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Natural Awakenings is a family of 50-plus healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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letter from publisher



Mark and Shanna Warner

Back in 1982, my high school music coach,
 Donnabelle Adams, asked me to sing for a regional
 teacher's meeting. This is the song I chose. The
 words are idealistic and pure, a simple wish for
 peace that came from my youthful heart. Even with
 all the challenges and difficulties of my adult life,
 these beautiful lyrics have stayed with me through
 the years. These simple words continue to be a
 clarion call for me; a resounding bell or gong in my consciousness that reminds me to
 believe, to hope, to endure. As we celebrate our holidays and enter the promise that every
 new year brings, this is my personal wish for you, for our nation and our world.

Let It Begin with Me

Let There be Peace on Earth

by Jill Jackson and Sy Miller

Let there be peace on earth
 And let it begin with me;
 Let there be peace on earth,
 The peace that was meant to be.
 *With Earth as our mother
 *We are family.
 *Let us walk with each other
 In perfect harmony.

Let peace begin with me,
 Let this be the moment now;
 With every step I take,
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 To take each moment and live each moment
 In peace eternally.
 Let there be peace on earth
 And let it begin with me.

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Shanna

Shanna Warner



Pursue a Healthcare Career at Parker University



Parker University (formerly Parker College of Chiropractic), founded in Dallas in 1982 by Dr. James William Parker, has more than 1,800 students and 34 academic programs, including its famed chiropractic program. During the COVID-19 crisis, students still deserve the best education, experience, and degree that can be earned online without compromising any parts of their educational experience.

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Parker also offers a Master of Science degree in Functional Nutrition, Strength and Human Performance, and Neuroscience and Clinical Neuroscience. Students can pursue a Bachelor of Science degree in Psychology and Integrative Health within its Health Sciences program.

Within integrative and non-invasive health realms, Parker offers programs in massage therapy, radiologic technology, occupational therapy assistant, and diagnostic sonography. There are additional areas of study in natural, holistic, and wellness programs.

Location: 2540 Walnut Hill Lane, Dallas. For more information, call 800-637-8337, email AskParkerAdmissions@parker.edu or visit Parker.edu. See ad, page 7.

Native American Christmas Market

The tenth annual Native American Christmas Market in Glenpool will take place from 10 a.m. through 5 p.m., December 5. Everyone is welcome to shop and learn about Native American art from the actual artists and craftspeople who have created it. Attendees can participate at hands-on "make-and-take" art stations and browse handmade traditional clothing on display, including shawls, star quilts, Seminole patchwork skirts, ribbon shirts, vests, silver and turquoise jewelry, one-of-a-kind beadwork and more.

Visitors can bring a holiday list and stock up on crocheted scarves, baby blankets, baby moccasins, stationary, hand-painted wooden keepsake boxes, Christmas stockings and ornaments. Also available are handmade leather goods, handmade Native American dolls, Pendleton products and wood etchings. Local vendors will be selling Oklahoma-made paintings, prints, calendars, tees, decals, mugs and more.

Available food will include fresh Indian tacos, fry bread, popcorn and nachos. DJ Skeeter will provide music along with Glenpool students showcasing their musical talent. This cultural event supports INASA student activities and local artists.

Cost: \$1. Location: Glenpool Conference Center, 12205 S. Yukon Ave, Glenpool. For more info, call 918-998-4549 or visit Native American Christmas Market 2020 on Facebook.



Tulsa Dog Training Club Agility Trial

See trained dogs compete in a series of agility tests during the Tulsa Dog Training Club Agility Trial. Held at Tulsa Expo Square, this canine competition will feature athletic feats as dogs race through a challenging obstacle course. Handlers will guide their well-trained dogs as they navigate the course while battling against the clock, displaying their learned training, teamwork, concentration and conditioning.

The Tulsa Dog Training Club (TDTC), located at 6307 South 107th East Avenue, was organized in 1947 and is the oldest obedience training club in the state of Oklahoma. All members offer their services on a volunteer basis and receive no remuneration. The club's facilities include a 12,000-square-foot, air-conditioned building with plenty of paved, lighted parking. The adjacent outdoor area on either side of the building is completely fenced. TDTC exists to promote the training of dogs, to conduct dog training classes, and to promote sportsmanship in the training and exhibition of dogs. The club conducts group obedience and agility training classes, from puppy kindergarten to the highest levels of competitive obedience and agility.

Event Location: Tulsa Expo Square, 4145 E. 21st St., Tulsa. For more info, call 918-294-8557 or visit TulsaDogs.com.



Holiday Lights Around Oklahoma

Holiday light displays are a cherished American tradition. People of all ages have fond memories of these displays. Oklahoma has no shortage of this holiday display cheer. Nearly every city has a few light displays, but some have taken the art to a whole new level. The displays used to be considered big and extravagant if they had several hundred thousand lights on trees and figures. Now the bar has been raised with some displays including several million lights meticulously placed on trees, animated figures, bridges, water features and gigantic Christmas trees. Computer-controlled light shows synced to holiday music is the new norm. Some displays have even managed to place lights on holiday trains and horse-drawn carriages people can ride. Thank you, technology!

