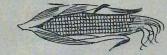
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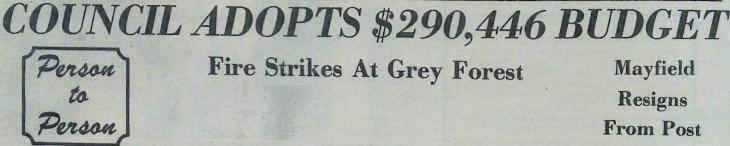


HELOTES ECHO

VOLUME XXIV, NUMBER 1

HELOTES. BEXAR COUNTY, TEXAS- SEPTEMBER 7 - SEPTEMBER 14, 1984

25' A COPY



The first light norther of the season slipped in this week and brought good showers and cool mornings. ****

Mr. and Mrs. Colubus Stutes of Grey Forest welcomed their fifth grandchild last week. She is Amber Leigh, daughter of Kelly and Donna Stutes, born Aug. 30 at Methodist Hospital. She weighed eight pounds nine ounces. Amber Leigh also was welcomed by her brother, Scott James, 21/2.

Mr. and Mrs. Harry Drought of Scenic Loop Road have returned from a vacation at Vancouver and Victoria, British Columbia. They flew to Seattle and rented a car to drive to the Canadian cities.

Country and Western Star Darrel McCall and his band will play a special engagement at Floore Country Store Friday night, Sept. 7. ****

Quilted clothing and accessories will be highlighted when the Greater San Antonio Quilt Guild, Inc., holds its fashion show and luncheon on Saturday, Sept. 15, at noon at the La Mansion Del Norte. Tickets are \$10.50.

The third annual celebration of the blue-yodeling heritage of Jimmie Rodgers will be held on Saturday, Sept. 8, at the old Kerrville Depot from 4 p.m. to midnight. It will mark the 87th birthday of the late, great "Singing Brakeman." ****

Among the talented local bands who will perform at the March ofDimes Second International Championship Fajita Cook-Off are Bracken, Drug Store Cowboys, Southern Music Transport, Carla Neet and Jerry Blanton and the Bailey Anderson Group. The event will take place on Sunday, Sept. 6, at Mateo Camargo Park (that's the old Pablo's Grove), Highway 90 West and Castroville Road, from 10 (Continued on Page 2)



Fire Strikes At Grey Forest

As the fire headed northwest over hill country timberland concern that Leon Springs and the University Hills would be engulfed brought out volunteers who spent the night Wednesday and Thursday fighting the fires.

One of the largest fires in the history of Helotes and Scenic Loop, where Grey Forest is located, struck here in August.

An alarm at about 3:15 a.m., Wednesday morning alerted the community to a fire that raged over a field being cleared at Grey Forest. Before the fire was out, five or six volunteer fire departments and hundreds of helpers were needed to cover the terrain and keep the fire out of nearby homes of Grey Forest residents.

Fires of the brush and grass variety plagued this area in August, but the fire that ravaged an estimated 400 to 500 acres and burned from late Tuesday or early Wednesday, August 22, until Saturday and Sunday and took all the manpower from the Grey Forest

Volunteer Department and area volunteer groups to quell took around-the-clock efforts of the community to bring under control. When the flames were out, parched forested ranch land and yards on the northwest side of Grey Forest were visibly devastated.

At one time the newsmen were ordered out of the area and an arrest was made of one television cameraman who was taking pictures. He was booked and released after he was taken to jail. Other newsmen reported difficulty in getting to the scene. The firefighters were aided by food from all the major restaurants in the community.

The Red Cross stood by in case there were injuries or need to relocate the citizens. A 19-mile per

Pipe Creek To Get New Post Office

The U.S. Postal Service has awarded a contract to build and lease a new main post office building in Pipe Creek, Postmaster Carmen C. Haynes said. The contract was awarded to Ira Grossman of Dallas.

The new post office will have 2,784 sq. Ft. of interior floor space. It will be located on State Hwy. 16 at the intersection with FM 1283. Construction costs will be paid

with private funds and the building will be leased to the Postal Service for a basic period of 10 years with renewal options for 20 additional vears.

The building is expected to be completed in March 1985.

hour wind sent the flames toward Grey Forest where a trailer house was threatened. However, a shift turned the flames back toward a nearby ranch. No injuries except for two cases of smoke inhalation were reported and no homes were lost.

Among the firefighters were those from Helotes VFD, Geronimo (Continued on Page 6)

Stevenson,

Water Okay

Dr. C. N. Rothe, Director of Health, San Antonio Metropolitan Health District, has informed Northside District Superintendent Jack C. Jordan that testing of water at Stevenson Middle School and Braun Station Elementary School has been completed and tests show no evidence of any contamination.

Dr. Rothe anticipates that the present satisfactory condition of the water at both schools will continue unchanged and adds that routine testing of the water will continue. Both schools are connected to City of San Antonio water.

Mayfield Resigns From Post

BULK RATE U.S. POSTAGE PAID Inter, Texas 78023 PERMIT NO. 1

In a long meeting Thursday night, the Helotes City Council took these actions:

-Passed a budget for the new fiscal year to begin Oct. 1 in the amount of \$290,446.92

-Accepted the resignation of Herbert Mayfield as a member of the council

Accepted the resignation of Benny Havens as a member of the City Board of Adjustment. He had been chairman for the board

-Adopted a building code for the city

-Announced a special meeting will be held Sept. 27 to adopt new property tax rate for Helotes

Included in the city's 1984-85 budget was a new item for a City Hall Building Fund. The amount is \$46,000.

Other estimated expenditures

are:	
City Administration	\$48,544.92
Public Safety	121.455.00
Public Works	61,357.00
Citizens Input Survey	1,000.00
Interest/Debt Retirement	500.00
Total with the City Hall	
Building Fund	278,856.92
Reserve from .	
Revenue Sharing	4,936.00
Reserve Revenue Sharing	
Carry-over	6,654.00
Total Expenses and	
Revenue Sharing	290,446.92

The major sources of city income during the next 12 months were estimated to be from property taxes and the sales tax. Property tax revenues were estimated at \$88,087.00, and sale tax revenues were estimated at \$87,278.00.

Other expected income would be from: Franchises, \$25,000; Building permits and fees, \$10,000; Licenses and fees, \$4,000; Municipal Court income, \$30,000; Interest earned \$3,500; Cash carry-over from 1983-84, \$28,991.92; and Miscellaneous income, \$2,000.

The budget proposed last year at this time was \$138,857. The final amended budget for the current year was \$183,225.

The new tax rate on property to be set at the Sept. 27 special meeting is expected to be less than 3 percent above the current tax rate. State law

September 7-September 14, 1984



Tele-Help has the answers

My phone's not working ... who should I call? What can I do to save money on my phone service? Why are there so many pages in my phone bill? How do I pick the long distance service company that's right for me?"

These are some of the questions I've been getting from many of you since Southwestern Bell Telephone became an independent company on Jan. 1

Last year we anticipated many of these questions and began telling our customers about the changes in our business using advertising, bill inserts, news stories, brochures and public talks by our employees

But we found that people aren't likely to listen until the message directly affects them. Our research shows that only about 17 per-cent of our customers fully understand the changes brought on by the Bell System split up

We're concerned about this confusion. That's why we've started we reconcerned about this confusion. Thats why we ve started a new informative program to help you. It's in the public interest. You've been good customers too long. We split from AT&T, not you. The new program is called "Fele-Help," and it will give you more information about your phone service, what to do, when and how.

Perhaps you've already seen and heard some of the advertising. It's all designed to help clear up any confusion and make sure your phone service remains as useful as we can make it.

