

KING WILLIAM ASSOCIATION NEWS

MARCH 2021

THE HEALTH & WELLNESS ISSUE

THE ETHICS OF VACCINATION

Dr. Fred Campbell



As a 70-year-old physician with 45 years of experience, I often reflect on the smallpox and polio vaccination era and how they compare to the current COVID-19 vaccination era. My fascination about vaccines started at an early age. I was inspired as an elementary student by scientists like Jonas Salk, who developed a polio vaccine and Edward Jenner who, 250 years ago, discovered a way to vaccinate against smallpox. These diseases have been virtually eradicated and are now no longer threats to mankind. These two men are one of the reasons I went into Internal Medicine.

The other aspect of the medical and vaccine research coin has to do with the ethics of research. A well-known example is the Tuskegee Study. Beginning in 1932, the focus was progression of syphilis. 600 participants were recruited with the promise of medical care. 399 had syphilis and 201 did not. Over the next 15 years, participants received no medical care for syphilis. When penicillin became the recommended treatment for syphilis in 1947 the participants continued to receive no medical care, researchers choosing instead to track the full progression of the disease. No real medical care was given to participants as they struggled with the negative impacts of the disease – blindness, insanity and ultimately death.

Developed over a relatively short period of time, there are understandable concerns regarding the COVID-19 vaccine. These are largely based on mistrust – mistrust about rushing

the research, mistrust of the private companies that developed the vaccines and mistrust about how the vaccine studies were conducted ethically. Some have asked is this another Tuskegee Study?

I have concerns when vaccines are developed by the private sector exclusively. Research on smallpox and polio vaccines was largely a joint venture between academic and government researchers. No vaccine studies have been led by for-profit pharmaceutical companies who have a fiduciary responsibility to maximize profits and this has led to mistrust. However, there are now built-in FDA safeguards. The FDA has final “approval for use” and reviews the results of research to assess if the study was ethically conducted.

I know those who were involved in the local COVID-19 studies. Vaccines and treatment research came from institutions where I am a faculty member and I know the reliability and ethics of those who were involved in these studies. The FDA had final approval of the COVID-19 vaccines, and I would stake my

professional reputation upon that work – so much so that my wife and I were willing volunteer participants in the Pfizer vaccine study initiated in August of 2020. This study was led by a decades-long colleague and one of the most ethical people I know. I felt very comforted by the fact the study was conducted with the utmost transparency.

There are legitimate concerns particularly among the poor, people of color and other vulnerable populations around the history of medical research. Having said that, the record of vaccine research for COVID-19 has been one of the great humanitarian efforts in the history of the world and has saved countless lives. As a medical professional, and as a trial vaccine participant, I strongly recommend without hesitation that all eligible persons be vaccinated as soon as possible. •

The opinions, beliefs and viewpoints expressed by the author do not necessarily reflect the opinions, beliefs and viewpoints of the King William Association, employees or board leadership.

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

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Margaret Leeds

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What a year this has been! I hope that March finds you with adequate water, food, power, and vaccine, as well as hope for a brighter 2021. We have weathered unexpected challenges in addition to the lingering pandemic. We have had an exciting first month with an enthusiastic board of directors. The Cultural Arts Committee in particular has hit the ground running. On second thought, perhaps that statement is not really appropriate since they have decided to promote a stationary event with King William House Floats for a "Drive-by Parade" during our traditional time for Fiesta. It will provide color and entertainment for the neighborhood from April 15 to April 25. The April newsletter will have more details. The CAC has also managed to arrange a March 28 concert by the Agarita Chamber Players to be staged on the SAHA grounds. I am delighted also to commend the newly-formed Membership Committee. This dynamic team's first meeting agenda focused on how "to grow KWA membership and to find creative ways to keep our members engaged with the association." If you have suggestions for the committee and/or want to help with this effort, contact the office. Another new committee, the Quality of Life Committee, formed to address issues such as the noise pollution that has escalated with the expansion of the commercial corridor. The failure of the city to enforce city ordinances related to zoning and noise abatement has frustrated many of us whose quality of life has been assaulted by the volume and vibration of amplified sound.

