



HELOTES ECHO

VOLUME 17, NUMBER 19

HELOTES, BEXAR COUNTY, TEXAS—OCTOBER 9, 1981

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Person- to- Person

It will be School Lunch Week next week in the Northside District. You are all invited to eat breakfast or lunch—or both—at Helotes Elementary, John Marshall High, Coke Stevenson or any other Northside District school between Monday, Oct. 12, and Friday, Oct. 16. You pay, of course, but the prices are reasonable.

Tom and Virginia McCabe attended State Farm Insurance's annual convention in Dallas last week. Tom, Helotes agent for State Farm, was awarded the company's Legion of Honor award for his sales achievements and service to policy holders.

Col. Robert S. Demski of Helotes, chief of the Department of Mental Health at Wilford Hall USAF Medical Center, recently was elected to a three-year term on the board of directors of Family Services Association of San Antonio. He conducted a workshop on "Survival for Parents" during the recent national convention of Family Services Association in San Antonio. Bob also is president of the Helotes Park Estates Home Owners Association.

Shelly Faris has been elected president of the National Junior Honor Society at Coke Stevenson School.

Darrell Steubin of Junction, formerly of Helotes, has been selected for inclusion in the 1981 edition of "Outstanding Young Men of America."

Dr. Richard A. J. van Heuven has been named chairman of the department of ophthalmology at the UT Health Science Center. A native of The Netherlands, he formerly was professor of ophthalmology at Albany Medical College in New York. His primary research interest concerns diabetic retinopathy, a secondary change accompanying diabetes that is the leading cause of blindness in the U.S.

Bank Waits on FDIC

Opening of the new Helotes Bank has been delayed until December pending approval of the bank's application to the Federal Deposit Insurance Corporation. Bennie H. Lyon, vice chairman of the board, said FDIC has told the bank that its application will be processed within the month of October.

Construction of the temporary quarters for the bank will begin later this month, Mr. Lyon said. The ground has been cleared at the site, Bandera Road and FM-1560.

Certificates of ownership for stockholders of the bank should be ready within ten days, he said. Shareholders will be notified by mail when the certificates are ready and will be given the option of picking up the certificate personally or having it mailed.

14 Merit Semi-Finals

Fourteen Northside School District seniors have been named semi-finalists in the National Merit Scholarship program. Scholarship finalists will be named later this year.

Semi-finalists include Clay N. Dooley, Wendy E. Lane, H. Lance Mandell, Darryl R. Ohlenbusch, Stephanie M.



Recently elected spirit leaders for Our Lady of the Lake University prepare for the upcoming sports season. Pictured are (TOP) Irma Gonzalez, junior; Terri Decker, senior; Carmelita Arnold, senior; (BOTTOM) Angela Poole, junior; Becky Fierro, junior; Sylvia Gonzalez, senior; and Vangie Cisneros, freshman. Fierro leads the group.

(OLLUL Photo by Joan M. Wilson)

Hill Country Tour Set

When the colors of autumn ignite the Texas Hill Country, it's the time for a

leisurely drive on the first annual "Hill Country Autumn Promenade Tour."

Organized by the Women's Committee of the San Antonio Museum of Transportation, the three-day car tour is scheduled for Friday, Nov. 6, through Sunday, Nov. 8.

Participants are invited to drive their "favorite" automobile on the 330-mile excursion. The caravan will be paced to accomodate

antique and classic, as well as modern automobiles. Car fanciers have the opportunity to travel with a variety of vehicles ranging from a 1911 Model T, to a 1935 Packard to a 1967 Cadillac convertible.

Highlights of the journey include visits to several Hill Country ranches, including the Y.O. and Lazy Oaks Ranches. The visits include tours, catered lunches and cocktail parties. Other autumn promenade stops include a coffee break on the lawn of the courthouse in Leaky, and a tour of the Kerrville Transportation Museum.

Cost for the weekend is \$185 per person, or \$210 per couple. This price includes a nonrefundable registration fee, lunches, cocktails and two nights lodging at the River Inn Resort on the Guadalupe River, near Hunt.

Money raised from the Hill Country Autumn Promenade Tour will benefit the San Antonio Museum of Transportation, located in HemisFair Plaza. The museum features an extensive collection of antique, classic and special-interest automobiles, most of which are maintained in operating condition.

Registration deadline for the car tour is Friday, Oct. 23. For more information, call Charlotte Slimp between 8:30 a.m. and 5 p.m. at 533-5151.

Rainfall Plentiful

With rains sweeping the area up to three inches this week, Helotes residents are confident that 1981 will finish without any lengthy dry spell to mar the record.

Officially, September had three inches of rain total, according to Henry Brauchle, local rancher and weather observer.

This included one two-inch rainfall early in the month with a sprinkle of .3 inch and another of .7 inch both late in the month.

October came in with 42.7 inches tallied for the first three quarters of 1981. Average rainfall is 27.6 inches over the long range here since weather reports were first kept in the 1880's.



James Swapp was just one of the many youngsters at Wilford Hall USAF Medical Center's pediatric ward who's day was brightened by visiting clowns recently. "Shortcake" (left) and little "Rosebud" shows James a trick while Sunshine (center) makes a balloon Snoopy dog. Although Sunshine and entourage usually are seen at birthday parties and the like, they donated their time to bring a few laughs and smiles to the many children being treated at Lackland AFB's Medical Center. (U.S. Air Force Photo by Sgt. Charlie Mills.)

Absentee Voting Set Oct. 14

Three candidates have filed for mayor, thirteen have filed for the five council positions, and one has filed for city marshal in the special municipal election for Helotes to be held on Tuesday, Nov. 3.

The candidates for mayor are Thomas E. Beatty, Pete Cantu and Bennie H. Lyon.

The candidates for the city council are Pat T. Wootton, Clyde L. Crow, Joseph Michael Krisak III, A. J. (Moon) Mullins, Charles (Chuck) Lee, Verna Thompson, Harry A. Olson, Chester McCarter, Guy Burnett, Jr., Leonard H. Hill, Rudy Loeffler, James A. Perry and Henry Daughtry, Sr.

The lone candidate for city marshal is Earl Smith.

The filing deadline was Monday, Oct. 5.

Absentee voting will begin Wednesday, Oct. 14, and continue through Friday, Oct. 30. It will be held in the PARC Building at the Helotes Hills United Methodist Church, from 8 a.m. to 5 p.m., each weekday.

The Helotes Lions and Lionesses Clubs will sponsor a "Meet the Candidates" public meeting on Sunday, Oct. 25, at 6:30 p.m., at the PARC Building. All seventeen candidates have been invited to attend and speak briefly in behalf of their candidacy. The public is invited to ask questions of the candidates.

On election day, Nov. 3, the polls will be open at the PARC Building from 7 a.m. to 7 p.m. All registered voters living within the city limits of Helotes will be eligible to vote. About 500 voters will be eligible.

New School Approved

A contract has been let for the 28th elementary school in the Northside District. It will be built in the Northwest Crossing subdivision.

The contract went to Descon Construction, on a bid of \$2,797,500. The new school is expected to open in the fall of 1982.

AN OPEN LETTER TO THE VOTERS OF HELOTES

My name is **Pat Wootton** and I would appreciate your vote for Alderman on 11-3-81. I am 34 years old and a resident of Helotes. My wife Susan and I have two children attending Helotes Elementary School. In the past year I have worked with the Helotes Incorporation Committee, against the establishment of a H.U.D. low income housing project at Scenic Loop and Bandera Road, and against the establishment of a flea market adjacent to Helotes Elementary. I feel my experience in law enforcement and my Master's Degree in Public Administration will lend valuable knowledge to the governing body of our City. I have no real estate or personal interests which could constitute a conflict of interest.

