



A grass fire near the house was put out earlier in the afternoon, but is not believed to have been the cause of the house fire. No official cause has been given. (Photos by Dick Miller)

Now It's 828-3939

To report a fire in the Helotes area, the new phone number to dial is 828-3939.

The switchover was made Wednesday of the week. Bexar County's fire dispatching now is being done by the Alamo Heights Police Department under a contract

recently approved.

Do not use the number listed for fires on the inside cover of the phone book. However, emergency number 911 still may be used. For quicker results, 828-3939 is better.

Auction To Aid Library

Activities planned for the Northwest Community Library fundraising auction on September 5 promises some first class bargains for the right bidders and fun for buyers and browsers alike. The benefit will begin at 1 p.m. at Marshall High School, with fire truck rides for the kids, craft and collectible tables, tasty food booths, balloons, cotton candy, a silent auction and a preview

of the items which will be auctioned starting at 2 p.m.

Proceeds from the sales will benefit the building fund of the Northwest Community Library, which serves Leon Valley, neighboring Helotes and other northwest Bexar County communities. The library receives no funds from San Antonio but is funded through the city of Leon Valley and private contributions.

Anderson Garage



Professional
& Quality Service
Is Our Goal

Texas Independent
Automotive Association

Let Us Keep Your Car In Good Repair

7560 Bandera Rd.

1 Mile North of Leon Valley

WE HAVE BEEN SERVING OUR CUSTOMERS
AT THE SAME LOCATION SINCE 1946

Call 684-0521

GIBSON'S BANDERA ROAD FLEA MARKET

San Antonio's Largest & Most Complete Flea Market
NOW...Shop under the lights on Friday Nights

1 p.m.—9 p.m.

9 a.m.—6 p.m. Saturday & Sunday
Over 200 different vendors!

VENDORS — Still plenty of
tables available for rent
Plenty of FREE PARKING!

1331 Bandera Rd.

433-9608



In Memoriam Newton A. Evans, Jr.

Newton A. Evans, Jr., Route 15, Bandera Road, died an untimely death on Friday, Aug. 27, at the age of 39. He was buried Monday, Aug. 30, in Zion Lutheran Cemetery following services at Roy Akers Funeral Chapel.

He was the son of Mr. and Mrs. Newton A. Evans, Sr., of Evans Valley, and had

been preceded in death by his father by only three weeks.

Survivors include his mother; three sons, Newton Aaron III, Timothy Karl and Dale Eric; a brother, Steven P. Evans; and a sister, Mrs. Alice Taylor of Georgetown.

Officiating at his funeral services was Rev. Vernon Breikreutz.

Mrs. Theresa M. Fleming

Mrs. Theresa M. Fleming of 8331 Brixton died Friday, Aug. 27, at the age of 72. Following services at Our Lady of Guadalupe Church in Helotes on Monday, Aug. 30,

she was shipped to Ashfield, Massachusetts, for burial.

She is survived by her husband, Paul F. Fleming, six stepsons, 13 grandchildren and two sisters.

Lawrence M. Morales

Lawrence M. Morales, 21, son of Mr. and Mrs. Raul Morales of the Morales Ranch on Bandera Road, was found dead on Saturday, Aug. 21.

In addition to his parents, he is survived by one brother, Raul, Jr., and six sisters, Evangelina Del Tora

of Houston, Adelina Alonso and Diane Carrillo of San Antonio, and Yolanda, Viola and Bernadette Morales of Helotes.

A memorial service was held Monday, Aug. 23, in the Roy Akers Funeral Chapel, and his ashes were interred at the ranch.

Frank Woller

A member of a pioneer Helotes family in the Hausman and Woller Roads area, Frank Woller died Monday, Aug. 30. He lived at 7938 Hausman. He was 86.

He was buried in Mission Burial Park North on IH-10 after services in the burial park chapel on Wednesday, Sept. 1.

Mr. Woller's survivors included his wife, Mrs. Alvina Woller; two sisters,

Mrs. John Igo and Mrs. Mary Marnock; and several nephews and nieces.

Garden Club To Meet

The Helotes Garden Club will meet Thursday, Sept. 16, at 10 a.m. in the home of Ann White, 11040 Donkey Flat, in Helotes Ranch Acres. The program will be "Cardening and Cooking With Herbs." Mrs. White will serve lunch using herbs from her garden.

Guests and new members are welcome.

DR. THOS. J. HABERMAN, D.D.S., M.S.
FAMILY DENTISTRY
13041 Bandera Rd.
(In Helotes) **695-8884**

HELOTES HILLS UNITED METHODIST CHURCH
13222 BANDERA ROAD
Rev. Jerri Jones, pastor
SUNDAYS
Church School - 9:45 a.m. • Worship Services - 11 a.m.
Youth Activities - 695-3761

Robert T. Lee, D.D.S.

Complete Family Dentistry
including Orthodontics

**Saturday &
After 5 Appointments
Available
681-5320**

LEON VALLEY
PROFESSIONAL BLDG.
6336 Bandera Road, Suite F

NOTICE OF VOTE ON TAX RATE

The City of Helotes conducted a public hearing on a proposal to increase your property taxes by greater than three (3%) percent on Monday, August 30, 1982 at 7 p.m.

A public meeting to vote on the tax rate will be held on Tuesday, Sept. 7, 1982 at 7 p.m. at the PARC Bldg.

