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# HELOTES ECHO

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VOLUME XXIII, NUMBER 4

HELOTES, BEXAR COUNTY, TEXAS— FEBRUARY 17— FEBRUARY 24, 1984

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## Cable Chief Says, 'We Don't Owe You'



### Final Payment On Fire Truck



Staff Photos

Arch Holden of Holden Equipment, far right, presents a check for \$1,000 to the Grey Forest Volunteer Fire Department to make the final payment on the new blue-grey pumper truck which was purchased for \$8,500 in late 1983. Accepting the check, second from right, is Fire Chief Columbus Stutes. Holden made an agreement with firefighters headed by Virginia Stutes that he would match the amount of contributions she could elicit from Grey Forest donors. Before Christmas Days, much of the money was raised to meet the \$1,000 he gave. Other funds were raised at an auction during Helotes Christmas Days, auctioneered by Jack Nottingham, a former Grey Forest mayor and fire chief. Standing in background next to Nottingham, far left, is David Boudreau, a current Grey Forest firefighter.



A valuable piece of equipment essential to fighting fires in the Hill Country — the new pumper will add water-power when the Grey Forest Volunteer Fire Department answers calls. Water must be conveyed in areas where fire hydrants are not near the site of the fire. The community of Grey Forest as well as Helotes area residents contributed in many ways to the upgrading of the department's capabilities. Fire Chief Stutes, Firefighter Boudreau and Chief Contributor Holden examine the pumper.

### Northside To Offer Free Tours

All interested citizens are invited to join Northside School District in celebrating Texas Public Schools Week by signing up for guided bus tours of Northside Schools. As guests of Northside, they will have the opportunity to

see what is happening firsthand in the elementary, middle and high schools, view special programs, and ask questions about everything from computer classes and kindergarten programs to new schools

being built and academic classes.

Tours are scheduled to begin at 9 a.m. on Tuesday, March 6, through Friday, March 9. Lunch will be prepared and served by

[Continued On Page 3]

### Council Asks Proof System Completed

A routine meeting of the Helotes City Council Thursday night was enlivened by the appearance of Cipriano Guerra, an officer of the Rogers Cablevision System, who had requested a place on the agenda to refute the city's request for payment of a \$100-a-day penalty for failure to complete the system in the city on the contracted date.

The contract with the city called for completion by Aug. 17, 1983. Rogers Cablevision notified the city that the system had been completed on Oct. 3, 1983, but Guerra said the 47 days that the system was late was caused by bad weather delays. He

said that Rogers Cablevision owes the city nothing.

Mayor Frank Thompson read a letter from one Helotes citizen who complained that he had requested cablevision service three times and still had not received it. Councilman Leonard Hill reported that the City Public Service has no record of Rogers Cablevision equipment being installed on the CPS poles on FM 1560 in Helotes Ranch Acres area.

Guerra said, "We have 170,000 customers in Bexar County—392 in Helotes. We may have made some mistakes. We are not God."

Councilman Hill asked if the cablevision company can document completion of the system on Oct. 3, and Guerra said it could and would. Proof is to be delivered to the City Hall, and the question will be taken up again at the next council meeting.

Guerra said, "If you go to court on this, nobody will get any money out of it except the lawyers."

In other action, the City Council:

—approved an ordinance providing for a 35-mile-per-hour school zone on FM 1560 at the intersection of Riggs Road;

—authorized Chief of Police Dewey Tilley to recruit and train five additional police officers to be used in traffic control during Cornyval '84;

—waived the \$5 health inspection fee for food booths of local non-profit organizations during Cornyval '84;

—called for local banks to submit proposals for serving as the municipal depository;

—approved a new five-year contract with the city of San Antonio for continuing EMS service and authorized payment of \$7,942 for the first year of the service;

—passed a resolution calling for the election of three council members on April 7.

The next meeting of the council will be on March 1 in the PARC building beginning at 7 p.m.

### Election To Be Held April 7

The Helotes City Council Thursday night passed an order for the city officers' election to be held April 7.

Three places on the city council will be on the ballot. They are the places now held by Guy Burnett, Leonard Hill and Pat Wootton. Wootton has announced that he will not seek election.

The terms of Mayor Frank N. Thompson and Council Members Reudy Loeffler and Verna Thompson have one more year to run.

The deadline for the election for candidates to file for the election is March 7.

Absentee voting will begin March 19 and continue through April 3 at the Helotes City Hall between 9 a.m. and 5 p.m. Judith Reichardt was appointed clerk for absentee voting, and Norma Hall was appointed deputy clerk.

On election day, voting will be at the Helotes Hills United Methodist Church, with Mrs. Kathy Langlinais as presiding judge and Mrs. Betty Ade as her alternate.

City elections also will be held April 7 in Grey Forest and Leon Valley.

Arthur and Nora Kerr of Virginia, who have been spending the winter in Brady, dropped by to visit Joe and Stella Alguereva at Floore Country Store before heading back to the Old South. Arthur, who was assistant superintendent at Fort Sam Houston National Cemetery before retiring, was a close friend of the late John T. Floore. He and his wife often attended dances on the world's biggest patio while residing in San Antonio.

The Silver Belles had 33 guests and members attending their quarterly birthday luncheon at K-Bob Restaurant in Leon Valley. Those born in the proper time were feted with a free luncheon as well as "Happy Birthday" by the establishment.

Nature gave a Helotes a preview of Spring this week — with sunshine and fog and temperatures in the 70's.

The Helotes Garden Club will meet Tuesday, March 6, at the home of Virginia and Marjorie Fitzgerald in Helotes Park Estates to hold the club's annual election of officers. A plant exchange also is planned. It will all start at 10 a.m.

Maggie Grabhorn is the new assistant building inspector for the City of Helotes, having been duly appointed by the City Council.

Cafe Society: Seen dining out this week were Art Villmain and family at El Chaparral Tuesday night... Jack and Rena Brannan at the Helotes General Store Monday night... Also Bruce Hartman and family... At the Yorkshire House last Friday, Jack and Louise Nottingham... And Butch and Kay Daughtry at the Helotes General Store Thursday night.

The John Marshall Naval  
[Continued On Page 3]



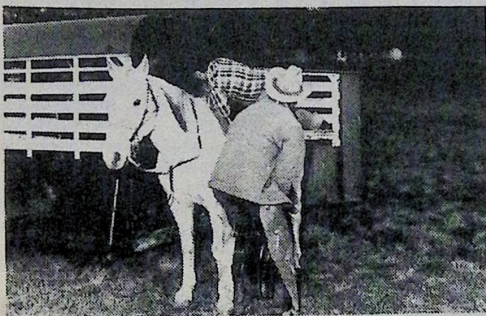
# Cowboy Capitol Trail Riders Make Camp Here



Lisa Marie Dieterle, 1984 queen of the Cowboy Capitol Trail Ride, and her fellow riders had supper at the Helotes General Store Restaurant during an overnight stop in Helotes on Tuesday, Feb. 8, en route to the San Antonio Stock Show and Rodeo. The queen is greeted at supper by a fan.