My primary interest in serving as Alderman will be to protect the quality of life in Helotes. This can be accomplished through **controlled** zoning regulations, adequate law enforcement and support of the Helotes Volunteer Fire Department. We can maintain our quality of life within a **conservative** tax structure. To do this we need individuals on the City Council who are willing to **donate** their time and efforts for the good of the community. I am willing to donate my services to the community as Alderman and I would sincerely appreciate your vote on November 3, 1981.

Thank you,

Pat Wootton

Paid Political Announcement
Susan Wootton, Treasurer
Helotes, Texas 78023



Sister Elizabeth Anne Sueltenfuss, president of Our Lady of the Lake University, presents certificates of appreciation to Dr. Felipe de Ortega y Gasca and Julia Powell for their participation in the Institute of America's English Immersion Program.

(OLLU Photo by Joan M. Wilson)

Rheumatoid Arthritis

Rheumatoid arthritis is the most serious form of arthritis. Over five million Americans have it. Two-thirds of them are women. Not only does rheumatoid arthritis hurt, but it hurts at the worst possible time of life. Its victims are usually between the ages of 20 and 40. It is during this age span that most of us are trying to establish both families and careers.

Currently there is no known cure for arthritis, although the disease can be controlled by proper medication, diet and exercise.

It is an unpredictable disease. One day it seems to have gone away completely for no reason only to reappear in full force perhaps a day, or a month or more later. It affects not only the joints, but the entire body as well. Fatigue is one of its most annoying symptoms.

How do you cope with widely varying energy levels?

One answer is pacing. Prevent yourself from going from spurts of frenzied activity to a bed-ridden state because you're burned out. Plan your day to allow for periods of rest, whether at

home or at work.

Set aside a few minutes each hour to stretch or meditate or just to put your feet up and relax. If you're having trouble with one particular joint, try to rest it. Vary your activities. If you become fatigued, take a short break. If possible, try to take a couple of quick naps throughout the day.

Most importantly, stop whatever you are doing before you become tired, even if it means not finishing something right then and there. You can go back and do a better job later, when you are more rested. If you wait until you're exhausted, you may have already pushed yourself too far. This can mean being totally out of commission for a few days or more.

Listen to your body. Pain and fatigue are symptoms that should be taken seriously. Although it may seem at first that you are "goofing off" by paying attention to your body's warning signals, you will actually wind up being more productive. You will be able to work steadily and not in fits and starts.

TOM BEATTY ANNOUNCES FOR MAYOR'S POST



Tom Beatty, well-known San Antonio businessman and Helotes resident, has filed for the mayor's slot on Helotes's first city council. Beatty was chairman of the Helotes Incorporation Committee and was instrumental in gaining independent rule for the City of Helotes.

A retired Army Lt. Colonel and a "Green Beret" during World War II, the Korean War, Viet Nam, and the Dominican Crisis, Beatty declares he is ready to use the knowledge he has gained during the two-year incorporation battle.

"I believe," Beatty said, "it is going to take experience in new city affairs to quickly and efficiently move from Bexar County nonentity to a smooth-running city government. Those of us who were involved in the incorporation battle are aware of the measures that must be taken—and the pitfalls to avoid."

Beatty strongly emphasizes his desire to see Helotes remain much as it is. He stated that he moved to Helotes because of the unique charm of the area and really doesn't want to see any major changes in appearance and atmosphere.

"Of course we are going to have to have strong planning and zoning to prevent urban sprawl as the city of San Antonio surrounds us here in Helotes," he said.

He is also much in favor of law enforcement for all residents and businessmen in Helotes, and for some form of support by the new city government for the local volunteer fire department.

"You know," he said, "I could make all kinds of rash promises to gain support and garner additional votes from our citizens. There are those who think we can survive on a minimum tax, or even no tax, and this is being discussed at great lengths."

"But I am a realist. If we set a sensible tax rate now to support the needs of our city, we will not be voting on a bond issue five years from now for such things as major street repairs."

Beatty emphasized that he is not one to waste money.

"I have worked hard all my life for what I have now, and I am not one to throw money around, mine or anyone else's. I know the toil it takes in this day and age to earn a dollar, and I believe the spending of any dollars should be well-managed and carefully budgeted."

Born in Boston, Massachusetts, Beatty earned a B. S. degree in Business Administration at Suffolk University in that city. He is presently working toward a Master of Science degree in Education.

He has lived in many parts of the United States during his years in the Army, and has also resided in Germany, Viet Nam, Korea, and a two-year tour with his family in Iran. He and his family lived in Guadalajara before moving to San Antonio in 1969. He selected Helotes as his final home because "of the beauty of the area."

Beatty is the owner of Delta Insurance Agency and a co-owner of the Cal-Tom Construction Company, Inc., a company primarily involved in the building of commercial structures in San Antonio.

He served as Commissioner of Housing, San Antonio Housing Authority for four years, the last two years as chairman. Beatty is a member of the Kappa Alpha Psi Fraternity and was a public school teacher in San Antonio. He is presently serving as member of the Board of Directors of Suburban Savings Association.

Beatty's family includes his wife, Marjorie, a well-known artist active in local civic organizations. At present, she is president of the Helotes Volunteer Fire Department Auxiliary and Float Chairman for the Helotes Spring Festival Association. He has two daughters, Marjorie and Alois, who are married and living in San Antonio. His son, Thomas, is a freshman at Prairie View A&M University; Russell, 15, is a sophomore at John Marshall High School.

(Paid for by Citizens for Tom Beatty for Mayor, Ivan Grabhorn, treasurer, 13706 Flying W, Helotes, Texas 78023.)

ART BOOTHS
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Waring Walkfest

Registrations for the 2nd Annual Fall Walkfest in Waring on Oct. 24-25 are now being accepted by the sponsoring club, the Hill Country Volkssportsverein (Guadalupe Galavantes) of Comfort.

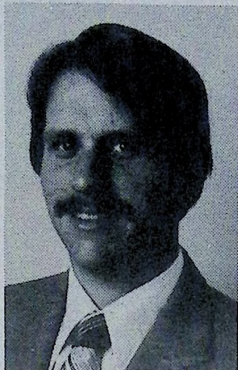
The Waring Walkfest will be the sixth such event in the Comfort area since the first one helped celebrate Comfort's 125th anniversary just two years ago. Over 4000 participants have enjoyed the pastoral, small-town settings for those past five walks, including a thou-

sand who walked here over the Easter week-end.

Participants may choose either the 10 km (6 mi) or 20 km (12 mi) route through the beautiful Guadalupe River Valley in and around the village of Waring. All registered walkers who finish the course they select will receive bronze or silver medals with a Halloween theme.

Information concerning the Waring Walkfest can call 995-2680 in the evenings or 995-3313 during the day.

New Bank Officer



University National Bank has named Lance Chitwood to the position of installment loan officer. Chitwood graduated from the University of Texas at Austin in 1978 with a bachelor's degree in Business Administration. He had previously held management positions with Household Finance. He is a native of San Antonio.

Vitamin Supplements

Are you one of the 35 million Americans taking unprescribed vitamin supplements?

You could be poisoning yourself.

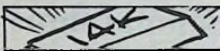
There are times when vitamin supplements may be necessary. These involve cases in which there is a subnormal intake of food. A physician may prescribe vitamin supplements for some patients more than 65 years of age or for some expectant mothers or for some mothers breast-feeding their infants. Other instances include malabsorption or an

acute illness which decreases the appetite.

Before taking unprescribed vitamin supplements, however, check with your physician. Massive doses of vitamins and minerals reach beyond the realm of nutritional therapy, and it requires the supervision of a physician for safety. Excessive amounts of the fat-soluble vitamins (A, D, E and K) can be toxic because these vitamins are stored in the body. The term "mega-vitamin therapy" refers to treating the person with doses of vitamins a thousand times greater than the requirement for those vitamins as set forth by the Recommended Dietary Allowances of the National Food and Nutrition Board. Again, this massive-dose therapy requires a physician's supervision for safety.