Having served the past 2 years on the Architectural Advisory Committee, I have learned that knowledge of design guidelines and city ordinances is critical if we want to maintain acceptable standards of living. I have deep appreciation for the oversight provided by our AAC as they have held the line many times against those who would defy the rules that protect our historical residential environment. I feel that I am a work in progress as KWA President and I have registered to participate in the upcoming Virtual Neighborhood Leadership Academy to learn more about the structure of the City of San Antonio. I have also learned a lot in the past few years as a member of the Steering Committee for Tier 1 Neighborhood Coalition (T1NC), a group of San Antonio inner city neighborhoods organized to promote broad-based citizen participation in public policy issues. Visit t1nc.org for more information about this important coalition! •

BOARD BRIEFS:

The 2021 King William Association Board met Wednesday, February 24, 2021, the meeting having been delayed due to weather the previous week. The board received a training in Robert's Rules of Order from KWA Board Parliamentarian, Gretchen Garceau-Kragh. The Board Treasurer presented the 2020 year-end financial reports and updated the board on cash projections for the current year. The Board formalized the vote regarding the 2021 King William Fair and voted to cancel the KW Fair and focus on the 2022 King William Fair. KWA Committees reported on activities. The House Float Parade concept was formally approved for April 15-25. "Board briefs" are not intended to replace the official minutes of the Association but to summarize the board's latest activities. •

Lisa Lynde, Executive Director

OUT IN THE GARDEN

Alan Cash



By the time this is read we will hopefully be well past the very cold weather we had in mid-February. If anything good resulted from it, it gives us a chance to make changes in the garden. It's possible perennials and shrubs were damaged or killed by the extreme cold. Replace them or get something that is more hardy. One way to select replacement plants is to take a walk through the neighborhood and look at neighbors' gardens, noting plants that survived well.

Because of the virus and weather we tend to stay closer to home. Surfing the internet can help pass the time exploring interesting places. One such place is Newby Hall in Yorkshire UK. Just Google the name and spend some time touring an interesting English country home and gardens. It was built from 1695 to 1705.

It is not too late to trim roses. Cut them back by about half to promote abundant spring blooms. Climbing roses are an exception because they bloom on old wood. Wait until they finish their spring bloom to trim them.

This is the time nurseries have sales of annual plants such as periwinkles, impatiens, and zinnias. Take advantage of the bargains but wait until late March to plant them when the soil has warmed.

Garden Note: The urge to go out and garden often comes from being inspired by somebody from the previous generation. (*The Modern Cottage Garden* by Greg Loades) •

SNOWPOCALYPSE GARDEN RELIEF

Alan Cash

This is a follow-up to my usual "Out in the Garden" article because of the extreme cold we had in the last half of February. Most trees, shrubs, and perennials will survive but may not come back in the spring as fast as in typical years. An application of an organic liquid fertilizer will help all stressed plants respond to warmer weather. Following are comments on some plants found in most gardens:

- Perennials that are cut back to a few inches above ground level will come back.
- Plants such as pittosporum and other evergreen shrubs can be trimmed back to any point where stems are still green.
- For sago palms, cut off the outer half of the lower fronds, leaving the part closest to the trunk. Sagos are very slow growers and it may be several months before any change is noticed.
- Roses are very hardy and the cold should not affect them at all.
- The same applies to crepe myrtles.
- Fruit trees such as peaches, plums, and pears should come out as in a typical season.

For more information on these and other plants, call one of the following local, organic nurseries: Evergreen Garden Center, Fan-ick's Garden Center, Rainbow Gardens, or Shades of Green. •



HEAR YE, HEAR YE



The King William Association and the Lavaca Neighborhood Association are inviting all homeowners to participate in a

House Float PARADE

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BIKING FOR ALL AGES

JD Simpson, Executive Director for SA Bike Share

With social distancing being the new normal these days, we are all looking for ways to keep ourselves and others safe from the COVID-19 spread, but what about our physical and mental health?

Biking is one activity most everyone can enjoy no matter their age and studies have proven the benefits in physical health with improved cardiovascular fitness, reduced body fat, building strength and improved circulation.

However, an overlooked benefit of biking beyond just the physical impact is improved positive mental health. A study published in *The Lancet* analyzed exercise and mental health and found that while all exercise improved overall mental health, team sports ranked with the fewest number of bad mental health days (23.3% less than the average person). People who cycle came in a close second with 21.6% fewer bad mental health days.

This last year has certainly stretched us all in every aspect of our lives, and even taking a quick half-hour bike ride can make all the difference in handling the stresses of everyday life. A [2011 study](#) determined that partaking in



JESSICA BRUNSON TAKING OFF FOR A BICYCLE RIDE UTILIZING THE SA BIKE SHARE DOCKING STATION ON S. MAIN AVE.

physical activity outside was associated with greater feelings of revitalization, increased energy and positive engagement, as well as decreases in tension, confusion, anger and depression. Basically, exercise is great for mental health!

