

# KING WILLIAM ASSOCIATION NEWS



DECEMBER 2022 - JANUARY 2023

## THE NEW YEAR ISSUE

### THE GIFT OF WELLNESS

*Cindy Miller*

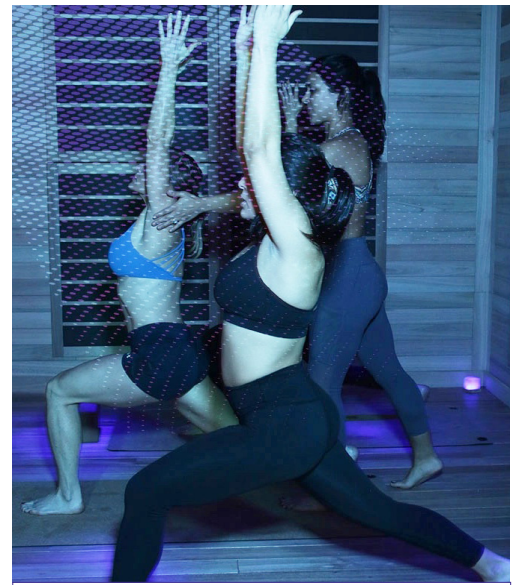
The most wonderful time of the year! Yes, from October or most recently since Labor Day and often until we ring in the new year, it seems as if we are surrounded with holiday spirit. Whether we realize it or not, our bodies are often inundated with the food and festivities that bring us “joy” during the holidays. So, what can we do to help us be in the best frame of mind as well as to be in optimal health? How about treating yourself or your loved ones to the gift of health and wellness this holiday season?

Situated a hop, skip, and a jump from the King William office on 809 S. St. Mary’s St., our neighborhood is fortunate to have Sweat Equity Infrared Saunas, a business dedicated to providing neighborhood and city residents with many of the latest and best bio-hacking options available to live your best life.

Heather O’Neill is a San Antonio native who formerly worked as model. Her job took her to many parts of the world where she was able to see and experience many health and wellness tools not yet used in south Texas. Owner, operator, and self-proclaimed Boss Lady, Heather is one busy lady. She and husband, Sean,

have two boys and are actively involved in numerous charitable causes and events. She is on a mission to provide health and wellness education and tools to children and adults in the San Antonio area. In addition to Sweat Equity located in King William, she also owns a CryoFit franchise in Alamo Heights. Heather is not only an active business owner working multiple shifts at Sweat Equity or assisting customers with CryoFit, but she also supports other small businesses by participating in fitness classes offered in a boutique setting. She is the perfect example of someone who not only talks about wellness or invests in wellness ventures, but she is an active participant in the health and wellness community.

Heather’s travels and research led her to discover the many health benefits associated with infrared Saunas. Far infrared, which penetrates up to three inches of tissue, creates a vibration within the water molecules of cells helping to shake up and release all the “nasty” while near and mid infrared light molecules of cells create a deeper more subtle vibration and while heating the body internally. The largest detoxification organ (the epidermis) expels toxins bypassing the liver and kidneys. Sweat Equity also offers whole body cryother-



SWEAT EQUITY PROVIDES THE LARGEST INFRARED SAUNA ROOM IN SAN ANTONIO. PHOTO: [SWEATEQUITYSA.COM](http://SWEATEQUITYSA.COM)

apy. For three minutes your body is exposed to extreme cold which helps to significantly reduce inflammation throughout the entire body, lower persistent pain, and help with a variety of ailments and recovery of injuries. Vitamin injections and IV drips that promote wellness and healing are explained in detail to clients to ensure they receive the most appropriate nutritional options ranging from increased energy, immune support, stress relief,

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### THIS MONTH’S FEATURES INCLUDE:

**KING WILLIAM GRANT RECIPIENTS**  
*Organizations serving the neighborhood...pg 8*

**WELCOME TO THE KWA**  
*Meet newest team member Angela.....pg 9*

**NEW TO THE KW NEIGHBORHOOD**  
*Bluebonnet Direct Primary Care.....pg 11*

*The mission of the King William Association is to promote the health and welfare of the King William neighborhood by preserving the historic and residential nature of the neighborhood and fostering educational, recreational, and cultural activities.*

Opinions expressed in this publication are those of the contributors and do not necessarily reflect the opinion(s) of the KWA Board of Directors.

