

HELOTES ECHO

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HELOTES, BEXAR COUNTY, TEXAS - NOVEMBER 6, 1981

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Person-to-Person

Mrs. Nora Forester of Helotes Park Estates will be hostess for an International Reading Association reception on Thursday, Nov. 12, at John Jay High School, for Mrs. George Bush, wife of the vice-president of the United States. Mrs. Forester is the Texas State Coordinator for the association.

Mr. and Mrs. Paul B. Kime of Helotes and Mr. and Mrs. Melvin F. Young of Grey Forest have announced that their daughter, Lori Jean Kime, and son, Russell Franklin Young, will be married on Saturday, Nov. 21, at St. John's United Methodist Church in San Antonio. A reception and dance will follow at Braun Hall.

Canvas Run, an exhibition of paintings and water colors by Incarnate Word College senior art major Simon Guss Garcia will open Sunday, Nov. 8, with a reception from 1 to 4 p.m. in the gallery of the Dougherty Fine Arts Center. The theme of the exhibition is "bikers"—about motorcycles and motorcyclists and their love of the open air and freedom to travel. The exhibit will continue through Nov. 30.

The South Texas Regional Blood Bank will be at John Marshall High School on Friday, Nov. 13, from 8:30 a.m. to 3 p.m.

The state president of the Department of Texas Ladies Auxiliary to the Veterans of Foreign Affairs, Louise Golden, will lead the VFW Auxiliary members of District 20 in the San Antonio Veterans Day Parade on Nov. 11. The parade will begin at 2 p.m. at Houston and Cameron Street and move down Houston Street to the Alamo.

Rene Rommerrelle, Northside School District swimming instructor, has been named to coach the United States judo team at the 1984 Olympics. He teaches third graders at the Northside Aquatics Center, and has been on three Olympics teams himself.

Bank Gets FDIC Okay

Bennie H. Lyon, vice chairman of the board of directors of the new Helotes State Bank, announced Thursday that the Federal Deposit Insurance Corporation in Washington, D.C., has approved the bank's application for insurance of its prospective deposits.

With word of the FDIC approval, the bank directors met Wednesday night and accepted bids for construction of a temporary building at Bandera Road and FM-1560.

"The building committee is evaluating those bids, and Dale Parker, our president, will be awarding a contract very soon, to be followed with a groundbreaking ceremony," Mr. Lyon said.

The site of the new bank was cleared several weeks ago, but construction was delayed by the FDIC's processing of the insurance application. Originally scheduled to open in October, the bank now probably will open in January.

"It will be the culmination of very long, hard community efforts, and the entire community can be justifiably proud," Mr. Lyon said.

Silver Belles To Have Hobby Show

Opening the 1981-82 club year, the Silver Belles Club met in October in the home of Mary Maskew on Deeroak Drive with Adela Schuh as co-hostess. Plans were made for the club's HOBBY DISPLAY SHOW, to be held at PARC Bldg. on Bandera Road in Helotes, on Thursday, November 12, from 2 to 4 p.m.

The public is invited to the Show and the members present at the home of Mrs. Maskew indicated that their range of hobbies encompass arts and crafts, collecting and cooking and other fields, not always seen at show-and-sell events.

Marie Parrigin, Club president, said that the display show was planned chiefly to give the community a chance to see the skills, talents and interests of those participating.

There is no admission charge and items will not be offered for sale, she said.

Election Results in 'Limbo'

Tom Beatty Leads Race For Mayor

Results of the November 3 special city election to choose a Mayor, five Aldermen and a Marshal for Helotes are in limbo, Tony Gomez, Bexar County election administrator, told The Echo late Thursday afternoon, and it will probably be Monday or later before the Bexar County Judge and Commissioner's Court will have sufficient data to move toward making the election official. He said that the votes will be canvassed following the canvassing of the county-wide election which saw two of seven amendments defeated statewide, according to unofficial returns.

Both elections ran simultaneously in Helotes. Only those inside the new boundaries of Helotes could vote for city officials.

In the Tuesday vote here, according to the election judge's count, Tom Beatty is apparently the winner for the office of Mayor with 276 votes to Bennie Lyon's 203, and Pete Cantu's 77.

Not included in the tally were 76 absentee ballots cast by Oct. 30. A total of 565 voters went to the polls in the city election.

The top five vote-getters among the 13 candidates for the five city council posts were Pat Woolton, 370 votes; Verna Thompson, 356; Leonard Hill, 281; Guy Burnett, 270, and Rudy Loeffler, 263. These are unofficial tabulations, also not including absentee votes.

Earl Smith, unopposed for city marshal, received 443 votes, with apparently no write-in votes reported.

There were no spaces for write-in votes provided on the ballots for the other candidates, some voters complained following the election.

Results were slow in being counted Tuesday due to tabulating difficulties encountered by the election officials and it was past 11 p.m. before the early trend announced at 9 p.m. could be again reported to interested voters and the news media camped outside or inside PARC building.

The 76 absentee ballots had been impounded for safekeeping at the close of [CONTINUED ON PAGE 21]



Shown at a "Meet-the-Candidate" session sponsored by the Lions Club during the campaign period is Mayoral Candidate Tom Beatty, who won the election according to unofficial count Tuesday with 276 votes. In the background are aldermen candidates.



Speaking at the same session is Mayoral Candidate Bennie Lyon who came in second with an unofficial 203 votes. Pete Cantu was the third mayoral candidate.

UTSA Gets Okay On 3 Engineering Degrees

The Coordinating Board of the Texas College and University System has approved bachelor of science degrees in civil, electrical and mechanical engineering for The University of Texas at San Antonio.

The three new degrees are scheduled for implementation next fall.

"The Coordinating Board's action indicates a response to a real need in San Antonio and South Texas," said UTSA

President Dr. James W. Wagener. "We are delighted to be able to move into this area of professional education."

The UTSA president was among a delegation of business and civic leaders who spoke to the Coordinating Board Thursday in support of the degree programs.

The delegation signified the high level of community support for the UTSA pro-

grams. For the past several years San Antonio community leaders have viewed engineering education as crucial to the city's future. Through an effort coordinated by United San Antonio, these leaders have worked to bring an undergraduate engineering program to the city.

Among persons addressing the Coordinating Board on Thursday were James L. [CONTINUED ON PAGE 12]

[Continued From Page 1]

absentee voting on Friday, Oct. 30 and were to be counted by the Bexar County Canvassing Board following the election.

Then Wednesday, Nov. 4, the canvassing by the County ran into further trouble. An order was issued by the office of the Secretary of State in Austin to exclude the absentee votes. These ballots had been improperly handled in the absentee polling place in the PARC building, the Secretary's office said. The ballots had been placed in the ballot boxes (large metal cans) by the voters themselves. Voters should have been instructed to give the ballot back to the election judge who would then seal them in a second envelope before being dropped in the ballot boxes by the election judge.

Mr. Beatty, apparently mayor-elect, told the media that he would go to the District Court Thursday and file suit to force the absentee ballots to be counted. He agreed with the other candidates that those who voted absentee are entitled to

register a vote.

No word of the suit had been reported by press time.

The absentee votes are not expected to change the outcome of the election last Tuesday, but the 76 ballots could have an effect.

Canvassing and certifying the results may be delayed, however, said Mr. Gomez. Ordinarily the results would be presented to the Commissioners Court for certification at the court's regular meeting on Monday. If the results are not ready then, they will be certified as soon as possible after that, he said. Should there be a successful court challenge, Judge Bustamante could set an election date at his discretion, it was explained.

Besides the threat of legal action, canvassing the votes in the Helotes election may be delayed also, Mr. Gomez said, by the need to first canvass all the Bexar County votes in the referendum on seven amendments to the Texas Constitution and the District Clerk's race, also held Tuesday.

Mr. Gomez told The Echo Thursday; "The voters in Helotes must be irate over all

the problems and delays." In addition to the impounding and subsequent disqualification of the absentee ballots, the counting of the votes in Tuesday's election was long and tedious.