You can still "call on us" for help

Tele-Help is our way of saying we hope you'll still "call on us." Just as you ve turned to us in the past, we want you to continue to do so in the future

In talking with you, we identified six major areas that most of you want to know more about. These topics comprise the first six Tele-Help booklets: phone service in general, phone bills, repair. telephone sets, long distance service and money-saving tips. Other booklets are in the works, and I'll tell you more about them in subsequent columns.

We feel the booklets are easy to understand and they're available

at no charge. You can order the entire set if you like. To get Tele-Help is easy! Just call toll-free 1-800-325-2686 (and ask for "extension 84") Monday-Friday. 8 a.m. 8 p.m. Or, fill out the coupon below and mail it to us.

Yes, I want Tel	e-Help! Please send	d me the booklet(s)	
[]			
EI EI	A Guide to Your Phone Bill		
	A Guide to Home Phone Repair		
	A Guide to Telephone Equipment		
	A Guide to Long Distance Service		
	A Guide to Saving Money on Phone Service		
i Li	The complete series Check here for Spanish version		
	Check here for spanis	version	
To speed your order, please print clearly.			
NAME			
ADDRESS			
CITY	STATE	ZIP	
(AREA CODE) _	PHONE		
Please mail to			
Tele-Help			
Southwestern Bell Telephone Drawer 8, Dept. 84			
Wheeler Station			
St. Louis, MO 63188			
		Jim Reed	
	unater Roll	SW Bell Telephone	
(D) South	western Bell	4119 Broadway, Room 545	
U leiebu	one	P.O. Box 2780	
		San Antonio. TX 78299	

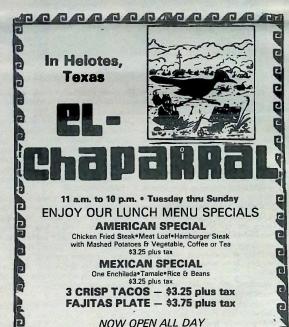


Leon Valley Mayor Irene Baldridge cuts the ribbon Friday, August 24, for Soccer Scene, newest store at Seneca Plaza, featuring all items needed for soccer players and fans as well as sports attire and related gifts. To her right are storeowners, Charlie Garcia and Bob Alonzo.

Widening Of FM-471 Gets Final Okay

Public and

The improvements of FM-471 and assessment of a finding of no FM-1957 (Grissom and Culebra significant environmental impact by Roads), have received approval of the Federal Highway Administhe State Department of Highways tration. This completes the formal Transportation's public hearing and environmental



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695-8302

Bandera Road- 1/4 Mile North of Scenic Loop C TARARARARARARA requirements.

F.M.-471 from Bandera Road to Loop 1604, and FM-1957, from IH-410 to FM-471, will be widened to privide four travel lanes with a continuous left turn lane. The bridge across Culebra Creek will be relocated to improve roadway alignment

A public hearing, which generated overwhelmingly favorable public response, was held May 22. With traffic volumes on FM-1957 and FM-471 now above 15,000 vehicles per day, in contrast to 540 in 1960, the need for a widened roadway is important.

The recent motor fuels tax and vehicle registration fee increases will provide the badly needed funds to get these improvements underway. As soon as rights of way are acquired and plan work is completed, the project will be scheduled for construction by the Highway Department.

Person to Person

(Continued from Page 1) a.m. to 10 p.m.

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Methodist Hospital Foundation's eighth annual black-tie gala, this year christened "The Crystal Ball," will be held Saturday, Sept. 29, in the Regency Ballroom of the Hyatt Regency Hotel.

The next holiday for students in Northside Schools will be Oct. 8, a teacher in-service day.

Mrs. Diana Stevenson, who now lives in Texarkana, Texas, where her husband is stationed in the military, visited this week with her friends in this area. She was the guest of Mrs. Pat Richey of Braun Station. The Stevensons plan to return here permanently following his current tour of duty. Friends here enjoyed Diana's visit.

The Happy Acres Child Care Center, 11040 Indian Trail, located in Helotes Ranch Acres, Unit #4, has been ordered to cease operations. A District Court judgment dated August 24, 1984, ordered the center to cease operations from and after Oct. 6, 1984, by means of a permanent injunction against such operations.

The owners/operators of the Child Care Center, Eulalio and Margaret Aguilar, were found to be operating the Center in violation of deed restrictions. Those restrictions among other specifics, expressly prohibit the operation of any form of commercial enterprise in Helotes Ranch Acres, Units 3 & 4.

The Child Care Center has been the source of a continuing neighborhood controversy since late 1982 and resulted in a number of legal actions being initiated aginst the Aguilars. The nearby home owners have been unified in their objections to the operations of the Center and were unsuccessful in a number of attempts to negotiate with the Aguilars or the City of Helotes to obtain the closing of the facility.

The court judgment affirmed, unequivocally, the legal status of the deed restrictions as they apply to all property owners in Helotes Ranch Acres. Units #3 & #4.



first appeared in a magazine for boys, the Youth's Companion, in 1892.

Budget--(Continued from Page 1)

prohibits it from being more than 3 percent, as the mayor and council did not complete the city's projected budget in time to hold public hearings on the tax rate.

Herbert Mayfield was the newest member of the Helotes City Council. He was elected last April for a twoyear term. The reason for his resignation in his letter to the council was that a new job assignment will require him to travel much of the time. The council will appoint a new council member, probably at its regular meeting on Sept. 20, to replace Mayfield. The replacement will serve until the next city election in April.

Candidates also are being sought by the council to replace Benny

Havens on the board of adjustment. The major part of the meeting Thursday night was taken up with consideration of a building code. A representative from the Southern Building Code and two representatives from the Standard Building Code made presentations at the meeting.

The council then decided to adopt the Standard Building Code, and an ordinance was passed to that effect. It will go into effect on Nov. 1. Meanwhile the council will be selecting a building inspector for the city and drawing up a list of building fees to supersede the fees contained in the Standard Code. The local fees are expected to be less.

Hauling Water to Fire

Water trucks made endless trips over newly cut paths hauling from nearby wells, swimming pools, Heloles mains and other available sources. Most of the fire covered undeveloped land.

"Good breeding consists in concealing how much we think of ourselves, and how little we think of the other Mark Twain

MELVIN N. EICHELBAUM Attorney at Law

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elum lloun Antonio, TX 78238

I AM IN GENERAL PRACTICE. NOT A SPECIALIST AS CERTIFIED BY THE TEXAS BOARD OF LEGAL SPECIALIZATION



Volunteer Mascot



Sparky the Helotes VFD mascot takes up a safe station at the Grey Forest City Hall during the major fire.

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Along Our Route

August, 29, 1984

Helotes, Texas

Dear Mr. and Mrs. Brown: We would appreciate the ECHO running this open letter to the communities of Grey Forest, Helotes and surrounding area. We have attempted to send individual thank you notes, but, as you well know, it is impossible to contact personally everyone who assisted us. Therefore, we are asking your able assistance in thanking the entire area.

Dear Fellow Citizens:

Please accept the sincere and grateful thanks of the Grey Forest Volunteer Fire Department for your assistance in providing fire-fighting assistance during the fire in our area during the week of August 22, 1984. Several of you contributed food, gasoline, equipment, water, manpower, etc., etc., and we did not get all of your names written down.

The assistance of people such as you makes our community a great place to live and makes the efforts of the Grey Forest Volunteer Fire Department worthwhile. You support enabled all of the personnel involved in fighting the fire to work hard and long, and your assistance was invaluable in keeping the fire as well controlled as it was.

Again, please accept our heartfelt thanks.