City Council
Helotes, Texas

Speak Now Or...

With the setting of the first tax base for Helotes, citizens and property owners inside the incorporated area will begin to pay for needed goods and services vital to the everyday running of a city.

A hearing has been set for all concerned to make any final remarks on Tuesday, Sept. 7, at 7 p.m. at PARC Building next to the Helotes Hills Methodist Church. On that same occasion the members of the City Council—who have been researching a budget with the aid of the City Treasurer and from the brief experience of the past few months—will cast their votes for the 1982 taxes.

From the citizens' input at the first public hearing on August 30, it appears that a low rate is preferred. However, it will not probably be the 18¢ envisioned by the elected officials. For those who want to have their say and to understand the facts upon which the tax base will be set, we suggest that you mark this day-after-the holiday on your calendar or forever hold your peace.

The Echo Is 21

Sept. 1 marked the 21st birthday of the HELOTES ECHO, which has been a regular part of the Helotes scene since 1961. During that time, Helotes has maintained its identity as a ranch town and resort with the addition of new citizens in the now incorporated vortex.

In September, 1961, the ECHO reported the ravages of the hurricane Carla and the presence of many coastal citizens seeking refuge. Scenic Loop Playground, the center of social gatherings—is now Grey Forest, Texas—carved out of one of Helotes' oldest ranches.

Floore Country Store was here. So was Maltsberger's, now the Helotes General Store, its original sub-title. Toepperwein's flourished. There was a Red & White Store. Helotes Park Plaza was ranchland also. Traffic sped through downtown Helotes, or screeched to a halt. We find the years go by so fast.

Hospital Signs For War Duty

Southwest General Hospital officials have pledged support to the Civilian-Military Contingency Hospital System. Southwest committed a minimum of 50 beds to the system.

CMCHS was devised to accommodate the vast

number of casualties which could be expected in the event of a conventional war on foreign soil. Technological advances in weaponry and today's highly mobile armies would account for these high numbers.

Casualty-loaded planes

47 Texans May Die In Labor Day Traffic

The Labor Day holiday weekend, the traditional last fling of summer, will get underway today with the Department of Public Safety warning motorists it may prove to be the most dangerous holiday of the year.

The DPS estimates as many as 47 persons will be killed on Texas streets and highways during the three-day period and hundreds could suffer disabling injuries. Last year 58 people died in traffic mishaps in the state during the holiday weekend.

While it will be a holiday for most people, it will mean extra duty for police departments across the state. "Schedules will be arranged to keep a large contingent of troopers on the most traveled highways, particularly major roads leading to resort

areas," Trooper Allan Kempf said.

"There are a couple of psychological reasons for this holiday being so dangerous," a DPS spokesman said. "The Labor Day weekend is the beginning of the time of the year when daylight starts getting shorter and the weather starts to change.

"Vehicle deaths in relation to travel are sharply higher at night. There are more fatal accidents at night than daytime even though there are fewer vehicles on the roads at night.

"A big factor in holiday accidents is fatigue," he said. "People try to race the clock. They should start earlier, make frequent rest stops and switch drivers."

The DPS spokesman urged motorists to use seat belts, stick to the 55 mph speed limit and drive sober.

Kissinger Talk Free

Former Secretary of State Henry Kissinger will lecture at Trinity University on Wednesday, Sept. 15.

Kissinger will be the first speaker in the 1982-83 Trinity University Distinguished Lecture Series. His appearance in Laurie Auditorium at 8 p.m. is presented free of charge by the university as a community service.

Kissinger will lecture on the "Geo-Political Outlook for the 1980s." The originator of shuttle diplomacy, Kissinger served under two Presidents, Nixon and Ford. In 1973 he was awarded the Nobel Peace Prize and in 1977

the Presidential Medal of Freedom, this nation's highest civilian award. He recently published "Years of Upheaval" which recalls the turbulent years of the second administration of President Nixon.

Telethon Set Sunday

The Muscular Dystrophy Association and KSAT-TV will present the 17th Annual Labor Day Telethon on Sept. 5-6. The twenty-one-plus hour show, hosted in Las Vegas by Jerry Lewis, will begin at 8 p.m. Sunday night and continue until 5:30 p.m. Monday.

Mario Bosquez, co-star of KSAT's PM Magazine, will emcee local segments of the television spectacular for

The Labor Day Telethon, which helps raise funds for the ongoing fight against muscular dystrophy and related neuromuscular disorders, has been an annual feature since 1966, and has raised more than \$200 million to help fund Muscular Dystrophy's services and programs for disabled children and adults. Last year, more than \$420,000 was raised in San Antonio alone, thirty minutes of each hour, which will be broadcast live from the San Antonio Convention Center.

MELVIN N. EICHELBAUM

Attorney at Law
Leon Valley Professional Bldg.
6336 Bandera Road, Suite E
San Antonio, Texas 78238

CIVIL

- ☐ Divorce
- ☐ Wills, Estates & Probate
- ☐ Workmen's Compensation
- ☐ Personal Injury
- ☐ Bankruptcy
- ☐ Real Estate

CRIMINAL

- ☐ DWI's
- ☐ Juvenile Cases
- ☐ Misdemeanors
- ☐ Felonies
- ☐ Compensation to Victims of Crime

Law. Every aspect of your life is affected in some way by the law.

Law is a serious matter.

Your lawyer is important to you. Always

I will welcome your call at 681-5710

Melvin N. Eichelbaum

Now Open In Helotes!

