

## HELOTES ECHO

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HELOTES, BEXAR COUNTY, TEXAS-

December 5 - December 12, 1986

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## Council Okays New Chief of Police



Mrs. Sandy Baumann is mourning the loss of her four-year-old Labrador, Toffee, who has disap-peared from the Baumann's home on Bandera Road west of Helotes. The friendly dog greeted her as she drove up the lane to the house early one evening last week. After entering the house Mrs. Baumann heard shots outside. She rushed out, but the dog was nowhere to be found. Later a search of a nearby field turned up some blood stains. Enough of the blood was gathered for an analysis to be made by a local laboratory. The report came back that the blood was definitely that of a dog and not of a deer.

The National Association of Women in Construction will have a Christmas arts and crafts show and sale at the Texas Star Inn on Sunday, Dec. 14, from 12 noon to 6 p.m. There will be a Mrs. Klaus Sweet Shop, oil paintings, wood crafts, hand sewed items, floral designs, candles, jewelry, pottery, plants and some anliques

The Helotes Lions and Lioness Clubs had their annual Christmas dinner Tuesday, Dec. 2, at the home of Mr. and Mrs. Jim Clower in Grey Forest. About fifty members and guests were there. Martha Clower and Pat Griffin were hostesses. After the dinner, Brian Taylor was inducted as a new Lions Club member, and Linda Taylor and Sandy Baumann officially joined the Lionesses.

Jean of Ella's Beauty Salon was given a surprise birthday party Thursday night at the home of Mrs. Ella Dunford. Jean has been employed at Ella's for seventeen years.

Congratulations to Brenda Lee Shaffer and Dean Ellis Barker, who were married Friday afternoon, Nov. 28, at Helotes Hills United Methodist Church, with a reception afterwards at the Parrigin Pavilion of the Helotes Lions Club. Dean is the son of Mr. and Mrs. Billy Barker of Heltoes Park Estates.

Sympathy is extended to the fami-[Continued On Page 2]

# Robbery Suspect Indicted

The suspected robber of the Helotes office of San Antonio Savings Association was indicted Wednesday in San Antonio by a federal grand jury. His whereabouts are unknown.

The indictment named Shelby David Shifilet, 36, as the man that the FBI suspects as having walked into the local SASA office at about 4 p.m. on Monday, Nov. 17, and demanded money from a teller. A picture of him taken by a bank security camera showed the barrel of a gun sticking out of a bag he held.

The indictment on an FBI charge of receipt of stolen bank money said he escaped with more than \$500.

He walked from the SASA office to the Helotes Park Shopping Center parking lot and disappeared.

After the robbery, the sheriff of Bandera County and FBI agents searched for him in the Lakehills area of Medina Lake. He had borrowed a car from a woman acquaintance in Lakehills, and when he failed to return the car, she reported it stolen. The car was found near Boerne Wednesday morning.

He also was reported to have bought another car, a cocoa brown 1976 Toyota, in Jourdanton on Tuesday after the robbery.

Shifflet's description is white male, 4 feet 1 inch tall, weighing about 150 pounds, with brown hair and blue eyes.

He is believed to have been in the Lakehills area for several weeks before the robbery.

#### Perry Como Special

It was in Paris a few years ago that Angie Dickinson first guest starred on a Perry Como Christmas special. "It was wonderful working with Perry." she recalled, and happily agreed to guest star with him again on "The Perry Como Christmas Special," airing on the ABC Television Network, Saturday, Dec. 6, at 9 p.m.

## **Plan Orphans Party**



Bill Lee, president of the San Antonio Jaycees, Santa Claus (George Mandry) and Janel Arpels have announced that the Jaycees' 34th annual Orphans Shopping Tour will be held Saturday, Dec. 20, at Ingram Park Mall. The children — age 3 to 12 — will be from St. Peter's, St. Joseph's, Baptist Childrens Home and Boysville. They also will see the Walt Disney movie, "Lady and the Tramp" at Santikos' Ingram Park theater, and have dinner at Wyatt's Cafeteria.

#### 'Joyful Noise' For Christmas

Christmas bells will merrily ring with "A Joyful Noise" on Saturday, Dec. 13, at The University of Texas Institute of Texan Cultures.

Institute of Texan Cultures.

"A Joyful Noise." a group of 12 handbell ringers from the First Presbyterian Church, will perform starting at 3 p.m.

The ringing of bells at Christmastime is a holdover from mid-winter celebrations, write Gerard and Patricia Del Re in "The Christmas Almanack." One way of driving off the evil spirits "when the Earth was cold and the sun was dying" was to make noise.

"As making a great deal of noise

was also rather fun, the noisemaking ceremonies were entered into with much good will," they write. "Bells were a very useful part of this, since you could play a bell and shout or sing at the same time. "Today, church bells ring

"Today, church bells ring throughout the world on Christmas Eve, not to drive away the evil spirits, but to welcome the spirit of Christmas with a joyful noise," the authors write.

The bell ringers, 10 women and two men, will perform such favorites as "Silver Bells," "We Wish You A Merry Christmas" and "O Tannenbaum."

# Ordinance On Signs Unchanged

Helotes City Council Wednesday night authorized Mayor Vivian Hultz to negotiate with Bill Klick of Leon Valley to be the new Helotes chief of police.

The action followed an executive session during Wednesday's Council meeting when the Council interviewed Klick. Councilman Gene Brigman was absent.

At the heginning of the fiscal year in October, the Council budgeted \$22,000 for the annual salary of a chief of police, but it was expected that the city will have to pay Klick more than that. An announcement of the result of the negotiations is expected soon.

The Council also heared a report from the Sign Committee of the Planning and Zoning Commission of the controversial sign ordinance. Georgeanne Hitzfeld and Greg Huber indicated the ordinance only needs strict and continuous enforcement as it is. The Commission is to report back to the Council in 90 days on how enforcement should be

[Continued On Page 4]

## Christmas Days Due

The sixth annual Helotes Christmas Days will be celebrated on Dec. 12, 13 and 14, sponsored by the Helotes Business and Professional Association and Helotes Historical Society.