Cowboy Capitol trail riders prepare to bed down for the night on their campgrounds in Downtown Helotes. The group had left Bandera that morning and had lunch in Pipe Creek. Twelve other trail ride groups were converging on the San Antonio Stock Show from other directions at the same time.



One young Cowboy Capitol trail rider needed a leg-up in mounting his horse for one final ride before nightfall.



He was able to get seated securely in the saddle and took off.

## Randolph Open House Scheduled

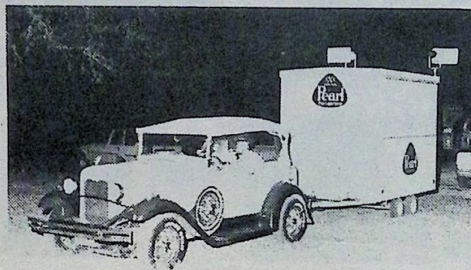
RANDOLPH AIR FORCE BASE—Randolph Air Force Base, 18 miles northeast of San Antonio, will host its annual interservice open house and air show May 20. The one-day event, which will cap the 13th annual observance of Armed Forces

Week in the Alamo City, is open to the public at no charge.

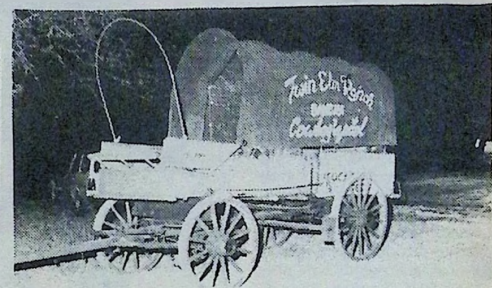
The base will open its gates at 9 a.m. and close at 6 p.m. Free parking and shuttle bus service will be provided.

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The Cowboy Capitol group was accompanied by this sound truck pulled by a classic antique automobile.



Also accompanying the group was an authentic chuck wagon owned by the Twin Elms Guest Ranch in Bandera. Trail Boss was Frank Anderwald. (Photos by Ryder Howard)

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## Person —

[Continued From Page 1]

ROTC drill teams and color guard will go to Orlando, Fla., on May 3-5 for the National Drill Competition.



Bonnie Bricker

The Birthday Club meeting in February at El Chaparral Mexican Restaurant for a monthly party had 20 guests and enjoyed an account by Bonnie Bricker of a holiday tour to Germany which she and her husband, Paul, took to see their daughter Yvette and their son-in-law on duty over there. Not only did they see the grander part of the country, but they had very amusing and happy memories as well, especially of the German people whom they found to be very friendly and kindly towards those who

didn't speak the language. Marie Parrigin and Cleo Taylor were co-hostesses.

\*\*\*\*\*

Dr. Robert Demski, city health officer, was appointed by former County Commissioner Paul Elizondo to the Bexar County Welfare Board for a term running through Dec. 31, 1986. Dr. Demski also is the new vice chairman of the Health Support Services Panel of the United Way of San Antonio and Bexar County. He is chief of psychiatry services at Wilford Hall.

\*\*\*\*\*

The Westfall Branch Library will feature in March the works of Mary Frances Weeks, who paints in both watercolor and oil.

## Tours —

[Continued From Page 1] students enrolled in foods service classes. There is no charge for the tour or lunch. The tour concludes by 1 p.m. Call 647-2264 for information and to make reservations.

Patrons may sign up for one or more of the tours according to the following schedule: Tuesday, March 6—Marshall High School area; Wednesday, March 7—Holmes High School area; Thursday, March 8—Jay High School area; Friday, March 9—Clark High School area.

Deadline for reservations is Feb. 24.

## Perkins Named To Precinct 2

Helotes has a new county commissioner. He is Jim Perkins, a 31-year-old attorney. He was appointed last week to succeed Paul Elizondo as county commissioner of Precinct 2. Elizondo resigned to run for county judge.

Perkins attended Jefferson High School, the University of Texas and St. Mary's Law School.

He has stated that he will not be a candidate for election to the county commissioner job. Three men have filed for it. Two are Democrats, Andy Casias and Felix Ybarra, and the other is a Republican, Simon Castillo. The primary election will be on May 5.



The lowest recorded golf score on any 18-hole course with a par of 70 or more was achieved by Alfred Edward Smith. On January 1, 1936, in England, Smith shot a record-breaking 55.

## Edwards Wells Stay About Same

The water level in the Edwards Underground Water District's index well in San Antonio was up 3.4 feet at the end of January, compared to the December reading, but other wells in the five-county district were comparatively unchanged, the EUWD office here has reported.

San Antonio's well was recorded Jan. 31 at 656.7 feet above mean sea level, an increase of 3.4 feet over December but still below the recorded high of 696.5 feet.

Comal Springs in New Braunfels were unchanged, with a flow of 222 cubic feet per second. However, San Marcos Springs declined 14.7 cfs to a flow of 101.3 cfs. Both are flowing below the longterm average.

Tom Fox, EUWD general manager, predicted water well levels throughout the district will probably decline during the next few months if the area does not receive heavy rainfall. Farm and residential irrigation will be increasing in the near future,

he said.

Following are the water well levels in other parts of the district shown in feet above mean sea level with the recorded highs in parentheses: Uvalde: 873.2 feet, up 0.2 foot (886.3).

Sabinal: 754.9 feet, down 1.5 feet (835.4). Castroville: 684.1 feet, up 1.0 foot (737.8). Hondo: 708.3 feet, down 0.6 foot (773.8). New Braunfels: 624.3 feet, unchanged (630.2). San Marcos: 574.8 feet, down 0.2 foot (581.9).

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## Jay High Students Aid Burned Out Family

Student Council members from John Jay High School in the Northside School District donated a truckload of clothing, food, furniture and other household goods to the Refugio Valencio family whose home was destroyed by fire during the holidays. According to faculty advisor Rich Bartello, the effort is especially noteworthy because these were pure donations from the students. There were no fund raisers or collecting money on street corners. "The students really came through; they opened up their hearts to help a family in desperate need"

says Mr. Bartello.

Student Council members instrumental in this effort are Angela Zombro, Christina Besosa, Tammy Rodocoy, Scott Anderson, Greg Garcia, Mike DeFrees, Danny Abbey, Carol Shimkus and faculty advisor Calvin Buchholtz.

According to Mr. Buchholtz, "Students responded with eagerness and a willingness to help since the family lived in the Jay High School area and the children attended neighborhood schools."

Five of the seven children in the Valencio family are

students at Anson Jones Middle School and Passmore Elementary School.

According to Principal Jim Carson, Braun Station Elementary School students donated \$313.50 to the Save the Statue of Liberty Restoration Project by collecting aluminum cans and selling them to a recycling center.