CHIROPRACTIC PAIN CONTROL CENTER

- Offering the latest in

DRUGLESS PAIN CONTROL

- Specializing in

SPINAL TOUCH...

A non-force technique

Dr. John Armstrong
CHIROPRACTOR

OFFICE:
Helotes Park Plaza
12954 Bandera Road
Tues., Thurs., Sat.
9 a.m. till 7 p.m.
Call 695-3362

ALTERNATE OFFICE:
8121 Latigo Plaza
Marbach Rd. at Loop 410
Mon., Wed., Fri.
9 a.m. till 7 p.m.
Call 673-2190

HELOTES ECHO

"Ye shall know the Truth"

Established Sept. 1, 1961

Published First and Third Friday

at 15350 Scenic Loop Road

Helotes, Texas (in Bexar County)

Mailing Address: MIN. SUBSCRIPTION

Helotes Echo \$3.50—Per Year

P.O. Box 228 20¢ Per Copy

Helotes, Texas 78023

VOL. XIX, No. 17 - September 3 - 10 1982

Publisher: Charles O. Brown, Jr.

Editor: Lucy Perkins Brown

Associate Editor: Virginia Van Steenberg

Contributing Editor: Marie Parrigin

Staff Photographer: Dick Miller

Phone 695-3613

If No Answer Call 695-3525

Cancer Talk To Be Free

Detecting breast cancer by ultrasound is the subject of a lecture to be given at The University of Texas Health Science Center Tuesday, Sept. 7, at 5 p.m. The lecture is open to the public.

George R. Leopold, M.D., professor and chief of diagnostic ultrasound at the University of California Medical Center, San Diego, will speak. He also is editor of the 'Journal of Ultrasound in Medicine'.

New Vice President



Our Lady of the Lake University's board of trustees has named Carolyn A. Phillips to be vice president and dean of student life. She had been serving as director of student personnel services. Miss Phillips is a graduate of Central Missouri State University, and formerly worked at Mississippi State University and the Oregon Institute of Technology.

Vets Will Hear Talk

"Human/Pets Bond Relationship" will be the topic of a lecture sponsored by the Veterinary Medical Association of Bexar County on Sept. 7, according to Dr. William S. Rowe of Helotes, association president.

To begin at 7:30 p.m. at the

University of Texas Health Science Center in Room 409L, the speaker will be Dr. Leo Bustad, dean of the College of Veterinary Medicine at Washington State University. All veterinarians in South Texas are invited.

HELOTES FAMILY PRACTICE CLINIC

now includes

HELOTES MINOR EMERGENCY CENTER

HOURS OF OPERATION

	Family Practice Clinic	Minor Emergency Center
Monday	9 AM - 5 PM	5 PM - 9 PM
Tuesday	9 AM - 5 PM	5 PM - 9 PM
Wednesday	9 AM - 5 PM	5 PM - 9 PM
Thursday	9 AM - 5 PM	5 PM - 9 PM
Friday	9 AM - 5 PM	5 PM - Midnight
Saturday	CLOSED	9 AM - Midnight
Sunday	CLOSED	9 AM - 9 PM

12910 Bandera Road
Helotes, Texas 78023

695-3501

'El Grito' To Open Celebrating

Plans for the annual celebration of "Diez y Seis," Mexico's Independence Day, in San Antonio are moving ahead. A big parade will make its way through downtown San Antonio on Saturday, September 11, and a second parade will march down Guadalupe Street on the following Saturday, September 18.

The traditional "El Grito" will be given on the evening of September 15 at El

Mercado (Market Square) by the official representative of the President of Mexico, who will also participate in a formal wreath-laying ceremony at the statue of Father Miguel Hidalgo on the morning of the 15th.

It was Father Hidalgo who proclaimed the Mexican Revolution against colonial rule on September 15, 1810, a revolution in which Texas and San Antonio played a

prominent part. The annual observance of the event is sponsored jointly by the Mexican Consulate and the Mexican American Friendship Committee.

A week-long fiesta at Market Square will be staged by the San Antonio LULAC Councils September 16, 17, 18, with food booths, mariachis and other entertainment featured from 12 to 12 each day.

The San Antonio Charro Association will present one of the highlights of Diez y Seis Week in San Antonio with a "Charreada" (Mexican Rodeo) at the Charro Ranch near Mission County Park, Sunday, September 19. Other groups and organizations are planning a number of fiestas in various parts of the city as part of the celebration of El Diez y Seis in San Antonio.

Rocking D Western Wear

Helotes Park Plaza

COME SEE A REAL WINNER

...YOU CAN BECOME A WINNER TOO!

SEE THE SUPER 8 FOOT Wrangler GIANT JEANS

Enter the Wrangler Giant Jeans Guess the Stitches Contest and win a Valuable FREE Prize.

Drop by our Wrangler Giant Jeans Display. Guess the stitches in these huge jeans. Fill out a contest blank, and you can win the following FREE prize:

Contest now thru Sept. 18. Winners will be chosen on Sept. 18 and notified by mail.

Drawing at 1 p.m.
For \$50.00
Gift Certificate
& Free Pair
of Wranglers



S
I
D
E
W
A
L
K

S
A
L
E

Sept.
18
Up to
**50%
OFF**
Summer
Sale
Items

12934
Bandera Road
Helotes Shopping
Center
695-8212

NOW
TWO
SHOPS

6004
Highway 87 East
San Antonio
648-7740

Dance Set For Connell

A country western show and dance will be given by the fund raising committee of the Jerry Connell for Constable campaign at Whiskey River (formerly Randy's), Tuesday, Sept. 7.