All all-day Christmas bazaar will be held at Helotes General Store on Saturday, Dec. 13. Santa Claus will arrive at 11 a.m.

Winners in the Christmas decorating contest among Helotes businesses will be announced during the bazaar. Judging will be on Dec. 11 and 12.

Helotes Catholics will celebrate the feast day of their patron saint, Our Lady of Guadalupe, Friday night, Dec. 12.

There will be the regular Saturday night dance at Floore Country Store plus a free dance Sunday evening.

### Posey Bennett Dies At 95

Posey (P.A.) Bennett of Grey Forest died Sunday, Nov. 23, and was buried Wednesday, morning. Nov. 26, in Sunset Memorial Park. A memorial service was held for him Tuesday afternoon at Forest Hills Presbyterian Church.

Mr. Bennett was 95. He was born in Sabine County on Sept. 16, 1891, but lived most of his life in San Antonio and, in recent years, Grey Forest.

His lengthy working life included careers in teaching, insurance and civil service. He gained his bachelor's degree from the University of Texas in 1920. After a

teaching and superintendent's position in Mason, Texas, he began an insurance career which lasted more than 20 years.

A civil servant during and after World War II, he traveled extensively as an instructor, including a favorite overseas station on Guan.

After his mandatory retirement from civil service at age 70, he was still determined to continue his own education and share it with others. At approximately age 72 he earned his master's degree from Our Lady of the Lake University.

After a few years of selling audio-visual equipment and aids to



POSEY BENNETT

San Antonio area schools, he volunteered for the Peace Corps Visa program. The last years of his teaching career may have been his students at the San Antonio Literacy Council to help them gain their G.E.D.'s and citizenship, until his healthy finally mandated his permanent retirement.

Prior to restrictions on travel due to his health, he was active in the Forest Hills Presbyterian Church. He was a 32nd degree Mason and a member of the Patterson Lodge #1177. His burial at Sunset Park was under the auspices of members of the Lodge.

The last years of Mr. Posey's life were spent with the loving care and support of his wife, Sabina.

His survivors include his wife; two daughters, LaBelle Cravens of San Antonio and Edna Mae Wilber of St. Louis; one son, Arnold Bennett; two stepdaughters, Rosa Maria Alonso of Mexico City and Noemi Cortez of Mexico City; two stepsons, Jose Luis Soto of San Antonio and Ariel Soto of Houston; a sister, Blanche Grover of Kingsland; and numerous grandchildren, great-grandchildren,

The Helotes Hills Chapter of AARP meets in PARC Bldg. at 1:30 p.m.

Regular Meeting -- 2nd Wednesday Games Day -- 4th Friday

### Taft, Clark Seniors To Compete For Scholarships

Two Northside School District high school seniors will be competing for over \$249,000 in scholarships as local nominees for the National Century III Leaders Awards Program.

Taft High School senior Shawn Boland and Clark High School senior Greg Sonnen will compete with other local and state winners for scholarships and a trip to Williamsburg, VA. to attend the National Leadership conference in March 1987

The Century III Leaders Awards Program is administered by the National Association of Secondary School Principals and funded by the Shell Companies Foundation.

Since 1976, about \$2.5 million in

scholarships has been awarded to students as Century III Leaders.

Two winners from each state and the District of Columbia will receive an all-expense paid trip to Colonial Williamsburg for a three-day national meeting where they will discuss current and important business, political, and educational issues which face America and the world.

State winners will compete for the National Century III Leader and an additional \$10,000 scholarship. Nine semifinalists will receive additional \$500 awards

The state winners and alternates will be selected in January 1987 and the National Winner in March 1987.

#### Person -- [Continued From Page 1]

ly of Patty Fong Wu of San Antonio who died on Sunday, Nov. 23, at the age of 45. Mrs. Wu's mother, Lee Woon Kong, and two of her five brothers, Wah Jew Kong and Sai Chong Kong, are residents of Helotes

Sunday, Dec. 7, is Pearl Harbor Day.

The Indian tribes of North and South America do not contain all the blood types that are found in the general population. The tribes of Central and South America, for example, are all blood group O.

#### LOTES GENERAL STORE RESTAURANT Bandera Road . Hwy 16 N.W. Open Daily, 11 a.m. till 9 p.m. CATERING Serving Delicious BAR-B-Q 695-9665 A-La-Carte Beef, Sausage, 1/2 Barbecued Chicken-\$2.20 Ham, Ribs & Chicken Hand Whole-\$4.10 Dipped Plates, Sandwiches Ice Cream & Family Dinners Featuring BLUE BELL Also Charbroiled Boneless Ice Cream STEAKS **Party Trays** 12 OZ. RIB-EYE . In Various Sizes by **Special Order** 6 OZ. SIRLOIN SISH-KA-BOB 8 OZ. BONELESS CHICKEN BREAST ......\$4.45 Dine In A Served with Baked Potato or Hash Browns 'All Menu True Texas and Salad Atmosphere Hot Dinner Rolls Served with Items Available All Steaks & Barbecue Plates To Take Out Charbroiled BURGERS The Terry Family BEER-WINE & WINE COOLERS



## \$5.4 Million Westside Freeway Contract Awarded To Heath

Another stage in construction of a freeway for western and northwestern San Antonio has received the green light from the State Department of Highways and Public Transportation.

Highway commission members approved the construction of frontage roads across Interstate 410 at the site of the interchange with the new Westside Freeway (Texas 151). The \$5.4 million project is one of several contracts for work in Bexar County awarded at the November meeting of the commission.

Heath Constructors, Inc. of San Antonio was the low bidder on the Westside Freeway project at \$5,417,661.65. The contractor will build frontage roads across I-410 for

### Zumwalt Also Signs \$1 Million Ramp Contract

the new freeway. The work will also relocate the I-410 frontage roads at the site of the proposed interchange.

Public support for the project included donation of 92 percent of the land needed for construction. The cost of one frontage road was also provided by private sources. The new freeway will serve the growing residential and light commercial development in western and northwestern San Antonio. It will also provide direct access to downtown.