## NEWSLETTER STAFF

**EDITOR:** Lisa Lynde

**EDITORIAL DESIGNER:** Veronica Lawson

## 2022 BOARD OF DIRECTORS

**PRESIDENT:** Shawn Campbell

**VICE PRESIDENT:** Kate Campbell

**SECRETARY:** Tina Garza

**TREASURER:** Brad Shaw

**PARLIAMENTARIAN:** Gretchen Garceau-Kragh, RP

### BOARD OF DIRECTORS:

Mickey Conrad, Randy Gay, Pat Heard, Margaret Leeds, Leigh Anne Lester, Kerry McKeon, Gretchen Rose, Erin Strauss, Carlos Villarreal

## KWA CONTACT INFORMATION

**OFFICE HOURS:** Mon. - Thur., 9 a.m.- 3 p.m.

**ADDRESS:** 122 Madison St., SA Tx 78204

**KWA PHONE:** (210) 227-8786

**FAIR PHONE:** (210) 271-3247

**KWA EMAIL:** [INFO@OURKWA.ORG](mailto:INFO@OURKWA.ORG)

**FAIR EMAIL:** [INFO@KWFAIR.ORG](mailto:INFO@KWFAIR.ORG)

**WEBSITES:** [OURKWA.ORG](http://OURKWA.ORG) • [KWFAIR.ORG](http://KWFAIR.ORG)

[KINGWILLIAMCULTURALARTSDISTRICT.COM](http://KINGWILLIAMCULTURALARTSDISTRICT.COM)

## KWA STAFF

**KWA EXECUTIVE DIRECTOR:** Lisa Lynde

**FAIR DIRECTOR:** John Costello

**FAIR OPERATIONS:** Michael Tamez

**KWA MARKETING & COMMUNICATIONS:**

Veronica Lawson

**KWA MEMBERSHIP & VENDOR COORDINATOR:**

Angela Suhor

**CHIEF PARADE WRANGLER:**

Alicia Spence-Schlesinger

## ADVERTISING

Promote your business directly to your King William neighbors by advertising in this newsletter! Advertising Rates are listed on our website at [ourkwa.org](http://ourkwa.org) or you can call 210-227-8786 or email [info@ourkwa.org](mailto:info@ourkwa.org).

## FOLLOW US ONLINE

**FACEBOOK:** KingWilliamAssociation  
KingWilliamFair  
KingWilliamCulturalArtsDistrict

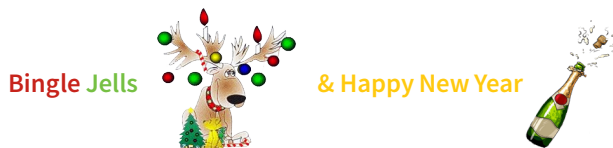
**INSTAGRAM:** KingWilliamAssociation  
KingWilliamFair  
KWCAD

**SAFFE OFFICER DAVID MCCALL**  
[DAVID.MCCALL@SANANTONIO.GOV](mailto:DAVID.MCCALL@SANANTONIO.GOV)

## PRESIDENT'S REPORT

*Shawn Campbell*

It's been a good year. The KWA has been able to follow through on its mission statement as a result of a successful King William Fair, active board and committee members, the work of the KWA staff and other volunteers. Looking ahead into 2023, since the membership has voted me in for another year (thank you), let's focus on neighbor awareness of the sidewalk repair program, identifying neighborhood volunteers to work before and during the KW Fair, develop an audio walking tour and develop a small home repair fund for neighbors, whether or not they are members in the KWA but live in the neighborhood, so they can stay in their homes and preserve the historic stock. If any of these areas peek your interest, please contact me or Executive Director Lisa Lynde. In addition, if you don't want to commit to a committee but would like to volunteer for a spur of the moment need, it would be nice to have an email list of neighbors who wouldn't mind being contacted to see if they could help with a task. Again, please contact Lisa or me. That isn't specifically stated on the membership form. Speaking of which, it is time to renew memberships! Please do. The Nominating Committee found some great candidates for board replacements who didn't realize their membership had lapsed so they were not eligible. I think this year you can automatically renew your membership so that doesn't happen in the future. Seems this has been a rather utilitarian missive, but I do hope you all have a wonderful holiday season.



## DECEMBER/JANUARY EVENTS

### DECEMBER

- 5 Architectural Advisory Committee Meeting
- 7 KWA Member Holiday Social
- 19 Architectural Advisory Committee Meeting
- 21 Historic & Design Review Commission Meeting

### JANUARY

- 16 Architectural Advisory Committee Meeting
- 18 Historic & Design Review Commission Meeting
- 18 KWA Board Meeting
- 19 KWA Neighbor Night

