

KING WILLIAM ASSOCIATION NEWS

MARCH 2022

THE HEALTH & WELLNESS ISSUE

HEAL FROM WITHIN

Cindy Miller

Neighborhood business owners Dr. Suhail and Brenda Daraiseh are committed to offering health and wellness services to King William residents. The chiropractor and his wife were originally from Flint, Michigan, but Brenda's family roots drew the couple to San Antonio. Their original office was housed at South Park Mall, but when the lease expired they found their new "home" at 1032 S. Alamo. They began with renovations in December 2020 and opened their office in February 2021. Their beautiful office has all the charm associated with historic buildings. Careful color and decor considerations pay homage to the historic neighborhood.

Dr. Daraiseh was originally a business major in college. After sustaining a back injury during an intramural college wrestling match, he was unable to seek pain relief after seeing numerous doctors. A friend recommended a chiropractor and after a few visits, the pain subsided. This was an eye-opening experience that led him to change his major to the chiropractic field and has since spent his career helping his patients of all ages seek optimal health.

SANA Wellness and Health's mission statement and goal is to help people "heal from within." The office offers chiropractic services

Chiropractic care for you and your family.

- Chiropractic Care Nutrition
- Non-GMO Organic Vitamins & Supplements
- Foot Orthotics Detox Programs
- Celluma - New! LED Light Therapy
- Massage Therapy Coming soon!

SANA Wellness & Health **Heal from Within**

using the Thompson (table method), the Diversified (hands on method), and has an activator tool and LED light therapy as available options. Initial visits also include a foot scan. The doctor will scan a patient's feet before providing an adjustment. Custom orthotics are prescribed for patients that have excessive pronation or flat feet.

Muscle testing also known as Nutrition Response testing is available to clients as well. This process will test a patient's organs through muscles to determine what nutrition-

al supplements would help improve health and well-being. Future plans include offering comprehensive lab testing to determine allergies and food sensitivities. Brenda is a health and wellness coach with in-depth knowledge of Standard Process vitamins and supplements that can help patients and their pets improve their health and well-being. Dr. Daraiseh also plans to attend extensive functional medicine training which would allow for integrative medical services and treatment.

continued on page 9

THIS MONTH'S FEATURES INCLUDE:

HISTORY OF KING WILLIAM

Written by Jimmy Heston in 1984.....pg 3

BLUE STAR CONTEMPORARY

Art for improved mental health.....pg 4

BLASTPASS

KW Fair goes ticketless.....pg 5

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

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SAFFE OFFICER DAVID MCCALL
DAVID.MCCALL@SANANTONIO.GOV

PRESIDENT'S REPORT

Shawn Campbell

Every once in a while after reading an email or text, I will look to see what time it was written. It's amazing how many of us are up in the middle of the night. I remember restless nights when I worked full time and our boys were younger. I am fortunate to have much calmer nights now, but on a retreat I learned a way to stop those "earworms" and fall asleep.

I was introduced to the book "My Stroke of Insight" by Jill Bolte Taylor, Ph.D.. She discusses right brain left brain workings as a result of her own stroke and recovery, but to break those recycling thoughts she recommends reciting a mental mantra such as a poem, prayer, meditation or my favorite, start at Maine and try and list all 50 states. I usually drift off in the South.

A more recent mental health discovery occurred while listening to NPR, and the guest was Manoush Zomorodi discussing her book "Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self." It's a short read and focuses on the brain's need for wandering while walking, folding laundry, mowing and being disconnected from devices.

Being bored is actually a rejuvenating, cleansing time for the brain. I can't count the number of times things have "popped" into my head while doing mundane tasks or nothing. It's wonderful to live in King William and have access to the Riverwalk, parks, and museums for disconnecting and good neighbors for connecting.

BOARD BRIEFS:

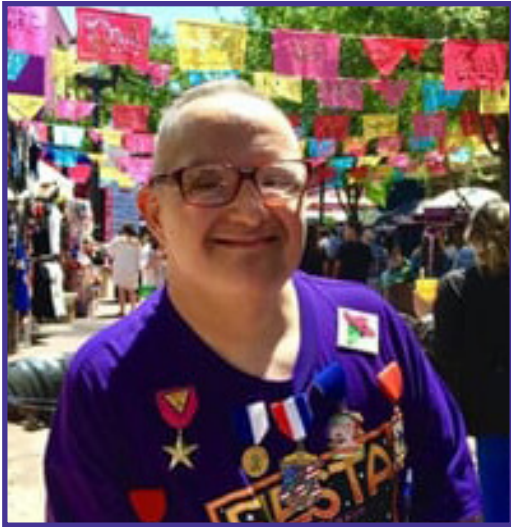
At the February 16 board meeting Fair Director John Costello gave an update on the Fair. Wristbands are now on sale online and will partner with HEB to sell. Executive Director (ED) Lisa Lynde reported our current Covid-19 funding is over \$1 million. Finance Committee reported that ED Lynde is currently reclassifying expenses and will have a report next month. President Shawn Campbell reported that volunteer hours are needed from board members in preparation of the Fair. Committee members from the Architectural Advisory Committee, Cultural Arts Committee, and Membership Committee all reported active and engaged work in support of the KWA. President Campbell addressed John Doski's memos to the Board regarding the noise ordinance and parking situation at 1024 S. Alamo. Margaret Leeds stated the Unified Development Code is updated and online.