So let's address a few hurdles: what if you don't have a bike or maybe haven't ridden in a long time? Or the classic "I am too old to ride." Well, there are options for everyone. [AARP has a great article](#) on the benefits of an E-Bike, or pedal assist bike, that evens out the playing field for those who need a little boost up the

hills and relieves some stress on physical exertion. [San Antonio Bike Share](#) can be a quick and simple, inexpensive solution to get you out and about riding, even for short distances. They have regular bikes as well as a fleet of pedal assist E-Bikes that make biking easy around San Antonio. So let's all get out there and ride!

King William Members can enjoy a SA Bike Share Annual Membership for only \$80 using PROMOCODE: KWA2021

SAALM ARTIST OF THE YEAR: ANSEN SEALE

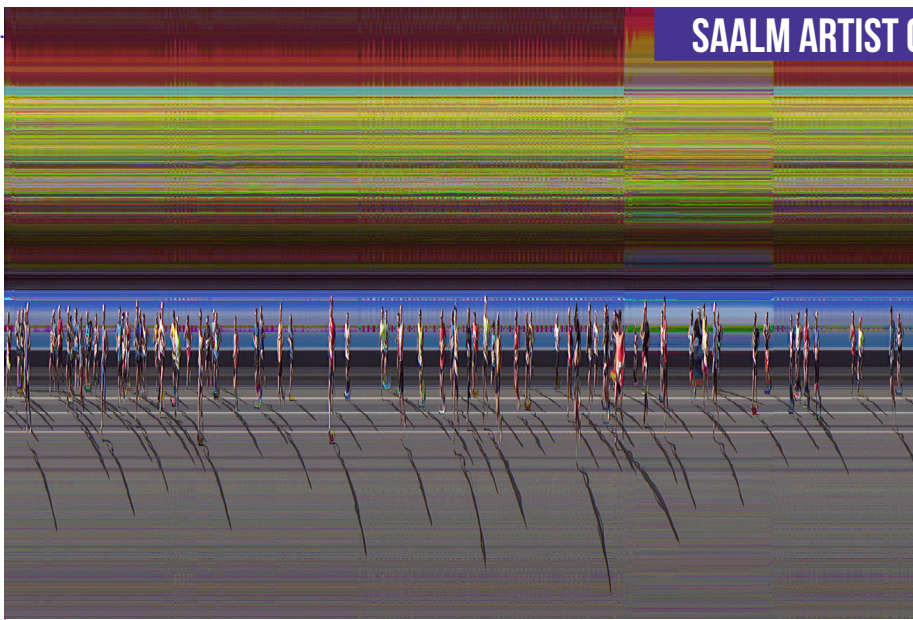


PHOTO OF ANSEN SEALE'S BERLIN MARATHON

Rudi Harst

This month I've told a number of friends about the extraordinary exhibit currently on display at the San Antonio Art League & Museum. Or at least, I tried to. In the first place, I was surprised to discover how few of them even knew about this small, but top-quality museum of contemporary and traditional art, tucked into a beautifully maintained Victorian house on King William Street. And then there's the difficulty of trying to explain the extraordinary scope, perceptual depth and visual impact of the exhibit currently being shown there by Ansen Seale, the SAALM 2020 Artist of the Year.

This exhibit provides a mind-boggling retrospective of Seale's remarkable development as one of the premier

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HIERARCHY OF NEEDS

Lesley Ramsey, Director of Southtown Studios at MBS Fitness

Maslow's Hierarchy of Needs, illustrated here, is a framework for understanding human needs for personal fulfillment. Unlike other developmental stage models, Maslow's Hierarchy isn't one you progress through once on your way to the top. Throughout our lives, the basic needs at the bottom of the pyramid continue to be our most basic needs.

The pandemic has challenged all of us on all the levels of this pyramid. In trying times like these, it can be tempting to think about our own self care as optional, in categories higher up on the pyramid. But, consider how this past year has impacted you personally on the lower levels of this pyramid:

- Are you sleeping well or enough?
- Are you experiencing financial stress?
- Are your personal relationships under strain?
- Have you felt isolated or lonely?
- Are you self-medicating with alcohol, chocolate or junk food?

Now is not the time to think of your evening run or Saturday yoga class as something extra you can give up for a while.

The self care you practice with exercise and yoga is meeting basic needs in the red and orange zones — the BASE of the pyramid. They are things we are lacking; things we need for a sense of security, safety and survival.