## BOARD BRIEFS:

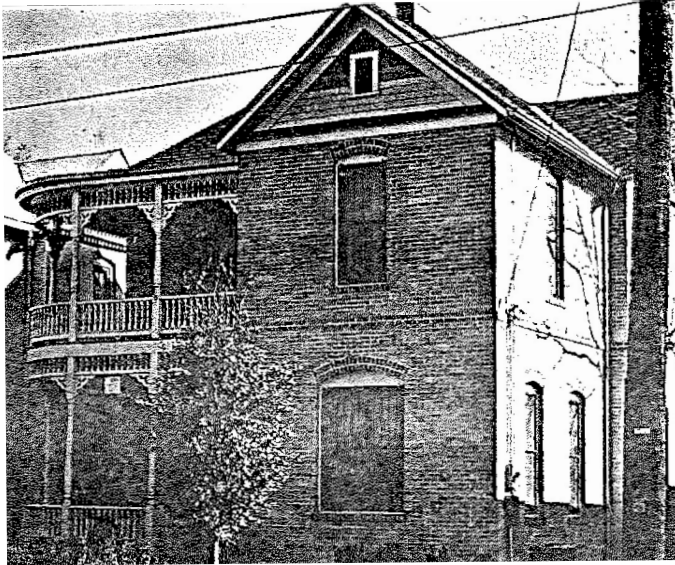
At the November 16 board meeting, the Fair Director gave progress updates for the 2023 Fair. Executive Director Lisa Lynde gave an update on hiring personnel for the office and new insurance plan for staff. Treasurer Brad Shaw spoke on proposed budget for next year. Board approved next year's budget and insurance plan for staff. Board agreed there will not be a December board meeting. Board President Shawn Campbell encouraged members to be volunteers for one time events and/or the Fair and to be a part of various committees that the KWA has to offer, such as the sidewalk improvement program and the small home repair fund committee. Committee members from the Architectural Advisory Committee, Cultural Arts Committee, Membership Committee, and Nominating Committee all reported active and engaged work in support of the KWA.

*Tina Garza, Board Secretary*



Executive Director Lisa Lynde

Please enjoy the final feature of Jimmy Heston’s research paper on the history of King William. I ran across his paper while going through boxes that were stored at 1032 S. Alamo. Jimmy wrote this as a sixth grader in 1984, and this is the conclusion to his research paper!



Address in the King William District: Symbol of Success

The community of King William District, as well as all of San Antonio, has reason to be proud of its accomplishment in refusing to let its elegant history decay. Smithsonian Magazine in 1978 praised San Antonio’s “reinvigorated core” and “also the spirit behind it all...the determination to make their city glow with enterprise thoughtfulness and care for the future.” Many cities have artificially sought to recapture the past, but few if any have achieved what this area has in restoring not just the buildings but the graciousness, warmth, and gaiety of a neighborhood that is part of a living city.

PHOTO TAKEN BY JIMMY HESTON IN JANUARY 1984 SHOWS 1220 S. ALAMO AFTER IT WAS RESTORED BY OWNERS MARK AND DAWNA LUITJEN.



RENEW YOUR  
KING WILLIAM ASSOCIATION  
MEMBERSHIP **TODAY!**

Use this issue's form or visit  
[WWW.OURKWA.ORG](http://WWW.OURKWA.ORG) to SIGN UP!



SAN ANTONIO  
RIVER AUTHORITY

Over the next month, the San Antonio River Authority will be conducting Viewshed Maintenance along the **Mission Reach** in the King William area. To learn more about the work we are doing in this area and see an interactive map, please scan below or visit: [sariverauthority.org/missionreach](http://sariverauthority.org/missionreach).



## OUT IN THE GARDEN WITH ALAN CASH

Fall is almost behind us, the holidays are here, and poinsettias are available as the traditional plant of the season. The croton is another colorful plant to consider for your holiday indoor decoration. They have red, yellow, and green leaves and if kept in a bright window, will last until they can be put out on the patio in spring. Croton grow to three or four feet tall and can last many years. Go to [dirtdoctor.com/dirtdoctor-library](http://dirtdoctor.com/dirtdoctor-library) to see pictures of both plants and care information. Data on other plants can also be found there.

Now is the time to conserve water to save money in 2023. Each SAWS customer's sewer charges are based on average winter water usage as measured over three complete billing cycles from mid-November to mid-March. Using less water now, especially landscape watering can add up to big savings all year long. If you have an irrigation system, turn it off and use it manually to water once a month if there is no rain. Go to [gardenstylesanantonio.com](http://gardenstylesanantonio.com) for weekly SAWS watering advise and landscape tips.

Another year has come and gone. I wish all a Happy Holiday Season and a Happy and Safe New Year. I have enjoyed writing these articles and hope all you readers have enjoyed reading them and they have helped make gardening a pleasure for you.

*Gardening can change the way you see the world.*



## Your **Local** Wellness Studio

- IV Vitamin Drips
- Cryotherapy
- Infrared Saunas
- Red Light Tower
- Meditation Pod
- Infrared Yoga Room
- NAD+ Infusion Drips
- Contrast Therapy
- B12 & Vitamin Shots
- Compression Boots



SCAN ME!



**SWEAT  
EQUITY**  
INFRARED SAUNAS

**210.375.5319**  
809 S. Saint Mary's St.  
San Antonio, TX 78205

## THE GIFT OF WELLNESS

(continued from cover)

and more. Contrast therapy is gaining in popularity and includes a thirty-minute infrared sauna session followed by a cold plunge session in a private setting. In summary, Sweat Equity is a wellness amusement park. All modalities offered give you a way to “pre-game” life better. In researching her business for the interview, I was given a very specialized tour of the many options available to customers seeking wellness at Sweat Equity.