A reported threat by Benjie Lyon, the runner-up for mayor, to file a suit to overthrow Tuesday's election had not turned into a reality Thursday.

Mr. Lyon told The Echo: "Now, we have voted. The majority of the aldermen elected are people whom I would have been proud to serve with if the votes had tallied out in my favor for the job of mayor. I sincerely wish our new city to move forward with dignity and propriety into a prosperous future."

Mr. Lyon reiterated his campaign plea for keeping city taxes low, with no big expenditures for a city hall and a large police force.

He added, "Let's never again make a ludicrous spectacle of ourselves by being unable to carry off an election of some six hundred votes in totally proper fashion, and let's try to count the votes in less than 48 hours."

He is expected to be a candidate for mayor again in April, when the regular city elections are to be held. Mr. Beatty is quoted as saying he will be a candidate again in April, also.

The unofficial vote on the complete roster of city council candidates stands as follows:

Harry Olsen	33
Verna Thompson	356
Chester McCarter	136
Mike Krisak	228
Moon Mullins	160
Pete Crow	164
Jim Perry	137
Guy Burnett	270
Leonard Hill	281
Henry Daughtry, Sr.	113
Chuck Lee	180
Rudy Loeffler	263
Pat Wootton	370

Dr. Amy Freeman Lee, founder of Man and Beast, Inc., will be the speaker at the first fall meeting of the organization of Wednesday, Nov. 11, at 7:30 p.m. Dr. Lee's topic will be "Animal Laboratory Science." The meeting will be held at Incarnate Word College's Nursing Building.

Plans are being made to help sponsor a trades day here the first week-end in December by the local merchants.

Pre-Columbian Symposium Set In San Antonio, Nov. 20-21

San Antonio — A look at the Pre-Columbian societies of Mexico, Central and South America will be offered in San Antonio Friday and Saturday, Nov. 20-21.

"The Pre-Columbian Synthesis," a symposium open to all interested persons, will be held at The University of Texas Health Science Center here and will explore the roles of art, religion and medicine in those cultures.

Program participants include artists, physicians, archaeologists and anthropologists from throughout this country and Mexico.

At 2 p.m. Nov. 20 in the health science center auditorium, the program will begin with "Pre-Columbian Art as a Mirror of Life" by Jaime Litvak-King, Ph.D.,

director of the Institute for Anthropological Research, Universidad Nacional Autonoma de Mexico.

That evening a dinner will be held in the grand hall of the San Antonio Museum of Art followed by an address on Pre-Columbian Maya civilization by Gordon Willey, Ph.D., Bowditch Professor of Archeology, Harvard University.

Saturday's program at the health science center will include a discussion on "Pre-Columbian Religion and the Healing Arts" led by Henry Nicholson, Ph.D., professor of anthropology from the University of California at Los Angeles. "Pre-Columbian Medicine and the Persistence of Folklore" will be presented by Harold Haley, M.D., clinical professor of

surgery from Baylor College of Medicine in Houston.

Panelists will include Harry Wilmer, M.D., Ph.D., and George Meyer, M.D., both professors of psychiatry at the health science center; Amy Freeman Lee, L.D., artist and chairman of the board of trustees, Incarnate Word College; Bernard Ortiz de Montellano, Ph.D., director, Center for Chicano-Boricua Studies, Wayne State University; and others.

During the meeting, an exhibition in the auditorium foyer will detail for participants "Pre-Columbian Medicine: Its Relation to Art and Religion." The display, prepared by the Universidad Autonoma de Mexico, describes the folk and herbal medicine of Mexico and the modern legacy derived from Pre-Columbian medical practices.

The exhibition opens Sunday, Nov. 8, with a reception from 2 to 5 p.m. and continues through Nov. 30.

The two-day symposium is made possible in part by a grant from the Texas Committee on the Humanities and the National Endowment for the Humanities. Sponsors include The UT Health Science Center, The University of Texas at San Antonio Center for Archeological Research and Research Center for the Arts, the Consulado General de Mexico, the San Antonio Museum Association, the Universidad Nacional Autonoma de Mexico Extension Cultural, the Ecumenical Center for Religion and Health, the San Antonio Art Institute and the P. I. Nixon Medical Historical Society.

Registration fees are \$5 for the lectures and \$25 for the dinner and lecture on Friday evening. Reservations and more information are available from Joyce Ray at the health science center library, (512) 691-6271.

Weather Totals 55.1 Inches

With 1981 almost gone, there remains a slim chance that this year will go down on the records as a record breaker in the rainfall department. Through October, the total was 55.1 inches for the year, according to Henry Brauchle, local rancher and longtime weather observer.

In 1973, the record of 64.8 inches was the most rain recorded in 95 years here. A drought in the 1950's had the lowest amount.

Rainfall in two October rains brought the month's tally to 12.4 with each measuring 50-50 at 6.2 inches. The final rain occurred over Hallowe'en. In two months alone, September with 16.7 inches and October with 12.4, Helotes had over 28 inches — considered about the average annual rainfall recorded over long periods.

The rain over the wider Helotes area, however, was spotty with various ranchers and farmers recording 1.5 to two inch rainfalls while more rain fell in downtown Helotes during October, on both occasions.

The first week of November has been sunny bright — with only traces of

early morning fog — and warm temperatures proved welcome as citizens waited late into the night Tuesday, Nov. 3 for news of the elections in and out-of-doors near election headquarters for the early and later returns.

Scouts To Honor 16

Dick G. Thiesen, assistant director and associate professor of the Continuing Education Department at San Antonio College, will be the keynote speaker for the Annual Recognition Dinner of the San Antonio Area Council of Girl Scouts to be held Thursday, Nov. 12, at 7 p.m. at Villita Assembly Building. Mr. Thiesen's topic is "Are You Listening?"

Three members of the council will receive the Thanks Badge, highest adult award in Girl Scouting; eight members will receive the Daisy Award; and five community friends of Girl Scouting will receive the Community Award Plaque.

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KKYX Run Coming Up

To promote fitness as fun and something the whole family can participate in, KKYX Radio and Chiquita Banana have teamed up to provide two events. On Nov. 14, KKYX and Chiquita Banana will co-sponsor a 10-kilometer fitness run and 2-mile fun run and walk through Brackenridge Park. Proceeds will go to the San Antonio Children's Zoo.

Registration is \$5 before Nov. 8 and \$7 after the 8th. Entrants in either event will receive an achievement patch, commemorative T-shirt and numbered bib. In addition, soft drinks and refreshments will be provided at the finish line, along with Loftin Kline and his band.

Nine Singers Make All- District Choir

Nine Clark High School choir members have been selected for the All-District Choir, competing against students from 23 other high schools. They are Teresa Brown, Elizabeth Key, Diana Adair, Merilee Goodwin, Tim Burdsall, Greg Riley, Dan Stephens, James Jackson, Kurt Scherffius and Pat Budlong.

Seniors Named Finalists

Clark High School seniors Allison Klassen and Elaine Roberts have been named finalists in the 1982 San Antonio Junior Miss Pageant. Finalists will compete at Trinity University Saturday, November 7. Contestants were judged on poise, appearance, scholastic achievement, honors, and talent presentation.

Engagement Announced



Bride-elect Lisa Bendele and her fiancé Stephen Saegert.

Mr. Wilford Bendele and Mrs. Crystal Skolaut would like to announce the engagement of their daughter, Miss Lisa Bendele, to Mr. Stephen Saegert of Seguin, Texas.

The bride-elect is a 1979 graduate of John Marshall High School and has represented this community as "Miss Helotes." She is presently a junior at Texas Lutheran College and is

employed at KWED radio in Seguin as an FM announcer.

Her fiancé is a 1976 graduate of Seguin High School and a 1980 graduate of Texas Lutheran College. He is a member of the Seguin Lions Club and is employed at Koenecke Accountants there.

