as Sherriff would be impossible.



prove their livestock.

THEN: People have been raising cattle for thousands of years. In the Lascaux Cave in France, the Altamira Cave in Spain, and in ancient Egyptian tombs, prehistoric drawings of cattle have been found. Some historians believe cattle was brought to America by Norwegian vikings and later by Christopher Columbus.

In 1900 cattle in the United States numbered about 59,739,000. Since then American cattlemen have worked constantly to improve breeds and to increase milk and beef production. By the early '70s, the average American ate about 113 pounds of beef and drank about 120 quarts of milk every year.

NOW: Today, cattlemen are finding more ways to breed quality livestock, while saving time, money and labor. One way is fly control. Recent tests on insecticidal ear tags have shown an average of 27 1/2 pounds per animal increase; and increase of \$16.76 per animal at sale; and an average of 4.1 percent weight increase per day advantage over non-tagged stock.

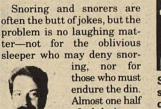
The ear tag was the first ers in the supermarket.



One way ranchers today keep up the quality of their livestock is through efficient pest control.

way to continually control livestock pests. Yet it reaches a point when a certain percentage of the fly population survives and seeds the population of the following spring. To help cut down on future flys, some farmers use SDS Biotech Rabon Oral Larvicide in the cattle's feed through summer and into fall, spray with Ravap or Ciovap in the spring, and apply two Ectrin

Ear Tags during fly season. Good cattle care can save producers millions of dollars of otherwise lost revenue in meat and milk production-it can mean savings for consum-



of adult Americans snore oc-casionally and Mitler one quarter more are loud, habitual snor-

By Merrill M. Mitler, Ph.D. Scientific Director, Sleep Disorders Center, Scripps Clinic and Research Foundation, La Jolla, Calif.

ers, according to medical estimates. What causes snoring? Snoring is caused by tissues in the soft palate that vibrate when the sleeper breathes out or breathes in. A cold, asthma, a sinus infection or allergy

may block nasal passages and airways and the sufferer must inhale deeply to get air into the lungs. Another cause of snoring could be a large uvula, or adenoids and tonsils that are swollen and block the free flow of breath. Obesity can be a culprit: Excess fat means excess tissue every-

where, including around and within the throat and neck. Added weight makes lungs fight gravity to fill with air, especially when the sleeper is flat on his back. About one in ten snorers

may have an extreme and sometimes deadly breathing disorder called sleep apnea. which entails periodic halts in breathing for up to three minutes each that may occur hundreds of times per night. It leaves the victim feeling drained and fatigued during



stead of your back may reduce your likelihood of snoring during the night. the day. It is most common in the elderly and in overweight and older men. Sleep apnea

often induces high blood pressure, erratic heartbeat and pulmonary problems. Treatments range from changes in sleep position to weight loss, medication and surgery.

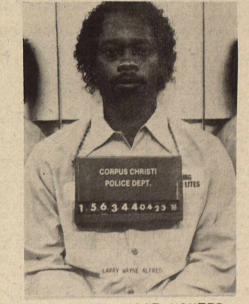
Snoring does not usually require medical attention in otherwise healthy adults. Some tips to diminish snoring include:

• Lose weight to reduce excess tissue in the back of the throat.

· Avoid alcohol and sedating drugs before bedtimethese cause tongue and throat muscles to sag.

• Try to sleep on the side instead of the back. • Heavy snorers should see a doctor if they feel constantly tired or believe they show symptoms of sleep apnea.

For a free brochure about insomnia, write: Insomnia/ Upjohn, Dept. MAT, P.O. Box 307, Coventry, CT 06238. For the location of nearby sleep disorders centers, write: Association of Sleep Disorders Centers, P.O. Box 2604, Del Mar, CA 92014.



TEXAS MOST WANTED

LARRY WAYNE ALFRED, 25, BLACK MALE, 5-8, 160 POUNDS, WITH BLACK HAIR AND BROWN EYES. WANTED ON THE FOLLOWING WARRANTS;; UNAUTHORIZED USE OF A VEHICLE .-- NUECES COUNTY.

D.O B. 2/11/61

REWARD OF \$1,000. CALL CRIME STOPPERS ADVISORY

COUNCIL 1-800-252-8477.

PAGE 12 THE KINNEY CAVALRYMAN JUNE 20,1986					
CHURCH CHURCH ALL CLASSIFIED ADS ARE DUE BI ALL CLASSIFIED ADS ARE DUE BI ALL CLASSIFIED ADS ARE DUE BI ALL CLASSIFIED ADS ARE DUE BI ALL CLASSIFIED ADS ARE DUE BI SUMDAY SCHOOL PER WORD OR \$2.00 PER WEEK FOR SUMDAY SCHOOL NO BILLING OW CLASSIFIED.III SUNDAY SCHOOL FOR SALE FREY MEETING AUL CLASSIFIED ADS ARE DUE BI SUNDAY SCHOOL FOR SALE FREY MEETING FOR SALE SUNDAY SCHOOL FOR SALE SUNDAY SCHOOL FOR SALE SUNDAY SCHOOL FOR SALE SUNDAY SCHOOL SALE SARCHING FOR SUNDAY SCHOOL SUNDAY SCHOOL SUNDAY SCHOOL SUND	ACHES OF ETTVILLE T CHURCH APTIST) 9:45 am CE 11:00 am CE 11:00 am CE (SUN) 7:00 pm G (WED) 7:00 pm ************************************				

......

-1-