I was able to experience the Somadome Meditation Pod. For twenty minutes, I entered the Somodome and was led on a guided meditation while binaural beats and color therapy helped to lead me to a place of peace and calm.

Heather invites neighborhood residents to come by for a tour or to schedule services.

“Our boutique-style studio offers a variety of unique infrared sweat sessions including infrared yoga/Pilates/deep-stretching virtual classes, Full Spectrum Infrared Sauna cabins, private “MIRROR” personal training to compliment your sauna session, Infrared Cocoon Pod, Whole Body Cryotherapy, Vitamin/Amino Acid IV drips & Injectables, along with other options like the Somadome Meditation Pod, compression therapy, and red light therapy! All our clients get Reverse-Osmosis, Alkaline water complimentary with every session,” said Heather.

“We’ve created a destination, an experience, and a lifestyle.”

**SWEAT  
EQUITY**



## KW CULTURAL ARTS INVITES NEW MEMBERS



In July 2011, the King William neighborhood was designated a Cultural Arts District by the Texas Commission on the Arts. Rich in history, culture, art and beauty, the King William Cultural Arts District (KWCAD) is the perfect blend of San Antonio's heritage, bringing together the old with the new. The KWCAD is home to public art displays, free concerts in the park, arts exhibitions, and guest lecture presentations all sponsored by the KW Cultural Arts Committee. The committee's mission is to improve the quality of life by promoting educational, cultural and recreational pursuits and activities. For 2023, the committee is inviting new members to join as they plan their next art exhibits and events to bring to the King William neighborhood. New members must currently be a King William Association Voting or Associate Member. If you are interested in joining or for more information, please contact Nora Peterson, Cultural Arts Committee Chair, at [noralpeterson@satx.rr.com](mailto:noralpeterson@satx.rr.com).

## CONTEMPORARY AT BLUE STAR SAYS HELLO TO 2023

*Daniela Oliver de Portillo*

2022 has been a year of positive change and reinvention for the Contemporary at Blue Star, with a fresh new name and visual identity, the organization is ready to welcome the New Year which promises to be as exciting as ever with exhibitions and programs thoughtfully curated to inspire our community.

As we prepare to close out the year, we invite you to pay a visit to the Contemporary on December 3 for Family Saturday and to the Red Dot Show on view now through January 8, 2023.

On Saturday, December 3, 1-4 p.m., the Contemporary presents Family Saturday, sponsored by the King William Association. During this event for families and kids of all ages, Red Dot Artist's Ashley Perez, Andy and Yvette Benavides, and Ernesto Ibañez will inspire youth to look at and understand contemporary art through fun activities and art making. Family Saturday is free and open to the public, visitors enjoy complimentary food and refreshments.

Currently on view at the Contemporary is the Red Dot Show, featuring over 100 artworks by San Antonio based artists. We hope you will have an opportunity to visit this grand showcase of contemporary art and perhaps add a work of art as a gift to your or a loved one's collection. Want to know more about starting or growing your collection? Join the Contemporary for a Collecting Contemporary Art panel discussion on Thursday, December 8 at 6:30 p.m. where San Antonio-based collectors and museum professionals will share their personal insights and experiences.

By collecting through the Red Dot Show, you will support artists in our community, like this year's Honorary Artist Andy Benavides, and the Contemporary's exhibitions and public programs. Plus, the Contem-

## Family Saturday



porary is sharing proceeds from art sales in the Honorary Artist gallery with this year's Red Dot honorary Arts Education Champion, S.M.A.R.T., a 501(c)3 nonprofit founded by artists and husband-and-wife-team Andy and Yvette Benavides that provide access to art for elementary students at Briscoe Elementary as well as through their public art garden and Southtown Culture programs.

The Contemporary at Blue Star has much to look forward to in 2023 including exhibitions featuring the work of JooYoung Choi, Hiromi Stringer, Juan de Dios Mora, Zeke Peña, Emily Fitzgerald and Molly Sherman among others. With a wide variety of exhibitions and public programs, we know we will see you visiting the Contemporary more than once in 2023.



# KING WILLIAM ASSOCIATION MEMBERSHIP FORM

## SIGN ME UP OR RENEW MY DUES TO BE A KWA MEMBER IN 2023

*Dues for 2023 are payable by January 15 in order to receive complimentary King William Fair admission and be included in the printed directory. We nominate voting members in good standing to serve on the Board of Directors and nominating committee. A voting member must be current with annual dues 30 calendar days prior to any vote. The membership year runs January 1 to December 31. Dues may be paid any time but will not be prorated. The King William Association is a nonprofit 501(c)(3).*

### VOTING MEMBERS: Select a category:

- Individual (\$30/1 vote)       Business/Organization (\$50/1 vote)  
 Patron (\$75)                       Family (\$40/2 votes)  
 Benefactor (\$250)               Lifetime (\$1,000)

### ASSOCIATE MEMBERS: Select a category:

- Individual (Free)     Family (Free)     Business/Organization (Free)

**INDIVIDUAL NAME(S):** \_\_\_\_\_

*(For voting business members, list the designated person and alternate who may cast a vote.)*

**BUSINESS NAME** (if applicable): \_\_\_\_\_

**CHILDREN** (under 18, list names): \_\_\_\_\_

**VOTING MEMBERS:** Would you like your children's names in the KWA Directory?  
 yes  no

**STREET ADDRESS:** \_\_\_\_\_

**CITY/STATE/ZIP:** \_\_\_\_\_

(Check one)  I AM  I AM NOT WITHIN THE BOUNDARIES OF THE KING WILLIAM ASSOCIATION.