San Antonio's downtown area also received a boost with the approved construction of a new exit ramp from I-37. The highway commission awarded a \$1,024,980.57 contract to Zumwalt Paving & Grading, Inc. of Helotes to build a southbound exit ramp from I-37 to Houston Street

The ramp will provide additional access to the central business district, which includes the convention center and the new Tiendas Del Rio Mall, a new inner-city multipurpose shopping, office an residential development. No additional acquisition of land is required for the work.

Another inner-city project

the assistance of Mrs. Wooten.

The fire department has achieved full compliance with the Farmers' Home Administration (FHA) on the loan for the fire truck purchased in approved by the commission will widen Colorado Street from Fredericksburg Road to Commerce Street. Zumwalt Paving & Grading, Inc., of San Antonio was the low bidder for the work at \$1,874,543.23.

The contractor will widen the two-lane road to four, 11-foot travel lanes with curbs and sidewalks. The

### Open House Set

Ursuline Academy is hosting its annual Open House on Sunday, Dec. 7, from 12 noon to 3 p.m. All eighth grade girls and their parents are invited.

1981. Proper budget information was supplied to FHA after learning that such annual filings had not been done for the past three years as required by terms of the loan.

City of San Antonio's share of the project is \$980,975.

The route, a major north-south arterial street on the city's near west side, carries an average of 5,000 vehicles a day. The work is expected to take 1-1/2 years to complete.

## November Rain 3"

November was a rather dry month with only 3 inches of rain reported for the period by Henry Brauchle, However, the total for the year is 47 inches, a healthy amount

The long-range forecast for this winter is colder and wetter than normal, according to the National Weather Service. Last December in 1985 - was the coldest ever recorded by Mr. Brauchle.

## Firefighters To Get Truck

The Board of Directors of the Helotes Area Fire Department has approved purchase of a new pumper/tanker. Low bids were Chassius and Four Guys, Inc. for the apparatus construction. Helotes in budgets and accounts. The Bank will arrange the financing, recommendations have been Delivery is expected in the Spring

Further actions taken by the Board included resolutions to improve the business management procedures:

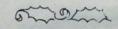
Acceptance of a financial report

by consultant Susan Wooten validating the accounts for 1985-86 and recommending use of purchase vouchers, monthly account activity awarded to Gande Ford for cab and statements, gross and net income and expenditures to be used implemented.

The Internal Revenue Service is removing the penalties of \$2500 against the fire department for failure to file returns on time in 1984 and 1985. The 1986 tax forms have been filed this year promptly with



A Salute To Our Senior Citizens



O Come All Ye Grandpas And Grandmas Senior Citizens All

> Christmas Carols Favorite Old Hyms

Entertainment by Taft H.S. Drama Department Forest Hills Youth Choir

Refreshments

Sunday December 7th, 3-5 PM

Forest Hills Presbyterian Church 13200 Bandera Rd., Helotes, Texas

(Need a ride? Call 695-3123 and leave message on recorder)

Come Let Us Rejoice Together



Helotes Firechief Ron Binks (right) with James Love of Four Guys, Inc., in Meyerdale, Pennsylvania, completes agreement for construction of a new fire truck for the Helotes Area Volunteer Fire Department, Delivery is scheduled for April.

#### Philip M. Strickland, D.D.S. **GENERAL DENTISTRY**

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## Peace Award To Include Local Telecast

The four-nation group known as Contadora has been named as recipient of the 1986 Beyond War Award for its continuing effort to achieve peace in Central America through negotiations rather than military action.

Announcement of the award was made after meetings with the foreign ministers of the four nations — Mexico, Panama, Colombia and Venezuela.

Presentation of the award will be made on Dec. 14 in a television "Spacebridge Of The Americas" that will span the North and South American continents.

Each of the four foreign ministers

has been invited to visit a different U.S. city in December to receive the award on behalf of his country. The leaders of the four Contadora nations — President Virgilio Barco Vargas of Colombia, President Miguel de la Madrid of Mexico, President Eric Arturo Delvalle of Panama and President Jaime Lusinchi of Venezuela — will also participate in the "spacebridge" from thier capital cities, which will be linked via satellite.

The San Antonio segment will be held at San Antonio College on Dec. 14 from 3:30 to 6 p.m. Admission will be \$5.

#### Card Of Thanks

The family of Beatrice Cardiel wishes to express their appreciation for the many kindnesses extended to them at the time of loss of their loved one.

We wish to thank Rev. Ed Jach for his arrangement of the funeral services at Our Lady of Guadalupe Catholic Church, and to thank Sister Mary Louise for leading the rosary.

We especially want to thank the First Baptist Church of Helotes for their gift of food served at that time. To all our friends and their

families who came to be with us in our time of sorrow and offered prayers, condolences, flowers and sympathy, we will always remember your kindness and thoughtfulness.

Thank all of you.

Her sister, Ella Dunford Her daughter, Norma Jean Pollard Her son, Jesse Allen Colvin



### Beatrice Cardiel Dies at 61

Mrs. Beatrice C. Cardiel of San Geronimo died Sunday, Nov. 23, and was buried in the Helotes Catholic Cemetery on Tuesday morning, Nov. 25, after a mass at Our Lady of Guadalupe Church. Mrs. Cardiel was 61.

A rosary for Mrs. Cardiel was recited at the church on Monday evening, Nov. 24, by the family and hundreds of friends.

She is survived by her husband, Albert E. Cardiel; daughter Norma Jean Pollard; son-in-law Jim Pollard; son Jesse Allen Colvin; sisters' Ella Josephine Dunford, Stella Hernandez, Celia Mendoz and Alice Cisneros; brothers Arthur and Arnold Sanchez; and three grand-children.

Mrs. Cardiel was born on the Gallagher Ranch in San Geronimo, and lived in her later years on a family ranch nearby.

#### Council--

[Continued From Page 1]

implemented.

The Council reappointed to the Commission two members whose terms are ending this month, Guy Murray and Ken Bryan.

In other action the Council tentatively accepted the bid of Jordan Ford as the lowest for a new police car. Jordon Ford's bid was \$11,205 for a 1987 Ford Crown Victoria. Other bids were received from Chaparral Ford of Devine, Jennings Anderson Ford of Boerne, and Southway Ford of San Antonio.