A little science: research evidence points to the effect of exercise, yoga, breathwork and meditation on:

- Decreasing the secretion of cortisol and reducing the physiological impacts of stress improving mental health overall
- Reducing anxiety
- Improving heart health
- Reducing the pain of arthritis
- Improving sleep
- Improving lung capacity

These are ALL red and orange zone indicators for your physical and mental well-being — things you need.

So, if you're thinking that these practices are something you don't have time for or can't prioritize, we hope you can shift your thinking to see these practices as vital to your most basic needs. Know that your time in the gym or on the mat is well spent to support your basic physical and mental well-being! •



WHAT'S COOKIN'?

Annic Hill

Okay, I will admit that I overate during the first few months of this pandemic. However, I am sure I wasn't the only one! Snacks, comfort food, and binge watching TV took the place of socializing with friends. So now it is time to lose my "COVID-19!"

I am not a vegetarian (I'm actually a card-carrying carnivore) but this recipe is fabulous – chocked full of great vegetables and flavor – only 2 grams of saturated fat per serving and loads of dietary fiber. Also very easy to prepare. Enjoy! •

VEGETARIAN BLACK BEAN CHILI

- 3 tablespoons olive oil
- 1 cup yellow onion, diced
- 1 cup celery, thinly sliced
- 2 large red bell peppers, diced
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 2 cans diced tomatoes, undrained
- 2 small zucchini, diced
- 3 cans black beans, drained and rinsed
- Salt and pepper to taste
- Greek yogurt and grated cheddar cheese to garnish

Heat oil in Dutch oven on medium heat. Add onion, celery, and peppers and cook until softened.

Add garlic, tomato paste, and spices and cook until tomato paste is browned and spices have bloomed.

Add tomatoes, zucchini, and beans. Bring mixture to a boil and reduce heat to low. Cover and simmer for 30 minutes.

Uncover and simmer an additional 20 minutes.

Serve with yogurt and grated cheese.



INSIDER'S VIEW OF THE FAIR



2019 KING WILLIAM FAIRGOER READY FOR 2022 • PHOTO BY CHRISTINA LEAVITT

CANCELED AGAIN – ALL EYES ON 2022

Syeira Budd

There was a distinct feeling of déjà vu when we received word at the tail end of January that the Fiesta Commission would be postponing Fiesta 2021 from April to June and a few of the largest Fiesta events would be sitting this year out entirely. It brings me no pleasure to admit that the Fair team is now somewhat used to postponement turning into cancelation and our cautious optimism turning into prudent realism. Although it was difficult asking the KWA board of directors to make a decision by February 1 to either postpone until June or cancel the 2021 Fair altogether, their decision to cancel has brought great relief by releasing us from a continued state of limbo and cementing our resolve to produce a safe, healthy, and successful Fair in 2022.

The unique challenges of hosting the Fair in our residential neighborhood during a so-called normal year are exponentially more complex during a pandemic year, beginning

with the concern for the safety and well-being of all neighbors. I'm hopeful our community's COVID-19 situation will be much improved by June so that some form of Fiesta celebrations can take place then, but our historic residential neighborhood is not a straightforward event venue that can afford to make all the necessary alterations to our operations and assume new risks in order to be in the first wave of mass gatherings that reemerge after this pandemic. We will gain much more in the long-run by observing how other events restart and applying what we learn to make future Fairs safer and more successful.

The Fair team is once again pausing our planning cycle and looking forward to regrouping in mid-summer to assess the outlook for next year's Fair, which is scheduled for Saturday, April 9, 2022. In the meantime, please stay safe and keep the spirit of Fiesta and the Fair alive in your heart. ¡Viva Fiesta! •

BLUE STAR CONTEMPORARY



Photo courtesy of Sanctuary City Project

CONTEMPORARY ART MONTH

Daniela Oliver de Portillo

Spring is coming to Blue Star Contemporary! BSC offers thought-provoking exhibitions and COVID-safe programming to keep nurturing your love for contemporary art. BSC's spring exhibitions remain on view through May 9, our ample gallery space and COVID safety protocols offer a safe space to enjoy a socially distant outing to engage with contemporary art. While distinct from each other, BSC's current exhibitions engage viewers with themes very much present in today's discourse. At BSC, we believe in presenting artworks that are thought-provoking and a reflection of our society's current state of mind. This month we highlight Sanctuary City Project, a social practice project of artists Sergio De La Torre and Chris Treggiari that engages communities to generate conversations around the history and policies of immigration in the U.S. Artists De La Torre and Treggiari invite the San Antonio community to reflect on their ideas, personal experiences, and histories of migration with a call and response, and with additional activities in the community. All are invited to participate in this interactive exhibition by calling 210-342-2667, press 0 then # to share your reflection on the question, "When did you forget you were an immigrant?" Please call today and be a part of the art.