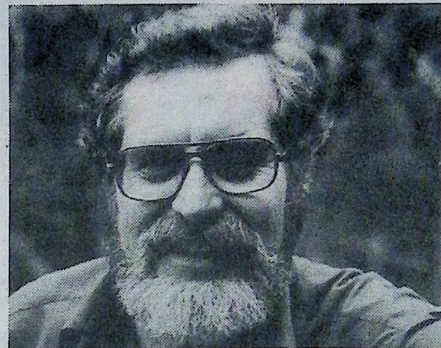
There are not any known advantages to taking excess amounts of any nutrient, except in cases such as those described above in which the body is not getting enough food.

Vitamins and minerals are not substitutes for food and the best way to obtain vitamins and minerals the body needs is by eating a variety of foods selected from the Daily Food Guide every day. Eating habits based on moderation and variety can help keep good health, and they may even improve health, especially if ideal weight is achieved. Vitamin supplements, except in cases as described above, are an economic waste when eating a balanced diet is possible.



Gold can be beaten so thin that a gram will cover 56 square inches.

CHARLES "CHUCK" LEE Announces Candidacy For Alderman



Charles "Chuck" Lee, born January 25, 1933, is a direct descendant of three pioneer families from Helotes: Shelly Lee, Constantina Madia, and Jose Torres. He is married to the former Terry Acosta from Del Rio, Texas, and has three children — Charles David, Charyl, and Christopher. The family moved to Helotes Ranch Acres in June 1977.

Chuck was a professional singer since the age of sixteen, a Country and Western artist of records, radio and TV. His musical tours involved Tommy Sands, Leon Payne, Jim Reeves, Elvis Presley, and others.

Chuck Lee has been in the private school business for 19 years. He is President of the Texas Vocational School and of San Antonio Trade School. He is presently on the Board of Directors of the Texas Association of Private Schools; on the Board of Directors of the San Antonio Area Rehabilitation Association; and is President and one of the Founders of the Bexar County Association of Private Schools. He is past member of the Board of Directors of the League for Exceptional Children. On September 27, 1974, Chuck received Governor Dolph Briscoe's Citation for hiring and aiding the handicapped.

CHUCK LEE STANDS FOR PRESERVING THE TRADITIONS, THE CULTURE, AND THE CHARM OF HELOTES.

(Political advertisement paid for by the Committee to Elect Charles "Chuck" Lee, Kay Kennedy, Treasurer, Helotes, Texas 78023)

Helotes General Store Restaurant

Bandera Rd.
Hwy. 16 N.W.

OPEN DAILY

Restaurant Hours

11 A.M.—9 P.M. Daily

& Open to 10 P.M. Friday & Saturday

TRY OUR DELICIOUS

BARBECUE

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Chicken • Ham

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Available All Day!

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CHARBROILED STEAKS!

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8 Oz. Sirloin Steak\$4.65

6 Oz. Sirloin Shish-Ka-Bob...\$3.25

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(Prices subject to change without notice)

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SERVING BEER AND WINE COOLERS

★ ★ ★

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HELOTES ECHO

"Ye shall know the Truth"
VOLUME 17, NUMBER 18
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Early prayer books and church almanacs usually printed saints' days and religious holidays in red ink. These holidays became festive or "red letter" days.

DON RAINS APPOINTED

Texas State Representative Don Rains of San Marcos has been selected by House Speaker Bill Clayton to serve as chairman of the newly-created Joint Committee on Higher Education.

The committee is requested to review the method of developing formulas through which community colleges are funded, the method of reporting scholastic hours, the method of determining higher education's need for capital outlay in terms of formulas, the accuracy of past estimates of educational and general funds within the appropriations for higher education, and the legislative provisions relating to international students.

Rep. Rains, serving his fourth term in the House of Representatives, is vice-chairman for the Committee on Appropriations and is a member of the Committee on Financial Institutions.

Cattlemen Expanding Herds

Despite poor prices and market uncertainty, cattlemen continue to expand their herds. The latest figures show the total number of cattle and calves on farms and ranches in the United States up 2 percent or almost 2 million head from a year ago. That puts the nation's cattle herd at 125 million head, as of July 1.

Beef cow numbers rose 1 percent and heifers being held for beef cow replacement rose 7 percent from a year ago. Dairy cows also were up 1 percent, with 6 percent more dairy replacement heifers.

While most figures show increased cattle numbers on July 1, steers 500 pounds and over were down 2 percent from a year ago, reflecting reduced cattle feeding and increases in calf and non-fed cattle slaughter.

The big surprise was this year's short calf crop, which was up only 257,000 head over the 1980 figure. This evidently was due to the severe drought last year which substantially lowered calving rates. This small increase in calf numbers plus big increases in cattle slaughter and non-fed cattle kill so far this year could perhaps result in tight feeder cattle supplies this fall.

Arts & Crafts Scholarship

The Texas Arts and Crafts Foundation is currently seeking applications from young artists and craftspeople for the \$500 scholarship given annually by the Kerrville based non-profit organization. The scholarship is for the school of the young artist's choice. Applications must be received by November 16, 1981 to be eligible.

Applicants must be under twenty-one years of age at the time the Fair opens on May 29, 1982. They must be a junior or senior in high school, or plan to be a freshman or sophomore in college during the 1982-1983 college year. The winner must also plan to be a visual arts major.

More information and the official entry blank may be obtained by writing TACF, Post Office Box 1527, Kerrville, Texas 78028.

Jill Anderson has been elected president of the Office Education Association at John Marshall. Three vice presidents are Theresa Davis, Diane Stewart and Heather Reinke. Laura Persyn is secretary, Donna Spears is treasurer, and Karen Moos is chaplain.

LYON FOR MAYOR

About a month ago, I, Bennie H. Lyon, announced my candidacy to become the first Mayor of Helotes.

I wish with all my heart, to receive the confidence of my fellow citizens of our new City and to be honored by being elected your "Alcalde".

I must, however, let everyone know my exact feelings relative to incorporation and the natural results of such incorporation, before I receive even one vote. There must be no misconceptions.

As simply as I can state it, my reasons for coming to Helotes 18 years ago were to bring my wife and sons to a pastoral-rural community, thus to escape the pitfalls of the city and the resultant high costs of one of the many levels of Government we support.

This worked beautifully for about 16½ years, then suddenly, some of the newcomers with idle hands and idle time said, "LET'S GET UP A CITY".

Some few, knowing the City of San Antonio had Extraterritorial Jurisdiction and would be likely to make moves to annex us and prevent our incorporation, argued against incorporation, primarily on that one ground. I was one of those who believed in letting sleeping dogs lie.

It worked exactly as predicted. San Antonio started its move to annex, knowing full well they were 25 years away from readiness to provide services commensurate with the taxes they would collect from us, 15 miles outside their natural boundary. (The San Antonio estimate was \$350,000 per year in taxes, \$25,000 in services for that money.)

All of a sudden the fight is for survival. To remain HELOTES or become "SAN ANTONIO". Everyone got into the hassle at that time. By sheer luck and some serious politicking, San Antonio relented and "GAVE" us 1792 acres of our own territory. We voted 7-1 against San Antonio and for HELOTES.

To sum up—I was dead set against stirring up the instincts of San Antonio to swallow us! I was also against adding the burden of cost entailed by the NEW LEVEL OF GOVERNMENT, (city) where none existed before. Just pure, unadulterated and unneeded additional taxes.

Since not even ONE penny of our current taxes are to be eliminated by our incorporation, every cent our new status costs us, is directly caused by this group who insisted we must "do something, even if it is wrong".

Now—The die is cast—Now, since HELOTES has become "THE CITY", I am totally for "THE CITY".