The Council also approved a 3 per cent cost of living salary increase for all city employees, effective Dec. 1.

The next meeting of the Council will be held on Wednesday, Dec. 17, in the PARC Building at Helotes Hills United Methodist Church beginning at 7 p.m., when the enhanced 911 emergency phone system proposed for Bexar County will be explained.

"Justice should not arise from laws, but laws from justice."

Joseph Joubert



SUNDAY SCHOOL 945 a m WORSHIP 8:30 and 11 a.m. 1½ Miles North of Hwy. 1604 NURSERY PROVIDED Rev. Randy L. Terry & Rev. Elizabeth Torry, Co-Pastors

#### Helotes Wins PTA Honor

Mary Cuellar, Helotes Elementary School PTA membership chairman, and Mr. and Mrs. Earl J. Moore, Fun Fair Chairmen, were among some 3,000 PTA members and guests who attended the 77th annual convention of the Texas PTA recently in San Antonio.

Mary Tippin of El Paso, state president, and delegates represented 2,457 local PTAs and 666,000 members statewide.

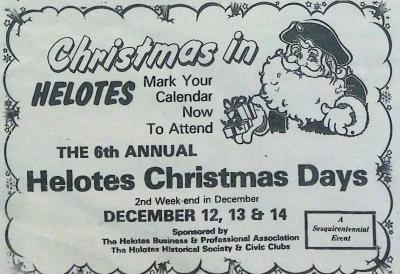
The 18 districts of Texas PTA
held separate caucuses for the PTAs

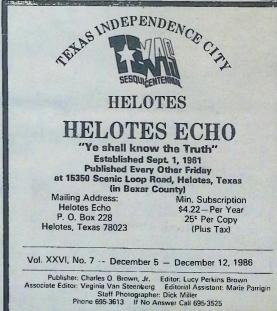
held separate caucuses for the PTAs within their boundaries. With 100 schools in the Fifth District. only four Northside

With 100 schools in the Fifth District, only four Northside District Schools were recognized for the "One-for-One Membership Award, Helotes Elementary School was one of the four schools receiving this distinction.

DR. THOS. J. HABERMAN, D.D.S. PC FAMILY DENTISTRY

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#### Twins To Welcome Santa

Santa will be greeted by a bevy of twins, triplets, and more on Saturday, Dec. 20, at the Oak Hills Presbyterian Church on Callaghan Rd. The San Antonio Area Mothers of Multiples is holding its annual Christmas Party for the children of its membership.
Santa will make his entrance at 3

p.m., and children will be presented gifts donated by their parents. Refreshments will be served after the arrival of Santa.

Families with twins, triplets or more should contact SAAMOMS at 633-2369 or 681-4887.

### Make House Of Gingerbread

The ever-popular Witte Museum "Funshop," "Gingerbread Houses," is scheduled from 10 a.m. to 12 noon Saturday, Dec. 13, at the Museum, 3801 Broadway.

Instructors Audrey Curl and Jean Mueller will reveal the secrets of building and decorating these special Christmas creations so families can build one at home

Class size is limited to the first 25 participants, Cost is \$5 for museum members and \$7 for non-members. Reservations are required and should be made by calling the Education department at 226-5544. ext 101

joining La Quinta in 1980, he has held various positions within the company's development and legal departments, most recently as vice president and general counsel.

### Insurance Help Offered Seniors

Charlotte Lyons, medical insurance specialist, has joined San

designed especially for older adults with Medicare and co-insurance claime

Antonio Gerontology Enterprise (SAGE) and will head up the Medical Insurance Claims Subscription Service, a service

Lyones is a graduate of Dallas Baptist University. She has had a number of years experience as an insurance claims specialist for a local physician. Additionally, she has been director of Nursing Home Ministry, Trinity Baptist Church,

and presently serves Antome Winds Retirement Center in the

## The Village Scoop

12944 BANDERA ROAD HELOTES PARK PLAZA

Warm up with Minnie's Tacos on these cool December Mornings. 7 a.m. to 2 p.m. Monday — Friday 8 a.m. to 2 p.m. Saturday

You can also order Ice Cream Pies and Caramel Brownies for the holidays Monday thru Friday 7 a.m. to 6 p.m. Saturday 8 a.m. to 9 p.m.

Closed Sunday

#### La Quinta Inn Promote Counsel

La Quinta Motor Inns. Inc. has announced the promotion of Alan L. Tallis to Senior Vice President -Development Programs and General Counsel.

Tallis, a member of the Texas

Bar, the Florida Bar and the American Bar Associations, holds a legal degree from The University of Miami and a master of business administration degree from The University of Texas at Austin, Since

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The 22nd Annual Helotes Festival MAY 1-3, 1987

> MEMBERSHIP APPLICATION '87 Annual Dues - \$2.00

Come to meetings or send to: Helows Festival Association P.O. Box 276, Helotes, Tx. 78023

(Meeting First N.onday of each month at Our Lady of Guadalupe Church Center at 7:30 p.m.)

ADDRESS ZIP CODE

Dues-\$2.00 - Enclosed -- To Be Paid For Information Call 695-9246 Next Meeting – Monday, Dec. 1 Marie Parrigin, Membership Chairman



## Giving Thanks At Wilford Hall



Wilford Hall Air Force Medical Center shared with the rest of the U.S. a traditional Thanksgiving. This display of the bountiful fruits of the season greated personnel entering the dining area. Helping to arrange the display were Food Service Worker Tino Romero, left, SM Sgt. Wayne Murphy, Technical Sgt. Diane Murphy and Lt. Col. Regina Smith. (Photos by Leo Stewart, Jr.)

Although the Chinese were flying kites before 1000 B.C., kites were not known in Europe until the sixteenth century.





Even patients confined to bed shared in the Thanksgiving dinner. Col. Robert Mr. Ryan, Jr., admired a turkey drumstick served by Major Bonnie Barnes, charge nurse. Col. Ryan flew 34 combat missions in World War II before his 20th birthday. He continued to serve in the Air Force until 1973.