A December 19, 1981 wedding is planned at Zion Lutheran Church of Helotes.

Careers Day Set

The Metropolitan San Antonio Chapter of the March of Dimes will sponsor a Health Careers Day for high school students on Wednesday, Nov. 11, from 8:00 a.m. to 1:45 p.m. at the Academy of Health Sciences, Fort Sam

Houston.

The purpose of the event is to encourage young people to study for careers in health and medicine. Twenty-nine workshops will be conducted by health care professionals.

Greetings Fly Through Air

Coming into the Festive Holiday season it happens that sending and enjoying balloons are the latest trends in holiday greetings. Some

local folks who have enjoyed a Balloons & Bows surprise are a "Cheer You Up" for Al Reichardt; a Birthday Surprise for Butch Whitehead of San Antonio Ranch, Jiggy Johnson, Joy Harris and the

Allison girls, Lisa and Jennifer; and A Ba Ba Baby Balloon was sent by Mrs. Milton Shields and a Get Well for Mary Covarrubius.

Others are calling, too, say the owners of this new fun business here, a craze which reportedly is sweeping the country.

Shrine Sets Blood Drive

Alzafar Shrine will sponsor a blood drive for the benefit of the Shrine Burn Institute in Galveston, in cooperation with South Texas Regional Blood Bank units, at Alzafar Temple, IH-10 at Huebner Road, on Thursday, Nov. 12, from 4 to 10 p.m.

James V. Gullette, Potentate, and other Shrine officers will lead off the drive. It is hoped that the drive will produce several hundred pints of blood for the Burn Institute in Galveston, one of three similar institutes maintained in the U.S. by the Shrine.

Facilities at Alzafar Temple will accommodate about 40 donors per hour under supervision of technicians of the Regional Blood Bank.

The Lions Club had 200 children visit their Spook House at the Parrigin Pavillion despite the downpour on Hallowe'en and the Lions and Lionesses had as much fun as their guests.

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"Ye shall know the Truth"
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Camp Dressing

Some game can be partially processed after reaching the camp.

Long before it reaches final destination, a person can quarter the carcass of deer or antelope.

A quartered carcass is defined as not more than two forequarters with the leg portion above the knee attached to the shoulder blade; two hindquarters with leg bones to the hock attached; and two backstraps and the trimmings from the neck and rib cage. The boned-out neck and rib cage may be discarded.

The antlers of a buck, head and cape of an antelope, or the antlerless permit for an antlerless deer must remain with the carcass of the animal until it is processed.

If the head and cape of an animal are sent to a taxidermist for mounting, a receipt must be obtained from the taxidermist and attached to the remainder of the carcass.

With the approach of fall hunting seasons, Texas sportsmen should begin making preparations for their trips afield. These preparations should include more than marking hunting dates on a calendar and contacting landowners about hunting leases. Time and effort should be spent getting field gear and "desk chair physi-ques" ready for the hunting adventures ahead.

Firearms which have been stored since the last hunting season should be cleaned and checked. It is a good policy to check stored guns every month or so for signs of rust or dust accumulation, particularly if they are kept

where temperature and humidity conditions are variable. Special attention should be given to cleaning the bore and making sure the action works smoothly.

It's time for carefully sighting in rifles and handguns. Even if the hunter feels sure that a gun has not been bumped or jarred since the last firing, it is a good policy to double check. This will not only prevent disappointment over a missed shot, but will also get the shooter used to the "feel" of his weapon again.

Center-fire rifles should be sighted in using the bullet weights and powder charges which the hunter expects to use in the field. Sighting distances are determined by the type of game to be hunted and the terrain where the hunt takes place. As a rule of thumb, shot groupings from 50, 100, and 200 yards will prepare the hunter for most situations.

The good hunter does not fire one or two rounds and decide that he and his rifle are ready to go. The expense of firing a box or two of ammunition while sighting a rifle in is easily justified by the confidence the hunter will gain in his weapon and his shooting ability.

Handgun buffs should also spend some time "burning

powder" on the range before taking to the field. Generally speaking, handguns should be sighted in for distances up to 60 yards. It takes a dedicated pistol shot to be consistently accurate at greater distances. Remember, range safety is of critical importance with all firearms, but especially so with handguns.

Most hunters carry some type of a cutting tool for dressing game. These knives, hand axes, bone saws, etc. should be examined carefully and sharpened now. A dull knife in the field is not only frustrating, but also is more dangerous than a properly honed one.

Checking wearing apparel well in advance of the day it is needed will not only add to the comfort of the hunt, but may also help preserve marital harmony. Clothing should be checked for snags or tears which need repair from last season. Footwear is especially important as a painful blister can ruin an otherwise enjoyable hunting experience. Boot stitching should be checked, and the leather should be oiled or treated for comfort and protection. It is a good idea to wear new boots around the house to break them in before starting out on a long day's hunt.

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Good Hunters "Prepare Early"



This White-tail deer finds it's time to take to the woods as hunting season nears in the Hill Country.

In addition to checking his gear, the smart hunter prepares himself physically for the field. Many of us work at jobs which don't allow us to stay in shape for our once-a-year hunting trips. Perhaps the best solution is to start early with sensible exercise. This may mean just walking every day or it may include jogging and dieting off a few pounds for the hunter who will pursue game which requires strenuous effort.

Remember, more hunters die from heart attacks brought on by over-exertion than from firearm mishaps.

The sportsman who begins preparing his gear and his body well in advance of hunting season will have a much

more rewarding experience in the outdoors come hunting season than the "last-minute Johnny." A little effort now will mean a safer and more profitable hunting experience in the fall.



Creative, inexpensive Christmas gift tags can be made with holiday cookie cutters and used greeting cards. Place cookie cutter over card, trace shape and cut out. Punch a hole at one end, insert piece of colored string and there you have it!

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Help Given On Benefits

Folks for whom retirement is just around the corner are probably wondering just how much their social security checks will be, according to William M. Archuleta, social security district manager in San Antonio. Social security has a leaflet, "Estimating Your Social Security Retirement Check", for workers

who reach 62 in 1979-83 which will help you find an approximate answer. In most areas, a telephone call to 229-6433 will get this information also.

However, for those reaching 62 beyond 1983, there are limitations on figuring benefit estimates for the future beyond 1983. This is because benefits will be com-

puted under a new method which adjusts actual earnings for past years to take account of changes in average wages since 1951. These adjusted earnings will be averaged together and the benefit rate figured from this average, Archuleta explained.

Full benefits are payable if started at age 65 even though the method used to figure payments is based on when a worker reaches 62. A 20% reduction applies when benefits are started at age 62 and the reduction is permanent.

Several factors, such as inflation, changes in cost of living and workers' income make it almost impossible to provide specific dollar amounts of social security monthly payments for future years beyond 1983. However, social security can be counted on to provide a solid base for retirement at any time in the future, Archuleta added.

Lump-Sum Out for Some

Recent legislation made a number of changes in the Social Security program according to William M. Archuleta, manager of the San Antonio Social Security office. These changes, enacted into law in August, were designed to strengthen the financial status of the program by trimming benefits not related to the original purpose of the Social Security Law.

One change affects a benefit known as the Lump-Sum Death Payment and is effective for deaths occurring after August 31, 1981. Under the old law, a payment of \$255 was made to a spouse living with a worker at the time of death who was insured under the Social Security program or who was receiving benefits based on his/her own work. If there was no spouse who was living with the worker at the time of death, the lump-sum payment could be paid to whomever paid the burial ex-

penses or to the funeral home.

The new law provides that if a worker (or beneficiary drawing benefits based on his/her own work) dies after August 1981, the \$255 lump-sum death payment can be made only in the following priority:

- (1) To the widow(er) of the worker or insured beneficiary who was living in the same household as the deceased at the time of death;
- (2) To the widow(er) who is entitled (or would be entitled had an application been filed) to benefits on the deceased's social security record for the month of death; or
- (3) To each child (in equal shares) who was entitled or would have been entitled to benefits had an application been filed on the deceased's record for the month of death.