At this point, our economy minded opponents have:

- 1.(a) Maneuvered us into a position of having to pay for a brand new CITY GOVERNMENT, and for services we were getting for nothing!!!
- (b) WE propose to operate this City as efficiently and economically as humanly possible, to partially offset (a) above.
- 2.(a) Obtained an option to buy a piece of land for \$38,000 for a City Hall we don't need and have no money to pay for.
- (b) OUR Mr. Chester McCarter has offered to GIVE us a piece of land for the cost of a survey — To build a City Hall — WHEN WE NEED IT, AND WHEN WE CAN AFFORD IT.
- 3.(a) Offered us an opponent who "KNOWS ALL THE ANSWERS" — He has been here less than 2 years.
- (b) We do not know all the answers. In 18 years, we have learned only a small part of the questions.
- 4.(a) Gave us a candidate who "worked hard for 2 years and gave us a town".
- (b) NOT I. I came here in 1963 and found a community which had been founded by The Galmes, The Toepeweins, The Farringtons, The Kruegers, The Lees, The Madias, The Flores, John T. Floore, Rudy and Irene Cepada, The Steubings, The Bierings, The Ibarra, and many others, not to mention a very good long time citizen, Melicio Flores. This town suited me fine — It still does.
- 5.(a) Gave us a "candidate who is best qualified".
- (b) Maybe — the Voters will be best able to answer that on November 3.

If the opponents still want to claim all credit for getting incorporated, Good — Let them also claim all credit for the extra cost in taxes — which a new City will cost, even with economical management.

OUR CANDIDATE FOR MAYOR

1. Has been 18 years IN HELOTES.
2. Owns Health Food Store IN HELOTES.
3. Worked hard to help organize a Bank IN HELOTES which is the biggest business IN HELOTES.
4. Is Vice-Chairman of Bank IN HELOTES.
5. Does all the business possible IN HELOTES, like groceries, gasoline, insurance, laundry, dry clean ing, restaurants, auto parts, convenience store, church, even my furniture is built IN HELOTES.
6. Will fight tooth and tongs to prevent LOW RENTAL HOUSING from invading and depreciating our neighborhood.
7. Does not join churches or men's clubs just before election.

I AM FOR HELOTES, FIRST LAST AND ALWAYS.

(Political advertisement paid for by the Committee to Elect Bennie H. Lyon, Ray Kennedy, Treasurer, 12916 Bandera Road, Helotes, Texas 78023)



A. J. (MOON) MULLINS Announces For Alderman



After 26 years in the local area, A. J. (Moon) Mullins who is seeking the office of alderman, doesn't really need a picture. Most people know him anyway.

Moon is a Charter Member of the Forest Hills Presbyterian Church — sat on Session and helped supervise the building of the church.

Moon and his wife, Maurene, have three children — two daughters and a son that all live in the Helotes area. All of the children participated in school activities at John Marshall High during their school days and are now taking their places in the society of the Helotes area.

Moon was very active in the Helotes Volunteer Fire Department in its formative years, being a firefighter for several years during the "60's" — and he has supported the Department all these years.

He believes in **Preservation with Progress**. Studies should be made before we jump into the Taxpayer's Pocket — This means **Mine** and **Yours**. At this point **No One** is authorized to obligate the City of Helotes to **Any** expenditure — and **Until The First Council Is Seated No Decisions Can Be Made**. This includes street repair, police force, ordinary zoning, etc.

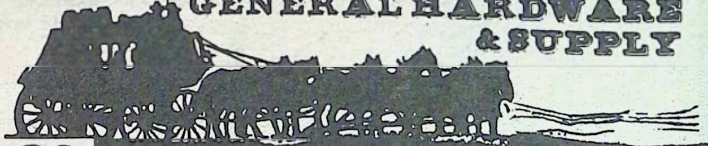
To us who live in Helotes, this may be the most beautiful place in the World, but in order to **Preserve** it, we must work and live together. If we can't do that, we're a losing cause.

Moon and his family moved for the same reason most everyone else did: Beautiful Area, Comfort, Quietness and many other Natural Benefits.

Let's Preserve it with Dignity and without Bureaucracy.
(Paid political announcement, Committee to Elect A. J. (Moon) Mullins, Kay Kennedy, Treasurer, Helotes, Texas. 78023)

'Our Hours are Yours'
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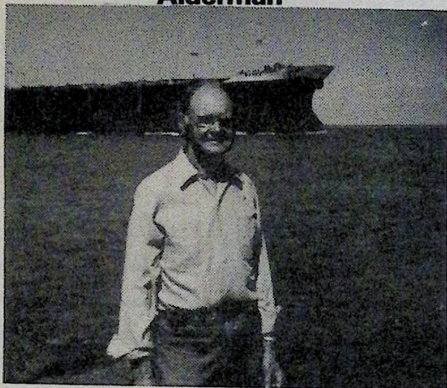
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HENRY DAUGHTRY

Announces Candidacy For Alderman



Henry Allen Daughtry, Sr. has resided in Helotes for the past nine years with his wife, Mary. Mr. and Mrs. Daughtry have two sons — Hank ("Butch") and Dallas. Butch, his wife, Kaye, and sons Todd and Kirk live in Helotes also. Dallas and his wife, Carole, live nearby in Braun Station.

Henry Daughtry helped form the Helotes Optimist Club. Through this Club, he worked hard on the PARC (Park and Recreation Center) project, serving in many ways through the Club in community projects.

He is a Charter Member of the Helotes Masonic Lodge. He is also an Active Member of the Helotes Homeowners Association.

Henry Daughtry was educated at Abilene Christian University where he and his wife, Mary, met as students.

Before moving to Helotes, he served as Mayor of Leon Valley and as Alderman. He has a total of 15 years experience in government for that town. This, he knows, will enable him to help guide the people of Helotes in the right way. He would want a small amount of government, low tax rates, . . . All additional services — only after people of Helotes VOTE for them.

Henry Daughtry advocates that ALL CITIZENS get active in City Government. In a General Law City, there are many opportunities for private citizens to serve on boards, commissions and committees.

People of all ages are needed. Youths can be very important as well as the more experienced citizens.

(Paid political announcement, Mary Hunter Daughtry, Treasurer, Committee to Elect Henry Daughtry, Sr. 13910 Circle A Trail, Helotes, Texas 78023)

Bunco Club Will Meet

"The Krazy Krew" Bunco Club met Sept. 17 with May Roan as hostess. A delicious lunch was served to Johanna Reynolds, Jane Tagliarino, Norma Pittman, Vel Oye, Boots Hadlock Eleanor Nelson, Jerry Cottrell, Vi Tuma, Nel Beachum, Nona James and Margie Sams, who was a substitute for Jerry Cogill, who was unable to attend.

The bunco prize went to Johanna. First prize was won by Jerry, second by Jayne, consolation by Boots and Vel,

and booby by Nell.

After coffee and cake and much conversation, we plan, said one of the members, to meet this month at Nell's home, on Oct. 15.

"The Krazy Krew" is a social club which meets on the third Thursday of the month.

The Office of Public Information for the Northside School District has been named one of 13 model public relations offices in Texas school districts. The offices were selected by the Texas Education Agency. Bonnie Ellison is the chief of the Northside District office.

"Nothing will dispel enthusiasm like a small admission fee." Kin Hubbard

Nutrition News and Notes

If you have a healthy interest in the food you eat, here's some nutritional information you should find nourishing.

• Vitamin C, what many experts refer to as the "glue" that holds the body together, is water soluble, and cannot be retained in the body for further use. It must be "reapplied" every day.



• One of the world's most important cereal crops is rice. It has one certain advantage over other cereal grasses such as oats, rye, wheat and barley. Rice does not create many of the allergic conditions of other cereals, and it has a better vitamin profile than other related cereals.