Featured will be the Magic River band. Donations are \$7.50 per person.

Connell is the Republican Party candidate for constable in Precinct 2 in the general election in November.

Kazen In Washington

By Abraham (Chick) Kazen, Jr., M.C.

Over the years that I have supported legislation to mandate a balanced federal budget I have often doubted that we might ever win over enough members of Congress to get the job done.

My own legislation to balance the budget has long been avoided by those who simply refused to face the fact that runaway federal spending had crippled our economy from top to bottom.

I am heartened to report that we may yet see this important budget relief. Those of us who have sponsored legislation to accomplish a balanced budget, joined of late by a growing number of members of Congress who have seen the light, have joined forces on House Joint Resolution 350, the Tax Limitation-Balanced Budget Constitutional Amendment. There are already more than 200 members of the House who are cosponsors of the amendment, and there is a companion bill in the Senate.

We have now been joined by President Reagan, who recently endorsed a balanced budget amendment. This support will be most helpful, of course, and the President's endorsement of a balanced budget is even more important in light of his statement

WASHINGTON VIEWPOINT



last March that budget deficits are a "necessary evil in the real world."

DEFICIT CONTROL

We are counting on the belief that deficits are not unavoidable. It is our position that balancing the budget may be painful, but it will go a long way toward solving our economic problems. Texas is the envy of the nation with a pay-as-you-go system of government which has helped us avoid at least some of the more damaging effects of the national economic problems.

Thirty-one states have already requested a Constitutional Convention to consider a balanced budget amendment. Because of the uncertainties of what might occur at a Constitutional Convention, not to mention legal challenges which might actually deter the process, I would prefer to handle this in the traditional manner of consideration by the Congress and the individual states.

This particular legislation, H.J. Res. 350, which has been the project of the National Tax-Limitation Committee, contains what some openly describe as a "loophole" under which deficit spending could still be possible. In an

emergency, three-fifths of the total membership of each house could vote to adopt a deficit budget. Also, a majority of the total membership of each house would be necessary to increase federal receipts at a rate greater than the prior year's rate of increase in national income.

There is some difference of opinion as to whether this clause allows Congress too much freedom to backslide. The other side of the coin is that we cannot box-in the budget and ignore the possibility of future spending emergencies. As I see it, the three-fifths vote should ensure that no frivolous spending would lead us back into a deficit situation. It is very difficult to get three-fifths of the Congress to agree on anything, much less money matters.

STILL PROBLEMS

The Amendment — if Congress and the States approve it — would be of great benefit to this country, but we would still face many painful decisions on where to place our spending priorities. The debates over "guns or butter" or what combination thereof have been going on for many years and no doubt will continue. After the balanced budget itself, this is

the next great question we will face.

A balanced budget may not make this easier, but it will certainly make it less dangerous economically. It will also make us face up to — and solve — the issues we have avoided for so long.

Housing Units Rise

"Housing starts for the month of July in the San Antonio area once again took a fairly dramatic leap over previous month's figures for single family detached housing," stated Art Burdick, president of the Greater San Antonio Builders Association. Single family housing starts in July were calculated to be 670, which is approximately a 22% increase over June's housing start figure of 525 starts.

In addition, July's total of 670 represents an 86% increase over housing starts at the beginning of 1982. Also significant is the fact that for the second month in a row, 1982 housing starts are on a par with 1981's figures. In July 1981, 700 housing starts were recorded, which is only a 5% increase over July 1982.

Once again, production in housing is on the rise due to the depleted inventory being replenished. Builders have been gradually restocking the dwindling supply of single family housing, and meeting the needs of San Antonio's growth.

In Helotes, Texas

EL-CHAPARRAL

serving
Mexican Dinners
with the 'Helotes Brand'

Also American Food
Available from our Menu

Open 5 P.M. - Close 10 P.M.
Tuesday thru Saturday

11:30 A.M. to 8:30 P.M.
Sunday

**Reserve our Private Party Room
for your Clubs and Parties**

**DINING ROOM
RESERVATIONS
NOT REQUIRED**

FOOD-TO-GO

Call 695-8302

Bandera Road — 1/4 Mile North of Scenic Loop

★ ANTIQUES

★ GIFTS

FROM OUR CAREFULLY SELECTED GIFT ITEMS...

YOU MAY SELECT THOSE THAT REFLECT YOUR JUDGMENT OF THE TRUE AND THE BEAUTIFUL AT MODEST PRICES. CRYSTAL AND GLASS — OLD OR NEW — CHINA, AND MORE.

FOR YOUR SOUTH TEXAS ART COLLECTION...

WE HAVE TEXAS WILDLIFE PAINTINGS, ORIGINALS OR PRINTS, BY TEXAS STATE ARTIST — 1982-83 — ARMANDO HINOJOSA...