If there is no surviving widow, widower or entitled child as defined above, no lump-sum death payment is payable. The main difference made by the amendments is that the lump-sum is no longer used to defray burial expenses. "Contact the local office if there are any questions about this provision in the social security amendments," said Archuleta.

Bryant Wins Clown Contest

Clark High School student Wendy Lee Bryant won third place in the high school division of the Alzafer Shrine Circus Poster Contest. Money raised from the auction of her poster benefits the Shriner's Crippled Childrens Hospital, Houston, and the Shriner's Burn Center, Galveston.

The windiest city in the U.S. is Great Falls, Montana, where the average wind speed is 13.1 m.p.h. Chicago, the notorious "Windy City," actually ranks only 16th among the windiest U.S. cities.

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The newborn child has no visible teeth, but has 20 primary teeth developing deep in the baby's jawbone that will erupt in the next two and one-half years. These primary teeth are vital to the growth and development of the mouth.

HOME CARE

At the age of 6-10 months when the child's teeth first erupt, the parent should use a wash cloth or gauze pad to remove plaque daily.

PREVENTIVE DIET

Your child's teeth are susceptible to decay when they first appear in the mouth. This decay can cause the premature loss of primary teeth leading to poor appetite, speech impediment, and crooked teeth. Decay at this young age occurs when the child is frequently exposed to sweetened liquids (sugar) throughout the day and night. The sugar combines with the plaque on the teeth to form acid which can cause tooth decay. Care should be taken to avoid liquids containing sugar (soft drinks, sweetened gelatin, sugar water, etc.), especially when putting the baby to sleep.

PREVENTIVE FLUORIDE

Dental Decay can be reduced by up to 65% by the use of fluoride introduced:

1. Topically—brush teeth with a toothpaste containing fluoride.
2. Dietary—in a community where fluoride is not added to the water (San Antonio is one), either fluoride drops (infants) or chewable fluoride tablets should be given daily from birth to 10-12 years. (A future article is planned to go into fluoride in more detail).

TEETHING

When the teeth are coming through the gums, some children may have some soreness and may become irritable. The parent may rub the baby's gums with a clean finger or let the baby chew on a clean teething ring. If the baby still has discomfort your dentist may prescribe a medicine that will temporarily numb the gums.

THUMB SUCKING

Sucking is a natural inborn reflex, as are eye movements and grasping. A baby would not seek nourishment without it. Thumb sucking is a natural extension of this instinct. If a child continues to suck his/her thumb past 3 or 4 years, it may adversely affect the growth and development of the jaws as well as the position of the teeth. Corrective orthodontic or orthopedic treatment may be later needed. Check with your dentist if you are in doubt.

(Next issue: Children's teeth 2 to 5 years) If you have any questions or request further information please call or write 6336 Bandera Rd. Suite F, San Antonio, Texas 78238, 681-5320.

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HERE'S A BRIEF HISTORY OF HELOTES

(Copyright by Helotes Echo)

Helotes, Texas, which has a long history, is an incorporated town in Northwest Bexar County. It was a frontier town during the last century when the Texas Hill Country was being rapidly settled. Up to the turn of the twentieth century, it was not entirely free from Indian attack and many Indians avoided the reservations by camping in the area. Many pioneer families have Indian blood and the Indian heritage is being preserved.

The Helotes Creek with its tributaries provides fresh water from its springs, and doubtless this is why the area shows signs of being inhabited for thousands of years. Helotes is located in the Hill Country with rugged terrain and fertile valleys. The altitude varies from 750 feet to 1250 feet, and the air is fresh when South Texans are hunting relief from 100 degree temperatures.

'Helotes' stands for Corn

Corn was grown for centuries in the fertile soil. Helotes took its name from that fact, and the earliest explorers found it named. "Helotes" is the Indian word for "green corn" or "corn-on-the-cob," and the word passed into the Spanish language very early. It refers to the entire corn as differentiated from "maize" or "masa" which refers to the kernel of corn, either entire or ground after drying.

The French Trappers and Explorers spent time in Helotes as did the Friars.

The Indians from Helotes obtained horses very early and had great herds of mustangs by the time the Spaniards began to take an interest in the nearby village of Yanaguana, renamed San Antonio by the Franciscans in 1718. Tribes named by the early explorers include the Comanche, Lipan Apache, Kiowa, and numerous later tribes. When the Cherokees were driven from the Eastern seaboard states, many came into the Hill Country rather than being sent to Oklahoma territory. Some of their descendants are among leading Helotes citizens.

Land Grants Given

During the Mexican War in 1845 as well as the Texas War for Independence in 1836, land was given as grants by the governments to soldiers fighting on the American or Texas sides. Earlier Spanish land grants had been given in the area to the Canary Island families. But the presence of the warring Indians made it difficult for settlers.

Fortress-like ranch homes were settled at distances of about 10,000 acres. With the help of friendly Indians and Texas rangers, early settlers managed to tame the land. Pigeons were widely used to carry distress messages and the men were alerted and ready to go to each other's defense.

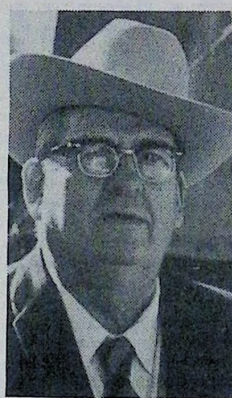
The earliest name of European derivation still known in Helotes is given as Menchaca, and the first was reputedly a general hired by Spain to keep Mexico in line. He was of Polish descent and was commander over a mercenary army. It is said in Helotes that he lived in a cave and defended the area until he built a home. This was about 1825, and doubtless, he did not anticipate returning to Spain after the surrender of his troops. The Mexican Independence was tentative, however, and land was granted in Texas to those professional soldiers from Spain who wished to settle. General Menchaca married, according to family tradition, a chieftain's daughter with Aztec blood, and settled in Helotes on a vast acreage along the creek. Part of his early-day ranch became a stronghold for the Indians, and his strategy was to keep hostile outsiders away from them. Without the Indian's knowledge of paths and trails, a stranger could easily become lost in the Helotes Hills, as hunters do to this day.

Playground Settled

A few hundred acres are still owned by descendants of the Menchaca pioneer who lived here in the 1820's. But a large part of the Ranch was developed in 1927 as the Scenic Loop Playground of Helotes, a resort-type second home for the affluent of San Antonio and South Texas.

The houses were small lodges with bridge paths for horseback and springfed pools for swimming and fishing. This was the first area in Helotes sold in small plots of one-half acre or more. In 1963, it was incorporated as the City of Grey Forest, Texas and claims about 280 residents.

Dr. George Marnoch, of the Royal Scotch Navy, and his son Dr. Gabriel Marnoch, educated in Scotland, had the 10,000-acre Monarch Ranch next to the Menchaca land and finished a three-story Ranch home in 1851. He continued to aid newcomers with a stagecoach stop, a hospital, and later a post office. Adjoining him was a large ranch with another stagecoach stop owned by Carl Mueller who came to Texas from Pennsylvania to fight in the Mexican War of 1845. His home dates from 1854, and he was the first postmaster of Helotes. The post office was established in 1873 on his ranch.



John T. Floore

Until 1975, the late John T. Floore, by popular consent served a long term as honorary Mayor of Helotes. Others from the past included Dewey Hart, Alex Parrigin, Carl Mueller, and Dr. Gabriel Marnoch, as well as several Madlars.

Then 1878, a man named Arnold Gugger purchased 200 acres from Dr. Gabriel Marnoch located at the edge of his property on the recently heavily-traveled Bandera Trail. The activity in Helotes became much greater.

A railroad-stagecoach stop in Leon Springs gave Americans a way to come to Helotes and to go on to the Hill Country. An era of vast cattle ranches as well as sheep ranches was inaugurated. Corn remained a major crop and no rancher was without his field.