Also he announced the winners of the essay contest designed to raise awareness of the importance of the Statue. They are First Place winners, Eric Christianson, Lori Lewis, Anthony Battaglia and Sean Pritchard. Second Place winners, Robert McKay, Amy Goetz and Emily Musgrave. Third Place winners, Mike Cleveland, Jeff Cullianane and Jennifer Carr.

## Rodeo History Maker Is Author

Roy Cooper made professional rodeo history January 10 in Denver, Colorado, at the Professional Rodeo Cowboys Association convention when he accepted three world championship saddles and three gold Cooper discusses the mental aspect of rodeoing, something he feels is very important, in his new book, "Why We Win," which is co-authored by World Champions Don Gay, Walt Woodard and Lynn McKenzie, and is available from Corriente Press, Dept. NR, P.O. Box 8517, Amarillo, Texas 79118, for \$10.95 plus \$2 for shipping and handling.

## Lions Camp Free For Handicapped

Handicapped children can attend a camp designed specifically for them free of charge. The Texas Lions Camp for Handicapped Children in Kerrville will hold four two-week sessions beginning June 17 for children who are blind or visually impaired, deaf or hearing impaired, have physical handicaps affecting one or more limbs, or have epilepsy.

Campers range in age from seven to 16 and must have an I.Q. of 70 or above.

All activities are supervised by trained counselors. The campers will go swimming, ride horses, study nature, go fishing, play tennis, golf and other

outdoor sports. Many of these activities are adapted so everyone can participate. The child's safety and health care are the staff's major concern.

Awards Night is one of the highlights of every camp session. Campers are recognized for their outstanding effort and performance. Everyone is welcome to attend this very special evening.

The Texas Lions Camp has a history of 31 successful summers. More than 20,000 handicapped children have enjoyed this camping experience. For additional information or applications, call any Lions Club member.

## THANK YOU FOR SUPPORTING ME AS YOUR CITY COUNCILMAN.

I am proud of our City and its positive growth since incorporation.

I have now chosen to devote more time to my family and career; so I will not run for reelection.

I have enjoyed working for you and with you, and I am sure that you will remain as enthusiastic about Helotes as you have been.

Thank you again,

**PAT WOOTTON**

## 'Heart Month'

AUSTIN—President Ronald Reagan issued a proclamation designating February as American Heart Month and urged the American people to join with him in reaffirming a commitment to the search for new ways to prevent, detect, and control cardiovascular disease in all of its forms.

The proclamation reads, in part: "Diseases of the heart and blood vessels are among the Nation's most important health problems. This year one and one-half million Americans will suffer a heart

attack, and nearly one million people will die from diseases of the heart. The economic drain on our resources in the form of direct medical cost and lost wages and production will exceed \$64 billion.

Reagan's proclamation continues: "It is gratifying to note that mortality rates for heart disease and stroke are declining. Deaths from coronary heart disease have declined by more than 25 percent since 1972, while those from stroke have decreased by more than 40 percent.

## Smokeout Results Computed

Last year's seventh annual Great American Smokeout

continued in the "bigger and better" tradition set by the first six.

According to an American Cancer Society volunteer survey conducted the morning of the Smokeout, 19.5 million Americans—35.6% of the nation's estimated 55 million smokers—were trying to break their habit on Smokeout day November 17.

In 1982, a Gallup survey indicated 19 million Americans pledged to quit, with 4.5 million succeeding. Results of the '83 Gallup survey are not yet available.

The ACS survey contacted 2,132 households nationwide. One-third of the adults in these households were smokers, and 35.6% of the smokers were trying to quit.

In Texas, 110 households in 21 cities were contacted. Our results showed 32% of the adults in these households were smokers, with 39% of the smokers trying to quit. Women made up 77% of those smokers who were trying to quit.

In addition, 91 of the 110 households contacted reported that they knew November 17 was Great American Smokeout day.

## Along Our Route...

San Antonio

Dear Ms. Brown:

I would like to thank you for publishing the article on our need for foster parents to provide temporary homes for abused and neglected children.

Unfortunately, it seems as though our needs are always increasing, and never seem to keep up with the rising rate of child abuse and neglect. I am particularly pleased to receive publicity for our program in the Helotes Echo, because we currently have no foster homes in Helotes at all. With the help of your fine paper, hopefully we can change that.

Sincerely,  
Sandra Zabriskie  
(Signed)  
Information Specialist

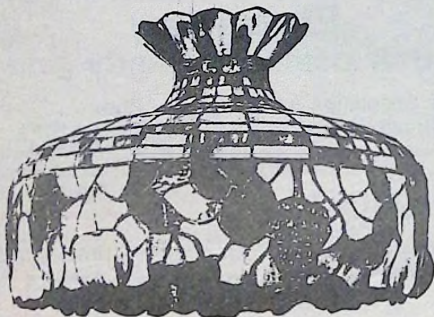
San Antonio, Texas

Dear Lucy,

I am writing to say "wow" and thank you for this year's fantastic Helotes Echo support of the Walter Gerlach Greater Northwest Livestock Show and Sale. You folks did a tremendous job in publicizing the show and sale, and the most recent issue just received was a great follow up.

On behalf of all the FFA and 4-H youngsters and the Northwest Ag boosters thank you for everything.

Cordially,  
Bill Rohde  
(Signed)  
Publicity Chairman



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Phone 695-3613

If No Answer Call 695-3525



## Food Sponsor Sought

The Texas Department of Human Resources announces the availability of the Summer Food Service Program for Children to eligible organizations during the upcoming summer.

The primary purpose of the Summer Food Service Program is to provide food service to children from needy areas during periods when area schools are closed for vacation.

Service institutions

eligible to sponsor the Summer Food Service Program include: public or nonprofit private school food authorities; public or nonprofit private residential camps; and units of local, municipal or county government.

Organizations interested in sponsoring a Summer Food Program are urged to contact: Rebecca Everhard, Director, Private School And Summer Food Programs,

Texas Department of Human Resources, Food Services Division, 520-A, P.O. Box 2960, Austin, Texas 78769.

## Shakespeare Plays Due At SAC

The tragedy and comedy of legendary British playwright William Shakespeare will come to life when the National Shakespeare Company visits San Antonio College Feb. 27 and Feb. 28.

The touring company will present Shakespeare's "Hamlet" Feb. 27 and "Twelfth Night" Feb. 28, both at 7:30 p.m. in SAC's McAllister Auditorium. Tickets for the performances are free but must be reserved in advance by calling the SAC student activities office at 733-2680.

French women were first allowed to vote in 1945.

## Dancers

The San Antonio Irish Dancers share a bit of the Emerald Isle's cultural heritage during a special performance 3 p.m., Sunday, March 4, in the Dome Theater of the University of Texas Institute of Texan Cultures.