★ ART GALLERY

LAY-AWAY
YOUR GIFT
ITEMS FOR
THE HOLIDAYS

204 Olmos West (Between San Pedro and McCullough) 828-0191



WANTED HELOTES STATE BANK STOCK

**Will buy 10,000 Shares at
\$13 per share.**

**Stock must be tendered
no later than
September 30, 1982**

**ARCH C. HOLDEN
695-8905
695-8724**

The Institute Needs You



Wendy Burch, explaining the uses of an early American Indian doll to a group of children, is a member of the Institute of Texan Cultures' volunteer alliance program. The institute needs more volunteers to work as guides and instructors. Training classes for volunteers will begin Sept. 20. Call the institute for an interview if you would like to help.

Air Force Turns 35

Some of the great names of U.S. airpower will help San Antonio celebrate the Air Force's 35th anniversary on Friday evening, September 17, at a formal dinner-dance in Banquet Hall No. 2 of the Convention Center.

"Silver Wings and Golden

Years" is the theme of the anniversary gala sponsored jointly by the Greater San Antonio Chamber of Commerce and the Alamo Chapter of the Air Force Association.

Festivities will begin at 7

p.m. with cocktails, followed by dinner at 8 p.m., a special 35th anniversary salute at 9 p.m. and dancing to the music of Paul Elizondo and his orchestra until midnight. Tickets are \$20 per person. Call the chamber, 229-2118.

Stravinsky Centennial To Bring Concert Series

Composer Igor Stravinsky's centenary will be observed by the Trinity University department of music, Nov. 12-14, on campus.

The three-day series of concerts and scholarly addresses comprise Trinity's third annual classical music festival, "MusicFest III: Stravinsky Centennial."

As in the past, all MusicFest events are free and open to the public, made possible by the Stieren Arts Enrichment Fund, an endowed gift to the University by Mr. and Mrs. Arthur Stieren.

Highlighting the MusicFest will be Stravinsky's protegee and biographer, Robert Craft. A conductor and writer on music, Craft became Stravinsky's assistant in 1948. The two collaborated on seven books and shared more than 150 concerts.

Craft will open the festival with an address Friday, Nov. 12, at 3 p.m., in the Chapman Graduate Center Great Hall. A reception at 4:30 p.m. will honor Craft and other visiting scholars and performers.

MusicFest III will conclude Sunday, Nov. 14, with a concert at 3 p.m. in Ruth Taylor Concert Hall.

The concert, conducted by Craft, will feature "Sym-

phonies of Wind Instruments" (1920 and 1947), and "Concerto for 12 Instruments," "Concerto in E-flat 'Dumbarton Oaks,'" "Octet," "Pribaoutki, Berceuse du Chat," and "Septet." Performers will be members of the San Antonio Symphony, with Lyn Hamilton, mezzo-soprano.

UTSA May Add Building

The UT System Board of Regents at their meeting last week in San Antonio authorized the appointment of a consulting architect for a possible new building at UTSA.

The Marmon Mok Partnership was named consulting architect for design concept plans and preliminary cost estimates for the university's proposed Science Building.

UTSA officials will work with the consulting architect to prepare information which will be submitted to the Coordinating Board, Texas College and University System, for its review and approval before submission to the Texas Legislature for funding consideration.

Gill Tops \$10 Million

The Helotes branch office of Gill Savings has exceeded ten million dollars in deposits. The Helotes branch opened in October, 1980, in a temporary office and moved into its present permanent building in January, 1982.

Christopher Gill, chief executive officer of Gill Savings, said, "I am extremely pleased with the enthusiastic acceptance and support we have received from Helotes and the other surrounding communities."

Doug Walton, the Helotes branch manager, feels that the unusual success of the branch office is attributable to a number of factors — the Gill Savings operating philosophy, the outstanding members of his staff and their team effort, the confidence people have developed in the Gill name over the years, and the enthusiastic support of the Helotes people.

The Helotes branch offers the same full range of financial services as other Gill Savings Offices, such as interest-bearing checking accounts, safe deposit boxes, IRA accounts, numerous types of certificates of deposit and savings accounts, loans, credit cards, and the latest addition of a 24-hour automatic teller machine.



"ASK US — WE'LL PROBABLY SAY YES."

IRA Accounts
Savings Accounts
Checking Accounts
Certificates of Deposit
Money Market CDs
All Savers Certificates

Cashier's Checks
American Express Money Orders
Wire Transfers
Personal Loans
Automobile Loans
Home Improvement Loans

Commercial Loans

MEMBER OF F.D.I.C.

Lobby: M.-Th. 9-4, F. 9-6 • Drive in: M.-F. 7-6, Sat. 8-1

HELOTES STATE BANK
BANDERA ROAD AT FM 1560

P.O. Box 108 • Helotes, Texas 78023 • (512)695-8761

HELOTES CHRISTIAN CHURCH

A NON-DENOMINATIONAL
NEW TESTAMENT
CHURCH OF CHRIST

Meeting at 14120 Bandera Road in Helotes

Wishes to announce that we are now having Sunday evening meetings at 6:00 to study and praise God.

Temporary Schedule of Meetings
Sunday Bible Study: 10:30 A.M.
Morning Worship: 11:00 A.M.
Evening Worship: 6:00 P.M.

We are Christians only, and our desire is to restore the simple Christianity as taught in the New Testament. John 4:24. We invite everyone to join us.