In the 1930's tourists began to enjoy the unique Western tenure of Helotes and it has since been a place where tourists as well as South Texans come to relive the days of Western cowboys and to hunt and dance.

The major industry in town from the 1940's is Floore Country Store, now famed for the world's largest patio where dances are held every weekend. It was founded by the late John T. Floore.

For a long time, Helotes had kept its ranch-town atmosphere. Then in 1969 the change began to be felt. The big subdivisions which had expensive homesites were filling up and military retirees, civil service workers, employees of large insurance companies and the medical personnel needed to staff the huge new Health-Science Center nearby were building beautiful homes on one to five-acre plots.

At that time, The University of Texas at San Antonio was established and the cam-

pus was located on 600 acres of a former Helotes Ranch — the Moos Ranch — which had been donated by developers. Classes began in 1975 there.

There are now more than 10,000 students attending classes on land just four miles from the Helotes post office.

Education became a major economic factor. San Antonio hastened to annex the campus. The finger annexation of Loop 1604 has put Helotes under the extra-territorial jurisdiction of San Antonio, and forced successful incorporation proceedings on Helotes.

The Northside Independent School District serves Helotes school children. The Helotes Elementary School is excellent. John Marshall High School maintains a high scholastic record and is the one of four Northside high schools attended by most Helotes high-schoolers. Coke Stevenson Middle School is completely new and has the very best facilities.

In the past, community leadership rested with the major ranchers. In the more recent times, land developers and merchants have had a stronger voice in decisions. A mayor usually was chosen at town hall type meetings, held as needed.

When San Antonio annexed land nearby and imposed a ban over development in this area, a new group of citizens became interested in the future of the community. Since San Antonio has little water not coming from the Edwards Aquifer, the city halted growth in this area on the grounds that pollution of the water supply might result. After a two-year study costing one-and-a-half million dollars was completed, San Antonio may no longer control growth here. A large development, San Antonio Ranch (New Town) on the North edge of Helotes was delayed so long that the developers are now going forward as a subdivision with success but slower than planned due to the addition of the recession, as a factor.

Incorporation of Helotes had been thought of as unnecessary by the residents and ranchers, since the town was so obviously old that a charter was not considered. Various leaders, fearing the attention it would call to Helotes as a new versus an old town, delayed taking action or searching the records

for early incorporation proof.

Then the Helotes Homeowners Association, merchants, and members of the professional community began holding a series of meetings to explore the steps necessary to incorporate. San Antonio has been filling in the area around the campus as rapidly as possible, attempting to grow to the Northwest in the land annexed already.

This is the biggest problem. Since landholdings are large and the ban prevented building on less than three to five acres, fear of city taxation hangs over the community.

There are opportunities for citizens, and the future of Helotes as a tourist center and a health resort is especially bright. If there were places for the college students to move into, they would be living in Helotes rather than commuting from greater distances. That is all in the future.

So far, Helotes has kept its identity as a Hill Country ranching town and those who spend much time here, always want to come back.

The incorporated area, effective in August, is only 1700 acres, but traditionally Helotes is as big as all outdoors.

Song Picked

Featured in the opening ceremonies of Bestfest, a university-wide festival sponsored by UTSA's Student Representative Assembly, was the introduction of the UTSA alma mater and fight song.

The Roadrunner Band and the UTSA Choir performed the music and words written by Dr. Joe Stuessy, director of the Division of Music, and Dr. Alan Craven, director of the Division of English, Classics and Philosophy, before the students, faculty and staff and San Antonio community.

These are the words:

HAIL UTSA
(The Alma Mater of The University of Texas at San Antonio)
From our hills of oak and cedar
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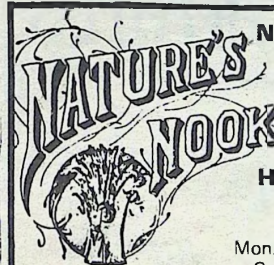
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Log Home Appeal, Reality On Increase

Growing interest in log homes reflects the expanding back-to-nature and build-it-yourself movement in the United States.

Log homes have come a long way -- from pioneer-day necessity to novelty to an emerging trend in housing.

Increasing costs of land, money and materials have spurred build-it-yourself activity among would-be home owners who have come to the realization that they must be involved in "sweat equity" if they want to own a home today.

Census Bureau figures show that home owner/builders were responsible for one of every five new home starts in 1979 and the first half of 1980.

Experts predict the figure will climb to one of every four by 1983.

Building with a log-home kit has "caught on" with an increasing number of home owner/builders.

In 1974, fewer than 2,500

log homes were built, today the annual figures exceeds 25,000. By the end of 1981, it's predicted that some 70,000 Americans will have erected log homes as a way of coping with record-high mortgage rates and rising building costs. Most of these homes -- 85 percent -- serve as year-round dwellings, while the remaining 15 percent serve as seasonal vacation homes.

Sales for the log-home industry have risen 50 percent a year for the past two years, in contrast with a 35 percent decline in total housing starts since 1977.

Popularity of the log home may be attributed to two major factors: aesthetic appeal and cost. Informality and the down-home atmosphere reminiscent of a less hectic lifestyle is usually cited by owners as a major reason for selecting a log home.

Cost appeal lies in the fact that a semi-skilled do-it-your-

seller can save considerable amounts of money when willing to do much of the construction work himself or herself.

Basic log-home packages generally consist of wood or log floors, walls and roof, plus windows, doors, caulking, and often insulation materials. Buyers are responsible for preparing the homesite and foundation for the building, and for the addition of plumbing, wiring, heating and cooling systems, appliances and other components not included in the package.

Depending on size and options included in the package, log-home kits range from \$5,000 to \$30,000. When compared to costs of a conventional house, it is estimated that a log house can save from 10 to 30 percent.

Consumer Alert

Austin — Much of the real estate business revolves around the legal concept of the title. Title gives the holder all the elements that constitute ownership, including exclusive possession and the right of use and by exclusion of others. Every prudent buyer and lender will insist that the seller or mortgagor have good title. The mere execution of a deed is not satisfactory proof of clear title. In real estate, there is no deal unless the owner can produce evidence of clear title or obstacles to clear title are either (1) eliminated prior to closing or (2) anticipated and specifically excepted by buyer or lender at the time the deal was made. Such exceptions must be reflected in the contract of sale or commitment of mortgage. Good title is evidenced by abstracts and opinion of title, by certificate of title, and

by title insurance, the most predominant method in urban localities.

Even a perfect abstract or opinion or certificate of title does not furnish protection against hidden defects. Problems can occur with forged deeds, unknown heirs, errors by recorders or by courts, incompetence of parties executing instruments vital to the chain of title, deeds that are defective because of failure of delivery or lapse of power of attorney, or false statements made to close title such as that a grantor is single when his wife may assert an interest in the property. Title insurance protects a property owner against such hidden defects and also against litigation that, however unwarranted, may attack a perfectly good title and be costly and troublesome to the holder of the record title.

Title insurance is a contract of indemnity against loss or damage arising out of defects in or lien on the title to real property. Some companies expressly guarantee a marketable title. Others guarantee against any loss occasioned by defects of title.

Title insurance covers the insured against financial loss that may arise as a result of unknown defects in the title to property covered by the insurance. The policy does not cover loss resulting from any known defects and expressly provide that it is not indemnifying any loss resulting from the defects so specified.

A title insurer's liability depends on the terms of the policy. The rule of liberal construction that favors the insured in insurance policies usually applies to policies of title insurance. In case of ambiguity or uncertainty, exceptions are strictly construed against the insurer and in favor of the insured.

The measure of recovery under a title insurance policy is ordinarily the amount of the actual loss or damage sustained, limited to the face amount of the policy. By negligence, the insurer, however, can incur liability for amounts in excess of the face of the policy.