Sincerely, Columbus and Ginger Stutes Grey Forest Volunteer Fire Department

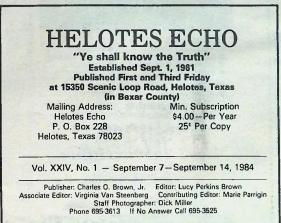
Dear Editor:

I am a single, working parent who has for the past eight months thanked God for the combination of love and learning that my children have received in the care of Mr. and Mrs. Aguilar at Happy Acres Day Care Center. My children have been enrolled in two other well recommended centers in previous years and I (a former teacher) cannot begin in this letter to properly explain how superior Happy Acres has been in every respect. Even if my children had not learned more here than at the other schools, I would have been thankful enough for the quiet loving and caring that have come their way in the Aguilar's home.

way in the Aguilar's home. Because of Guy Williams it seems this special place will now be closed even though the Helotes city council had already granted Happy Acres a license under the "grandfather's clause." I feel angry and compelled to speak out when something so beautiful in the lives of our children is destroyed by a man who is himself fighting for commercial zoning on another piece of property, who has several large storage sheds on his property across from the Aguilars' (one can only assume by their size that they are for his construction business), whose bird (or birds) in his back yard has often been louder than the school children. On the other side of the street, in eight months of morning and evening stops, I have never observed even one speeding car or any traffic other than two cars at a time. Despite Mr. Williams claims about noise, when I drive up I cannot tell if the children are in the back yard or in the house because even from the Aguilars' front yard there is no appreciable noise level. The children rarely play in the front yard and again despite the claims, there have never been 35 or even 27 children at the school at one time.

I'm not sure why Guy Williams wrote this editorial when the courts had supposedly already given him his way. Well, it doesn't matter, only the children do and they are the reason I am writing my editorial. All of Helotes should know that we have become a big city where little people no longer matter, where country ways have given way ot legal ways. We have lost one more important place in Helotes. Our children have lost a chance to truly learn and truly be loved.

Dee Mullins Creech



Page 5

New Officers of the Texas State Grange

The new officers for the Texas State Grange are headed by Clifton (C.J.) Lampman, seated center, of Helotes. The other officers elected for a 1984-86 term are: Back row, left to right, Frank Knight, Treasurer; Jay Pfeiffer, Gatekeeper; Harry Perez, Assistant Steward; Adrian Knight, Steward; James Dolahite, Overseer; Harold Ahrens, James Kiles and Malcolm Stratemann, Executive Committee. Ladies standing, Ruth Thames, Flora; Barbara Knight, Executive Committee; and Rena Dreyer, Pomona. Seated, Andrea Tejeda, Ceres; Linda Perez, Lady Assistant Steward: Lampman, Master; Ruth Lampman, Secretary; Blye Dollahite, Lec-turer; and Doll Gayle, Chaplain.





Page 6

Watching Grey Forest Fire



SAC Names New Branch 'Palo Alto'

Palo Alto College is the name selected for the new college the Alamo Community College District is building in the southwest

Fire--

(Continued from Page 1)

Village, Shavano Park, Leon Springs, and Helotes. Some aid from the Bexar County unit also assisted. Pressed into service were road grading equipment from Grey Forest Utilities and large brush clearing equipment from Zumwalt enterprises.

Arson has not been ruled out in the origin of the fire. Piles of brush appeared to have ignited at before dawn of Wednesday and it was not clear as to how this was started, witnesses said. quadrant of the city.

Phyllis B. Siegel, an attorney and accountant, submitted the name Palo Alto College and will designate the \$500 tuition and fee waiver, which is her prize, for scholarships for students taking accounting and legal assisting courses at the community colleges.

The new college will open in the fall of 1985 in temporary facilities while a new campus is being built at the corner of Loop 410 and Palo Alto Road.

The ACCD currently operates San Antonio College, St. Philly's College and the Southwest Center, serving approximately 30,000 credit students each spring and fall semester and more than 20,000 non-credit students each year.



Grey Forest neighbors gathered on rooftop to observe the fire's threat to their homes. Some had been ordered to evacuate on a moment's notice.

Weary firefighters pause during labors with a newsman, also resting.



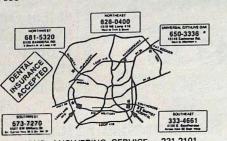
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Routine cleaning only .. extra charge for heavy deposits Offer Expires Sept. 21, 1984

ORTHODONTICS (Braces) (nost cases Adums & Children) only \$1477 wicculpton (new cases Only) with FREE EVALUATION Includy Braces retainers &

elearing while in braces Bidger Payment Pian Offer Expires Sept. 21, 1984

Texas Women To Be Honored

Texas women are on a fast track now, says Liz Carpenter, renowned journalist and author whose own career tract has been speedier than most.

"Women are becoming a real part of the economic and leadership picture in the state," she says, citing Ann Richards' election to state treasurer as an example.

Carpenter will talk more about women's achievements, present and future, when she gives the 7 p.m. keynote address at the Women in Texas Today Celebration Monday, Sept. 10, in the Convention Center.

Theme of the Celebration is "We, the Women: Achievements of the Past/Agenda for the Future." Fity nominees to San Antonio's Women's Hall of Fame will be inducted, with the outstanding woman in each of 10 categories receiving special recognition.



Twins are common to the species of monkey known as marmoset.

"Meet George Wilson. Another Kelly Bank promise, fulfilled."

Jim Hurst, CPA, President & CEO



The promise: to be the most customer oriented bank in the area.

When I hired George Wilson, I gave him one specific goal: to develop a customer service department second to none in San Antonio.

He responded by creating the Customer Service and Information department, a staff of ten professionals exclusively dedicated to handling our customer's needs. Ready to meet your every service requirement. And by establishing the most convenient customer hours in the area.

Mon-Fri Saturday

Full Service 8 am - 5 pm Lobby Drive-In Windows 7am-7pm

7 am - 1 pm

Give us a call, or come by and ask for a Customer Service and Information department representative. We intend to the most accessible bank in town.

Another promise you can bank on, from Kelly Bank.

Bandera at Wurzbach



681-5100

Page 7

mber 7- September 14, 1984

Page 8

Tennis Squad

Adds Players

Trinity

The Helotes Hills Chapter of AARP meets in PARC Bidg, at 1:30 p.m. Regular Meeting – 2nd Wednesday Games Day – 4th Friday

ZION LUTHERAN CHURCH of Helotes 9963 Lealla Road (Braun at 1604) 1st Sundays - Early Services 7:45 a.m. Sunday School 9:00 a.m. Regular Church Services 10:15 a.m. REV. DR. GORDON KUENEMANN 688-3090



GENERAL DENTISTRY Adults and Children

Free Consultation • Emergency Service Insurance Accepted

12954 Bandera Road Helotes Park Plaza Shopping Center 695-8785 women's tennis team, ranked third in the nation, has been strengthened further with the addition of two top players. Enrolling for the fall semester as freshman students are Dabney Langhorne of Pensacola, Fla., ninthranked nationally in girls' 16 singles, and Mary Graber of Poway, Calif.,

University's

strong

girls' 18 category. Langhorne, now 17, currently is the top ranked player under 18 years of age in Florida. She received the Albert Carrington Balink Award in 1983 as the Florida Junior Tennis Player of the Year.

the No. 66 singles performer in the

Graber, who will turn 18 in September, last year was ranked at No. 12 in Southern California among those under 18 years' old. In 1981, she was tabbed as No. 9 in that area in the 16 age classification.

With Gretchen Rush, the topranked collegiate tennis player, and most of the other 1983-84 performers returning, and with the addition of Langhorne and Graber, the Tiger women should again be in position to vie for the national team title.