Lt. Col. Ren G. Saxton, Jr., of Granbury, ate his dinner with gusto. Col. Saxton served in the Air Force from 1943 to 1962 and retired with more than 10,000 flying hours. With him is 1st Lt. Ellen O'Connell, dictitian.

Lasers are used in medicine to repair a tear or lesion in the eye. Flashes of laser light into the eye produce scar tissue to prevent the tear from growing.

#### HELOTES HILLS UNITED METHODIST CHURCH

13222 Bandera Road

Sundays: Worship Services 9 a.m. 6-11 a.m. Church School 9.45 A.M. • Youth Activities Rev. David McNitzky: Pastor • 695-3761

#### CHRISTIAN PRE-SCHOOL Tuesday & Thorsday 9 a.m. 12 Noon

MOTHER'S DAY OUT
Thursday 9 a.m. 12 Nooi
Mother'S DAY OUT
Thursday 9 a.m. 2 p.m.



### **Exercise Programs**

Good For Elderly

Everybody's getting physical these days. It seems there's a video exercise program for everyone from

infants to grandparents.

Although older people can benefit greatly from exercise, they require an individualized program designed with their personal strengths and goals in mind, says Pamela Stanton, EdD, director of the physical therapy education program at The University of Texas Health Science Center at San Antonio.

"More and more elderly people are interested in maintaining their health and independence," Stanton says. But there's a great deal of misinformation around, particularly when it comes to exercise and conditioning programs.'

She is particularly concerned about sendentary men and women who pop a tape in the videocassette recorder and suddenly begin whirlwind workouts led by nonprofessionals.

Stanton recommends a medical checkup before starting an exercise routine. "Medical evaluation is important for everyone, especially the elderly, to establish physical limitations," she says. "Actually, there are very few older individuals who should not exercise."

Exercise doesn't cure cardio-vascular disease, but it may improve the prognosis, Stanton contends. "Exercise also can build strength, flexibility, coordination and promote relaxation," she says, "and there is some evidence that exercise can help to retard the progress of osteoporosis."

In designing an exercise program, physical therapists evaluate a person's range of motion, general physical condition, daily tasks and leisure time exercise activities.

Says Stanton, "We focus on a lifetime program which encourages the person to stay at the highest possible functional level.

Exercise doesn't have to be jumping up and down for 30 minutes. It should be based on things people enjoy doing, like swimming, bicycling and walking."

Those who want to begin aerobic programs should try 20-minute sessions three times a week and build up to more time per session, she advises.

"Warm ups and cool downs are important transitions for the body, as are gently calesthenics and stretching exercises."

Stanton's advice to elderly exercisers:

Wear loose-fitting, comfortable clothing. Wear shock absorbent footwear for jogging and walking. Never wear rubberized "sauna suits, she warns. "The body's heat regulartory system doesn't react as

promptly in the elderly."

\* Adjust your activities to the environment. Don't jog on a summer afternoon; exercise in the cool of the morning or in a environmentally controlled area such as a shopping mall.

\* Do not hold your breath as you exercise. Breathe in as you contract your muscles; exhale as you relax.

Schedule warm-up and cooldown phases.

\* Begin exercising at your current tolerance level. Gradually increase the amount of time per session as your tolerance increases.

## UTSA Offers Trip To Mayan Dig If you'd like the chance to play "Indiana Jones" for a week or so,

The University of Texas at San Antonio may have just what you need. UTSA's Center for Archaeological Research is offering a chance for volunteers to work at the Colha Project in Belize.

The Center for Archaeological Research will offer a contributor/ participant program which will cost \$300/week per person. That price includes meals, camp essentials, lab equipment and transportation from the airport to the site. Transportation from the U.S. to Belize is the responsibility of the volunteer.

Volunteers will be able to participate in excavating, surveying, mapping or lab work, besides supporting the research. Volunteers don't need to be an archaeologist or a scientist.

The Mayan site at Colha, Belize (about 47 miles north of Belize City) is significant due to the evidence of stone tool mass production.

One of the participants, Dan Potter of Harvard is working on his Ph.D. dissertation on the Middle PreClassic occupation at Colha, In 1983, he discovered a series of bloodletting offerings, fundamental finds in supporting current theories of bloodletting rites in ancient Mayan life, and plans to continue his research on the rites at the site in

The site has also revealed a "skull pit", broken ceramics, stone tools, animal bones, marine shells and even a tiny copper bell.

The 1987 season promises to yield more information and more surprises. Besides Dan Potter, Eleanor King, a Ph.D. candidate at Penn State and a veteran of Maya expeditions to El Mirador, Copan and Cerros, will direct the field work. There will be excavations of

housemounds, workshops and at "plaza group" (elite least one residence).

The 1987 season is planned to start in early February and run through April or May. Because of time, funding and logistics. volunteer space is limited. For more information, contact the Center for Archaeological Research

### Museum To Show 'Ancient Art'

Ancient art drawn from a vast local collection of Egyptian, Greek and Roman antiquities will go on display Dec. 19 at the San Antonio Museum of Art. This preview exhibition of sculpture and painted pottery will serve to introduce the extensive Gilbert M. Denman, Jr. Collection of Western Antiquities recently donated to the San Antonio Museum Association.

"Ancient Art from the Denman Collection" will feature approxi-mately 40 outstanding pieces of marble sculpture and Greek pottery dating from around 3000 B.C. to the 4th century A.D. The exhibit encompasses Egyptian, Greek and Roman sculpture in the round and in relief, and painted Greek vases.

One of the highlights of the exhibit will be a marble sculpture of the "Sleeping Ariadne," which was formerly in the collection at Wilton House near Salisbury, England. The statue is a Roman (2nd century A.D.) copy of a Greek original that no longer exists. Also on display will be Greek grave relief dating from the late 5th century B.C. The carved marble tombstone, depicting a young deceased woman with her father, is almost complete and in very good condition.

"Ancient Art from the Denman Collection" will coincide with the December annual meeting of the American Institute of Archaeology in San Antonio and will remain on display through

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### Flu Season

#### Returns

#### With Northers

With the first cold snap roaring into San Antonio last month, residents are readily reminded that the cold and flu season has been issued in as well.