Young dancers in colorful costumes perform a selection of reels, jigs, hornpipes and set dances demonstrating the vigorous, yet graceful, footwork which characterizes traditional Irish dancing.

The San Antonio Irish Dancers were formed in 1981 and the group has performed at the Texas Folklife Festival.

The dancers' performance is free and open to the public.

For more information, call the Institute at 226-7651.

## Two Brothers



Mark Nelson as Stanley and Jonathan Silverman as Eugene in a scene from Neil Simon's Tony Award-winning play, *BRIGHTON BEACH MEMOIRS*, opening at the Majestic Performing Arts Center in San Antonio for eight performances. The play is directed by Gene Saks.



Terry S. Vincent, M.D.

## FEVER CONVULSIONS IN CHILDREN

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

"Doctor, my child has a fever of 102.4 degrees. If it goes to 103 degrees, he'll have a convulsion! What do I do?" I get a telephone call like this every now and then. A high fever from any cause can bring about a convulsion. We call it a febrile seizure, though why fever sets it off in some children but not others is unknown.

A febrile seizure usually begins with twitching or jerking of the arms and legs, and sometimes the face. The child may stop breathing for a short time, then go into a full-fledged uncoordinated convulsion that will usually last less than one or two minutes. If it lasts much longer, we've got to look for something more serious, such as meningitis or epilepsy. After the convulsion has stopped, the child may sleep; but if the temperature is not lowered, another seizure may occur.

The first febrile seizure is a frightening experience, but keep in mind that it's very unlikely to cause lasting harm to the child. Also, the chances of its being due to epilepsy or mental retardation are very slim. Remain calm and follow the instructions:

1. Vomiting may accompany a seizure and it's important that the child does not strangle. Hold the head downward with the chin pulled forward and the mouth open. If the throat and mouth contain a lot of mucus or vomitus, use a rubber bulb syringe or even your kitchen turkey baster to clean out the throat. If a syringe isn't available, use your finger.

2. If the child stops breathing for more than a half-minute — a very rare event — administer mouth-to-mouth resuscitation and have someone call the EMS (dial 911). If you don't know how to resuscitate, get directions when you call the EMS. Basically, you hold the nose closed, lift the chin, cover the child's mouth with yours, and inflate the child's chest with your breath every five to ten seconds.

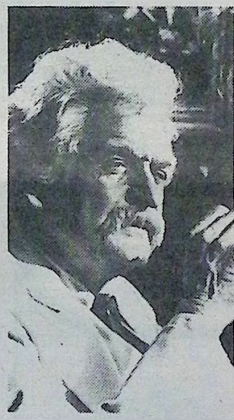
Check the time and call your doctor. If you're busy resuscitating, have someone else do it. Don't wait for the seizure to stop. Do it *now*! One of the most important things your doctor will want to know is how long the convulsion has lasted.

After the seizure subsides, place the child on the side or stomach with the head to one side. As long as air is passing freely, don't place anything in the mouth.

5. Once the convulsion is over, set the child in some lukewarm water and sponge him so the evaporation will cool him. A fan hastens the cooling process. Do *not* use alcohol or ice water for sponging. Why? If he gets too cold, he will shiver, which causes the temperature to rise. Give aspirin or Tylenol as your doctor directs. **Important:** If the child has influenza or chicken pox, do not give aspirin; it's been associated with a severe disorder called Reye's syndrome when given with either of these diseases.

6. Your doctor will probably ask you to take the child to the office or emergency room immediately, where the child will be examined and some tests performed. A number of conditions besides fever can cause a convulsion, so the doctor will want to make sure that none is present in your child. If fever is found to be the sole cause, you'll probably be sent home with instructions on fever reduction.

Remain as calm as possible, so you can transmit the necessary information to your doctor and carry out his instructions. Then let him sort out whether this is a benign febrile seizure or something more serious. Remember that most of these convulsions result in no lasting after effects, particularly if you have even a rudimentary knowledge of mouth-to-mouth resuscitation.



## At Trinity

Mark Twain will come alive on stage as Hal Holbrook presents his prize-winning "Mark Twain Tonight!" in the In Performance series, Wednesday, Feb. 29, at 8 p.m. in Laurie Auditorium. Tickets still available are \$10.50 and \$8.50; tickets priced \$14.00 and \$12.50 are sold out. To purchase tickets, visit the Laurie Auditorium box office (512) 736-8119 or other Tickertron outlets.



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## Exhibit To Star Texas Women

Previously tucked away in attics, diaries, museums and libraries, the stories of Texas women are told at last in the exhibit "Texas Women—A Celebration of History," on display March 1 through March 30 in the Humanities-Business Building Galleria at The University of Texas at San Antonio.

Produced by The University of Texas Institute of Texan Cultures in conjunction with the Texas Foundation for Women's Resources, the exhibit highlights the impact of women on Texas culture, government, economy, family and community life.

Texas women were adventuresome, courageous, inventive; but above all, they were activists. They developed most of the cultural life of the state—the museums, symphonies, parks, monuments and

libraries—85% of which were organized by Texas club women.

Texas women were effective politicians and reformists, responsible for enacting legislation on child labor, infant health care, women's suffrage, prohibition, education and prison reform. They ran ranches, businesses, hospitals, schools and charities. In short, women made life worth living for men, children and entire communities. They brought civilized life to Texas.

Using photographs, artifacts, diary excerpts and words of the women themselves, "Texas Women - A Celebration of History" depicts not only the state's most accomplished heroines, but also reveals the struggles, sorrows and joys of the more typical women. The exhibit includes an

overview of Texas women's experiences and achievements, plus five sections dedicated to the topics The Survivors, The Politicians, The Workers, The Builders and The Enrichers.

"Texas Women" brings to the forefront women whose contributions to the state are often ignored by historians. With lost facts and found women, the exhibit pays tribute to these women who played a vital role in Texas history.

The exhibit can be viewed from 8 a.m. to 8 p.m. every day and is free and open to the public.



Galen, a Physician in ancient Rome, prepared a cosmetic almost identical to modern cold cream.



Mark Twain's THE ADVENTURES OF TOM SAWYER was the first major book manuscript written on a typewriter. Twain did not publicize the fact as he did not wish to write testimonials or explain the new machine's operation to inquirers.

## Cornyval Set

The Helotes Festival Association has set May 2 through May 6 as the dates for the 19th annual Cornyval celebration in Helotes. The festival theme will be "Spring Echoes through Helotes," and plans are to carry out the theme in both the parade and booths as well as in the Coronation and other events which keep the first week in May an exciting one here.

This year's president, Don Belto, has named his committees to back up the officers and has announced that a carnival will be at the same site as last year in downtown Helotes. The 3.2-mile parade will begin at Loop 1604 and continue to Scenic Loop and will be directed by Don and Nancy Reddout.