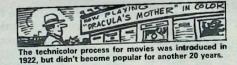




Round Up Planners



Moonlight Round-Up chairman John Luce shares some western cooking with Miss Rodeo Texas Lashawn Wardlaw. Benefiting the Miss Rodeo Texas Scholarship Fund, the second annual Moonlight Round-Up will be held at the Retama Polo Center on Saturday, Sept. 29. For ticket information, contact Marjorie Murphy at 690-9662.



RUDY A. GARZA Bexar County Tax Assessor-Collector announces the opening of a new TAX OFFICE SUB-STATION

at

5404 Wurzbach Road Kelly Field Motor Bank

You are cordially invited to attend the Ribbon Cutting Ceremony **Tuesday, September 11, 1984** 2:00 p.m.

Joan Howard Weds Douglas P. Allen

Miss Joan Howard became the bride of Douglas Philip Allen on Saturday afternoon, September 1, 1984, at the Atascocita Country Club in Humble, Texas. Pastor Robert De Young officiated and musical accompaniment was provided by Joanna Stout.

The bride is the daughter of Mr. and Mrs. Jack H. Howard of Helotes, Texas. She is the granddaughter of Mrs. J. Gordon Mason of LaGrange, Texas and the late Mr. Mason and Mrs. J. H. Howard of Pearsall, Texas and the late Mr. Howard. Joan is a graduate of the University of Texas at Austin and received a doctor of jurisprudence degree from the University of Houston Law Center. The bride is attorney with Gulf States Utilities Company in Beaumont. Texas.

The groom is the son or Mr. and Mrs. Howard P. Allen of Ormond Beach, Florida. He received a degree in public affairs from George Washington University. Washington, D.C. and is currently pursuing a master's degree in business administration from the University of Houston-University Park. Doug is employed by Gulf Oil Corporation Director, as Productivity Management.

For her wedding, the bride chose a Victorian style gown of white organza trimmed with Chantilly and Schiffli lace. The fitted bodice featured a wedding ring collar and alencon lace detailing. Victorian sleeves and a chapel length train completed the gown. a modified Juliet cap veil with seed pearls and lencon lace fell gracefully to sweep length. The bride carried a cascade

bouquet of japhet and miniature orchids, stephanotis, baby's breath and greenery. Matrons of honor were Mrs. Jack

R. (Julie) Martin of Bastrop, Texas and mrs. Ramon (Anne) Tellez, of San Antonio, Texas, sisters of the bride. They were gowned in mauve pleated dresses and carried arm bouquets of long-stemmed miniature orchids.

Bruce L. Myers and Joseph A. Howlett, both of Houston, served the groom as honor attendants.

Following a honeymoon trip to Acapulco, Mexico, Mr. and Mrs. Allen will make their home in Houston.

> "A book is like a garden carried in the pocket." Arab Proverb

Leon Valley Plans For Celebration

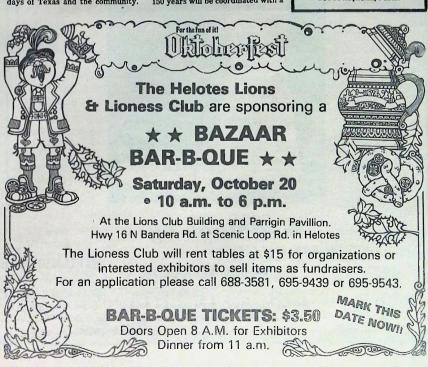
The City of LeonValley is sanctioned by the Texas Sesquicentennial Commission to hold special events during 1986. These events will be included in a statewide Sesquicentennial Calendar for 1985-86, and the city will also be allowed to use the official logo in its documents. The sale of items bearing the official seal will also be permitted at Leon Valley events.

The Leon Valley observances will begin with a "Kick-off" Dance at the Texas Star Inn Jan. 19, 1986. The costumed affair will depict early days of Texas and the community. Mr. and Mrs. Sesquicentennial, who will rein over the year's events, will be introduced during the dance.

The Leon Valley Committee will publish a local calendar of community events for the year. All events will benefit the Northwest Community Library on Poss Road. The library is funded by the City of Leon Valley and through taxequivalent user fees. Funding provided through the Sesquicentennial projects will be used to build or purchase a new library.

Leon Valley's celebration Texas' 150 years will be coordinated with a celebration in a Sister City near Adelaide in South Australia.





Mrs. Douglas P. Allen

Holmes Band Elects Officers

DR. THOS. J. HABERMAN, D.D.S., M.S.

FAMILY DENTISTRY

The Golden Husky Marching Band of Oliver Wendell Holmes High School, under the leadership of Band Directors Charles Vanderhider and Gus Cantu, is hard at work again preparing for another good year.

This year the band has two drum majors: Head Drum Major Stacy Barnwell and Asst. Drum Major Gina Salas. Band Officers are: Mary Lopez, president; Elen Adnerson, vice-president; Ailsa Pridgen, secretary; Steven Abney and Richard historians. Manley, Plume Managers are: Deninne Garcia. Debera Christina and Letty Hernandez. Uniform Managers: Lauri Byam, Katrina Amaro, Ken Westerman and Kelley Cross. Librarians are: Ailsa Pridgen, Melissa Walker, Elizabeth Dunn and Priscilla Lopez. Line Sgts. are: Anguiano, Ailsa Antoinette Pridgen, Beth Stull, Steven Abney,

13041 Bandera Road

(In Helotes)

Ellen Anderson, Rick Cantu, Robert Saunders, Edward Arismendez, Mary Lopez, Juan Alvarado and Dean Oldencott.

1984-85 school year are: Lalo Arismendez, president; Stan Silvus, vice president; Pearl Pinkerton, recording secretary; Mary Ann Schlenker, treasurer; Elsie Moreno, corresponding secretary; Janie Carrasco, social secretary; Carol Silvus, parliamentarian; Joan Boisvert and Gilbert Moreno, concession chairpersons; Pauline Villareal, membership chairperson; and Carmen M. Salas, publicity chairperson.

Drum Major Barnwell and Asst. Drum Major Salas attended Starr Shepherd Drum Major Camp held at the University of Houston this summer. They both received "Outstanding Drum Major" awards.

695-8884

Holmes Band Booster Officers for

Page 9



Page 10

Museum To Show Photos Of Mexico

The San Antonio Museum of Art will focus on Mexican history this fall with an exhibition of photographs dating from 1909-1920, the height of the Mexican Revolution. Featuring two of Mexico's most important photographers, Augustin Casasola and Hugo Brehme, it will go on view Sept. 9.

Augustin Casasola was a journalistic photographer whose collection includes many pre-revolutionary as well as revolutionary scenes. He photographed Porfirio Diaz, his wife and their social circle in all its elegance, but when the revolution broke out, he travelled throughout Mexico shooting hattle and war scenes. Hugo Brehme's work encompasses the same decade, yet is very dissimilar from Casasola's portrait of the revolution. Static and picturesque, his photographs emphasize the people and the land and concentrate on quiet country scenes as well as sophisticated urban ones. Brehme, considered his country's greatest landscape photo-

ONE

FILM

grapher, was born in Germany and moved to Mexico in 1900, bringing with him the latest European techniques.

The exhibit will continue until the beginning of November. The San Antonio Museum of Art is located at 200 West Jones Avenue. Hours of operation are Tuesday-Saturday from 10-5, Thursday until 9 p.m. and Sunday from 12 noon to 5 p.m. Admission is \$3 for adults, \$1 for children 6-12, \$1.50 for military, senior citizens and students, and free for children five and under. Everyone is admitted free on Thursdays from 3-9 p.m. Admission tickets are good for two-day admittance to the Witte Museum at 3801 Broadway and the Museum of Transportation, HemisFair Plaza. and a ride on Old 300, a renovated 1913 streetcar.