Like other types of insurance, false or fraudulent representation made by the insured to the insurer may void liability unless the falsity is known to the insurer at the time the policy is issued.



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Ten Commandments Of Firearm Safety

Accidents with firearms don't just happen. They are caused by ignorance, carelessness or disregard for safety rules. Abide by the following "Ten Commandments of Firearm Safety" each time you handle a firearm. Don't let a needless hunting tragedy mar your hunting pleasure.

1. Treat every gun with the respect due a loaded gun.

2. Watch that muzzle! Be able to control the direction of the muzzle even if you should stumble.

3. Be sure the barrel and action are clear of obstructions and that you have only ammunition of the proper size for the gun you are carrying.

4. Be sure of your target before you pull the trigger; know identifying features of the game you hunt.

5. Unload guns when not in use. Take down or have actions open; guns should be carried in cases to the shooting area.

6. Never point a gun at anything you do not want to shoot; avoid all horseplay with a firearm.

7. Never climb a fence or tree or jump a ditch with a loaded gun; never pull a gun toward you by the muzzle.

8. Never shoot a bullet at a

flat, hard surface or water; at target practice be sure your backstop is adequate.

9. Store guns and ammunition separately beyond the reach of children and careless adults.

10. Avoid alcoholic beverages before or during shooting.

Storing Sausage

Fresh sausage can be stored in refrigeration for 1 week or in the freezer at 0 degrees F. for not more than

3 months. Salt added to the meat reduces freezer storage time by about 50 percent. Before freezing, sausage should be wrapped in freezer paper, plastic freezer bags or foil. Bulk sausage can be wrapped in freezer paper, plastic freezer bags or foil and placed directly into the freezer.

Cured and smoked sausage can be held in refrigeration for 2 or 3 weeks or stored in the freezer. Protect and store cured and smoked sausage using the same method as for fresh sausage. Cured and smoked sausage may be kept in the freezer for not more than 3 months.

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- Nov. 13 — 1 P.M. Fabric paint Christmas stocking. \$8.00 includes pre-cut stocking with pattern.
- Nov. 14 — 10 A.M. *Molly Denton, C.D.T.* 1-day tole seminar, \$12.00.
- Nov. 16 — 1 P.M. Begin 5-week sculpture class.
- Nov. 28 — 9 A.M. 1-day Art Show & Sale on the veranda, Fairwood Center.
- Dec. 5 — 10 A.M. *Molly Denton, C.D.T.* 1-day tole seminar, Christmas project.

Waiting list being compiled for 15-week tole course with *Molly Denton, C.D.T.*, beginning in January. Sign-ups also being taken for calligraphy, macrame, needlepoint, counted cross stitch and leather tooling classes.

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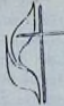
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Plan Ahead For Happy Holidays

Traveling for the holidays or expecting travelers? Plan ahead - even scheme - if you must - to build the HAPPY into your holidays.

When you "pack your bags" for the trip or "get the spare room ready", consider a few hints that will encourage tranquility and fun.

"Hints" in this case are ways to allow for personality characteristics or normal human traits that may lead to tenseness simply because of the closeness involved and changes in normal routines.

Knowing the potential "mischief" that can arise and using some planning skills to keep MISCHIEF from getting out of hand can build the HAPPY into any situation.

Discuss ideas with all involved.

Obtain suggestions of what people would like to do and whom they would like to be with while on the trip. Prioritize, compromise and make

decisions. Schedule and make arrangements far enough in advance to allow people to get ready.

Be realistic about holiday time and costs. Plan a budget that gives consideration to all family members without over-stepping the limits of family income.

When visiting with relatives, find ways to prevent a financial drain on the host family's income - contribute to food costs or recreational expenses, for example. When guests are coming, consider activities that are in keeping with normal expenditures and save ahead for extras.

Plan for breathing room in schedules and actual living space - that means some time and space along for everyone. That helps sidestep some of the major risks of abrasion and reactions to territorial invasion, which family togetherness in close quarters may bring. Crowd-

ed conditions and the competition for housing resources - showers, televisions, bed and phones - and the loss of valued privacy may be more than some people can manage. Comfort for most people lies in the fact that conditions are temporary.

Individual personality factors also can produce friction. Moodiness, distractions by non-appealing activities or noise levels, temperature preferences, possessiveness of time and objects, differences in values, wants and interests, and even inter-generational power struggles are all components of possible conflict. Personalities may not blend well with prolonged interaction. Plan for time that allows separate activities for separate family members.

Consider tasks that may be shared. Many people feel more comfortable when they feel they are helping with the responsibilities of the host family.

Also talk about time frameworks and routines. "Unknowns" create more problems than "knowns".

Avoid overdoing on eating and social activities. Decide on a program that puts desired activities at the top of the list and leaves others out - to balance holiday

"doings" with blocks of time for rest. In addition, and perhaps hardest to do - observe moderation. Finally, it's a good idea to allow for a recovery period AFTER holiday travels or visits - before family members must go back to school, work and other responsibilities.

Good vacations and good family relationships require a considerable investment in planning, negotiation, maneuvering and tolerance.

Whether as a vacationer or visitor, get ready for the next one - and Happy Holidays!!!

Why Have a Headache?

Headaches, from mild to severe, and general guidelines for when to call the doctor about any physical complaints will be dealt with at the final program in Methodist Hospital's fall Community Health Series Wednesday, Nov. 18.

The program, which is open to the public and free of charge, will be held from 7-9 p.m. in the hospital's fifth floor classrooms.

Dr. Robert Shoumaker will deal with headaches and will describe the causes of both migraine and muscle-contraction headaches and some recommended treatments.

Sharing the bill will be Dr. Burton Neesvig, who is the chief of staff at Methodist. He will treat one of a patient's most common problems - exactly when to call the doctor! Dr. Neesvig will supply some guidelines and also describe some of the information to have ready for the physician when he returns the telephone call.

To register for the final program in the fall Community Health Series, or for additional information, contact Methodist's Education Department, 692-4546.



The first jukebox was installed at the Palais Royale Saloon, San Francisco, on November 23, 1889. It consisted of an electrically operated Edison phonograph with four listening-tubes, each controlled by a separate nickel-in-the-slot device.

International Week



International Week - Noelia Guajardo displays Philipino fan dancing to Esperanza Tamez (Mexican dress) and Christi John (Singapore Sari) during International Week Nov. 16-20 at Our Lady of the Lake University. (OLLU Photo by Joan M. Wilson)

UT Scientists Say DMSO Helps Healing

A controversial chemical, DMSO, may help reduce the risks normally associated with brain injury, according to medical researchers at the University of Texas Health Science Center at San Antonio.

When the brain is injured, whether from a blood clot that exerts pressure, or from instruments exerting pressure when they lift or hold parts of the brain during surgery, damage occurs to tissue surrounding the site of the injury. The area swells, and cells gradually lose their blood supply and die.

The brain doesn't grow new cells, and unlike other organs such as the lung or kidney, has no reserve cells to perform the functions that are lost. Even the smallest amount of damaged brain tissue may affect vital functions of the individual.

Therefore scientists for years have sought ways to keep the damage to brain tissue from spreading when injury occurs.

In an effort to reduce swelling and damage, the health science center researchers tested six chemicals in-

cluding DMSO, as well as generalized cooling, on groups of randomly assigned test animals during identical brain procedures that produced injury.

Reporting for the team at the American Society of Anesthesiologists meeting in New Orleans this week, Maurice Albin, M.D., said that the animals treated with DMSO did better than the control group or the groups treated with other chemicals, especially when the greatest amount of brain pressure was applied.

Others on the research team include Leonid Bunegin, B.S.; Philip Helsel, B.S.; Rodney Bell, M.D.; Ruben Herrera, M.D., and Howard Huntington, M.D., all of the UT Health Science Center at San Antonio.

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Community College Week To Be Celebrated

San Antonio College and St. Philip's College will host entertainment as well as informational programs for the community during the celebration of Community College Week Nov. 15-20.