Officers for this year in addition to Belto are: Don Reddout, executive vice-president; Guy Williams, first vice-president; Maxine Benke, second vice-president; Bill Stein, third vice-president; and Jim Benke, fourth vice-president. Helen Wendt is secretary and Peggy Guilford is

treasurer.

Committee chairmen include: Marie Parrigin, and Rose Belto, membership; Dick Galland, beer sales; Fred Wendt, booths; Nancy Reddout, parade, Michelle Moorad, coronation; Lucy Brown, publicity; Dr. Bob Demski, health/sanitation; Stein, special events; Sybil Williams, float; Chief Dewey (Sam) Tilley, security; and Rose Belto, hospitality.

Membership is still open for those in the community wishing to join. The next meeting will be held Monday, March 5, at 7:30 p.m. in the activity center at Our Lady of Guadalupe Catholic Church on Riggs Road in Downtown Helotes.

## Applications For Queen Of Cornyval

Applications for the Miss Helotes 1984 contest will be available March 1. Mrs. Michelle Moorad, director of the contest and coronation pageant, has announced.

Every unmarried high school age girl in the Helotes area is eligible. The applications will be available at Handy Andy, Stop 'n Go, Gas Go and Helotes Park Florist.

The winner will receive a \$500 college scholarship from the Helotes Festival Association and will preside over Cornyval '84 during the first weekend in May. A princess and two duchesses also will be selected to make up the queen's court.

## New Officer



Frank W. Yost has joined University National Bank as vice-president in charge of real estate lending. Yost has eleven years experience in banking administration. Before joining University National Bank, he was assistant vice-president and handled lending operations with the real estate banking group at Republicbank San Antonio. He also held similar positions at National Bank of Commerce — Ingram Park and at United Savings.



The highest tides in the world are found in the Bay of Fundy, which separates New Brunswick from Nova Scotia, in Canada.



For a "Go-Go" shake, combine a small banana, 1/4 cup smooth peanut butter, 1/2 pint vanilla ice cream and a cup of milk. Whirl in a blender until smooth. Serves two.

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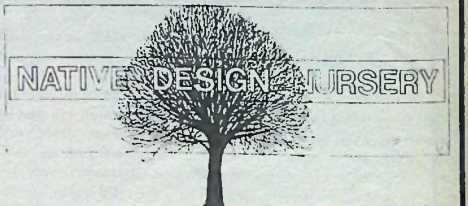
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FRANK L. FLACY — Minister

Call 695-9706

## Nobel Scientist To Speak

"How Some Viruses Cause Cancer" will be explained by Dr. Howard M. Temin, a 1975 Nobel Prize winner in Physiology and Medicine, in a free public lecture at Trinity University on Tuesday, Feb. 28.

Dr. Temin, professor in the Department of Oncology at the University of Wisconsin's McCord Laboratory for Cancer Research, will discuss his research that led to the Nobel Prize. His lecture starts at 8 p.m. in the Chapman Graduate Center

Auditorium on the Trinity campus.

One of Temin's discoveries bearing on the etiology of cancer was that certain viruses can cause cancer in animals. He determined that these viruses, called "highly oncogenic retroviruses," cause cancer by inserting modified cellular genes into the genetic makeup of an animal. Scientists since then have been looking for a virus that causes cancer in humans.

"Maturity is the ability to live in someone else's world."  
—Oren Arnold

## 'Transformations'



Sara Tucker, seated, is the witch, and Traci Cruse is Rapunzel in the Trinity University speech and drama department production of Ann Sexton's "Transformations" at the Ruth Taylor Theater this weekend and next. Curtain time is 8 p.m. Tickets are \$5.

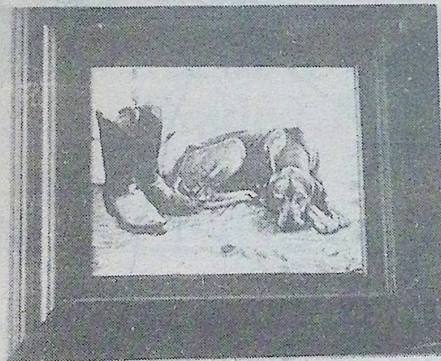


Ferdinand II, Grand Duke of Tuscany, devised the first sealed thermometer in 1654.

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## Cabbage Patch Kids Need Home



Vanessa Vance, Easter Seal Poster Child, along with Fox Photo's Foxie Fox and Wiener Works' Willy Wiener are soliciting help in finding a home for 25 Cabbage Patch Dolls. Details on how to join them in providing a home for a Cabbage Patch Doll may be obtained at any of the Wiener Works or Fox Photo locations.

## Irish Dances To Be Free At Institute

The San Antonio Irish Dancers share a bit of the Emerald Isle's cultural heritage during a special performance 3 p.m., Sunday, March 4, in the Dome Theater of the University of Texas Institute of Texas Cultures.

Young dancers in colorful costumes perform a selection of reels, jigs, hornpipes and set dances demonstrating the vigorous, yet graceful, footwork which characterizes traditional Irish dancing.

The San Antonio Irish Dancers were formed in 1981 and the group has performed at the Texas Folklife Festival, Aqua Fest in Austin and

Scottish Highland Games in Houston. In addition they have competed in numerous dance contests locally and in

Denver and Houston. In recent years, the group has won more than 260 medals and trophies.

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## Tejano Musicians Picked

Nominees for the fourth annual Tejano Music Awards were announced this week by the Texas Talent Musicians' Association (TTMA) at a special banquet honoring the selected artists.

Little Joe Hernandez headed the list of favorite musicians. Hernandez received nominations in six of eleven categories, including one category as a duo with his brother, Johnny. The Temple native is a contender for Male Vocalist of the Year, Vocal Duo of the Year, Album of the Year winner, Single of the Year winner, Song of the Year winner and Male Entertainer of the Year.

Winners for each of the eleven categories will be announced Sunday, Feb. 26, at an awards presentation and dance in San Antonio.

Nine other artists garnered two nominations each in the ballot.

This year more than 131,000 ballots were cast by Tejano music fans throughout Texas, the largest number of ballots to be tabulated in the four-year history of the award program.

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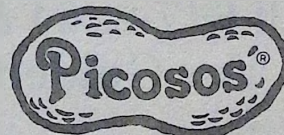
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## American Music To Be Played

Unusual American classic will be featured in "Fiesta Americana," the second concert of the season by the Trinity University Philharmonia Orchestra, Friday, Feb. 24, at 8 p.m. in the Ruth Taylor Concert Hall.

Tickets are \$4 for adults and \$3 for children and senior citizens. For reservations, call the Trinity music department at 736-8211.

"Talk sense to a fool, and he calls you foolish."  
Euripides

# Medical Center Helps Victims Of Strokes

Like a time bomb, stroke ticks away inside the American body. Each year it explodes in over 200,000 U.S. men and women, sometimes killing, frequently maiming.

The typical stroke victim is in his or her mid-60's and the stroke—which literally kills a portion of their brains—leaves them physically and mentally less than whole.