The brewing of beer is re-corded as far back as 6,000 vears ago.

HELOTES CHRISTIAN CHURCH Meeting at 14120 Bandera Road SUNDAY MEETINGS: Bible Study 10:30 A.M. Worship Service 11 A.M. Call 695-9706 • FRANK L. FLACY, Minister

Men and Trucks Suffer in Fire



Fighting the fire in the upper-90's temperature was hard on men and machines. Sandwiches and drinks were donated by many individuals and businesses. At left is Grey Forest Fire Chief, Columbus Stutes, Jr., who directed the fight

"Give every man thy ear, "Give every him " but few thy voice." Shakespeare

University Bank Gets Vice President

Pat McMahan, president and chief operating officer of University National Bank of San Antonio, has announced that the Board of Directors has elected Jose Pacheco

to the position of Vice President. At University National Bank, Pacheco will be primarily responsible for commercial as well as professional and executive lending. He held a similar position at Interfirst Bank-Alamo Heights before joining University National. Pacheco is a 1973 graduate of St. Mary's University.

David J. Smiser, president of University National Bancshares of San Antonio, Inc., has announced that Margie Payne has been promoted to the position of assistant vice president. She previously held the title of internal auditor with the company.

Hired as the companpy's new internal auditor is Thomas J. Zahn, who previously held a similar position in another San Antonio financial institution.

Smiser further announced that Laura Madish is now an administrative officer with the company.She was previously an executive secretary with University National Bank, one of the member banks of University National Bancshares of San Antonio, Inc.





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September 7 - September 14, 1984

Milton James Honored At Retirement Party



Milton James

Milton E. James, deputy chief of the Quality Assurance Division in the San Antonio Air Logistics Center Directorate of Maintenance, at Kelly AFB, closed the books on 35 years of federal service with a retirement party Friday night, Aug. 31, at Floore Country Store.

James became the deputy chief of Quality Assurance in October, 1980, and was instrumental in making many changes which improved the division's image. Through his leadership, the division had a major influence on the quality of items produced for Air Force use, with the lowest defect rate in the Air Force Logistics Command.

In October, 1982, he began reorganizing the Quality Assurance Division to include functions such as quality engineering, physical laboratory and contract surveillance. He led the implementation of the Product Acceptance Certification Program which places the responsibility of product quality on the productivity orker and enhances productivity by eliminating costly rework.

James was born in San Antonio, Aug. 11, 1929, where he grew up He spend four years in the Navy as a machinist before beginning his federal civilian career at Kelly AFB in December, 1952. He served in various capabilities in labor and work standards and as an industrial engineering technician until September, 1961, when he was promoted to chief of the Methods and Standards Section in the Manufacturing and Repair and Engine Engineering Branch.

During the period 1965 to 1970, as Methods and Standards chief in Aircraft Engineering, James directed the development of standard data for aircraft workloads using Method Time Measurement. This was the first of its kind at that time both in industry and throughout the Department of Defense. He briefed this subject to the Assistant Secretary of the Air Force in 1968. During the reorganization of Maintenance in 1970, James coauthored a planning handbook which covered the task of planners and industrial engineering technicians. The handbook enabled the reduction of training time per individual by 30 percent.

For a year James taught portions of an executive seminar to command personnel on the various aspects of the Maintenance environment. He was chairman of the Prototype Task Group of a Cost Systems Study at Kelly, Ogden, and Warner Robins from January to September, 1980, the purpose of which was to determine the benefits of actual hour accounting throughout the Air Force Logistics Command. for his efforts, James was presented AFLC Award for Significant Achievement.

James was past chairman of the board of trustees for the Federal Management Association Chapter 83, and is a member of the Kelly Management Association and the Air Force Association. He has been awarded eight Outstanding Performance Awards and four

HELOTES ECHO

Sustained Superior Performance Awards.

He has been actively involved in the community as a member of the Trinity Lutheran Church in San Antonio and the Zion Lutheran Church in Helotes. He has earned a private pilot's license and is past commander of Cadets of the Civil Air Patrol. He was a member of the Gray Forest Planning and Zoning Commission and past vice president of the Helotes Festival Association. James helped establish and was the first master of the Helotes Masonic Lodge.

James was married to the late Nona C. Anderson. He has three children: Carol, Laura, and Milton Jr., and six granddaughters.

Seminar For Nurses To Update Care

The latest update in nursing and health care issues will be one of the many subjects presented at the 24th annual symposium of the San Antonio Chapter of Operating Room Nurses.

This year's educational seminar, "Energies of the 80's," will begin Friday, Sept. 14, at the Marriott Hotel. An informal dance will be held that night for participants.

Educational sessions are scheduled throughout Saturday, beginning at 8 a.m.

Phone Company Delays

Charges For Local Calls

company.

industry

Southwestern Bell Telephone this week announced it has withdrawn its application for optional local measured service now pending with the Public Utility Commission.

In taking this action, the company cited the need to consider issues raised by customers and to allow more time for an in-depth study of pricing for local telephone service.

"This request does not mean Southwestern Bell is backing away from the difficult issue of how we price our service," said Larry J. Alexander, vice president-public relations. "Today, providing local exchange service is our primary business and the rate we charge must now cover the costs—if we are to keep providing the kind of dependable service customers deserve. But more importantly, we must offer rate options that meet customer needs."

To underscore the company's concerns, Alexander said the Southwestern Bell plans to form an advisory panel representing Texas consumers and organizations who have expressed interest in the pricing issue.

Leaders from the American

"An echo is the voice of a reflection in the mirror."



Association of Retired Persons

(AARP) and the League of United

Latin-American Citizens (LULAC)

already have indicated they will serve on the panel.

Invitations will be issued to other

leaders and experts in this area in

the coming weeks, according to the

"Customers are asking for more choices. They want the freedom to

select more than a single, take-it-orleave-it rate," Alexander pointed

out. "But providing choices won't be

easy because we have a century of

flat-rate tradition. That's why,

frankly, the rhetoric becomes so

local measured service as only one

among a mountain or related issues

confronting the telecommunications

competition have created a topsy-

turvy environment where old rules

and old solutions may need a fresh

look. Innovative approaches are

required. That's the challenge

facing all of us-customers, regu-

lators, our company and the entire

industry," Alexander added.

"Divestiture, de-regulation and

Alexander characterized optional

emotional on this issue."

Reunion Of Champions Coming To Trinity

Trinity University's sixth annual Reunion of Champions, Sept. 28-30, is expected to draw a field of past and present players forming a veritable "who's who" of Tiger tennis history.

Sponsored by the Trinity Tennis Foundation, the reunion will spotlight members of the current nationally-ranked men's and women's tennis teams and outstanding players from previous years.

Some 45-50 Tiger stars of the past are expected to take part, including Chuck McKinley, Dick Stockton, Bob McKinley, Erick Iskersky, Butch Newman, Rod and Karen Susman, Jo Anne Russel, Anne Smith, Mary Lou Piatek, Kim Steinmetz and Carrie Fleming.

They will be joined by such present-day top players as Gretchen Rush, the No. 1-ranked collegiate women's performer, and men's All-Americans Chris Kennedy and David Egdes.

Net enthusiasts will have the opportunity to participate in three days of activities, beginning with the annual Auction party at 7 p.m. Friday, Sept. 28, in the San Antonio Country Club.

There they will be able to "choose" as their doubles partner a past or present Tiger great, if they are fortunate enough to bid high enough at the auction.