To cut down on the misery of nursing yourself back to health, Dr. Vivian Giudice, director of the student health services and family practice medical group clinic at Medical Center Hospital, has come up with a few tips to help area residents stay healthy.

"Staying healthy is the optimal solution," she explains. "This means eating nutritionally, as well as getting plenty of rest and exer-

"San Antonians also need to remember to dress for our drastic change in weather from mornings lows in the 50s to afternoon highs in the 70s or low 80s," Dr. Giudice adds. In addition, she recommends dressing children in the "layeredlook" allowing them to shed outer clothing as the day warms.

Also ensure proper protective clothing, i.e., raincoats, boots, etc., if the weather is wet in addition to being cold.

Although most people are ill for only a few days, the flu can be life threatening for the elderly or chronically ill.

To help combat the flu season, typically between November and April, a yearly vaccine is recommended for "high rish" groups.

"High risk" groups include: -Residents of nursing homes and

other chronic care facilities. -People 65 years or older.

-Anyone (at any age) who: \*has certain heart, lung or kidney problems.

\*is a diabetic.

\*has a severe anemia.

-Hospital or medical personnel.

-And, the general population who want to reduce their risk of acquiring the flu. During the flu season be sure you:

-Wash your hands often. Avoid close contact with an

infected person. -Eat a well-balanced diet (with

extra fruit and fruit juices).

-Get plenty of sleep. -Avoid stress (which lowers

your resistance.) -Avoid smoking (smoking damages air passages, making them less able to resist a virus attack.)

If you do get a touch of the flu or cold bug, remember, emphasizes Dr. Giudice, that these ailments are caused by a virus - not a bacterial infection - and cannot be treated with antibiotics.

"If you do succumb to a cold or flu," says Dr. Giudice, "let your body be your guide. If symptoms continue or worsen after two to three days, consult your physician."

## For Holiday Dining



Cranberry Chicken Bundles served on a platter banked with Holiday Rice combines modern convenience with a right touch of tradition for elegant holiday entertaining. Add some brown and serve crescent rolls and a fresh fruit cup, and as the finale, Eggnog-Mincemeat Chiffon Pie.

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### "The Good Old Days" Has Child Authors



Some of the students at Timberwilde School who took part in "The Good Old Days" history of Texas activity.

During the Sesquicentennial. students at Timberwilde Elementary School have taken part in activities to learn about Texas' past.

This Fall, Mary Saflekos, 2nd grade teacher and member of the Timberwilde Sesquicentennial Committee, sponsored school-wide writing project entitled "The Good Old Days". Students were invited to share a personal story relating to the past

Some children told about family antiques passed down through many generations. Some related their family history, telling of those who were early settlers, educators,

political figures, ranchers, businessmen, and civic leaders. Others explained old-time crafts such as candle-making, soap-making, churning, quilting, and furnituremaking. Some depicted the oneroom schools and told about the lives of the Pioneers. Others compared transportation and communication systems then and now; and a few recounted some of the Texas Sesquicentennial events they had attended.

A total of 265 students participated, representing all grade levels Kindergarten through 5th grade! All of the children's articles

were displayed for everyone to read, and they are now being bound into a book to be presented to the school library. "It will help them remember Texas' 150th year, and the children will leave behind their ideas and a legend of their own as well," said the sponsor.

#### **Oblates Host Organ Concert**

Sunday, December 14, at 3 p.m., Oblate School of Theology on 285 Oblate Drive, will have a concert on its new organ.

Mr. Mark Timothy Smith, Organist-Choirmaster of Christ Church in San Antonio, will perform an inaugural concert on the Robert organ recently given to the School.

Mr. Smith has been the organist

at Christ Church for the past eight

years. Besides organ recitals in San Antonio, he has performed at St. Thomas Church in New York City and St. Edmundsbury Cathedral in England.

The concert will be held in the Immaculate Conception Chapel, and is dedicated to The McIlvaine Family, OST benefactors. The recital is open to the public.

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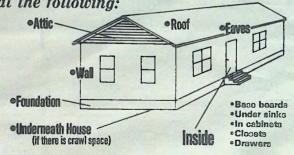
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Big Brothers and Sisters is now accepting applications for its Big Brothers program. Men aged 18 or older are eligible for the program that serves boys aged seven to 14, who come from single parent homes.

The program provides a free service to families in Bexar County. Little Brothers are matched with Big Brothers, who volunteer three to five hours of their time a week. The Big Brother serves as a friend, role model and companion for the

Once the application process is completed, a Big Brother is matched with a Little Brother according to the child's interests, needs and family situation. Through the role of a supportive adult friend, the Big Brother helps the Little Brother with the everyday issues that surround growing up.

For more information on becoming a Big Brother, call 225-6322

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## Rams To Open District Basketball Play Dec. 8

By CHARLES OLMSTED

Marshall basketball coach Terry Morris hopes a healthy dose of hard work will compensate for two key ingredients lacking in the Rams

heighth and experience.

The rams have a long way to go to repeat last year's record of 19-13 which earned them district runnerup. The District 30-5A race begins

**VA Wheel Cagers Win** 

Monday, Dec. 8, with an 8 p.m. contest against Jay at Taylor.
"The Northeast District schools

have a lot of big teams," noted Morris, who is in his first year At Marshall. "We have a definite size disadvantage. The tallest of our starters is Ski Jones (6-1)."

The rams were at a size disadvantage Monday when they bowed to Madison, 60-43. Madison sported four players 6-5 or over.

We were only two behind with four minutes left in the third," Morris said. "It all event-

ually catches up with you."

Morris has a formula that has proven effective enough to post a 3-4 record including a third place in the Clements Tournament. It's being tried again this weekend in THE Northside Tournament and. will start the big tests Monday, Dec.

"We're trying not to turn the ball over, press a little bit to keep them from taking the ball down and jamming it down our throats, and just working for the good shot,'

Morris said. "We're playing a lot of zone. We run a team concept offense and get good ball movement."

Morris, who came to Marshall after serving five years as an assistant at UTSA, almost had to start from scratch. Only two players returned from last year's team -Alex Perez and Ken Garcia.