In the Bexar County Hospital District three neurologists, specialists in the study of the brain, are

among the nation's leaders in innovative new drug therapies designed to help both the victims and potential victims of stroke.

Drs. J. Donald Easton, David G. Sherman and Robert G. Hart have pioneered the study and use of the drug Ticlopidine, which reduces the chances of having a stroke, and the drug Nimodipine which is one of the first drug therapies aimed at reducing the damage done to the brain following a stroke.

"Medical research has, justifiably, directed its

attention to preventing strokes," says Dr. Sherman, "but Nimodipine is one of the first drugs aimed at helping those sick, but not yet dead, neurons in the stroke-affected area of the brain recover, thus reducing the damage caused by the stroke."

The first patients in the United States to receive this treatment at Medical Center Hospital and Nimodipine is just now being used at other

selected American hospitals.

Drs. Sherman and Hart explain the drug works selectively on the brain to prevent the movement of calcium into the affected cells and also to widen the blood vessels in order to restore adequate circulation.

They explain the cause of stroke is most often a narrowing of the blood vessels in the brain caused by plaque which forms on the vessel wall.

The plaque formations, Dr. drug therapy were in a group of 15 stroke victims being

Hart says, are related to buildups of cholesterol and the plaque in turn attracts some of the tiny platelets which flow by the billions through the blood stream. Over time, enough of the platelets stick to the plaque on the vessel wall to cause a severe restriction, or complete blockage, of a major vessel—and a stroke has occurred.

The process is similar to a "coronary heart attack of the brain," Dr. Hart explains.

"Or from the neurologists point of view the coronary heart attack is a stroke of the heart," he says.

Strokes are also caused by other means, the doctors point out, with about 15 per cent occurring as the result of the bursting of a blood vessel in the brain causing brain hemorrhage. Some of the blockage-type, ischemic strokes are also caused by such things as clots from a valve of the heart breaking loose, traveling to the brain and lodging in and blocking a vessel there causing a stroke.

Dr. Hart maintains a registry of all stroke patients within the Hospital District including those patients at risk to stroke.

The registry works in tandem with a study he is currently conducting on various types of blood thinners which have traditionally played a major role in helping to prevent stroke.

Ticlopidine is related to these thinning agents in that it works to reduce the tendency of the blood platelets to adhere to the plaque formations on the vessel wall, says Dr. Hart.

"On the registry we include patients who have been identified as potential stroke victims, by warning signals or 'threatened stroke' such as transient ischemic attack (TIA)," says Dr. Hart.

A patient on the registry who has experienced TIA, or for some other reason is considered to be at risk to stroke, might then be treated with Ticlopidine or another drug aimed at preventing stroke.

Development of these types of monitoring and therapy techniques has, along with better fitness and less cholesterol, contributed to the decline of stroke incidence in the U.S. by as much as 50 per cent in the past two decades, says the neurologists.

"Improved control of high blood pressure is probably the largest factor responsible for this reduction," say Dr. Hart.

The doctors note, however, the aging population promises to increase the total number of stroke victims in the future, as will the tendency to live longer.

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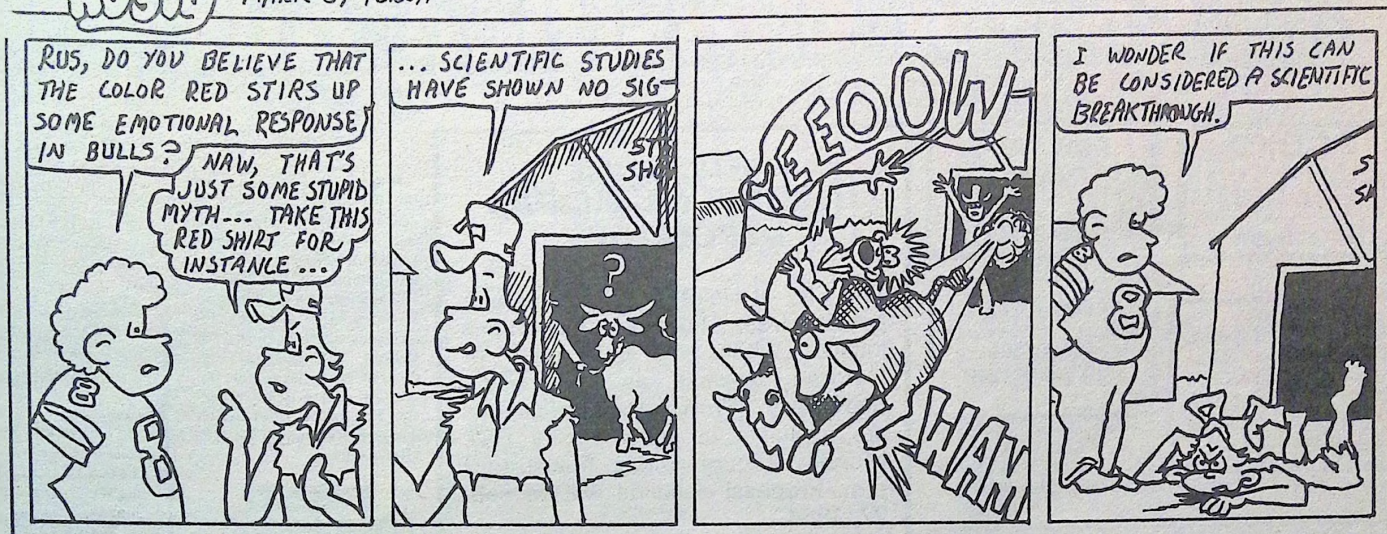
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## Vitamins Not Needed, Says Hospital Pharmacist

The vitamin supplements you purchase in the store for \$50, \$100, maybe even \$200 per month probably have an actual value of about one nickel.

Chances are even better those same vitamin supplements aren't worth a plug nickel to your body.

"Most of the vitamin supplements people take are not used by the body," says Medical Center Hospital pharmacist Dr. Leroy Knodel. "They are simply excreted in the urine because most Americans receive all of the vitamins they need in their daily diets."

But—even the junk food junkie?

"Unless you have a documented vitamin deficiency, or you are in a particular high risk category — such as pregnant women — there is no need to take vitamin supplement," says the pharmacist. "In the U.S. it is very uncommon to come across a high percentage of vitamin deficiency. One good meal can provide a lot of vitamins."

Ronald Deutsch, who cited those bulk wholesale cost comparisons about the one nickel for \$200 worth of vitamins in a 1976 book "Realities of Nutrition," backs Dr. Knodel's opinion.

"(The high profit margin) helps to explain why so many people like to sell vitamins. But why people like to buy them, when they could easily

come free with sensibly chosen meals, is harder to understand," he writes.

"It would take weeks of poor nutritional intake to produce a clinically evident vitamin deficiency, but if you resume reasonable diet habits, that deficiency can be made up very quickly," says Dr. Knodel.