Tina Garza, Board Secretary

Executive Director Lisa Lynde

Continuing from the February newsletter, please enjoy the second 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 we will include his entire paper over the coming months!

**Part three to be continued
in the May KWA newsletter...**



IN MEMORY OF KING WILLIAM RESIDENT

RICHARD JOSEPH MARTINEZ

Richard Joseph Martinez went to be with the Lord on Saturday, January 22, 2022 at the age of 55 years old. Richard is preceded in death by his parents Gautier and Nellie Martinez. Survivors include sisters Martha St. Onge, and Gerry Boyce and husband Melvin; brothers Edward Martinez and wife Diann, and Gene Martinez and wife Maria; numerous nieces and nephews and a host of family and friends. He will always be remembered as a loving and happy person. Richard, a.k.a. "Richie," was a long-time King William resident who made his annual visit to the KWA office and stocked up on his Fair merchandise.

Address in the King William District: Symbol of Success

In 1793, the Spanish governor at San Antonio received orders to secularize the Alamo Mission. The Lower Labors mission fields that comprised the area now known as the King William District were divided and given as land grants to fourteen Indian families that were living at the Alamo in 1793 and to Vicente Amador (who assigned the grants) and to Pedro Huigar (who surveyed the grants).

The first homes in this area would have been the Indians' jacales, huts constructed of thatch roof and having upright poles plastered with caliche; none remain today.

In the next thirty years, most of the original owners had sold their grants to buyers who formed large holdings and in turn sold to land developers. Among the early developers were Thomas J. Devine, Newton Mitchell, Thomas Pereida, Adalina de V. Dane, and the Meerscheidt brothers.

The contours of the river, the course of the acequias, and the outlines of the old land grants determined the pattern of the streets in the King William Area. The oldest street, referred to in 1848 as the old Labor Road, is now a portion of South Alamo. It became Mill Street after Guenther Mills was built in 1859 and was changed to South Alamo in 1891.



SATURDAY, OCTOBER 1

\$30 REGISTRATION THROUGH FIESTA (APRIL 10)

\$40 REGISTRATION APRIL 11 - RACE DAY

SIGN UP AT [HTTPS://RUNSIGNUP.COM/RACE/TX/SANANTONIO/THESAUERKRAUTBEND5K](https://runsignup.com/race/tx/sanantonio/thesauerkrautbend5k)

Daniela Oliver de Portillo

While our physical health has been a constant worry for the past two years, Blue Star Contemporary (BSC) hopes you'll take a holistic approach to your wellbeing and give yourself a mental health break by taking in inspiring and nurturing art in our galleries. A recent Wall Street Journal article discusses new research suggesting viewing art might improve mental health, and doctors in Brussels are prescribing museum visits to their patients.

With art being just what the doctor ordered, BSC has restorative exhibitions just around the corner. On view now is *Threads Bare*, an exhibition investigating intersections of art and fashion through textiles and related materials as medium or subject to generate a more expansive understanding of how fashion and adornment play a role in defining individual and cultural identities. The Art Learning Labs present the *Black Art Library*, which was created by curator Asmaa Walton as a tool to educate people on the numerous contributions of Black artists, art historians, and creatives who have historically been overlooked in art education.



JUAN CARLOS ESCOBEDO'S WORK IN THREADS BARE EXHIBITION. COURTESY OF BLUE STAR CONTEMPORARY

Three new solo exhibitions open on March 4 and feature the work of artists awarded BSCs Berlin Residency at Künstlerhaus Bethanien in 2019. Justin Korver's *Buck*, considers the romantic innuendo present in hunting culture through mixed media, sculptural works, prints, and a wall mural. Megan Harrison's *From Your Brow Rise Leaf and Lyre* includes a series of mixed media paintings based on inti-

mate, personal, moments, and observations. Jimmy James Canales' *The Line Layer* uses play as an integral part of his practice to investigate ideas of standardizations of body, form, shape, and ultimately humans.

We hope to see you give yourself a health check at our galleries this month!

On Sale Now !!!

\$15

**2022
KING WILLIAM FAIR
MEDAL**

Available at the King William Association office, 122 Madison St., and online at www.kwfair.org.