Perez (6-0) and Garcia (5-10) are starting along with Jones (6-1) and Jason Kreuger (6-0). Alternating at the point guard position are Jimmy Poole and Mark Gardner, both 5-9.

The three main players of the bench are Walter Spencer (6-2) Jeff Marriott (6-0) and Brian Piatkowski

"These are outstanding young men at this school," praised Morris. "They work hard and they're very coachable. You couldn't ask anymore of them."

Except maybe to grow taller.

## Lady Rams Could Repeat As Champs

Marshall's girls have picked up where their regular season ended last year winning

The Lady Rams, last year's District 28-5A basketball champs, are back at it , this year in a new district (30-5A) and are off to an 8-0 start, including a district victory and one tournament (Edgewood) championship.

The 57-20 thrashing of McCollum in the District 30-5A opener was all Marshall's. Seven Rams entered the scoring column with Lisa King firing in 24 points and Lisa Mazur adding 10.

The defense has been playing real well," said Marshall Coach Steve White. "We need to improve on our shooting from outside. The volleyball players handle the outside and they're just now getting rounded into shape.

The Rams had started sluggishly with a 50-41 victory over East Central and a 53-50 decision over South San. Marshall had 20-point leads over both teams.

tory over Providence and a 59-39 slashing of Sam Houston in the finals. Lisa and Lori King hit for 18 and 17

Things came together in the Edgewood Tournament with a 59-36 vic-

points, respectively, in the finals against Sam Houston. Nine girls got into the scoring against Providence in the semifinals with Lisa King popping in 14 and Mazur notching 11.

Lisa King is averaging 19 points a game while sister Lori is hitting for 13 ppg. with Mazur adding 7 ppg.

"The kids know where they have to get the ball," stated White. "The kids are coming up with a lot more assists. They're moving the all around until we get it to the Kings. The Kings have gotten a little faster and

Darla Alexander, our point guard, is quick and pressures the opposing ball handlers. She's getting a lot of steals and turnovers.

The Rams will get a good test of what is outside the San Antonio basketball world when they play in the SAISD tournament this weekend. Marshall opens against Austin Anderson at noon today, Dec. 5. Sixteen teams from Austin, Houston, Corpus Christi and San Antonio are in the tournament.

Marshall continues district play Monday. Dec. 8, when it tangles with Jay at 8



Students at Mackey Developmental Center learn that being handicapped does not mean "no play" as they watch a team from the Veterans Administration Hospital play wheel basketball against a team of Northside School District staff members. The temporarily wheelchair-bound NISD team lost to the experienced team. Here, NISD Superintendent Jack C. Jordan goes for two as Mackey school Principal Jack Massa gets set for the rebound.

Men first settled in North America, scientists hypothesize, by walking over the Bering Straits when they formed a broad land-bridge during the last Ice Age.

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United States in September, 1987.

While final approval of the daily

schedule is not expected until the

summer, his U.S. trip will begin

Sept. 10 in Miami and end in San

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## Raiders Look Good In District Tuneups



#### A SPECIAL PROBLEM IN PARENTING: **BLACKBOARD STRATEGY**

Has this ever happened in your home? Dad comes home from a hard day in the salt mines. As he pulls in the drive, the customary after-school bedlam dwindles away. A single look at you prompts him to ask what happened. You start with the spilled orange juice, mention the crayon artwork on the new wallpaper, and are just starting to explain the bandage on Junior's leg when Dad interrupts with, "What! These little angels have been mishchaving?" Angels? No, goblins that Mom can't keep in line. They become models of decorum upon his arrival. Why? Simple: Dad is the BIG authority.

This condition exists in a lot of families, this one-parent authority. The reasons for it I'll leave up to the psychologists and simply state that it is a big problem for many young families. In all my years of dealing with kids and parents, I've come across but one single solution to it. It was provided by a mother who had an overly long wait in my office due to an emergency. Her seven-year-old son began to fidget, run up and down the hall, make noise, and in general behave like any gap-toothed boy would after an hour's confinement.

Mom asked him in a quiet, conversational tone to sit down. In a few minutes she repeated her request, still in the same tone. Then she said, "Sit. Or do you want me to write this on the blackboard?" Zoom! He was in the chair and not one peep was heard from him during the rest of her consulta-

Curious, I asked about the mysterious power of a blackboard. She told me that she handled most of the problems of childhood discipline, but those she couldn't deal with were written on a blackboard and discussed with Dad when he came home. This boy idolized his father, liked to go fishing and hiking with him, and would do anything to keep from incurring Dad's disfavor. She told me how it worked in their home. I've seen it work in dozens of other homes since i stumbled across this "blackboard strategy"

An ordingary blackboard is conveniently placed, and plenty of chalk is kept at hand. During each and every day all of the infractions of childhood that mother cannot handle are recorded, such as "called me a mean old ugly" or "had a temper tantrum" or "refused to straighten room". Every single act outside the boundaries of normal behavior is diligently recorded ... provided Mom can't deal with the situation by herself. At the end of the day when the father returns from work, the BIG authority is brought into action.

Dad sits down with Junior and the blackboard. He goes over the citations one by one, explaining them. "You tracked mud through the house. We've told you about it before, so this is disobedience, isn't it?" Junior nods. "You ran through Mrs. Murphy's flower bed and told Mom you didn't. What's that called?" Lip quivering, Junior admits to lying. And so on through the list, with full explanation of each item.

This whole action is a scaled-down version of adult law. Mom apprehended the miscreant and put him on the docket. A trial is held, giving full disclosure and informed consent to guilt (Junior is premitted his say, of course). Then comes sentencing by Dad-the-judge.

They go over the list again. "Mud in the house. Hmmm, Not a bad disobedience. But just so you won't forget, there'll be no dessert for you tomorrow night. Just an empty plate to look at while the rest of us eat ice cream." "Now you know lying is a serious offense in this home. What do you think a fair penalty would be?" Plea-bargaining, Junior says, "No TV?" Dad-thejudge counters with, "No TV Saturday morning.. and you stay in your room

the whole morning. "Aw, gee, Dad..." He is cut off by his father who has been calm, fair, just, sympathetic, understanding...and unwavering. One family uses a completely innocuous ping-pong paddle as the symbol of authority. A certain number of swats is agreed for each offense, the sum total being administered at one time.