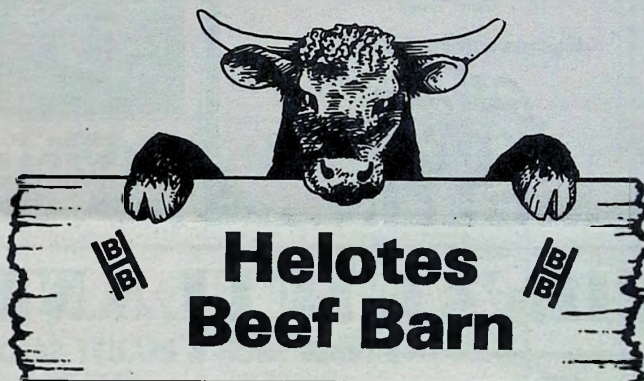
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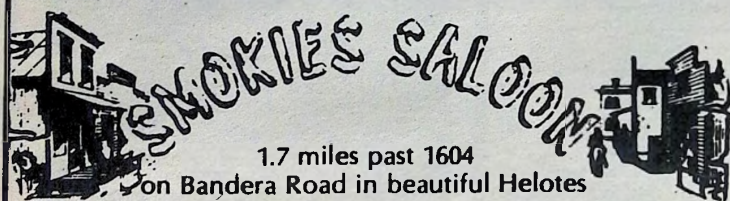
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 Youth Activities — 695-3761

Pack—Muyres Marry Here Sept. 26



The marriage of Lisa Muyres and William Martin Pack of Victoria, Texas was solemnized Saturday, September 26, 1981 in Our

Lady of Guadalupe Catholic Church, Helotes. The Rev. Bernard Rochon, SM officiated.

The bride is the daughter of Mr. and Mrs. George J. Muyres of Helotes. Parents of the groom are Mr. and Mrs. William Taylor Pack of Corpus Christi.

For the candlelight service, the church was decorated with banks of ferns, palms and large candelabra.

The bride wore a gown of candlelight crystalline over satin-appliqued lace. The bodice featured a wide lace collar and cap sleeves of lace. Her chapel-length train and veil, which featured a lace encrusted half-hat, was edged also with re-embroidered lace.

Nancy Sorenson of Victoria was the bride's Maid of Honor, and James Meadows of Washington, D.C., attended the groom as Best Man.

Ushers were David Pack and Jason De Lecour.

A reception followed in the Southwest Craft Center River Garden in San Antonio at the site of the historic Ursuline Convent.

The Mother of the bride chose a rust tunic ensemble for the occasion, and the Mother of the groom wore a navy blue taffeta gown.

The Fox Fire trio played for dancing in the Gazebo, and a wedding cake and other refreshments were served in the Garden before the bride and groom left for their wedding trip, which began in a horse-drawn carriage. After a honeymoon in the Cayman Islands, the couple will live in Victoria.

Fifty years ago, a lady of great adventure and romance, fell in love with a charming rock house shaded by tall oaks in the peace of a country village. There she christened the Grey Moss Inn and began to serve her famous steaks, pies and hearty dinners. Her tradition thrives. Come share her adventure.

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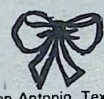
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CHESTER MC CARTER Announces Candidacy



Chester McCarter, a longtime resident of Helotes, in announcing that he is a candidate for Alderman in the November 3 election of the City Council of Helotes, said that his platform consists of the following planks...

**• CONSERVATIVE
GOVERNMENT**

• HONESTY

• FRIENDSHIP

and Most of All...

**"LET'S KEEP HELOTES—
HELOTES"**

CHESTER MC CARTER bases his campaign on this platform.

(Paid Political Announcement. Committee to Elect Chester McCarter. Kay Kenedy, treasurer. Helotes, Tx., 78023.)

Local Scientists Study Mystery of Sleep

Why do we sleep?

The study of sleep is not new. Man has long been intrigued by this normal but remarkable process which involves changes in the brain.

For years the major method used to study sleep has been the recording of the brain's electrical activity. Researchers using electroencephalography (EEG) have observed changes in the brain's electrical activity (brain waves) during sleep which divide the sleeping state into specific stages. Most of the modern interpretations of what sleep is have been based on this system of study.

However, a scientist at The University of Texas Health Science Center at San Antonio feels that to examine only the brain's electrical activity during sleep provides an incomplete picture.

William B. Stavinoha, Ph.D., professor of pharmacology, is working to isolate neurochemical or metabolic changes during sleep as well. By examining the brain's chemical activity in correlation with the electrical, Stavinoha says the function or purpose of sleep might be more accurately defined.

"There are different biochemical theories as to why we sleep," he said. "It might be for renewal of energy sources. It might be for consolidation or assimilation of information gained since the last sleep period. It might be for renewal of the biochemical matrix of the brain."

"But in reality, we don't know."

He explained that during deep sleep (as indicated by EEG and neurochemical studies) there is a slowing in metabolic activity and a simultaneous decrease in blood volume in specific areas of the brain.

"When the brain's blood volume in a specific region is altered, what does it mean? What functional change is occurring and why only in a specific region of the brain?"

"In essence, the volume change identifies an area which is experiencing variation in metabolic demand. This information allows us to concentrate our studies on discrete areas."

Stavinoha and Arvind T. Modak, Ph.D., assistant professor of pharmacology, began basic research on the brain's biochemical sleep activities nearly 12 years ago. Their challenge was intensified because there was no satisfactorily established methods of study.

The key, according to Stavinoha, was developing a method for accurately stopping brain enzyme action at a precise moment.

"The sampling system needed to be very rapid because states of the brain change very quickly during sleep," he said. "We were primarily interested in those transient stages."

To satisfy the time criterion, the researchers designed and built their own instruments capable of halting enzyme action within

milliseconds of the time the EEG record indicates the test animal is in the desired sleep stage.

Although clinical application of the scientists' research findings appears to be years away, Stavinoha says once the chemical processes involved in natural sleep states are understood, chemical compounds

based on that biochemistry can be designed to induce sleep—a sleep more closely resembling the natural sleep state.

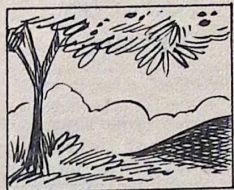
"We have compared the effects (on the biochemistry of the brain) of sleep-inducing drugs such as barbiturates with the normal biochemistry of the brain during sleep and there is a

great difference," he said. "It is not surprising that these drugs are a poor substitute for natural sleep."

The scientist also believes that understanding the brain's biochemistry could change our entire approach to therapy in many areas. Certainly there would be clinical applications for psychiatry in both diagnosis and therapy.

He added that the study of the neurochemistry of sleep is still relatively young. He

estimates there are only four or five researchers in the world involved in these studies.



The fig is considered one of the earliest tree fruits to be cultivated.



PETE CANTU, shown with Mrs. Cantu, here accepts "Realtor of the Year Award for 1979," from the San Antonio Board of Realtors.



U.S. Representative TOM LOEFFLER, (right) tells Pete Cantu about the latest events taking place in Washington, D.C.

PETE CANTU

Stands for:

- LOW TAXES
- Efficient Government
- Preserving the NATURAL BEAUTY of HELOTES
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- Controlling OUR OWN DESTINY

The Helotes Bid

...The Helotes bid to hold an incorporation election was defeated by a 7-4 City Council vote Thursday... A leader (Rev. Bill Henderson) of the Helotes group said after the vote the group may consider filing a court suit... Other speakers, INCLUDING LONGTIME CIVIC LEADER PETE CANTU, pointed to Helotes' history.

"Helotes is an historic landmark — it's as old as San Antonio, and probably a lot older" Cantu said, noting the site was a meeting place for Indians before San Antonio was founded...

QUOTE FROM

EXPRESS-NEWS
Oct. 17, 1980

VOTE

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(Paid political advertisement, M. L. Cantu, Treasurer, Helotes, Texas 78023)

Close Contact Spreads Mono

Infectious mononucleosis, or "mono," as it's commonly called, is not for teenagers only. Although the disease has been known as "the kissing disease" for years, mono may be just as common in children as in teenagers, says the Texas Medical Association. Many adults have had light cases of the disease without knowing it and are therefore immune to it.