Events will range from theater and art to health lectures to give participants a taste of the diversity of offerings at the community colleges.

SAC art faculty members Tom Willome and Mark Pritchett will exhibit paintings and sculpture pieces during their two-man show, "Whitepaper: A South Texas Project," Nov. 17-20. The exhibit at the Koehler Cultural Center is open 10 a.m.-4 p.m.

St. Philip's College will offer a series of informal seminars, "Families in Transition," that address the problems confronted by families

in our changing society. Seminars will meet each day at noon Nov. 15-21 in the college's Sutton Learning Center Room 300. Participants are invited to bring a brown bag lunch.

D. Samuel Ramirez, assistant professor of biology at University of Texas at San Antonio, will lecture on "Bioethics: Implications for the Life Sciences and Allied Health Fields" Nov. 17 at 11 a.m. in the St. Philip's Student Union Building.

The SAC theater department performs Ray Bradbury's play "Dandelion Wine" Nov. 18-21 in the college's McAllister Auditorium at 7:30 p.m. with matinees Nov. 19 and 20 at 1 p.m. Tickets for the play about two boys during the summer of 1928 are \$2 general admission and 50 cents for students.

Characters from the Tolkein Trilogy come to life when Rob Inglis performs his one-man show "Tolkein" Nov. 19 at 8 p.m. in the SAC Moody Learning Center Room 301. Inglis also performs characters from Chaucer Nov. 20 at 11 a.m. in the Moody Learning Center.

All events except the drama production are free. All activities are open to the community.

Community College Week is celebrated statewide to recognize the role of the 60 community colleges in providing education to more than one-half million Texans each year.

For more information about specific events at San Antonio College and St. Philip's College, call 733-2146.

St. Mary's U. Names Alkek To Board

Albert B. Alkek, Houston oilman, Bandera rancher, and philanthropist, has been appointed to the St. Mary's University Board of Trustees.

Alkek is a 1932 alumnus of St. Mary's. The school awarded him an honorary Doctor of Laws degree in May for his humanitarian support of health, welfare

and education.

His contributions have included \$2.4 million to St. Mary's for a new School of Business and Administration building expected to be ready by fall 1982.

Alkek's long career in oil includes a merger with the Sinclair Oil Corp. and subsequent purchase of Sinclair's interests in the company.

His philanthropies include Houston's multidisciplinary cardiovascular center under jurisdiction of the Baylor College of Medicine and the Methodist Hospital; Houston's Human Enrichment of Life programs for needy and minority people; Boy Scouts of America, and the Gerald Ford Library at the University of Michigan.

UTSA Gets Alpha Chi

The Texas Alpha Pi Chapter of Alpha Chi national honor society will be formally installed and members initiated during ceremonies and a banquet at The University of Texas at San Antonio on Friday, Nov. 6.

Alpha Chi honor society, one of the three largest nationally recognized organiza-

tions, will become the first honor society on the UTSA campus for all juniors and seniors regardless of academic majors.

Invited members to Alpha Chi must be in the top 10% of the junior or senior class with a 3.5 cumulative grade-point average and must have attended the university for at

least one academic year.

The induction ceremonies will begin with a reception and banquet at 7 p.m. in the John Peace Library on the UTSA campus. Dr. Robert Sledge, national vice president of Alpha Chi and professor of history at McMurry College in Abilene, will be the installing officer.

You Can Learn To Manage Stress

Methodist Hospital is offering a second session on Nov. 24 of its all-day "Stress Management" seminar to be held in the Regency Room of Oak Hills Motor Inn.

The first program, scheduled for Nov. 18, filled rapidly, so the hospital is offering the identical program a week later. Capacity is 70.

Both sessions begin with registration from 7:45-8:15 a.m., and close with a discussion and evaluation from 4:30-5 p.m. The \$25 fee includes lunch.

Karl Krum, Ph.D., a clinical psychologist in private practice, will speak on "Stress and Professional Burnout." Emphasizing the work environment, he will note the symptoms and dangers of continuous stress and suggest techniques to reduce tensions and enrich the work environment.

Barbara Carlie, who has a master's degree in nursing, will speak on "Stress and Disease." She is an oncology nurse coordinator at Methodist Hospital and also a

nurse-therapist with the Holistic Health Education and Research Foundation, working primarily with patients affected by stress.

Nita Wallace, director of dental hygiene education at the School of Allied Health Science, will discuss "Combating Stress Through Proper Nutrition."

Jane Brown will conduct a panel discussion on "Coping

Strategies: Relaxation, Biofeedback, Autogenesis and Self-Hypnosis," with members of her stress management team from the Audie Murphy VA Hospital.

Irma Teniente, an instructor in Methodist Hospital's education department, is seminar coordinator and author/producer of the slide program, "Stress Management."

Wilford Hall Honors Famed AF Surgeon

Since the beginning of what is now the Wilford Hall USAF Medical Center, Lackland AFB, literally thousands of patients, technicians and physicians have passed through its doors. Yet many pass through its doors and never know anything about the man honored by its name.

Established on June 8, 1942, the Station Hospital, San Antonio Cadet Center, offered the normal services of a military hospital plus a dental clinic, and had a secondary mission of training selected medical officers from the School of Aviation Medicine and enlisted medics from the Medical Training School.

Twenty-one years later, the 1,000-bed facility was renamed Wilford Hall U.S. Air Force Hospital to emphasize its character as a general hospital serving the entire Air Force. The new title honored a distinguished flight surgeon and clinical specialist. When the Air Force Medical Service changed in structure in July 1969, the hospital was redesignated Wilford Hall USAF Medical Center.

Denver, Colo.

During the next ten years he held several positions and in 1935 was graduated from the School of Aviation Medicine. In 1938 he was appointed staff surgeon in the Office of Chief of Air Corps.

There followed several assignments as surgeon within the Technical Training Command and in 1945 he was assigned to the European theater as surgeon for the Ninth Air Force and later was named Deputy Surgeon of the U.S. Air Force in Europe.

Following this he served as Surgeon, Military Air Transport Service and was assigned as Senior NATO Medical Officer to the Supreme Headquarters, Allied Powers, Europe. In 1957, he returned to the United States and served as Surgeon, Air Material Command until his retirement in September 1959. He died on March 1, 1962.

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General Hall was born in Mount Vernon, Ill., Aug. 12, 1904. He received his Doctor of Medicine degree from the Washington School of Medicine, St. Louis, Mo. in 1928.

He entered the service shortly thereafter and completed his internship at Fitzsimmons General Hospital,

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- Dry full loads—but don't overload. Clothes that can tumble freely will dry faster and with fewer wrinkles.

- Sort clothing into loads of light or heavy fabrics for the most efficient and fastest drying.

- Make use of your automatic drying cycle if your dryer has one. This cycle shuts the machine off when it senses that the clothing is dry, avoiding overdrying and energy waste.

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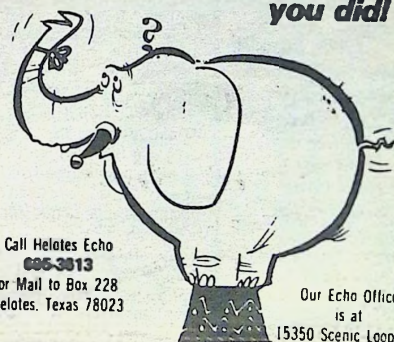
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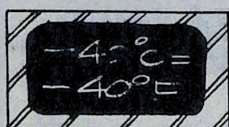
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Reports from Washington

The Reagan Strategic Program

In recent months officials at the White House and in the Department of Defense have been developing a comprehensive plan for revitalizing our strategic deterrent. We have virtually ignored strategic defensive systems for over a decade. These systems are a critical part of our efforts to assure our own national security and to maintain international peace through military superiority.

This program will end the relative decline of U.S. strategic capabilities and will put the United States in a position to reshape the U.S.-Soviet strategic balance in the years ahead.