At first the blackboard is full, but the notations become fewer and fewer with time. Here is ultimate authority in action. Junior realizes that the very worst thing Mom can do to him is make an entry on the blackboard docket. "Why, I'd rather have a good licking from Mom than another icy talking-to from Dad. He doesn't miss a trick. And he never kids!"

Blackboard strategy works. Or will work where fairness and consistency are applied. Done with a cool head, it can make authoritative discipline a fun thing. Still, kids will be kids and home is not a military academy. Though consistency is a keynote, leniency is permitted at times. Mixed with love, of course. The payoff is the respect Junior will develop for Mom and Dad and authority figures in general.

Terry S. Vincent, M.D. Helotes Family Practice Clinic

Don't look shocked but Taft Coach Mike Osterman is acting like the person who is on the verge of yelling, "Bingol"

Time will now tell how big the jackpot is and what the payoff will

be.
"We had been hot and cold, searching for the right combination," Osterman said. "We took positive strides toward that direction Monday."

The strides came in the Raiders' 67-60 victory over Jefferson and doing the striding was sophomore Yuron White.

"We had gone through a lot of people at point guard," Osterman declared. "White was a steady influence and got the offense going. He didn't turn the ball over. We just didn't have that early on in the season."

Last year's guard combination -John Harris and Darren Lax moved due to military transfers. Mike Laderer is still scoring points, poppiing in 26 against Jeff.

Osterman said 6-7 Darrin Wylie is improving with his inside play.

Wylie netted 15 points and Joe Uriegas and White each contributed eight against Jefferson.

Osterman said he has seen drastic improvement over last year's 8-19 team. The school is in only its second year.

There are still a lot of teams we don't match up with," Osterman said. "We'll have to get the loose balls, be overachievers and play smart basketball. We're more ready than we were last year at this time. It took some time to find the right combination.

Taft gets one final tuneup for district with this weekend's Northside Tournament. The Raiders play Churchhill today, Dec. 5, in the tournament.

The District 30-5A season opens for Taft with an 8 p.m. contest Tuesday, Dec. 9, against McCollum at Taylor.

## Taft Girls Begin Strong,

### Aim For 10 Victories

The Taft girls basketball team has already accomplished one goal before December is too old. They have won more games than last year - doubling their victory total.

That's right the Raiders have won two games and are hungry for more. According to Taft Coach Micki Hudson, the Raiders should be 4-2 instead of 2-4

One game that should be in the W column for Taft is Tuesday's 45-34 loss to Harlandale. That game was also the District 30-5A opener for both teams.

"We did a good job of pressing," complimented Hudson. "We caused turnovers but we didn't capitalize on them.
That hurt."

Denise Vaughn and Tricia Wendt led Taft with eight points each.

That is not in the formula for a Taft victory, according to Hudson.

don't have any stars," Hudson said. "We have to have a number of girls scoring. We need three scoring in double figures.

The trick is getting balanced scoring, good percentage shooting and good defense. One night, the Raiders can score from inside but not the next. One of the victories was a 50-38 decision over Burbank in the consolation semifinals of the San Antonio Independent School District tournament. Jennifer Lennon canned 17 points followed by Vaughn's 16 and Wendt's nine. Vaughn was named to the alltournament team after scoring 37 points in three games.

The Raiders howed to Edison 42-31 in the consolation finals, another game Hudson feels the Taft should have won. "The shooting percentage wasn't good enough against Edison.

There doesn't seem to be much rest for Taft this weekend as the Raiders play in the Floresville Tournament. The Raiders return to the District 30-5A schedule when they take on McCollum Monday, Dec. 8, at 5 p.m. at Taylor. Hudson said the competition will be tough at Floresville, including two 6-4 girls from Poth.

The season's goal is 10 victories which will be within reach if the Raiders can keep improving.

"We're working on the fundamentals." Hudson said. "We're moving the ball against pressure and do-

ing a good job.
"We're more competitive than last year but still struggling. A lot of kids hadn't played since junior high school."

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#### **KSAT 12 To Air Five Bowl Games**

SAN ANTONIO, TEXAS -KSAT 12 has announced plans to carry five college bowl games in late December and early January. These games and times of broadcast are as follows:

The Aloha Bowl - Arizona will play North Carolina at 2:30 p.m. Saturday, December 27.

The Liberty Bowl - Minnesota will play Tennessee at 7 p.m. Monday, December 29.

The Bluebonnet Bowl — Baylor will play Colorado at 2 p.m. Wednesday, December 31.

The Florida Citrus Bowl - Auburn will play University of Southern California at 11 a.m. on New Year's Day (Thursday, January 1).

The Sugar Bowl - Alabama or LSU will play Nebraska at 2:30 p.m. on New Year's Day.

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HELP WANTED- Sitter needed for toddler in our home one day a week. Grey Forest area. Car necessary.

#### HELP WANTED

Mature, loving person to care for my 8-month-old baby and do light housekeeping. Helotes area. Minimum 3 days per week. Flexible schedule during holiday season. Hours 8:30 a.m. to 6:30 p.m. Need immediately. Salary negotiable. References required. 695-9911.

#### POSITION WANTED

Would like to answer phone in your office. Any time. Call 720-7304. (No typing).

POSITION WANTED—Babysitting in my home. Five days a week. References. Wildwood area. Call Diana, 520-7304.

HELP WANTED- Choir organist needed. Our Lady of Guadalupe Catholic Church. Call Marsha Schoolcraft 695-9908

#### HELP WANTED

Homemaker needed in Helotes Ranch Acres. Tasks include personal care chores and housekeeping. Contact Bobbie at 699-8950.

#### S **Help Wanted** BUSBOY

Will train. Need transportation and be able to work Friday and Saturday Evenings. Apply in person from 3 to 6 p.m.

GREY MOSS INN



The first woman cabinet member was Frances Perkins, Secretary of Labor from 1933 to 1945.



Birds of prey have the keenest eyesight in the avian world. The golden eagle can detect an eighteen-lach long hare at a range of 2,150 yards-possibly even two miles.