He says widespread "bad-mouthing" of vitamins and expensive, nutrient-rich concoctions has not occurred because, basically, they don't hurt the consumer in very many places other than the pocketbook.

"For the most part they are really not doing any harm and, mentally, vitamins are making some people feel healthier and more secure," says Dr. Knodel.

One of the biggest health concerns related to vitamins, says Dr. Knodel, is the possibility of a child accidentally ingesting large quantities of vitamin supplements containing iron — an overdose which can be fatal.

Studies have also found some cases in which pregnant women taking large doses of vitamin C deliver babies so dependent on those large doses of vitamin C they develop scurvy when the supply is stopped after birth.

Much more common in the United States than vitamin deficiency is a deficiency of the mineral iron. Menstruating women, for ex-

ample, frequently require some supplemental iron intake.

At least one study has shown absorption of iron, both from foods and synthetic supplements, may be severely reduced by the intake of tea or coffee.

As far as vitamins are concerned, however, the professional materials available in medical, pharmaceutical and nutritional trade magazines, and books like Deutsch's, repeatedly present evidence refuting the widely publicized myths circulating in general literature about vitamins, vitamin therapy and nutrition in general.

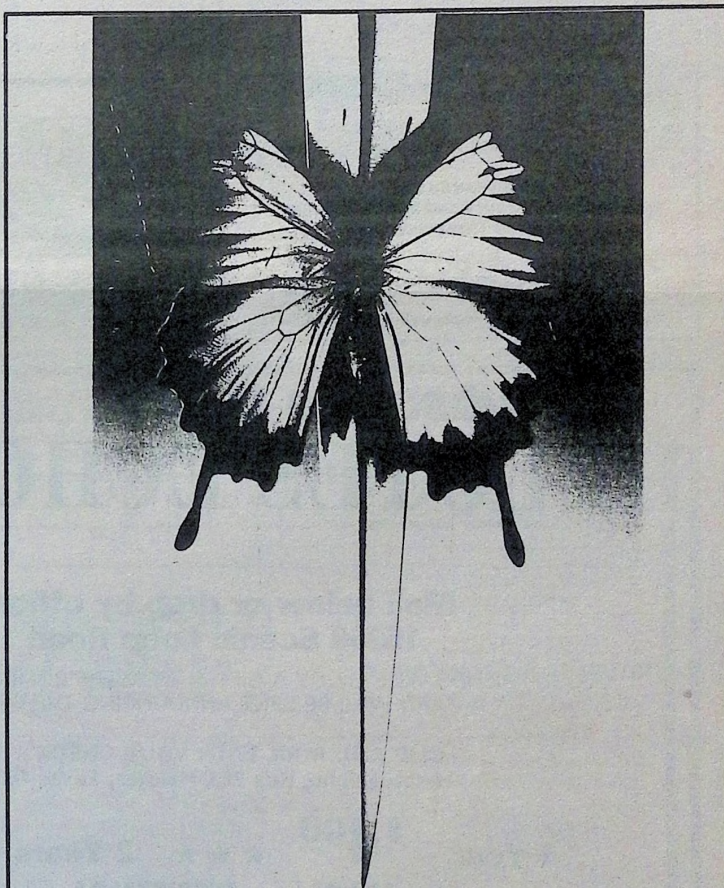
So, if you are a vitamin taker and now feel ridiculous, don't feel alone.

An estimated one-third of the U.S. population — 70 million people — take a vitamin supplement and the 23.5 million households buying vitamins spend about \$61 per year on them.

If you buy natural vitamins the price tag per household goes up to about \$100 per year and, says Dr. Knodel: "There's no difference between a 'natural' and synthetic vitamin. A vitamin is a vitamin."

The \$1.5 billion U.S. vitamin market has increased by 59 percent since 1976.

"The vast majority of these people are spending their money unnecessarily," says Dr. Knodel.



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## PUBLIC NOTICE HELOTES MUNICIPAL DEPOSITORY

The City of Helotes will accept proposals from financial institutions located within the city limits of Helotes to act as the city's depository. Proposal specifications are available at Helotes City Hall, Monday through Friday, 9 a.m. to 3 p.m. Proposal deadline will be Feb. 27, 1984.

Frank N. Thompson  
Mayor, City of Helotes  
P. O. Box 507  
Helotes, Texas 78023

## NOTICE

Helotes residents can learn the life-saving technique of cardiopulmonary resuscitation — free — at Helotes Christian Church on Saturday, March 19. The church will sponsor the workshop as a community service. Instructors will be doctors from Wilford Hall Hospital. Ordinarily the charge for the one-day course is \$75 a person. For further information and registration call 674-1799 after 5 p.m.

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## REAL ESTATE

### NEW PRESIDENT

The new president of the American Institute of Real Estate Appraisers is the author of one of the many books published by the association for use by members and for classroom study.



Reaves C. Lukens, Jr., president and owner of the Philadelphia appraisal firm bearing his name, will head the organization during the 1984 term. He has been active on both national and local levels with the Institute, serving in a variety of roles.

He has been an instructor for the Institute's appraisal courses since 1966, and authored *The Appraiser and*

*Real Estate Feasibility Studies*, published in 1972.

The Institute numbers more than 10,000 members and candidates, and is the leading publisher of real estate appraisal literature as well as the oldest appraisal organization in North America.



Millard Fillmore's wife, Abigail, found no books in the White House after he took office as the 13th president. She set aside a room for a library and got an appropriation of \$250 from Congress to buy books.

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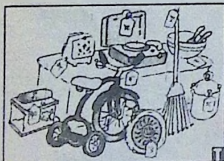
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## Housing Density Rules Affect Building Cost

If you've ever followed a heated battle over residential zoning, it's more than likely that "density" surfaced as one of the hot topics of public debate. Density is the community planner's shorthand for the allowable number of homes per acre of land. It is also the primary development standard that affects the life style, economics and environmental considerations of residential development.

Today, even though density means the efficient use of land and may not result in an increased number of dwelling units per acre, many local decision makers will not approve requests for changes in density. Unknowingly, they may be eliminating housing opportunities for first-time home buyers.

A glance at the planner's vocabulary or jargon reveals that density has two com-

ponents. "Gross density" refers to the permitted number of homes per acre on a development tract, including streets, sidewalks, water bodies, steep slopes, floodways, etc. By contrast, "net density" is the number of homes per acre on the most buildable portions of the site.

Let's suppose that the permitted gross density of a 6-acre site is 2 homes per acre for a total development of 12 homes, but terrain and other site conditions limit development to just 3 of the 6 acres. In order to meet the site's maximum gross density and still develop 12 homes, the developer will cluster homes on smaller than traditional lots for a net density of 4 homes per acre. Similarly, if only 1.5 acres of the 6-acre site are suited to developing the 12 homes, net density increases to 8 homes per acre.