**PRIMARY PHONE** (with area code):  home  cell  work \_\_\_\_\_

**E-MAIL ADDRESS(ES):** \_\_\_\_\_

**VOTING MEMBERS:** Would you like your email address listed in the KWA Directory?  
 yes  no

**WEBSITE ADDRESS** (for businesses): \_\_\_\_\_

### ARE YOU WILLING TO SERVE ON THE...

- Architectural Advisory     Board     Cultural Arts     Home Tour     King William Fair  
 Newsletter Committee     Other: \_\_\_\_\_

### THANK YOU FOR YOUR SUPPORT!

Please fill out the KWA membership form above and mail to the KWA office. You may also drop your KWA membership form in the mail slot in the door facing Madison (not the parking lot entrance). You may also email us at [info@ourkwa.org](mailto:info@ourkwa.org), or you may become a KWA member online by going to <https://www.ourkwa.org/membership-join>.

Renew your membership today or join King William Association for the first time! The membership year begins in January, but it is never too late to renew or join.

The more numerous and diverse our members the more powerful our voice in the effort to advance the KWA mission of preserving and protecting our historic residential environment. We encourage you to become involved in the work of KWA and to participate in KWA sponsored events that offer an opportunity to strengthen a sense of belonging by building relationships with neighbors. Your membership offers other benefits in the form of discounts on KWA merchandise and at businesses in the area.

Equally important, your membership helps support KWA programs, including the King William Fair!

Joining for the first time or renewing your membership is quick, easy and secure online by visiting our website at [www.ourkwa.org](http://www.ourkwa.org).

Shawn Campbell  
KWA Board President







# FORMULARIO PARA MEMBRESÍA DE LA ASOCIACIÓN

## FAVOR DE ACTIVAR O RENOVAR MI MEMBRESÍA DE KWA PARA EL 2023

La membresía es efectiva del 1 de enero al 31 de diciembre. La cuota se puede pagar en cualquier momento, pero no se prorrata. La Asociación King William es una organización sin fines de lucro 501(c)(3).

### MIEMBROS CON DERECHO A VOTO: Seleccione una categoría:

- Individual (\$30/1 voto)
- Empresa/Organización (\$50/1 voto)
- Patrocinador (\$75)
- Familia (\$40/2 votos)
- Benefactor (\$250)
- De por vida (\$1,000)

### MIEMBROS ASOCIADOS: Seleccione una categoría:

- Individual (Gratis)
- Familia (Gratis)
- Negocio/Organización (Gratis)

**NOMBRE(S):** \_\_\_\_\_

(Para los miembros empresariales con derecho a voto, indique la persona designada para votar y el respectivo suplente.)

**NOMBRE COMERCIAL** (si aplica): \_\_\_\_\_

**HIJOS** (menores de 18 años, liste los nombres): \_\_\_\_\_

**MIEMBRO CON DERECHO A VOTO:** ¿Le gustaría que los nombres de sus hijos se publiquen en el Directorio de KWA?  sí  no

**DIRECCIÓN:** \_\_\_\_\_

**CIUDAD/ESTADO/CÓDIGO POSTAL:** \_\_\_\_\_

(Seleccione uno)  VIVO  NO VIVO DENTRO DE LOS LÍMITES DE LA ASOCIACIÓN KING WILLIAM.

**TELÉFONO PRIMARIO** (con código de área):  
 casa  celular  trabajo \_\_\_\_\_

**CORREO(S) ELECTRÓNICO(S):** \_\_\_\_\_

**MIEMBROS CON DERECHO A VOTO:** ¿Le gustaría que su dirección de correo electrónico se publique en el Directorio de KWA?  sí  no

**DIRECCIÓN DE SITIO WEB** (para empresas): \_\_\_\_\_

**¿ESTÁ DISPUESTO A SERVIR EN . . .**

- Artes culturales
- Comité de asesoramiento arquitectónico
- Comités para el boletín
- Feria King William
- Mesa directiva
- Recorrido de Casas
- Otro: \_\_\_\_\_

## GRACIAS POR SU APOYO!

Por favor llene el formulario y envíelo por correo a la oficina de KWA. También puede depositarlo en la ranura de la puerta que da a Madison (no en la entrada del estacionamiento). También puede enviarla por correo electrónico a [info@ourkwa.org](mailto:info@ourkwa.org), o puede activar su membresía en línea en <https://www.ourkwa.org/membership-join>.