Mono is a blood disease caused by a virus. Symptoms are extreme tiredness, sore throat, swollen lymph glands, enlarged spleen and liver, and sometimes fever and rash. Most symptoms go away within a couple of

weeks, but a feeling of weakness may continue for as long as a few months. This makes mono a very frustrating disease for usually energetic and active children and teens.

Mono is tricky to diagnose, especially in children, because it can masquerade as many other, more serious diseases, and it can coexist with other diseases at the same time. Blood tests, particularly the Monospot test, can aid physicians in diagnosing mono, but sometimes these tests need to be repeated a few times to get an accurate diagnosis.

Because mononucleosis is caused by a virus, there is little that modern medicine can do to help. The disease just has to run its course. However, a person with mono has much lower resistance to infections than others. Care must be taken to prevent

secondary bacterial infections, such as bacterial pneumonia, ear infections and skin infections. It is generally recommended that someone with mono stay clear of crowds and other places where people and germs congregate.

Contrary to popular belief, mono is not highly contagious. One of the few ways it can be spread is through direct contact with infected saliva. Preschoolers who regularly put objects in their mouths and then hand them to other kids can start a virtual "mono epidemic" in nursery schools and daycare centers.

Teenagers, who often "burn the candle at both ends" while being notoriously malnourished, are more likely than others to pick up the bug. As with most diseases, the more run-down you are, the greater are your chances of catching whatever happens to be going around.

Caffeine

When caffeine was first introduced to the Western world it was considered to be an intoxicating drug, and was ranked alongside morphine as dangerous to health. Nevertheless, coffee, which contains more caffeine than any other common beverage, has gained social acceptance, and is now one of the most popular drinks in America.

Caffeine is a potent drug. It is a central nervous system stimulant, a heart muscle stimulant, a stimulant of stomach acid, and it increases the frequency of urination. As drugs go it is safe when used in moderation, but too much will cause unwanted and even dangerous side-effects.

Low doses of caffeine, one or two cups of coffee per day, can have desirable effects. It increases alertness, reduces drowsiness and lessens fatigue. But heavy doses of

caffeine produce the syndrome known as "caffeineism."

Just how much is too much? According to the American Dietetic Association, 500 mg of caffeine, or four cups of coffee per day, is a heavy dose for most people. Tea contains half as much caffeine as coffee, and cola drinks even less. Caffeine's effects peak after about one hour, and last for approximately three hours. The more caffeine you regularly consume, the greater your tolerance will be.

Symptoms of caffeineism include nervousness, anxiety, irritability, headaches, muscle twitches, insomnia, stomach disturbances, palpitations, mental confusion and even delirium, with higher doses.

Caffeinism can be easily mistaken for chronic anxiety and it can also worsen existing symptoms of anxiety and depression. Although caffeine is a stimulant, long-term heavy use has a "rebound effect" and causes depression. Regular users may not even notice these symptoms or associate them with caffeine.

Children and elderly individuals are prime candidates for caffeineism. As we age, our tolerance for caffeine lessens, so we are more apt to suffer the effects of caffeineism at lower doses. Children, whose body weights are lower than adults', may experience caffeineism with as few as three cola drinks per day.

Caffeine is addictive. If it is eliminated, habitual heavy users will experience withdrawal symptoms such as sluggishness and "caffeine headache." Symptoms disappear by taking more caffeine—a vicious cycle. That aspirin which seems to help your headache actually works because of the caffeine contained in many headache preparations.

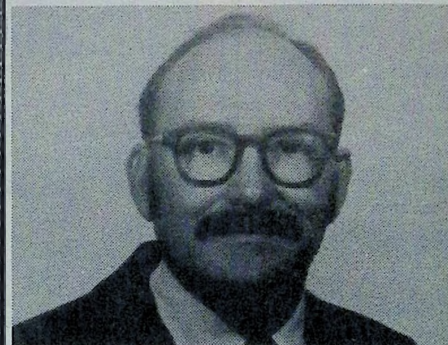
Happily, caffeine withdrawal only lasts a few days. It may be time to think twice about that second cup of morning coffee.

WEDNESDAY, OCT. 21

Hawaiian quilting lecture and demonstration by Ethel Howey, Westfall Branch Library, 1 p.m. Admission free.

Seminar, "How to Buy a Home," will be presented by the Greater San Antonio Builders Association, 8925 Northwest IH-10, 7:30 p.m. Admission free.

JIM PERRY announces candidacy



J. A. (Jim) Perry has announced his candidacy for the position of at-large Alderman for the City of Helotes in the election of November 3.

Perry is a Certified Public Accountant currently practicing in Helotes. A resident of Helotes since 1973 (less an 18 month period in 1977-78), Perry has been married to the former Patricia Komray for nearly 24 years. Mrs. Perry is the librarian of El Dorado Elementary School in the Northeast I.S.D. They have three children, Daniel, 23, a student at Southwest Texas State University, Pamela Poteet, 20, a nursing student at the UT Health Science Center in Houston, and James II, 18, an electrician with the Northside I.S.D., and a part time student at St. Philips College. All three are graduates of Marshall High School.

Perry supported the incorporation election held in August because he felt annexation by San Antonio was imminent. This, he felt, would have resulted in high city taxes to support numerous programs Helotes residents have no interest in, and would have destroyed the integrity and uniqueness of the historic community of Helotes. Further, judging from the experience of other annexed areas, city services paid for in taxes would have been a very long time coming.

Perry now feels he can help the citizens of Helotes as Alderman by

- Moving in the development of a city charter which would severely restrict the mayor and city council in promoting city programs.

- Having the city charter prohibit bonded or long term debt for the City without the approval of the voters.

- Keeping City government simple and small.

- Keeping property tax levies as low as possible.

- Prevent the building of a "lancy" City Hall. In all likelihood, a rented room or two would be adequate for years.

- Development of a small but efficient police force to curb the rash of burglaries we have experienced in recent years. Hopefully, this would also curb most of the vandalism we have been subjected to.

- Prevent the development of a reputation currently "enjoyed" by such cities as Selma.

- Promote the location of more commercial enterprises in Helotes to provide more services for residents while increasing the tax base, thus easing this burden for residents.

- Oppose the installation of street lights in residential areas by the City. Remember, most of us moved here to enjoy the peace and quiet of the countryside and to be able to see the stars at night.

- While not promoting a leash law, Perry feels residents should be protected from loose running dogs dumping their trash cans, messing up your yards, and keeping you awake nights with incessant barking.

- Protect residents from frequent loud noise making by some of our more ardent local musicians. These activities should be carried on in areas designed for them (for instance, Floore's Country Store) or indoors. Naturally occasional parties by residents are understandable and welcome.

- Oppose the City's taking over of the Helotes Area Volunteer Fire Department. These people are doing a fine job. They service an area much larger than the City of Helotes. They deserve our individual (not City) support.

- Propose the maintenance of city streets on a contract basis as needed. (No long term contracts or equipment bought by the City, if possible.)

- Propose a contract with the Northside I.S.D. for tax assessment and collection to eliminate the need for a City Tax Assessor/Collector's Office.

- As a city, we are now responsible for our own health inspections of commercial food establishments. Perry feels this should be contracted with other local agencies rather than have a separate health department.

- Have the City move very slowly with respect to zoning and restrictions. Most of us already have our own covenants which adequately control building activities.

If you agree with the above principles, **VOTE ON NOVEMBER 3, 1981**

J. A. (JIM) PERRY
FOR HELOTES ALDERMAN

(Political advertisement paid for by Perry for Alderman Committee, Kay Kennedy, Treasurer, Helotes, Texas 78023)

VERNA THOMPSON Has 'Hat In Ring' For City Council



Verna Thompson, an active leader in local Helotes civic organizations, announced that she is a candidate for one of five positions on Helotes' new city council.

"My platform on which I am running," Thompson said, "is based on four very basic desires for Helotes.

"I believe in a small, but responsive city government. I am in hopes of having local law enforcement officers to protect all homes, businesses, and the city from vandalism and burglaries.