9 AM
-
6 PM



APRIL
9
Saturday

ADMISSION WRISTBANDS ON SALE NOW

General Admission \$20

Free for children 11 & under

SAVE TIME AND PRE-PURCHASE!

All advance online General Admission purchasers use the "Online Sales" lane at our Admission Gates on Fair Day.

Purchase advance Admission Wristbands at the King William office or online at www.kwfair.org/p/tickets.

blastpass

ON SALE NOW

The King William Fair is going ticketless! BlastPass is a cashless wristband that will replace the use of paper tickets used to purchase food and beverages as well as attractions at Kid's Kingdom. Credits are stored on your BlastPass wristband as a convenient and easy method of payment. 1 credit = \$1. As you make your purchases, you simply show your wristband to the vendor who will scan it, and the purchase credits will be automatically deducted. Credits can be reloaded at any of the 12 BlastPass Booths throughout the Fair Zone.

Purchase BlastPass Wristbands or learn more at <https://www.kwfair.org/p/businesses/blastpass>.



KING WILLIAM ASSOCIATION MEMBERSHIP FORM

SIGN ME UP OR RENEW MY DUES TO BE A KWA MEMBER IN 2022

While dues were due January 15, you can still join or renew your dues! Remember to be a voting member you must be current with your dues at least 30 calendar days prior to any vote. We will be nominating neighbors to serve on the nominating committee for our Board of Directors in May, so now is the time to renew your dues if you haven't already! The membership year runs January 1 - 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 _____

WEBSITE ADDRESS (for businesses): _____

E-MAIL ADDRESS(ES): _____

VOTING MEMBERS: Would you like your email address listed in the KWA Directory?

YES NO

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, or you may become a KWA member online by going to <https://www.ourkwa.org/membership-join>.





FORMULARIO PARA MEMBRESÍA DE LA ASOCIACIÓN

FAVOR DE ACTIVAR O RENOVAR MI MEMBRESÍA DE KWA PARA EL 2022

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 _____

DIRECCIÓN DE SITIO WEB (para empresas): _____

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

¿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, o puede activar su membresía en línea en <https://www.ourkwa.org/membership-join>.

Renew your membership today or join King William Association for the first time! The membership year began 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.

Shawn Campbell
KWA Board President



WHAT'S COOKIN'

Annice Hill

I was born in Lubbock, TX, and mainly raised in the Panhandle. However, I think I have finally become a South Texas girl; 70° F seems just a little chilly to me! Are you sick of soup recipes yet? Sorry, but this one is too good to pass up, and it is so healthy! It will take the “chill” out after your 10,000 step walk in 50-60° weather!

So easy to prepare. Serve hot with a baguette and some soft butter or plant butter. This summer when you have your own vegetable garden, make it again with your homegrown tomatoes and served chilled – maybe with a dollop of Greek yogurt on top.

I sometimes double or triple the recipe and freeze some of the soup for later - mainly because it is so good, so easy, and so healthy!



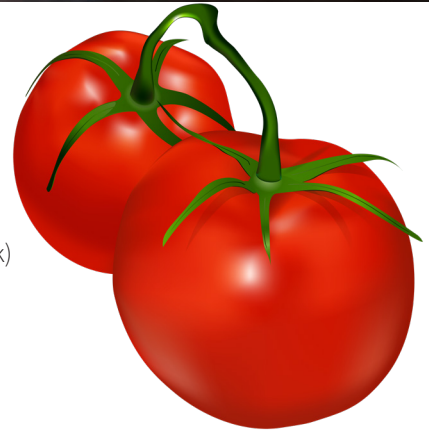
EGYPTIAN TOMATO SOUP

- 1 tablespoon unsalted butter or olive oil
- 1 medium yellow onion, finely chopped
- 1 clove garlic, minced
- 1 (4 oz.) jar diced pimiento peppers, drained or not, your preference
- 1 (14.5 oz.) can diced tomatoes, undrained (or 1 pound fresh tomatoes)
- 1 (14.5 oz.) can low-sodium chicken or vegetable broth (or 2 cups homemade stock)
- ½ teaspoon chili powder
- ¼ teaspoon paprika (I sometimes add smoked paprika)
- 1 lime, cut into wedges
- salt and freshly ground black pepper

In a large stockpot over medium heat, melt the butter or heat the olive oil. Add the onion and garlic, and cook until soft, about 5 minutes. Add the pimientos and tomatoes, cover and cook gently over low heat for 10 minutes. Add the stock, chili powder and paprika, and cook for an additional 5 minutes.

Using an immersion blender, puree until almost smooth (or transfer to a food processor or blender and puree). Season with salt and pepper to taste. Serve with fresh lime wedges.