FRANK FLACY — MINISTER
695-9706 or 674-4386

The University of Texas at San Antonio Men's Basketball Schedule 1982 — 1983

Nov. 18, 1982 (Thursday)	*Houston Flyers AAU Team	San Antonio
Nov. 26, 1982 (Friday)	University of Houston-Kettle Classic (Univ. of Houston, Arizona, Lamar, UTSA)	Houston
Nov. 28, 1982 (Sunday)	University of Houston-Kettle Classic (Univ. of Houston, Arizona, Lamar, UTSA)	Houston
Nov. 29, 1982 (Monday)	TEXAS CHRISTIAN UNIVERSITY	San Antonio
Dec. 1, 1982 (Wednesday)	University of Arkansas	Fayetteville, Ark.
Dec. 4, 1982 (Saturday)	BAYLOR UNIVERSITY	San Antonio
Dec. 6, 1982 (Monday)	SUL ROSS STATE UNIVERSITY	San Antonio
Dec. 10, 1982 (Friday)	Texas Tech University	Lubbock
Dec. 13, 1982 (Monday)	AUSTIN COLLEGE	San Antonio
Dec. 16, 1982 (Thursday)	Houston Baptist University	Houston
Dec. 18, 1982 (Saturday)	MC MURRY COLLEGE	San Antonio
Jan. 3, 1983 (Monday)	The University of Texas at Arlington	Arlington
Jan. 5, 1983 (Wednesday)	McNeese State University	Lake Charles, La.
Jan. 7, 1983 (Friday)	Lamar University	Beaumont
Jan. 10, 1983 (Monday)	THE UNIVERSITY OF TEXAS AT EL PASO	San Antonio
Jan. 12, 1983 (Wednesday)	Nicholls State University	Thibodaux, La.
Jan. 17, 1983 (Monday)	Louisiana Tech University	Ruston, La.
Jan. 21, 1983 (Friday)	UNIVERSITY OF NEW ORLEANS	San Antonio
Jan. 24, 1983 (Monday)	LAMAR UNIVERSITY	San Antonio
Jan. 27, 1983 (Thursday)	Hardin-Simmons University	Abilene
Feb. 5, 1983 (Saturday)	SOUTHEASTERN LOUISIANA UNIV.	San Antonio
Feb. 7, 1983 (Monday)	OKLAHOMA CITY UNIVERSITY	San Antonio
Feb. 12, 1983 (Saturday)	NICHOLLS STATE	San Antonio
Feb. 14, 1983 (Monday)	THE UNIVERSITY OF TEXAS AT ARLINGTON	San Antonio
Feb. 17, 1983 (Thursday)	Tulane University	New Orleans, La.
Feb. 21, 1983 (Monday)	MCNEESE STATE UNIVERSITY	San Antonio
Feb. 26, 1983 (Saturday)	University of New Orleans	New Orleans, La.
Feb. 28, 1983 (Monday)	Southeastern Louisiana University	Hammond, La.
Mar. 3, 1983 (Thursday)	RICE UNIVERSITY	San Antonio

* Exhibition game

ALL HOME GAMES BEGIN AT 7:30 P.M.
UTSA CONVOCATION CENTER

Golfers To Aid Society

The Seventh Annual Sword of Hope Golf Tournament benefitting the American Cancer Society will be held Friday, Sept. 17, at Canyon Creek Country Club.

Entry fee for the men's

tournament is \$100 and play is limited to the first 200 players. Players may tee off at an 8:30 a.m. or 1:30 p.m. shotgun start. Sword of Hope Tournament plaques will be awarded to flight winners

and runners-up at a cocktail-buffet party following the tournament at 7:00 p.m.

This year's tournament again features an auxiliary tournament for women. The third annual Women's Sword of Hope Invitational Tournament will be held Friday, Oct. 8 at the San Antonio Country Club. Entry fee is \$75, and participation is limited to 100 players. Jean Braley, ladies tournament chairman, said.

For more information, or to request an invitation, call 696-4211.

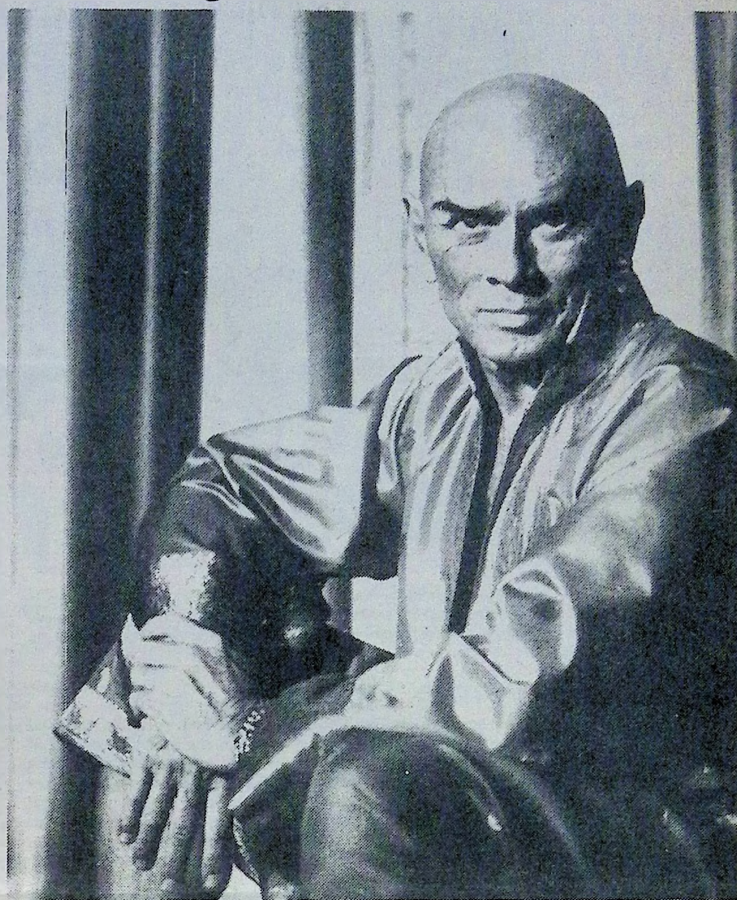
B. F. DAILY MFG. CO.