"Our city government should honor the land as it was purchased. No deed restrictions of one area should ever be imposed upon another.

"And protection of the individual homeowners from unchecked business development that would exploit the community and change the quality of life in Helotes."

Thompson, who moved to Helotes seven years ago, is certified to teach in Oklahoma and Texas, and is presently teaching English at Tom C. Clark High School. She was formerly head of the Reading Department with the San Antonio School District.

Her public relations talents were well utilized in her position of Display Chairman for a successful \$200,000 fund-raising event for a Children's Medical Center.

Since moving to Helotes, Thompson has been past president, membership chairman, and corresponding secretary of the Helotes Elementary School PTA. She is also a member of the 1981 Northside Bond Advisory Committee, and legislative chairman of the 1981-82 Northside Council of PTA's.

One of the very active citizens working for incorporation of Helotes, she served on both the Financial and Election committees of the Helotes Incorporation Committee.

Thompson and her husband, Kent, are the parents of Stephanie, 17, a senior at John Marshall High School and Helotes Princess 1981; and Andrew, 11, who completed grades K through 5 at Helotes Elementary School.

(Paid for by citizens for Verna Thompson for Alderman: Harry Sherblom, treasurer, 14406 Circle A Trail, Helotes, Texas 78023)

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Scoggins—Fischer Wed Here Friday

The marriage of Cindy Lynn Fischer, daughter of Mr. and Mrs. Allen B. Fischer of Grey Forest, and James Arden Scoggins, son of Mr. F. P. Scoggins of San Antonio and Mrs. Huguette Scoggins of Carrollton, Texas took place at Helotes Hills United Methodist Church here on Friday, October 9, at 7:30 p.m.

The double-ring ceremony was performed by Rev. Jerrie Jones. For the candle-light service, the church was decorated with white gladioli, carnations, scented with melon roses, and yellow daisies. Banks of red candles centered with the "Tree of Life" lit the ceremony.

The bride wore a gown of off-white organza, appliqued with venetian lace and re-embroidered with pearls, which featured a high necked, long sleeve fitted bodice, a flared skirt and a chapel train. She also wore a mantilla-style illusion veil caught with a cap of venetian lace and pearls. The bride carried a bouquet of white and melon orchids with yellow daisies, ivy and pearls.

Music for the occasion included piano selections provided by Mrs. Cynthia Lyon, who was accompanied



on special selections by the father of the bride, also known as Tex Allen, on his

electric harmonica.

The bride's attendants were her Maid of Honor, Sandra Fischer, sister of the bride, and a Bridesmaid, Robin Keith. Both wore melon colored gowns with blouson bodices featuring long sleeves slit from shoulder to wrist, and flared skirts. They carried bouquets of white cymbidium orchids, accented with melon orchids and yellow daisies and ivy and pearls.

The bridegroom's Best Man was Kerry Kohl, of San Antonio; and the Groomsman was Mr. Elmo Rodriguez, of Helotes.

Ushers were Bobby McDonald, Helotes, and Tim Tedder, Dallas.

The reception was held following the ceremony at the P.A.R.C. Building, adjoining the church.

Those assisting with the reception were: Mrs. Floriene Sorrell, Mrs. Virginia Stutes, Mrs. Betty Keith, Mrs. Grace Garza, Mrs. Rachel Mayfield, Miss Noreen Huante, and Miss Joan Kanning.

The couple left following the reception for the Big Bend where they will honeymoon.

Mr. and Mrs. Scoggins will live in San Antonio where Mr. Scoggins is employed by Full Service Auto Parts and Mrs. Scoggins will continue her employment at Sheplers while she completes her senior year at John Marshall High School.

Out-of-town guests include: Mrs. Huguette Scoggins of Carrollton,

Texas, (mother of the groom); Mr. and Mrs. Del Holmes, also of Carrollton; Mr. and Mrs. Ramond H. Williams, Jr. and daughter Vargo Marie, of Houston, Texas (uncle of the bride); and Mr. and Mrs. Arden Hagan of Leesville, La., (Grandparents of the groom); and Mr. Tim Tedder of Dallas; Mr. and Mrs. F. P. Scoggins, Jr., of El Paso; Mr. and Mrs. L. B. Allen, Alice, Texas.

YO Ranch Auction

The Y O Ranch on October 30, 1981 will be the scene for some of the finest Longhorns to go at auction. The famous Y O Ranch will present its 2nd Annual Texas Longhorn Production Sale. The Y O Ranch has the largest quality herd of Texas Longhorns in the world. Offsprings from the best Dams and Sires will be available for purchase.

Sale headquarters for the Y O Ranch Longhorn Production Sale will be the Holiday Inn, Kerrville, 512-896-1711. When making your reservations please be sure to advise them that you are coming to the Y O Ranch Longhorn Sale.



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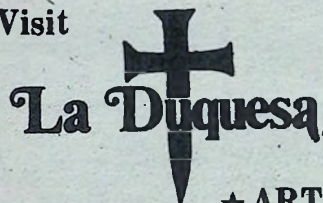
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Helotes Park Shopping Center**

OFFICIAL NOTICES

OFFICIAL NOTICE NOTICE OF SPECIAL ELECTION

THE STATE OF TEXAS, BEXAR COUNTY
TO THE QUALIFIED VOTERS OF BEXAR COUNTY,
TEXAS: TAKE NOTICE that an election will be held on the
3rd day of NOVEMBER, 1981, in Bexar County, Texas, at
the places, in the manner, and on the proposition set forth
in the attached copy of an ORDER FOR SPECIAL ELEC-
TION, duly entered by the Commissioners' Court of Bexar
County, Texas on the 24th day of AUGUST, 1981. Said at-
tached ORDER FOR SPECIAL ELECTION is made a part of
this notice for all intents and purposes.*

Albert G. Bustamante

By: Albert Bustamante, County Judge
County Commissioner's Court
Bexar County, Texas

Said election will be held at the HELOTES HILLS
METHODIST CHURCH, Bandera Road for the election of
the Mayor, Marshal, and 5 Aldermen of the Town of
Helotes. The polls at the designated polling place shall on
said election day be open from 7:00 a.m. to 7:00 p.m.

TIMES AND DATES OF ABSENTEE VOTING

Absentee voting will be held in the P.A.R.C. Building at
the Helotes Hills Methodist Church from 8:00 a.m. to 5:00
p.m., Monday through Friday, from October 14 through
October 30, 1981, for the election of the Mayor, Marshal,
and 5 Aldermen of the Town of Helotes.

Albert G. Bustamante

By: Albert Bustamante, County Judge
County Commissioner's Court
Bexar County, Texas

AVISO DE ELECCION ESPECIAL

EL ESTADO DE TEXAS, EL CONDADO DE BEXAR
COUNTY

A LOS VOTANTES CAPACITADOS del Condado de
Bexar, Texas: TOMEN NOTA que se llevara a cabo una
eleccion el dia 3 de NOVIEMBRE de 1981, en el Condado
de Bexar, Texas, en los lugares, y en la forma, y sobre la
proposicion que se da a conocer en la ORDEN DE ELEC-
CION ESPECIAL adjunta, debidamente anotada por la Cor-
te de Comisionados del Condado de Bexar, Texas, el dia
24 de AGOSTO de 1981. Dicha ORDEN DE ELECCION
ESPECIAL forma parte de este aviso en todos sentidos.*

Albert G. Bustamante

Por Albert Bustamante, County Judge
County Commissioner's Court
Condado de Bexar, Texas

La eleccion designada tendra' lugar en la Iglesia
Metodista de Helotes Hills, Bandera Road, para elegir
Alcalde, Jefe de Policia y cinco (5) Concejales de la Ciudad
de Helotes. A votacion sera' de 7:00 a.m. y las 7:00 p.m. el
dia 3 de Noviembre.