March is Contemporary Art Month in San Antonio and BSC partners with CAM to present the traditional kick-off in a safe and dynamic way. On the evening of Friday, March 5, a BSC performance by San Antonio artist Xavier Gilmore

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KING WILLIAM CONCERT SERIES



Photo courtesy of Agarita Chamber Music

AGARTIA CHAMBER MUSIC

Nora Peterson

The KWA Cultural Arts Committee is excited to announce a FREE LIVE CONCERT to be performed by the Agarita Chamber Players in the San Antonio Housing Authority (SAHA) Park. They will perform out of Humble Hall, their mobile concert hall. The park will offer plenty of space for social distancing. Bring the whole family, something to sit on, and wear your masks.

According to Agarita's biography, they are "An innovative chamber ensemble dedicated to producing bold, collaborative musical events, Agarita offers a new way to experience classical and contemporary music. Founded by Daniel Anastasio (piano), Marisa Bushman (viola), Ignacio Gallego (cello) and Sarah Silver Manzke (violin), Agarita nourishes the local community through

artistic collaborations, community engagement, and free, adventurous programming. With concise, eclectic performances that are "splendid – unified, spirited, [and] well prepared" (Greenberg, Incident Light), the young chamber group offers a new, open-armed experience for listeners. "

Agarita has a goal to do one concert in each of San Antonio's ten Council Districts. We are thrilled that they have chosen to partner with the King William Association in Council District One. Agarita is a non-profit organization. Details can be found at www.agarita.org

Mark your calendars now for Agarita's FREE concert for all ages. Bring a picnic if you like. Sunday, March 28, 2021, 5:30 – 6: 30 P.M. SAHA Park, 818 So. Flores St. •

KING WILLIAM CONCERT featuring

AGARTIA CHAMBER MUSIC

March 28, 2021 | 5:30 pm – 6:30 pm

SAHA Park, 818 S. Flores St

Check out the Facebook Event Page under King William Cultural Arts District

SAALM ARTIST OF THE YEAR continued from page 4

photographers and conceptual artists in Texas over the past 40 years. Drawing on his mastery of photography, technology, mathematics and perceptual psychology, Ansen has long been inviting viewers to look at everyday objects with new eyes. But, since 2010, he's been pursuing a little-known genre called slitscan photography. Far from being just a visual curiosity, it's a substantial tool for the exploration of meaningful themes, based on a patented camera he invented.

Seale states, "Rather than suspending a single moment, my photography examines the passage of time. To accomplish this, I invented a modern digital version of the panoramic camera. In my version, a single sliver of space is imaged over an extended period of time, yielding the surprising result that unmoving objects are blurred and moving bodies are rendered clearly."

Like I said, it's hard to explain exactly what Ansen Seale's work is. All I can say is, it's definitely worth your while to stop by this amazing King William neighborhood museum, anytime – but especially now, while this mind-boggling exhibit is on display. Best of all, the exhibit is open to the public and free for viewing from 10 am to 3 pm, every Thursday, Friday and Saturday thru March 25th. SAALM, 130 King William St, San Antonio, TX 78204. •

CONTEMPORARY ART MONTH continued from page 6

will be livestreamed to an outdoor projection at nearby Artpace, 445 N. Main Ave. In collaboration with Contemporary Art Month and Slab Cinema, Gilmore's performance ushers in CAM and will be followed by a presentation of video work included in the CAM Perennial exhibition, this year curated by guest curator Doreen A. Rios titled *Here, the river runs both ways*. BSC hosts CAM Perennial Exhibition screenings of *Chapter 1: Territory as body* on

March 11 and *Chapter 2: Territory as land* on March 18. The videos included in each presentation will be looped for viewing on the exterior of our building after sunset to allow for a safe, distanced experience of the artists' work. As we optimistically look forward to a year since the COVID-19 took a hold of our lives, we praise San Antonio's creative community and its ability to band together and continue with the 35th annual celebration of Contemporary

Art Month, BSC is incredibly proud of San Antonio and its artists.

Save the date! Our Family Saturday Art Kit Pick Up is on Saturday, April 10 and on Tuesday, April 20, BSC's Curator and Exhibitions Manager, Jacqueline Saragoza McGilvray, talks with artist Ryan Takaba as part of the Texas Talks Art project. •

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