## KWA AWARDS GRANT RECIPIENTS



The King William Association Board of Directors has awarded grants totaling \$48,640 to eight grant recipients for 2022. Through the success of the King William Fair, and in keeping with its mission, the Fair was able to raise funds for arts, education and community improvements in the neighborhood.

King William Association grants are awarded to area organizations serving the King William neighborhood and its residents and may be used for a variety of purposes including program support, capital expenses or overhead. Grants were awarded to the following organizations **AVA – America’s Walking Club, Contemporary at Blue Star, Bonham PTA, Cannoli Fund, Footbridge Foundation, Friends of Bonham, JumpStart and San Antonio Art League.**

*Congratulations!*



### Santa at Blue Star

Thursday, December 15  
7:30pm-9:00pm

Santa will spend the evening at Blue Star Art Complex.

Come and have your picture made, shop the local shops, and dine in one of the complex's awesome restaurants.

Blue Star Brewery \*Stella Public House \*South Alamo \*Halcyon  
\*Sukeban \*Brick at Blue Star \*South Alamo \*UpStairs Gallery  
\*Contemporary at Blue Star \*Mockingbird Handprints \*Bar 1919  
\*Joe Blue's \*Divine Sunshine Collective \*Augustine Atelier  
\*Helotes Creek Studio \*Slab Cinema Art House

1420 South Alamo, San Antonio, TX 78210

## COMMUNITY WALK THROUGH KW HISTORIC DISTRICT



Discover the beauty and magnificence of the King William Historic District with a community walk on Sunday, February 19, starting at 10 a.m. Hosted by AVA: America’s Walking Club, the 5K walk will start at King William Park, 131 King William Street, in the heart of the district. Everyone is invited (12 and under should be accompanied by an adult), and the cost is only \$3 per person. Once you register you will receive directions for the walk. Group leaders will be on hand to walk with you, too, or you can walk on your own.

The walk is a leisurely stroll through “the most beautiful historic neighborhood” in Texas (according to Thrillist), with its Greek revival, Victorian, and Italianate architecture. You will learn the history of the area through its many historic markers (the area was named for Kaiser Wilhelm I, King of Prussia), appreciate the many galleries and art venues in the area, plus discover its many dining options. The walk will also take you through the Blue Star Arts Complex,

mixed-use property across the San Antonio River; the Commander’s House, built in the mid 1800s as part of the US Army Arsenal; and by the national headquarters for AVA: America’s Walking Club. For those who want a longer walk, you have the opportunity to stroll through Ruby City, San Antonio’s contemporary art center. The walk will finish back at King William Park.

AVA: America’s Walking Club is kicking off its international walking festival in San Antonio February 19 – 26, with this Community Walk. Visitors from around the world will be walking daily, as they discover the history and culture of our city. This is the first time that this global event, called the IVV Olympiad, has been in North America.

AVA is part of an international organization called volkssporting, which means “sports for the people.” Through its 189 active clubs around the United States, it encourages non-competitive walking to enjoy the fun, fitness and friendship that awaits everyone as they find the best areas to walk. For more information, go to [ava.org](http://ava.org).

We hope you can join us for this delightful walk through the King William Historic District, Sunday, February 19. For more information, go to [ivvolympiad2023.org](http://ivvolympiad2023.org).





# Neighbor Night!

EVERY 3RD THURSDAY

ALL are invited to Neighbor Night!

Visit with KW neighbors and welcome new neighbors!

Please bring your favorite finger food to share!

## Mark Your Calendar!

Neighbor Night is Thursday,

January 19

6-7:30 p.m.

King William Association Office  
122 Madison St.



The San Antonio Art League & Museum at 130 King William was organized on March 13, 1912. It was founded by volunteers, and 110 years later continues as a beloved all-volunteer organization. Volunteers serve as docents, greeting visitors from all over the world and sharing information about the Art League's exhibitions. Volunteers also care for the extensive Permanent Collection, an invaluable record of the cultural and social artwork of the city and the region. The San Antonio Art League and Museum is a unique hybrid of past, present, and future. As a neighbor here in King William, you know your way around this lovely Historic Arts District. As a SAALM volunteer you can help in ways that match your skills and interests. Please consider joining us by giving your time – it's incredibly rewarding. We've been rounding up art for San Antonio since 1912, and we need you on our team. Here are your links to learn more:

Apply to be a Docent: <https://www.saalm.org/docents.html>

Apply to be a SAALM Volunteer: <https://www.saalm.org/volunteers.html>

## WELCOME TO THE KING WILLIAM ASSOCIATION!



Angela is excited to join the King William Association as the Membership & Vendor Coordinator. As a San Antonio native, she grew up attending King William events and the Fair. She has a true appreciation for the district and the contributions it has made to the city of San Antonio over the years. Angela has an extensive background in Real Estate and has a love for it. She understands that a house is not just a house, it is a home. She is thrilled to be able to help our members preserve the historic and residential nature of the neighborhood for future generations. She also has ex-

perience in event planning and can not wait to help with vendor coordination for the Fair. In her downtime she loves interior design and helping others achieve their dream home.