Our nation's security is of utmost critical importance and as tensions in the world threaten peace and international stability, we must do whatever is necessary to restore America's military and diplomatic respect.

The program as recommended by the President will begin to redress the most serious weaknesses in our current posture:

- Communications and control systems will be improved to make certain we can communicate with our strategic forces, even after a nuclear attack.

- Our TRIAD of land-based ballistic missiles, bombers and sea-based missiles will be strengthened and modernized as soon as possible, ending long-standing delays in some of these programs.

The President's program will determine to a large extent U.S. strategic capabilities into the next century. Not since the 1950s has an administration proposed a nuclear program of such breadth and scope. We now have a unique opportunity to mold a strategic force that will meet the objectives of our strategy and serve as a coherent instrument of national policy.

This program will create a deterrent to Soviet action against us that is far more secure and stable than that which exists today.

The new program would increase Soviet incentives to negotiate genuine arms reductions. And, if we must, the proposed program will put us in a better position to strengthen our forces further in response to unrestrained growth in Soviet weapons.

I firmly believe that we must work to strengthen our military forces. In terms of numbers, we have come from a position of rough equivalency during the 1970s to the alarming forecast for the 1980s. We will be unable to curtail Soviet military aggression unless we respond properly to Russian advances in weapons development and production.

Today, for example, there is a general consensus on the need for new strategic bombers. The only issues are which bombers to build and when. The previous administration planned to rely on B-52s in the 1980s and develop the Advanced Technology — or "Stealth" — Bomber in the 1990s. However, because of the risks associated with an aging and potentially vulnerable B-52 force, I firmly believe the B-1 is essential to bolster our strategic forces during the critical 1980s.

The Administration has also proposed to continue the development of the MX missile as a means to reduce the vulnerability of our aging intercontinental ballistic missile force. While delaying a decision on the long-term basing options for the MX, the Administration would deploy, in the near term, a limited number of MX missiles in reconstructed Titan and Minuteman silos. The plan to conceal the MX by moving missiles among thousands of relatively "soft" shelters in Utah and Nevada has been withdrawn.

While not a long-term solution to the key issue involved — the survivability of our existing ICBM force — reconstructed silos with initial deployment of the MX missile in 1986 would be afforded.

As a member of the Subcommittee on Military Construction of the House Appropriations Committee, I will be actively involved in the congressional review of the Administration's plan and in reviewing the alternative basing schemes prior to the actual deployment of the MX.

The program stresses survivability and endurance. Compared with today's forces, we will, by 1990, roughly double the number of U.S. strategic weapons that could survive a Soviet nuclear attack on this country. We will be able to communicate with these forces during an attack, immediately following an attack, and, if necessary, for extended periods thereafter. Of utmost importance, these improvements will greatly deter any realistic prospects, however the Soviets may define them, of gaining an advantage by initiating the use of nuclear weapons.

This new strategic program puts America back on the road to peace — a peace maintained through strength. The maintenance of that peace is the first responsibility of the Federal government.

Beethoven poured ice water over his head when he sat down to create music, believing that it stimulated his brain.

[Continued From Page 1]

Powell, chairman of The University of Texas System Board of Regents; Harold E. O'Kelley, chairman of the San Antonio Foundation for Engineering Education and chairman and chief executive officer of Datapoint Corporation; Robert F. McDermott, long a force behind the long-range economic development effort in San Antonio and president and CEO of United Services Automobile Association (USA); Dr. Carl Raba, chairman of the San Antonio Council of Engineering Education; and San Antonio Mayor Henry Cisneros.

President Wagener said that approximately 150 pre-engineering students are enrolled at UTSA. With the implementation of the new degree programs, most of them probably will be able to continue their engineering education there.

Local Nutritionist Rates 'Fast Foods'

The average American spends more than \$400 a year on "fast foods" at franchised restaurants such as McDonald's, Kentucky Fried Chicken, Long John Silver's and others.

What kind of nutrition is available for the money?

Nutritionists including Eleanor Young, Ph.D., associate professor of medicine and co-director of the division of human nutrition at The University of Texas Health Science Center at San Antonio, have surveyed the nutritional content of such meals.

Results indicate that they

tend to be heavy in protein, fat, sugar and salt, but light on certain nutrients including vitamins A and C.

An average order of french fries contains nearly 300 calories and 47.7 percent of those calories come from the fat content.

The same fries give the consumer from 112 to 230 milligrams of sodium in the form of sodium chloride — table salt. Sodium and chloride are both needed by the body as electrolytes but one average fast food meal including fries, sandwich and drink can provide the entire daily estimated safe dietary intake for adults of sodium. The same kind of meal can exceed the estimated safe dietary intake for those electrolytes in children.

From a nutritional point of view, the advent of salad bars in some fast food chains is welcome.

"Salad bars provide a wider food choice and a better opportunity to select foods from all of the basic food groups," Young says. They also may add to the valuable crude fiber content of meals, which is low in some fast food restaurants because of the lack of vegetables, fruits and whole grains.

Cost and taste are the primary considerations for most fast food customers, Young points out. Even a sketchy knowledge of nutri-

tion can help a customer select a more nutritionally balanced meal and avoid so-called "empty calories" from too much fat and sugar.

The next time you have a "Big Mac Attack," keep in mind that you will be craving 563 calories, 26 grams of protein, 41 carbohydrate grams, 33 grams of fat, 86 milligrams of cholesterol, 530 international units of vitamin A, .39 milligrams of vitamin B1, .37 milligrams of B2, 6.5 milligrams of niacin, .27 milligrams of B6, 1.8 micrograms of B12 and 2.2 milligrams of vitamin C.

Also, 33 international units of vitamin D, 157 milligrams of calcium, .18 milligrams of copper, 4 milligrams of iron, 237 milligrams of potassium, 38 milligrams of magnesium, 314 milligrams of phosphorous, 1010 milligrams of sodium, 4.7 milligrams of zinc, 100.4 grams of moisture and .6 grams of crude fiber.

The Helotes Historical Society which met last week at the Helotes General Store had a report from descendants of the Hernandez family of San Geronimo. The landmark ranch house which is visible from Bandera Road and is occupied by a direct descendant, was built by Manuel Hernandez, the first, in 1875.

You Can Pick UTSA Spring Classes Early

Persons wishing to beat the January registration rush should take advantage of spring 1982 advance registration Nov. 18-19 at UTSA.

Advance registration enables students to reserve spring semester courses now without requiring payment until January.

Persons who have been admitted to the university by Nov. 13 and continuing students in good academic standing are eligible.

Graduate students, seniors, juniors and sophomores may advance register Nov. 18, and freshmen and special and transient students may register Nov. 19.

To advance register, students must pick up advance registration cards in the division office of their academic major, office of the dean of students or registrar's office, depending on the student's status. They then meet with advisors to work out an approved course schedule. After courses are approved, students may reserve classes at any of several computer terminals located near the office of each college dean and in the office of the dean of students. Terminals will be operated from 9 a.m. to 6 p.m. All registration "holds" must be cleared with the appropriate

office before classes can be reserved.

Persons participating in advance registration must pay all tuition and fees by mail or in person by 5 p.m. Dec. 4. After the Dec. 4 deadline, Jan. 4 is the only other day on which payments will be accepted. These payments must be made in the Convocation Center by 5 p.m. Students who do not pay by these deadlines forfeit advance registration course schedules.

Persons wishing to attend UTSA this spring, but unable to participate in advance registration, must apply for admission by Dec. 1. They should have their applications and supporting materials on file with the university by that date. Regular registration for the spring semester will be Jan. 6-7.

For more information, phone the UTSA Office of Admissions and Registrar, 691-4530 or 691-4535.

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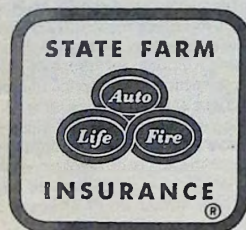
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