P. O. Box 544 — Helotes, Texas 78023

ALL TYPES WROUGHT IRON

FENCES & GATES — STEEL STAIRWAYS
FIREPLACE ENCLOSURES — Phone 688-3024

King Yul the First of Siam



Yul Brynner, the original Broadway star, will recreate his role as King of Siam live onstage at the Majestic Performing Arts Center for three weeks beginning Sept. 14. Brynner began his reign as the king of Siam when the Rodgers and Hammerstein musical first opened on Broadway in 1951. Tickets for the Majestic engagement of "The King and I" are \$18.50 to \$27.50.

Two County Fairs Set

The Kendall County Fair in Boerne will begin today and run through Labor Day, with a parade on Saturday, dances each night, and horse races on the track at the fair grounds.

The Medina County Fair will be held Saturday and Sunday, Sept. 18 and 19, in Hondo. The traditional parade will start the fair Saturday morning, followed by all-day entertainment, food, drink, exhibits, contests, demonstration, carnival races, shows and dances.

THE RECORD BOX



JOE

LARGEST
SELECTION
OF COUNTRY
& WESTERN
45's - LP's
8 TRACKS
& CASSETTES

342-9731

2907 WEST
AVENUE AT
BASSE
78201

MRS. LINDER'S



The Linders, Owners

on Helotes Park Plaza
Bandera Road

Open 7 A.M. to 8 P.M. Mon. — Fri.
Saturday 11 to 10 P.M. • Closed Sunday Only

SERVING:

• Breakfast from 7 a.m.

• Lunches 11:30 a.m. — 2 p.m.
— A Complete Meal —

• Dine Out For
Supper!

Enjoy
• Steaks and



695-3239

Try our...

• JUMBO SHRIMP
• CATFISH
• RED SNAPPER
• HADDOCK

Also
SOUP,
HOMESTYLE
DESSERTS

At It's Best!

Fad Diets May Cause Weight Loss, But Beware

By 1st Lt. Kathryn M. Bailey
Outpatient Dietitian
Willford Hall USAF Medical
Center

Today, the public is constantly bombarded with all sorts of fad dieting regimens to promote better health—from special vitamin-mineral preparations to organic and natural foods, all the way to miracle diet cures for cancer

and arthritis. Probably the most costly form of nutrition nonsense around are the ever increasing number of popular crash weight loss programs.

Just think of the array of diets you can choose from: the Cambridge Plan, the Beverly Hills Diet, Starch Blockers, High Protein, Low Carbohydrate diets—just to name a few! All of these diets

claim to be a painless, easy and, of course, quick way to lose those ugly pounds. But, how do you know which of these diets are safe or which could be harmful?

First of all, very low calorie diets can be medically dangerous unless persons on these regimens are under careful monitoring by a physician. Take for example, the popular Cambridge Plan, advertised as an alternative to starvation or fasting. This diet consists of a milk-based formula providing approximately 330 calories per day. Authors of this diet, however, warn consumers not to stay on the diet more than four consecutive weeks and persons with health problems such as heart disease or diabetes to use caution!

Another category of fad weight loss diets are the "one food" diet plans which allow you to gorge on all of one particular food you want. The Beverly Hills diet is one of these. This program focusses on, the "conscious combining" of enzymes in the body with those found in foods. For example, week one—eat all the fruits you want; week two—vegetables and breads, and week three—meats. Dairy products are

not allowed on the plan. This diet and ones like it are inadequate in essential nutrients because they do not contain foods in the proper amounts

from all of the four basic food groups: Milk, Meat, Fruits-Vegetables, Breads-Cereals. Not only are "one food" diets inadequate in essential nutrients, but, face it, eating nothing but bananas or hard-boiled eggs all day is downright boring!

A third grouping of crash weight reduction programs are the low carbohydrate/high protein diets which come under a variety of names. These diets, too, are deficient in nutrients and may produce fatigue, dehydration and even nausea and vomiting in people who are physically active. Also, advocates of these diets fail to explain that most are extremely high in saturated fats and cholesterol since food on these diets are mainly from animal protein. Therefore, persons on such diets may develop high serum cholesterol levels, a risk factor associated with cardiovascular disease.

In addition to all the possible harmful effects of these crash programs—all of

these diets omit the most important factor in successful and permanent weight reduction—that is, changing poor eating habits. Anyone can lose weight temporarily on any diet, but the real question is: Have you permanently changed your eating behavior to prevent gaining all the lost weight back? Too many

people face the vicious cycle of quick loss, quick gain, the so called Yoyo Syndrome.

Just remember, the only way to successfully lose weight and keep it off is by, first, following a well-balanced low calorie diet and, second, permanently changing poor eating habits through behavior modification.