## WHAT'S COOKIN'

Annice Hill

Here is a great drink recipe for your Christmas or New Year's party – or anytime you need to celebrate! Makes a pitcherful, so invite friends over and imbibe!

### Pomegranate Margarita Recipe

- 2 cups tequila
- 1 cup triple sec
- 2 cups pomegranate juice (such as POM Wonderful)
- 1 12-ounce container frozen limeade concentrate
- 2 cups water
- Lime wedges (for garnish)

Pour all ingredients into a pitcher and mix well. Serve over ice with lime wedges in salt-rimmed glasses.



### Brown Sugar & Pecan Sweet Potato Mash

- ½ cup brown sugar
  - ¼ cup chopped pecans
  - 4 tablespoons chilled butter, cut into ¼ inch pieces
  - 2½ pounds sweet potatoes, peeled cut into 1½ inch pieces
  - 2 large eggs
  - 1½ tablespoons maple syrup
  - 1 tablespoon vanilla bean paste
  - 1½ teaspoon lemon juice
  - 1 teaspoon salt
  - ½ cup New Mexico green chile, roasted, peeled and chopped
- Preheat oven to 350 ° F.

Mix sugar, pecans, and butter in a small bowl and set aside. Grease a 13 x 9 x 2 inch baking dish. Cook sweet potatoes in large pot of boiling salted water until very tender, about 12 minutes. Drain. Let stand in colander 15 minutes. Puree sweet potatoes in food processor.

Beat eggs, syrup, vanilla, lemon juice and salt in large bowl. Mix in pureed sweet potatoes and add green chiles. Transfer to prepared dish. Sprinkle pecan topping evenly over mixture.

Bake until sweet potato mixture is set and topping bubbles, about 1 hour. Let stand 15 minutes and serve.

Makes 6-8 servings.

## KING WILLIAM FAIR AWARDED FOR EXCELLENCE



The King William Fair was recognized for its excellence in festival and event promotion at the 2022 Texas Festivals & Events Association (TFEA) conference in San Antonio! The Fair won Kaliff Marketing Awards for each entry submitted!

**Gold** - Best Printed Materials (newsletter)

**Gold** - Best Festival/Event Merchandise (tumbler)

**Silver** - Best Festival/Event Merchandise (tumbler)

**Silver** - Best Pin or Button (medal)

**Bronze** - Best Event Program (brochure)

Thanks to TFEA and Kaliff Insurance for recognizing the King William Fair, and thank you to our thousands of fairgoers, sponsors, and volunteers who support the King William Fair and contribute to our success!



## CALL FOR ARTISTS

### Calling All Artists!

The King William Association Cultural Arts Committee invites all artists to apply to be selected to exhibit at the Molly Shafer Gallery in 2023. An opening reception gives the public an evening to meet the artist and the artist the opportunity to talk about their work. Artists may keep proceeds from work sold during the exhibition.

If you are interested, please email your name, phone number and a web link to your work to [info@ourkwa.org](mailto:info@ourkwa.org).

Application reviews are ongoing.



## NEW TO KW: BLUEBONNET DIRECT PRIMARY CARE

*Dr. Patricia Saravia*

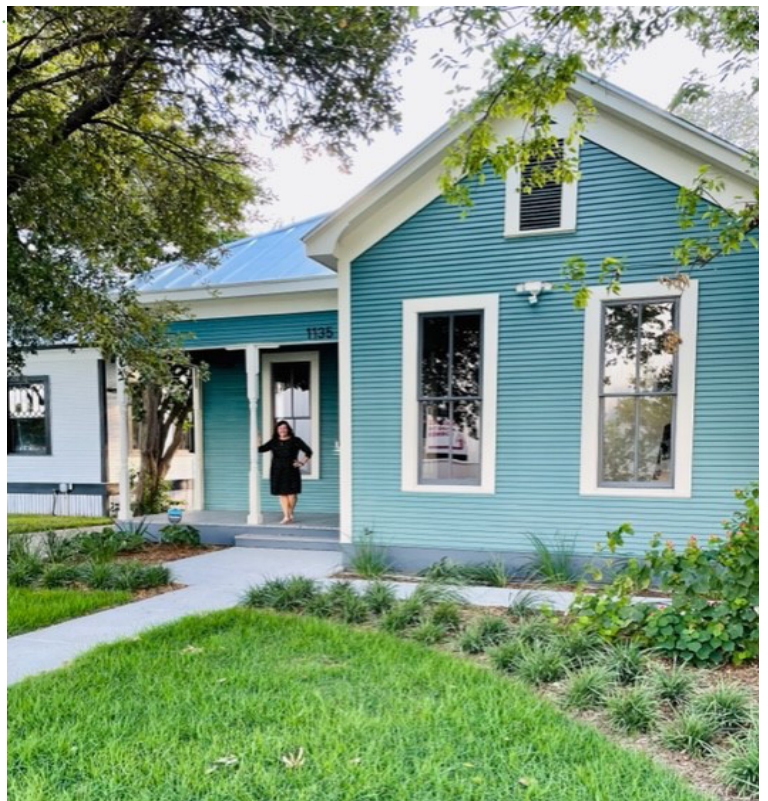
I vividly remember a particular visit home during medical school, over a decade ago, and heading to Liberty Bar for lunch with my family. Liberty Bar was a staple restaurant choice for us. But this time was different. No longer were we driving to the crooked little house on Josephine St. The restaurant had moved!?! This was simply unacceptable to me! I couldn't help but be a bit upset that I wouldn't have that sensation of walking in a fun house as we were escorted to our table. That was, until we drove by the historic, beautiful homes on streets lined with large trees that created a canopy over the road. As we cruised the streets of King William and Madison, I was in awe.