If you use olive oil and vegetable broth, the soup is vegan. **Enjoy and keep moving!**



**BECOME A MEMBER
TODAY!**



**USE THIS ISSUE'S FORM,
OR VISIT WWW.OURKWA.ORG**

HEAL FROM WITHIN

(continued from page 1)

The couple is committed to their patients and offers the following wellness tips:

- **Stretching is an important part of any healthy routine. The ability to move is an integral part of life. His favorite quote is “Life is movement, and movement is life.”**
- **Eat well. Include a variety of colors when choosing and eating fruits and vegetables. Eat natural foods, and avoid preservatives and sugars.**
- **Hydrate. Try to drink more than the recommended 64 ounces of water daily.**

- **Relax by using your spiritual practice of choice to bring inner peace.**
- **Detoxing your liver once a year is a good idea as good health begins in your gut.**

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OFFICE IF THEY HAVE ANY HEALTH OR
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SIMPLY TO SAY HELLO.

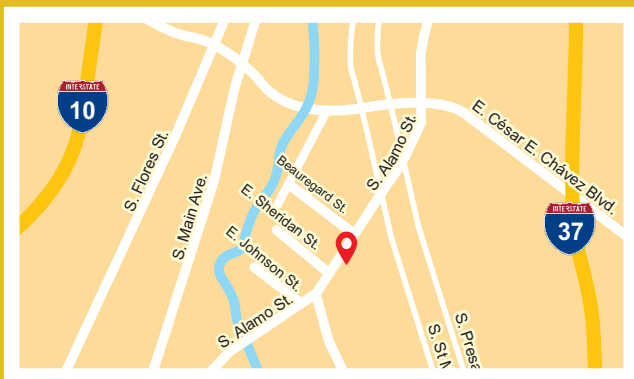
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Now is a good time to fertilize lawns and shrubs if it has been two months or more since the last application. Use a granular organic product found at most good nurseries.

As warm weather approaches, consider keeping a journal to document your gardening activities. Information recorded can be very helpful in planning future work in the garden. Record such things as when plants were planted, where they were bought, and when and what was used to control certain insects, etc.

Perennials that have been hurt by cold weather or have just gotten too large can still be trimmed. Many can be cut back to within a few inches above the soil and will resprout as warm weather returns.

Nandinas don't normally suffer freeze damage but can become large over time depending on the type. A good way to trim them is to cut back about one fourth of each plant's canes to within three to six inches above the ground. New growth will fill in the lower portion of the plant. Nandinas have colorful leaves and do well in shady as well as sunny areas. Three common types found at most nurseries are Harbour (2 to 3 ft. tall), Compact (3 to 5 ft. tall) and Domestica (5 to 7 ft. tall). Domestica is the one seen in most gardens. All types have red to orange berries.

Remember that for most gardening information related to Texas, go to www.dirtdoctor.com. *Library Topics* lists literally dozens of plants with pictures and growing information.

GARDEN NOTE:

"As long as one has a garden, one has a future; and as long as one has a future one is alive."



-Frances Hodgson Burnett

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MOLLY SMITH SHAFER

Nora Peterson and Sherry Hess

Our treasured friend, Molly Shafer, passed away peacefully at home in San Antonio on February 9 after an extended illness. She was surrounded by her loving husband, Harry Shafer, and family.

Molly and Harry moved to San Antonio in 2001. We cannot overstate Molly's contribution to the King William neighborhood, the King William Association and to the Cultural Arts in San Antonio. Along with her love of family, Molly had a passion for the arts, music, gardening, reading, and making the world a better place. She succeeded, and we are all the better for her efforts.

Molly achieved a Doctorate in Educational Psychology from Baylor University. She brought a world of experience and expertise from her years as director of Special Services at Belton ISD. After marrying Harry Shafer in 1988, Molly joined him in College Station. She became director of Special Services at College Station ISD and retired in 2001.

It didn't take long for Molly to see a need in our neighborhood and to spearhead efforts to make improvements. She and Harry were distressed by the graffiti they saw. They organized volunteers and worked with the city on graffiti abatement. The mural on the Insko building near Blue Star is a testament to their success.

Another great accomplishment for Molly was to create the KW Public Art committee. She was the guiding force that led to the creation of the King William Cultural Arts District. You can read more about the contributions Molly has made in the KWA March 2020 newsletter.

In February 2020, the KWA dedicated the Molly Shafer Gallery in the Association's office. This was celebrated most fittingly with the opening of an art exhibit featuring local artist Regina Moya. We are filled with gratitude to Molly.

As written in her obituary, "Molly could always be relied upon to



offer sage advice with an intelligent perspective to those who sought her counsel and advice on their life's journey. Molly's quiet ferociousness and determination in making her neighborhood better and inclusive for all is a lasting legacy. Her friends will miss her beautiful smile, bright eyes, her quiet words of wisdom, and her love and friendship. Molly made the world a better place."



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