KENNEDY PAINT & BODY REPAIRS

Off Bandera Road on Scenic Loop Road

FREE ESTIMATES

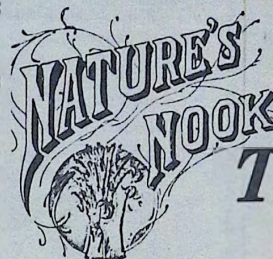
*Specialize in Late Model Touch-up
Insurance Claims*

**Mon. thru Fri.
8 to 5**

Owned and operated by

Frank Kennedy

695-3650



Thank You

It is with great regret that we have closed the doors of Nature's Nook. We value all the many friends we have made within the past 5 years and have appreciated your business. We will miss watching "Our Children" grow! We know that they will lead healthy and happy lives. We hope that we have been of service to the community. Good luck to all!

Bennie

Mo

Kay

For your Dining Pleasure



'ESTA CASA ES TU CASA!'

Casa Helotes

on Bandera Road and Floore Drive (near Floore Patio)

Serving Authentic Mexico-style Food

Open Sunday
from 11 A.M.
to 8 P.M.

IN RESTAURANT,
ON PATIO
ALSO FOOD-TO-GO

COMBINATION PLATES
OR
A-LA CARTE

(CLOSED
MONDAY
ONLY)

WEEK-END SPECIALITIES OF THE HOUSE...
Menudo • Posole

Tuesday,
Wednesday,
Thursday
Open 11 A.M.
to 2 P.M.
and 5 P.M.
to 10 P.M.

Friday &
Saturday
11 A.M. to
2 P.M. and
5 P.M. to
12 Midnight

**Reservations
Suggested
for Groups**

695-9977

OWNERS: Antonio Grajales • Carlos Grajales

Corral Classified Ads

RATES: 10c each word. \$1 minimum. Mail to Helotes Echo, P.O. Box 228, Helotes, Texas 78023 or bring your ad to Helotes Echo Office. Or may give to Editors. (Boxed ads in this section \$2 minimum.) Display ads this page at regular rates. Call 695-3613.

REAL ESTATE



HARRY DROUGHT
SALES & PROPERTY
MANAGEMENT

Your Helotes - Grey Forest
Representative

Guy Chipman "Sold"

Signs Are Everywhere

344 8444 695-3710

2000 N.W. Military Hwy.

BOOKS

The Boerne Book Store
"Biggest Little
Ol' Bookstore in Texas"
Phillip Manor
706 S. Main—Boerne

FOR SALE

K & S Self-propelled Rear-
Bag LAWN MOWER, 2
years old. \$75.
Call 691-2402

BOB CAGE REALTY



Your Full Service
Real Estate
Company

MLS



•RESIDENTIAL — New & Pre-Owned
•RANCHES •ACREAGE •LOTS

695-8787

MARY STILES, Realtor
Residence — 695-8089

HAL G. ETTER, Realtor
Residence — 695-9530

DOROTHY SHAFFER, Realtor
Residence — 695-9091

12932 Bandera Road
Helotes Park Shopping Center

PITTMAN & PITTMAN

Bookkeeping and Income Tax Service

NOW IN OUR 22nd YEAR OF BUSINESS

14427 Bandera Rd.—Downtown

695-3221

Helotes, Texas

'WE BUY REAL ESTATE'



PETE CANTU
Realtor

'For over 30 years'

**REAL
ESTATE**

•Appraisals
•Investments

736-4296

695-8466

OFFICE SPACE FOR LEASE

208 OLMOS DRIVE
950 sq. ft. between San Pedro
& McCullough

Telephone 828-0191

Tuesday thru Friday

11 A.M. to 4 P.M.

REAL ESTATE

**WE HAVE
HOMESITES &
FINANCING**
in Helotes Park Estates
and Helotes Ranch Acres
CALL BOB CAGE
REALTY
695-8787

BUS GIRL WANTED

Must have transporta-
tion. Apply in Person.
GREY MOSS INN

DISHWASHER WANTED

2 to 4 Nights a week
Must have transporta-
tion. Apply in person
only.
GREY MOSS INN

FOR SALE '79 CUTLASS

OLDSMOBILE, 2-door.
60,000 miles. Velour
upholstery, air condi-
tioned, Radio AM, FM,
Tape Deck. White with
blue LANDAU. Perfect
running condition.
\$4200 firm price.

**688-3454 or
688-3024.**



Texas Department of Public Safety

From September 1, 1982
CALL 828-3939

For All
Emergency
FIRE CALLS



In HELOTES, LEON SPRINGS
GREY FOREST AND
BEXAR COUNTY

Subscribe to the HELOTES ECHO



Mail below or drop by office
Scenic Loop Road ¼ Mile North of Bandera Road

YOUR FRIENDS WILL ENJOY A GIFT THAT KEEPS COMING ALL YEAR
A CARD WILL BE SENT ANNOUNCING THE GIFT

CLIP AND MAIL WITH YOUR CHECK... to
Helotes Echo, Box 228, Helotes, Texas 78023

1 Year — **\$3⁵⁰** ★ ★ ★ 2 Years — **\$6⁰⁰**
NEW ☐ RENEWAL ☐

SENT TO:

Name _____

Address _____

ZIP _____

Giver's Name _____

BE ON TARGET!



PUT
YOUR ADS
IN THE
ECHO
FOR RESULTS
IN THIS
WIDE
AREA

Call **695-3613** or come by our office...

HELOTES ECHO OFFICE
15350 Scenic Loop Road
¼ Mile North of Hwy 16
near Downtown Helotes