Although the weather outside may turn frightful, most locations are set up to enjoy the brightly lit scenery from the warmth and safety of a car. So grab some hot chocolate or warm cider and get out there. Make some holiday wonderland dreams come true.

Many of these great displays can be found in the calendar section at the back of the magazine.



Oklahoma is Going to the Birds

Bird watching (birding) has become a favorite pastime for many Oklahomans. Since there are nearly 500 species of birds found in Oklahoma, there is no shortage of variety. From bald eagles to prairie chickens, there is enough to satisfy any birder.

There are many birding hotspots across all of Oklahoma, including Red Slough Wildlife Management Area, Tishomingo National Wildlife Refuge, Mohawk Park, Tallgrass Prairie Preserve, Black Mesa Preserve, Hackberry Flat Wildlife Management Area, Lake Hefner and many more.

Oklahoma City and Tulsa both have wonderful places where people regularly meet up to watch birds. OKC has the Martin Park Nature Center, where people meet at 8 a.m. on the second Saturday of every month. Tulsa has the Oxley Nature Center, where people meet at 8 a.m. on the first Saturday of every month. Both meetups can be found in the calendar section at the back of this magazine.

Birding is a great educational and fun activity for the whole family. Anyone who has ever seen the Oklahoma state bird, the Scissor-Tailed Flycatcher, effortlessly spin in tight circles to catch a bug, or heard the majestic beauty of the Oklahoma songbirds understands.



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Parker University has been named the second fastest growing university in North Texas and the forth fastest in the state of Texas.

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Accreditation

Parker University is a not-for-profit university and is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges.



Retain Muscle Mass with Vitamin C



“Bulking up” evokes images of bodybuilders and possible steroid use, but new research shows that older people that simply eat lots of vitamin C-rich fruits and vegetables have greater skeletal muscle mass than those that don’t eat these foods. Researchers from the UK’s University of East Anglia collected data from more than 13,000

people between 42 and 82 years old and reported in *The Journal of Nutrition* that the highest amounts of vitamin C correlated with the greatest estimated skeletal muscle mass—an important finding, as people older than 50 typically lose half a percent of muscle fat each year, leading to frailty and a lower quality of life. Sixty percent of men in the study and 50 percent of women were not getting enough vitamin C from food or supplements. “We’re not talking about people needing megadoses. Eating a citrus fruit such as an orange each day and having a vegetable side to a meal will be sufficient for most people,” says study co-author Richard Hayhoe.

Eat Cruciferous Veggies for Cleaner Blood Vessels



Pile on the broccoli, Brussels sprouts and cabbage. In a study of 684 older Australian women published in the *British Journal of Nutrition*, researchers found those that ate more than 45 grams of cruciferous vegetables a day—about one-quarter cup of steamed broccoli or one-half cup of raw cabbage—were 46 percent less likely to have calcium build-

up in the aorta, the main vessel carrying blood from the heart into the body. Fatty calcium deposits in the aorta are a key marker of vascular disease linked to heart attacks and strokes. “One particular constituent found abundantly in cruciferous vegetables is vitamin K, which may be involved in inhibiting the calcification process that occurs in our blood vessels,” says lead author Lauren Blekkenhorst, of Edith Cowan University, in Perth.

Nothing is so potent as the silent influence
of a good example.
~James Kent

Nap Less for Heart Health




For normal nighttime sleepers, taking a midday snooze for more than one hour may hurt cardiovascular health, reports a surprising new study from Guangzhou Medical University, in China. After analyzing 20 studies of 313,651 people, researchers found those people that napped longer than 60 minutes after sleeping more than six hours at night had a 30 percent greater risk of death from any cause and a 34 percent higher risk of heart disease. However, for people sleeping less than six hours at night, naps of 30 to 45 minutes “might improve heart health,” says study author Zhe Pan. Napping, long thought to be healthy, is under increasing scrutiny, with some research linking it to high blood pressure, diabetes and poor overall physical health. A 2019 Swiss study, published in *Heart*, of 3,500 people concluded that napping once or twice a week reduces heart disease risk by 48 percent, but benefits decline with more frequent naps, perhaps because ongoing sleepiness can point to underlying health disorders.



elly.fairyale/Pexels.com

Practice Yoga to Improve Atrial Fibrillation

Yoga postures and breathing may significantly reduce episodes of atrial fibrillation, suggests a new study—good news for the one in 11 Americans that suffer from its anxiety-producing palpitations, racing pulses, dizziness and shortness of breath. In the study, which was presented to the European Society of Cardiology, 538 patients underwent 12 weeks without yoga and then 16 weeks of attending 30-minute yoga classes every other day. During the yoga period, their fibrillation episodes were halved, dropping on average to eight as compared to 15 in the non-yoga period. Average blood pressure was 11/6 millimeters of mercury lower after yoga training. The patients also reported improved moods and energy. “Our study suggests that yoga has wide-ranging physical and mental health benefits for patients with atrial fibrillation, and could be added on top of usual therapies,” says study author Naresh Sen, M.D., of Sunil Memorial Superspecialty Hospital, in Jaipur, India.