I was born and raised in San Antonio but had never really gotten the chance to explore the King William area. I left San Antonio after high school to attend UT Austin for undergrad and then continued to move more northward as my training continued. However, that visit to King William stayed indelible in my brain. When 2016 rolled around I was graduating from my family medicine residency in Brooklyn, NY, and it was a perfect opportunity to move back to San Antonio. My then fiancé (now husband) was excited to move to San Antonio. We began our search for our home.

I told my fiancé of my love for the historic neighborhood of King William, and on a warm First Friday evening in the summer of 2016 I got the chance to show him why. We strolled the streets exploring vendors and restaurants and taking in the art and music. The vibrance and energy of the atmosphere was contagious. By the end of the evening, he and I were both determined to make this our neighborhood. It wasn't long until we found our own piece of King William!

Our love of KW has only grown, and a new dream of opening my primary care clinic to serve our community started to take shape. After five years of practice in a more traditional clinic environment I realized that there was a better way to connect with my patients and give them the attention and care that I knew they deserved.

With Direct Primary Care I could give my patients three things they may not currently have but desperately needed with their primary care physician: access, transparency and time. Instead of having thousands of patients, (yes, most primary care physicians have thousands of patients to care for!) I only have hundreds. This big change allows me to give patients more than just a few minutes, and I can give them more immediate care. No more waiting weeks or even months for an appointment with your doctor. No more being passed around to other physicians, NPs or PAs in the clinic. In fact, patients receive my cell phone number in order to communicate concerns.

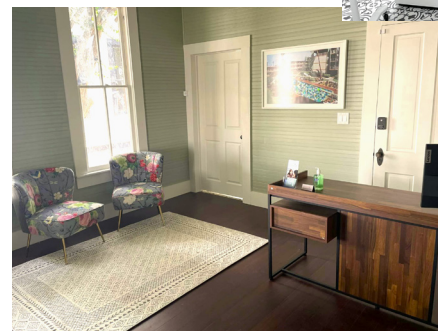


DR. PATRICIA SARAVIA STANDS IN FRONT OF HER CLINIC BLUEBONNET DIRECT PRIMARY CARE.

Those with insurance can still use it for labs, images, outside testing, and specialists visits. Without insurance? You get upfront, cash pricing for anything done outside of my clinic. Often times this price is less than the insurance price.

For all people, my clinic time and visits are \$100/month. No copays for a visit. No surprise bill mailed later for a routine test done in the clinic. Simple and straightforward. I am so happy to call King William my family home AND my work home!

**Bluebonnet Direct Primary  
Care is located at  
1135 S. St. Mary's St.  
For more information, visit  
[https://bluebonnetdpc.  
com/](https://bluebonnetdpc.com/).**







# Come walk with us!

**AVA: America's Walking Club**  
invites you to the  
**King William Community Walk**

**Sunday, February 19, 2023**

Registration 9 - 10 am

Walk from 10 am - noon

Starts at King William Park, 131 King William Street. \$3 per person (includes community walk and free t-shirt)

This fun community-wide walk is the kick off event for the 2023 IVV Olympiad Walking Festival.

Enjoy a 5k "walk at your own pace" tour of the King William Historic District which includes the AVA National Headquarters, the Blue Star Arts Complex and the Commander's House.

Afterward, join us for the Opening Ceremonies of IVV Olympiad at 2 pm, with 25+ countries marching to the Arneson River Theater.

Come walk with us and learn about the other walks and festivities during the weeklong IVV Olympiad and IML Texas Trail Round up from February 19-26, 2023.



Register today!  
[ivvolympiad2023.org](http://ivvolympiad2023.org) and [ava.org](http://ava.org)  
[Olympiad2023@ava.org](mailto:Olympiad2023@ava.org)

Presented by



[IVVOlympiad.org](http://IVVOlympiad.org)