Teams paired at the auction will compete in a Pro-Am Doubles Tournament beginning at 9 a.m. the next morning on the Trinity courts. A Mexican Fiesta Party, featuring dinner and a tournament awards presentation, will be held at

8 p.m., Saturday, at the San Antonio Country Club. Final day of the reunion, Sept. 30, will find Nostalgia Matches getting underway at 11 a.m. at Trinity. The Matches will highlight past and present varsity players in doubles play.

Tickets to watch the two days of play—as well as to attend the Friday Party/Auction and Saturday Fiesta Party—can be obtained by calling Kim Gantt, Trinity Public Relations office, at 736-8406, or by writing: Trinity Tennis Foundation. P. O. Box 420, San Antonio, Texas 78284. Tickets covering all the events are \$35.

Proceeds from the Reunion of Champions benefit the Trinity tennis program, with more than \$60,000 being raised in the past five years.

Kaderli To Coordinate UTSA Sports



Sherry Solanik, granddaughter of Mr. and Mrs. C.J. Lampman, Sr., was one of the All-Stars that helped the Northwest Little League win third place in state competition at Waco recently.

Leontyne Price To Sing

Soprano Leontyne Price, universally regarded as one of the greatest artists of our time, will open the second season of 'In Performance at Trinity University' with a recital Wednesday, Sept. 19, at 8 p.m. in Laurie Auditorium.

Tickets are \$28, \$26, \$23, \$21, \$19,

\$16, and \$9, and may be purchased at the Laurie box office, 736-8119. A 15 percent discount is offered for season tickets to the suries, which will feature pianist Andre Watts in recital Tuesday, Jan. 29, and James Whitmore in "Will Rogers' U.S.A.," Friday, April 12.



Trinity Soccer Team To Play 17 Games

Seguin

A 17-game schedule has been arranged by the Trinity University men's soccer team for its 1984 season.

According to the schedule announced by George Price, beginning his 19th season as Trinity coach, the Tigers will play such teams as Rice, Pan American, Centenary, Texas Southern, Texas Lutheran and St. Mary's.

The Tigers will open their season at home in E.M. Stevens Stadium on Sept. 14 in an evening game against Rice. Their next two games also are at Trinity—opposing Centenary on Sept. 15 and Pan American on Sept. 21. They go on the road Sept. 26, taking on Texas Lutheran at

Phone Company To Teach Home Repairs

A Telephone Consumer Workshop to provide tips on home phone repair, selecting a long distance company and other related subjects will be presented by Southwestern Bell Telephone at 7:30 p.m.,

High School cafeteria located at 6500 Ingram Rd. "We want to discuss these changes with customers face-to-

changes with customers face-toface," said Debra Spangler, who leads the company's North Community Relations team, the sponsors of the workshop.

"Each guest will receive a consumer kit that will help customers understand the changes and get more out of their phone service," she said.

A special video presentation, entitled, "Proud Past, Bright Future," is to be shown, reviewing the past century of telecommunications and its future. Light refreshments are to be served after the meeting.

"English, Spanish, braille and audiorassette copies of consumer booklets are to be made available," Spangler said. "Interpreters for the deaf are to be present." Highlight of the soccer slate will be the second Trinity-Pan American Invitation Tournament Oct. 12-14 in Edinburg, and the Colorado College Tournament Oct. 19-21 at Colorado

Springs. Over all, the Tigers will play 12 regular season games and five tournament games. Seven contests will be at home and 10 away during the 1984 season.

Trinity is hoping to improve its 2-12-3 record in 1983. Both victories were over Texas Lutheran, with two of the three ties occurring in games against St. Mary's. The other tie was with the University of Texas-Austin.

Nobel Winner To Speak

Sir William Arthur Lewis, winner of the Nobel Prize in Economics in 1979 and professor of economics at Princeton University, will be the lead-off speaker on Sept. 27 for the Nobel Economists Lecture Series sponsored by the Trinity University Department of Economics during the 1984-85 academic year.

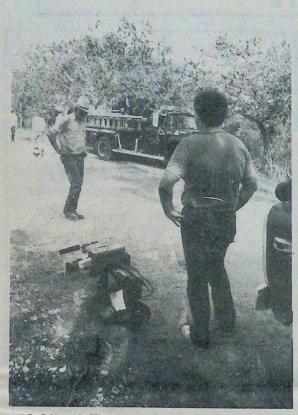
His public lecture on "My Evolution as an Economist" will be in Ruth Taylor Concert Hall at 8 p.m. The University of Texas at San Antonio has named Dan Kaderli, a professor in the UTSA Department of English, as its first academic coordinator for the Roadrunner athletic program.

Kaderli's responsibilities will include academic advising, degree planning, course scheduling and aiding all UTSA student-athletes with any academic problems. He becomes the first paid academic coordinator for the rapidly expanding UTSA athletic program. In the past, Nevil Shed, Assistant Men's Basketball Coach, has assisted with academic counseling for athletes. Kaderli, who joined the UTSA English faculty in the Fall, 1983, will continue teaching English courses in addition to his new duties.

A 1983 graduate of St. Mary's University, Kaderli earned a master's degree in English Composition and Literature. He also earned his B.A. degree in English at St. Mary's in 1979. He played two years of varsity baseball while attending the cross-town university. Prior to joining the UTSA English faculty, he taught English at Johnson City High School and coached the varsity baseball team. He is a native of Fredericksburg and attended St. Mary's High School.



Grey Forest Fire Causes Problems



A firefighter and a TV cameraman appear to be in a standoff over whether the news media were to be permitted to cover the fire. One Channel 5 cameraman, David Villarreal, was arrested.





Heavy equipment and operators from D and B Materials, Grey Forest Utilities, and others were volunteer by the owners and brought to the fire to bulldoze fire lanes and help contain the fire. (Staff photos by Lucy Brown and Dick Miller)

Foster Parents Invited To Orientation

Persons interested in becoming foster parents are invited to an orientation meeting on Sept. 12 or 13 at 7 pm at the Texas

orientation meeting on Sept. 12 or 13 at 7 p.m. at the Texas Department of Human Resources on 700 Steves Ave.

Foster parents provide temporary homes for abused and neglected children until they can be reunited with their families.

Foster parents can be married, single, working couples, military, or retirees, and do not have to own their own home.

TDHR provides complete training, financial assistance for foster children's basic needs, and medical and dental care for the child.

For information about the Foster Home Program, call the Texas Department of Human Resources at 533-3161.

Southwestern Offers

Free Club Speakers

If your club or organization is looking for a speaker for an upcoming meeting, Southwestern Bell Telephone might have just what you need, said Dora Salinas, district manager-community relations in San Antonio.

Public talks are available on a variety of topics, including how to get the most from your telephone dollar and what you need to know

about the increasing number of changes and choices facing local telephone customers. All talks are free.

local clubs and organizations to call her at 222-4932 to schedule a program or request more information.

Miss Salinas said she encourages

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Edwards Plans Two More Dams

Directors of the Edwards Underground Water District Tuesday awarded a contract for a feasibility study of two recharge dam sites in Uvalde County but deferred to the regular September meeting a decision on cloud seeding.

Upon recommendation of Tom Fox, District general manager, the board, holding a special meeting in the district's new office building in San Antonio, selected the firm of Camp Dresser & McKee of Austin to conduct a study of sites at Concan on the Frio River and near Reagan

Wells on the Dry Frio, both north of Uvalde, for a surface reservoir

project for recharge of the aquifer. The board was given proposals from four weather modification firms to consider the possibility of seeding clouds to increase rainfall over the aquifer area but voted to table the matter until the meeting in San Antonio Sept. 11.