HORAS Y FECHAS DE LA VOTACION EN AUSENCIA

La votacion en ausencia tendra lugar en el P.A.R.C.
Building de la Iglesia Metodista de Helotes Hills de 8:00
a.m. a 5:00 p.m. de Lunes a Viernes, del 14 al 30 de Oc-
tubre de 1981. Se elegira' Alcalde, Jefe de Policia y 5 Con-
cejales de la Ciudad de Helotes.

Albert G. Bustamante

Por: Albert Bustamante, County Judge
County Commissioner's Court
Condado de Bexar, Texas

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in Pipe Creek on Satur-
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For information call
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ECHO-LOG

FRIDAY, OCT. 9

Exhibit by painter Augusto Martinez and sculptor Jose Rivera will continue, St. Mary's University Library, 8 a.m. to 5 p.m., through Oct. 31.

SATURDAY, OCT. 10
"Magic Is the Night," annual Lebanese gala, will be held, St. George Maronite Catholic Church, Babcock Road near Huebner, 7 p.m. Tickets \$75 (includes cocktails, dinner, entertainment, dancing).

SUNDAY, OCT. 11
Annual "Tex Fest" will be held, La Villita Assembly Hall, 11 a.m. to 6 p.m. Tickets \$1.50 and 50 cents. TVA Bluegrass Band, food, games, arts and crafts. Sponsored by Senior Community Services.

Concert of Swiss folk songs with alpenhorn, Swiss bells and singing saw by Uschi Matter, Dome Theater of the Institute of Texan Cultures 3 p.m. Admission free.

Girl Scouts will begin distribution and pick-up of bags for the "Helping Hands Day" campaign to benefit the Salvation Army Rehabilitation Center. "Helping Hand Day" will be Oct. 17.

MONDAY, OCT. 12
Columbus Day.

WEDNESDAY, OCT. 14
Absentee voting will begin in the Helotes city election, PARC Building, Helotes Hills United Methodist Church, 8 a.m. to 5 p.m.

THURSDAY, OCT. 15
Actor Charles Pace will present two one-man shows, "Malcolm X" and "Young Mr. Douglass," San Antonio College, 11 a.m. and 7:30 p.m. Admission free.

FRIDAY, OCT. 16
The Minister of Foreign Affairs and Cooperation of the Republic of Togo, Anani Kuma Akakpo-Ahiayno, will lecture on "West Africa Today," St. Mary's University's Life Sciences Building, 7 p.m. Admission free.

SATURDAY, OCT. 17
Our Lady of the Lake University's annual "Lakefest" celebration will be held, on the campus, 11 a.m. to midnight. Admission free.

"Feria de los Ninos" will be held, Las Palmas Shopping Center, 11 a.m. to 9 p.m. Admission free. Low-rider exhibit, food, games, rides. To benefit the swimming program for Edgewood District third grade students.

Second annual San Antonio Marathon for Non-Public Education will be held, McAllister Park, 8:30 a.m. to mid-afternoon.

Teatro Vivo, a Guatemalan Theater Company, will open a two-day appearance, Trinity University's Coates Center, 4 p.m., and Mexican American Cultural Center, 7:30 p.m. Admission free. The company will appear Sunday, Oct. 18, at the Mexican American Cultural Center, 4 p.m.

An exhibit, "Crossroads of Empire: Early Maps of Texas and the Southwest, 1513-1900," will open, Institute of Texan Cultures, 9 a.m. to 5 p.m. Admission free. The exhibit will continue daily except Mondays through Nov. 22.

Russian pianist Bella Davidovich will perform with the San Antonio Symphony, Theater for the Performing Arts, 8:30 p.m. Tickets \$12 to \$5. The concert will be repeated Monday, Oct. 19, in Trinity University's Laurie Auditorium, 8 p.m.

SUNDAY, OCT. 18
The "San Antonio 10," Mayor's Cup Ten-Mile Race, will be held, Ancira-Winton Chevrolet, 6111 Bandera Road, 6:30 a.m. Entry fee \$5 till Oct. 16, \$7 on day of the race. To benefit the Bexar County Easter Seal Society.

The Young Builders Club of the Greater San Antonio Builders Association will sponsor a Homebuilders Bar-B-Que, Raymond Russell Park, 11 a.m. to 5 p.m. Barbecued beef plates \$5 and \$3.50. Public invited.

The Texas Bach Choir will perform Handel's oratorio, "Israel in Egypt," St. Luke's Episcopal Church, 4 p.m. Tickets \$5. The performance will be repeated Sunday, Oct. 25, at Our Lady of the Lake University, 5 p.m.

Clinic Set For Coaches

The seventh annual Texas Roundball Round-up clinic is set for Oct. 10-11 at Frost National Bank in San Antonio. Coaches at all levels are invited to attend.

Highlighting the two-day coaching clinic will be lectures by Jerry Tarkanian and Don Haskins, two of the most renowned collegiate coaches in the country, and UTSA coach Don Eddy and his staff.

Tarkanian, the freewheeling coach at The University of Nevada at Las Vegas, consistently puts his "Runnin' Rebels" in the nation's top 20. A popular clinician, Tarkanian spoke at the Roundball Round-up four years ago and drew a record crowd of coaches.

Haskins, making a rare clinic appearance, is now in his 21st year at The University of Texas at El Paso. He is

one of the winningest coaches in college basketball. Haskins' Miners won the national championship in 1966.

The University of Texas at San Antonio's head coach, Don Eddy, will speak at the clinic, as will his assistant coaches, Nevil Shed and Larry Gatewood. UTSA begins its first intercollegiate basketball this fall, facing highly regarded foes like Arkansas, Houston, Texas Tech and Lamar.

Registration for the Roundball Round-up will run from 11 a.m. to 1 p.m. Saturday, Oct. 10 at the Frost National Bank Commander's Room. The fee for the two-day affair is \$20.

For further information, contact Rudy Davalos, director of athletics, The University of Texas at San Antonio.

Health & Safety

Not only can cycling provide an enjoyable family outing, but regular biking also can improve your health. Good cycling workouts can help protect you from heart and circulation problems.

However, like any other active exercise, don't overdo it. Start off slowly and gradually build up your endurance. And don't forget to be safety conscious.

Bicycles are the number one cause of recreational injuries in the United States. And the Consumer Product Safety Commission (CPSC) ranks bicycles as the second leading cause of product-related injuries last year. In 1980 an estimates 514,000 accidents occurred involving bicycles or bicycle accessories.

Be sure that your bike is in good mechanical condition before you go for a ride. Check the brakes and make sure the wheels are not loose or wobbly. Also check for looseness in the steering mechanism, difficulty in shifting gears and pedals falling off.

Loss of control of the bicycle occurs primarily because of riding too large a bike or riding double.

Beware of entangling your feet, hands or clothing in the bicycle.

While you are cycling, make sure that your foot doesn't slip from the pedal. This is one of the major causes of bicycle accidents.

One of the most serious types of accident situations is collision with a car or another bicycle. This can often be prevented if cyclists would stick to safety regulations. Besides obeying traffic laws and remembering to ride defensively, a cyclist should walk, not ride, the bicycle across busy intersections. Signal well before making a turn so that both hands will be on the handlebars while turning. Never ride on dangerous rain-slicked streets. Always ride single file. Never tailgate the rider in front. Never ride under the influence of alcohol or tranquilizers.

Take bike riding as seriously as you do driving a car and you will have even more fun.

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AFRICAN VIOLET SHOW

The San Antonio African Violet Council of San Antonio will hold its first city-wide African Violet Show and Sale at Wonderland Mall, on Saturday, October the 17th, 1981. Free admission. Hours: 8 a.m.-5 p.m. for Sales; 1 p.m.-5 p.m. for public viewing of show. The show, entitled "Violets for All Seasons" will include both horticulture and design entries.

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WHISKEY DREAMIN'

Saturday, Oct. 17—

WHISKEY DREAMIN'

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