A number of national planning experts believe that part of the solution to the housing affordability crisis lies in the efficient use of land resources. For example, the average lot size for homes built at a net density of 2 dwellings per acre is 20,863 square feet. By comparison, the average lot size for a development undertaken at a density of 4 dwellings per acre is 10,140 square feet, a 51 per cent reduction in land area. With land costs in San Antonio a move to higher density development could mean substantial savings in housing costs.

Figures compiled by the Washington-based National Association of Home Builders in 1982 show that improvement costs for homes on a cul-de-sac ranged from a high of \$14,587 for 2.75 homes per acre (net) down to \$8,429 for 8 homes per acre (net). Higher density development

permitted a 42 per cent savings for such improvements as clearing, and grubbing, street grading, paving, storm drainage, sewer and water lines, curb and gutter, etc.

In addition to the potential savings associated with increased density, environmental benefits are readily apparent in the amount of open space available for the enjoyment of residents. Further, increased net densities permit the preservation of sensitive lands and/or areas of a site that help to give a development that special identity that makes a development a "neighborhood."

Despite all the national media attention on the housing crisis, many communities continue to feel that higher density development threatens the tradition of single-family living. On the contrary, as President

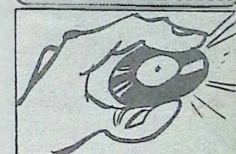
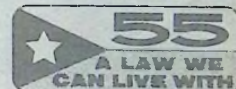
Reagan put it last Spring, "unnecessary building and zoning regulations often add to the cost of housing by preventing the use of innovative building and land development techniques..."

If developments are properly designed, higher densities produce a wider variety of cost effective, higher quality housing.

## 3 Concerts Scheduled At UTSA

From a big band classic by Duke Ellington to sacred songs to a first-ever performance of a work by a Corpus Christi composer, a wide range of musical styles will characterize three public concerts by student ensembles at The University of Texas at San Antonio.

The performances will span two weeks. The first will feature the UTSA Symphonic Band on



The snow-capped Bhutan, north of India, issued a postage stamp that is actually a tiny phonograph record. It plays the Bhutanese national anthem.

Thursday, Feb. 23. The second concert, given by the Wind Ensemble, is scheduled for Thursday, March 1, and sacred music will be the focus of the Chamber Chorale concert set for Sunday, March 4.

All concerts will begin at 7:30 p.m. in the UTSA Recital Hall located in the Arts Building, and are free and open to the public.



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## NEWS OF SPORTS

### High School Athlete Of The Year Winners Announced

America's amateur athletes are getting a boost from a unique awards program.

Melanie Buddemeyer, a world record holder in swimming and a strong Olympic hopeful from Pittsburgh, Pa., and Chris Spielman, a consensus All-American football player from Massillon, Ohio have been named the 1983 Dial National High School Athletes of the Year.



Winners of the 1983 National High School Athletes of the Year Award: (left) Chris Spielman, an All-American football player, basketball player, track star and honor student from Ohio and (right) Melanie Buddemeyer, a world record holder in swimming from Pennsylvania.

The award is presented annually to the best male and female high school senior athletes in the country selected by a panel of coaches, college recruiters and sports writers. The selection is based not only on athletic ability, but on academic and civic achievement as well. It's part of Dial Soap's National Sports program, designed to create opportunities for recognition and competition for America's amateur athletes.

The presentation was made January 14 in Washington D.C. at the 49th annual Touchdown Club awards dinner. Guests of honor included Johnny Carson and Ed McMahon of the "Tonight Show," George Brett of the Kansas City Royals and Billy Martin, former manager of the New York Yankees.

Previous Dial Award winners include Heisman Trophy winner Herschel Walker, Bill Fralic, now an All-American tackle at the University of Pittsburgh, and Elaine Zayak, former women's world figure skating champion.



The deer family includes about 60 species, ranging in size from the huge Alaska moose down to the Chilean pudu, which is almost as small as a rabbit.



In one second, the wings of a small hummingbird can beat seventy times.

## Winning Roadrunners Get High Rating

Riding the crest of an eight-game winning streak, the UTSA Roadrunners have established themselves as one of the top major independent teams in the nation this season with an impressive 15-6 record.

According to the "Los Angeles Times", the Roadrunners were ranked 4th in the nation behind DePaul, Southwest Louisiana and Stetson among major independents with the best records. "USA Today" had the Birds tied for 4th with Stetson, behind only DePaul,

Southwest Louisiana and Nicholls State. With seven games to play, the Roadrunners' next step is to take it one game at a time with their goal being a bid into the NCAA post-season tournament or the NIT Tournament.

The Roadrunners, who dumped McNeese State 83-66 Monday, Feb. 13, in the CONVO behind Derrick Gervin's school record 37 points, haven't been bested since dropping a 75-51 decision at Lamar on Jan. 10. Gervin scored 22 points in

the second half, and Rick Doyle hauled down 11 rebounds in leading the UTSA victory. Vince Cunningham hit 10-10 from the free throw line inside five minutes to seal it for the 'Runners.

UTSA will next host the NCAA's newest Division I team, Eastern Washington, Saturday, Feb. 18 at 7:30 p.m. in the CONVO. The Eagles are struggling through a tough 4-19 season but defeated Hardin Simmons 71-63 in Abilene Tuesday, Feb.

## West Texas State Next for UTSA's Lady Roadrunners

Maintaining an eight-game winning streak, the UTSA Lady Roadrunners will open the second round of Oil Country Athletic Conference action with a critical contest against West Texas State Saturday, Feb. 18, at Canyon.

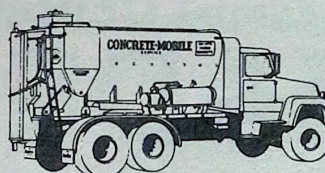
Following the West Texas game, UTSA will play three straight home games against OCAC opponents. Hardin-Simmons will be in the CONVO Monday, Feb. 20. Oral Roberts will be in San Antonio Saturday, Feb. 25, and Oklahoma City will

follow on Monday, Feb. 27. Tipoff time for the Hardin-Simmons game is 7 p.m. The Oral Roberts and Oklahoma City games will be double-headers with the UTSA men, and tipoffs are set for 5:05 p.m.

UTSA has a season record of 16-5 which is one of the top three records for Division I teams in Texas. UT Austin, ranked #1 in the nation, leads at 19-2, Texas Tech is 17-5 and the Lady Roadrunners follow at 16-5. The women have won eight straight games, including a 79-49

victory over St. Mary's Feb. 14, completing a home-and-home sweep of their cross town rival.

The Lady Roadrunners are in first place in the OCAC with a 5-0 mark and must get by West Texas State for a chance to win the OCAC's first league title. UTSA topped West Texas, 72-69, in San Antonio on Feb. 4. With three of the last four OCAC games in the CONVO, a win over West Texas is critical to the Lady Roadrunners' OCAC title hopes.



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