In other business, the 15 directors reviewed a proposed \$3,352,000 operating budget for the fiscal year beginning Oct. 1. Adoption of a budget and setting of a tax levy for

HELOTES ECHO the current year are normally done

at the September meetngs. One of the major items in the 1984-85 budget is \$600,000 earmarked for water quality investigations, particularly dealing with a proposed study of the so-called "bad water line" on the south edge of the aquifer. The EUWD plans to participate with the San Antonio City Water Board, Texas Department of Water Resources and U.S. Geological Survey to conduct a bad water line experiment, Fox said.

UTSA Gets TicketMaster Sales Office

The University of Texas at San concerts, Antonio will become the newest outlet in the growing network of TicketMaster locations in the San Antonio area as the school will begin selling tickets to major community events. UTSA will also service the surrounding communities of Boerne, Helotes, Leon Valley and Medina Lake.

Tickets will be sold for top rock

selected movies symphonies, plays, San Antonio Spurs and Dodgers games and other San Antonio area events usually served by TicketMaster outlets. Additionally, tickets to UTSA Roadrunner Basket ball games and campus events will be sold at the UTSA Ticket Office adjacent to the Convocation Center at UTSA.

Terry S. Vincent, M.D.

THIRTEEN CLUES TO ALCOHOLISM

By Torry Vincent, M.D. Helotes Family Practice Clinic

Three out of four Americans past childhood consume some for of alcohol at some time. 10% of these go on to become problem drinkers, alcoholics by definition. But how does one identify the illness? (Yes, alcoholism is a definite illness, though it was not officially recognized by the AMA as such until 1966. Before then it was considered a matter of moral degeneration.) Pinning down the diagnosis is a knotty problem upon which even the experts can'tagree

There are some guildelines, however, that may help you spot an alcoholic and open the door to much-needed therapy.

One text state, "An alcoholic is identified by severe dependence or addiction to alcohol, with a cumulative pattern of behaviours associated with drinking." It lists these criteria: •Frequent intoxication that interferes with the ability to socialize

appropriately and to work.

•Artial disharmony, often leading to divorce. •Absenteeism from work. Initially tolerated by the employer, this leads eventually to being fired. Multiple job changes are often based on underlying alcoholism.

·Alcoholics incur physical injury more often. The loss of coordination, balance, and judgement invites it.

. Those who repeatedly seek medical help, even with very real problems, are suspect, for alcohol lowers the body's ability to defend and repair itself. The history of alcohol abuse might not surface for a long time unless the doctor is aware of the potential and draws out the underlying cause. Or, the alcohol will seek out medical help for the drinking problem, more often than you'd suspect.

·Repeated apprehension for DWI (driving while intoxicated.) Arrest for public drunkenness.

·Hospitalization for delirium tremens (the DTs) or cirrhosis of the liver.

The frequency of these symptoms, their severity, and the age at onset are important in establishing the firm diagnosis of alcoholism. If a family member, for example, is relating a suspected problem to

the doctor, it's wise to bring these elements into the picture. Other factors are equally important and must be included in the diagnostic challenge:

•Drinking alone, isolated from family and friends, is bad news.

•Excessive intoxication in normal social situations is suggestive of alcoholism. The guy that "gets bombed out of his gourd" at a wedding reception, for instance.

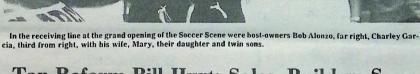
•Those who must drink to allay anger, anxiety, worry, or fear are good candidates for the diagnosis.

. Insomnia without a stiff belt or two to induce sleep is a key sympton if repeated with frequency.

 Amnesia (blackout) during a heavy drinking bout is considered by some authorities to be the single most important clue in establishing the diagnosis of alcoholism.

•These thirteen tips may help you if you think someone close to you might be an alcoholic. No single clue can be diagnostic, but if you've collected a half-dozen or more, take them to your doctor for discussion. The person in question may be in need of H-E-L-P!

Next time we'll talk about that help, with the therapy so necessary in the illness that is alcoholism.



Tax Reform Bill Hurts Sales, Builders Say

Congress should re-examine and substantially revise portions of the Tax Reform Act of 1984 which will "severely restrict the ability of many property owners to sell their property under the current high rate environment. interest to the National according Association of Home Builders,

John Koelemij, first vice president of NAHB and a home builder from Tallahassee, Florida, told a subcommittee of the Senate Finance Committee today that the association supported the recently enacted deficit reduction tax package even though it placed significant additional taxes on the real estate industry." And NAHB does not want to unravel that tax package, he said.

However, Koelemij added that the industry is only now beginning to digest the full impact to tax changes upon seller-financed real estate sales. The changes will force parties to negotiate rates equal to or higher than commerical rates or



dent to be born in a log

cabin was James Garfield.

face adverse tax consequences.

The rules should not go into effect in their present form, he said. If Congress chooses to revise rather than repeal the rules, a cap of 12 percent should be placed as an upper ceiling on the original issue discount and imputed interest rates. Dollar exemptions should be provided for the sales of homes, land, multifamily and commercial structures, farms and small business, he added.

As the law now stands, the rules will force negotiated rates to equal or exceed commercial rates. "intruding on the private marketplace and restricting property sales," Koelemij asserted.

He added that the tax law changes mean that the private marketplace will no longer be a vehicle for bringing interest rates down and said that Washington's cost of funds will dictate what the market will charge.

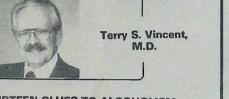
Koelemij also pointed out that rates of seller-financed transactions will increase under the current provisions and said that in today's market, for example, a home builder would have to charge more than 14 percent interest in a seller-financed sale to avoid adverse consequences of the tax provisions.

The changes in the tax law will also eliminate investment in lowincome housing and the housing stock for low-income renters will decline, Koelemij testified. He noted that prior to the changes in the law, sales often involved low interest purchase money loans where the final interest payments would not be made until the property was sold, thus permitting the cash flow to support the debt service. However, the new rules will require sellers to pay tax on income they have not received, thereby reducing the attractiveness of this investment, he added.

The new system will increase the interest costs of land developmentcosts that will eventually be passed on to consumers and reflected in higher new home costs, Koelemij said.

There are also technical problems with the rules, Koelemij said. "What, for example, do you do with wrap-around transactions?" he "What asked. about loan assumptions?" Such questions create confusion in the marketplace-confusion added to an unstable already market environment because of concern about interest rates and the federal deficit, he said.

The changes in the tax provisions "created major problems from both a technical and policy viewpoint," Koelemij said. "they build high interest rates into privately negotiated transactions."





KKYX To Carry All Texas Games

KKYX Radio will broadcast Southwest Conference football again this fall, according to Vice President General Manager Bill Rohde, KKYX, at 68 on the AM dial. will carry Texas Longhorn football during the 1984 season, featuring all 11 Texas games and other key Southwestern contests.

Each broadcast will feature "Southwest Conference down," a pre-game look at the

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Southwest Conference games and other contests of national interest. The broadcast series will begin with the game between Rice and Minnesota on Saturday, Sept. 8, starting at 6:40 p.m. On Sept. 15 KKYX will broadcast the game between the University of Texas

and Auburn, at 6:30 p.m.

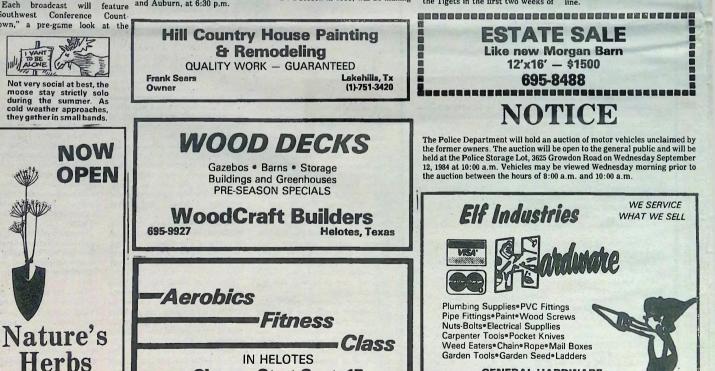
A 39-member Trinity University football squad continues daily workouts, looking to the seasonopener at home Friday evening, Sept. 7, against Lawrence of Appleton, Wis.

The Lawrence Vikings, coming off a 7-2 season in 1983, will be making their first trip ever to Texas to take on a college team from the Lone Star State. The game will start at 7

Tigers To Open Football Season

p.m. at E. M. Stevens Stadium. Although short on numbers and lacking heft in the line, Trinity Coach Gene Norris is pleased with the enthusiasm and hustle shown by the Tigets in the first two weeks of their drills.

As he starts his 11th year as Tiger head coach and tries to improve on his 49-47-4 Trinity record, Norris looks at a roster with almost all his offensive backs returning, but with massive holes in both the offensive and defensive line.



IN HELOTES **Classes Start Sept. 17** Monday, Wednesday, Friday at 9 a.m. **Eight-week course for \$25 Call Janet 681-0638** or Michelle 695-3361

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DOWNTOWN HELOTES

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Paga 20



The Hills Ablaze

At late afternoon smoke spread over Grey Forest while citizens returning from work waited at the City Hall for news regarding their homes. (Other photos elsewhere.)

Good Breakfast Said Essential To Health

fast Try a tunafish sandwich or fruit

salad for breakfast.

Taking apart the word "breadfast" explains why the early morning meal is indeed the most important one of the day, says Eleanor Young, Ph.D., associate professor and a nutrition specialist at The University of Texas Health Science Center.

"Breakfast means 'breaking the fast' your body was experiencing as you slept through the night," explains Dr. Young.

When you consider that most people take in little or no food between dinner at 6 p.m. and awakening at 6 a.m., you realize the importance of a nutritionally sound breakfast."

Eating a variety of food is important, too, according to Dr. Young, who says Americans are in a rut when it comes to deciding what to eat for thier first meal of the day. We need to get away from the idea that we only eat certain foods for breakfast. "Adding variety to your morning diet is sensible for a number of reasons.

By eating many different kinds of food, we make sure we consume the nutrients and trace elements we need. A wide variety of foods also ensures that we do not end up with too much of what we don't need, such as cholesterol, salt or sugar. It prevents frequent use of food that may carry carcinogens," she said.

According to a recent Texas Poll, many people don't worry about what to eat for breakfast because they skip the meal entirely. The survey showed that four in 10 Texans rarely, if ever, eat breakfast.

Dr. Young points out that the longer people wait between meals, the lower their blood sugar will drop, so that a person who eats dinner at 6 p.m., has no snack that evening and no breakfast the next morning could become hypoglycemic (condition of low blood sugar in the body) by 10 a.m. This

Be creative when breaking your could make the person drowsy, dizzy, weak or clammy. Studies also have shown. Dr.

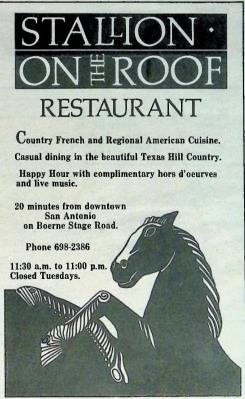
Young says, that children who don't eat breakfast perform more poorly in school.

Skipping breakfast also can add pounds, according to Dr. Young, even though many people contend they omit the morning meal in order to lose weight.

When people skip a meal, they tend to eat more the next time they sit down at the table. Dr. Young explains that when a person consumes a large quantity of food, the body cannot use all the calories at once, so it stores more of those calories as fat.

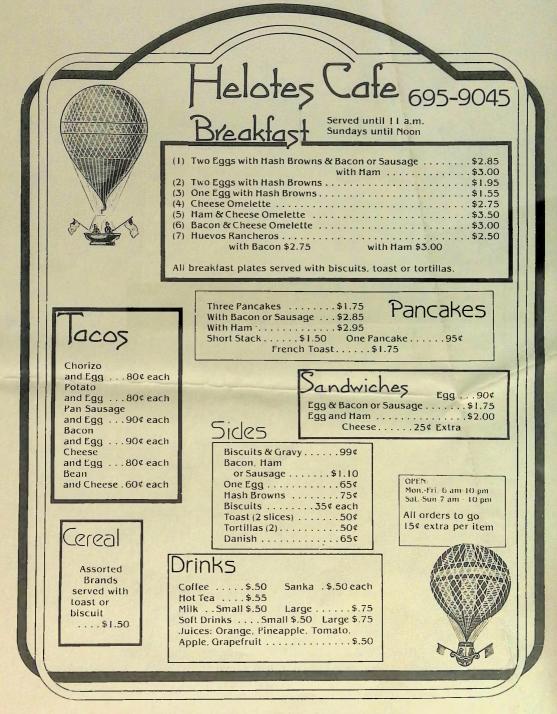
When a person makes a habit of eating one or two large meals a day instead of three or four smaller ones, the enzymes in the body that are geared to store calories as fat become more efficient, and as a result, the body accumulates more fat.

Dr. Young says that in her years of studying obese patients, she has found that at least 60 percent of them never eat breakfast.



Telotes Cafe 695-9045 Appetizers Salads, etc. Cheese Nachos \$1.95 Dinner Salad \$.95 Bean & Cheese Nachos\$2.25 Chef Salad \$3.25 Chips & Hot Sauce \$.75 Homemade Chili Steak Fingers with Gravy Bowl \$1.75 1/2 order \$2.25 with Cheese & Onions Full order\$3.50 \$2.00 Entrees Rib Eye (8 oz.)\$6.95 Chopped Sirloin (8 oz.) \$4.50 Charbroiled Marinated Chicken Breast \$4.50 louse Pork Chops – 2 Chops Charbroiled pecialty or Deep Fried\$4.85 Fresh Water Catfish – Deep Fried \$4.75 **Chicken Fried Steak** Served with Salad, Vegetable of the Day, with Salad & Potato French Fries or Baked Potato and Rolls. \$4.50 andwiches ailySpecials Extras Fresh Cut 🛨 Hamburger \$1.90 Soup of the Day French Fries Cheeseburger \$2.10 Bowl \$1.50 Cup \$.75 Small \$.65 Bacon Cheeseburger \$2.75 Large \$.95 Chicken Fried Steak\$2.75 * Homemade Chicken Breast\$2.85 Fresh Cut Desserts Fish on a Bun\$2.25 Onion Rings Grilled Cheese\$1.50 \$1.00 OPEN: Bacon, Lettuce, Tomato \$2.25 Baked Mon-fri: 6 am-10 pm Potato Sat-Sun: 7 am-10 pm Ham and Cheese \$2.35 \$1.00 Cheese All orders 25¢ extra to go 15¢ Beverages Extra per Ice Cold Beer - Domestic \$1.00 item Corona Extra \$1.75 Wine - Rose, Chablis, Burgundy - \$1.00 glass Coke, Big Red Dr. Pepper, Sprile Tea \$.50 Coffee \$.50 small \$.50 Large \$.75 Milk \$ 50-\$ 75 Lemonade \$.50-\$.75 (Diet soda available) Juices - Apple, Tomato, Grapefruit, Pineapple \$.50

A Supplement to the Helotes Echo



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