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Shreema

Conscientious Director

Amazon Climate Label Facilitates Greener Choices



Amazon is labeling approximately 25,000 products with a Climate Pledge Friendly (CPF) designation to meet a commitment to become carbon neutral by 2040. The selection includes grocery, household, fashion, beauty and personal electronics products, as well as from brands such as Seventh Generation and Burt's Bees Baby. CPF products are clearly labeled in shopping results, have additional sustainability information on their product page and are featured in a dedicated section of the online store.

The Seattle company, which currently delivers 10 billion items a year, has an enormous carbon footprint due to its commitment to speedy deliveries, transportation-related emissions and data centers. A paper in *Environmental Science & Technology*, published by the American Chemical

Society, found that going to a physical store actually has a lower carbon footprint than shopping on Amazon because customers tend to buy fewer items at a time online. When they go to a store, they're more likely to stock up and reduce the need for more trips.

Skin Relief

California Passes Toxic-Free Cosmetics Act

California governor Gavin Newsom has signed the Toxic-Free Cosmetics Act into law, which bans 24 ingredients from cosmetics and personal care products sold within the state. The list includes mercury, formaldehyde, per- and poly-fluoroalkyl substances, endocrine-disrupting phthalates and long-chain parabens used as preservatives, among other chemicals. Many have been linked to breast cancer, reproductive and neurological damage, birth defects, organ system toxicity and developmental delays.

National standards lag behind the rest of the world and have not been updated since being created in 1938. Despite the industry's immense size, only two pages of the 829-page Food, Drug and Cosmetic Act govern cosmetics. The new California law will make products safer for everyone, but Black women stand to benefit more because they represent the biggest U.S. market for cosmetics. Environmental watchdog Treehugger notes that Black women account for an estimated 22 percent of the country's \$42-billion per year personal care products market, despite comprising less than 7 percent of the national population.



Fast Foodie

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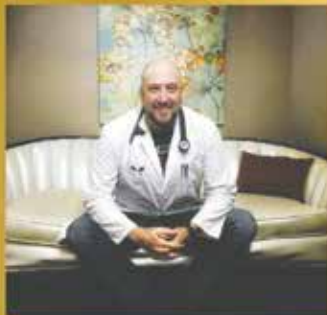
MilkRun, a Portland, Oregon, company founded by farmer and entrepreneur Julia Niiro, is supporting local farmers on small farms by enabling them to sell produce safely and directly

to consumers. The online platform allows

farmers to set their own prices, eliminating wholesalers, shippers and truckers. After consumers place orders, farmers deliver the produce to an aggregation hub where MilkRun boxes and ships it.

Niiro explains that while wholesale orders from restaurants have decreased dramatically due to COVID-19, direct purchasing from consumers is offsetting the losses. By re-scaling, creating new safety practices and adapting to direct consumer demand, farmers are able to turn a profit during the pandemic. According to the American Farm Bureau Federation, farmers receive roughly 8 percent of the purchase price from grocery stores, while MilkRun estimates a return of up to 70 percent of the purchase price through its platform.

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Ankrum Institute

A Fundamental Change in Bodywork Education

by Shanna Warner



Leigh Ankrum, the founder and director of the Ankrum Institute, is a bodywork practitioner with 34 years of experience in teaching and private practice. The institute opened in 2016 as a way for Ankrum to share her decades of education and experience, training new bodywork practitioners for a new future of healthcare. Ankrum tells students that the coming future is integrative. She believes in and practices a new way of looking at bodywork; it is what she calls a “paradigm shift.”

This is a fundamental change in the approach to bodywork and the traditional principles that form the basis of the practice. The shift is about viewing the body as a whole, integrated system. Ankrum believes that this is the direction in which the entire field of healthcare will be headed in the future.

She is seeing that future unfold with clients and students, because many are looking for healthcare that is integrated and more sustainable. The traditional focus of bodywork practitioners has involved managing pain and treating symptoms. According to Ankrum, that is important, but it is no longer enough. Ankrum looks at the body as a whole to find the core issues that create pain patterns. Symptoms are seen as a map; they are not the end of the investigation into the cause of disease, but the beginning.

Ankrum's ability to bring decades of experience and education into a synergistic whole is the basis of the institute's curriculum. After training around the world—including studies in Germany, Canada, the United Kingdom and the USA—Ankrum brought together multiple systems and styles into one comprehensive program. Her knowledge of anatomy and physiology is deepened by her holistic understanding of the body's organizing principles. It all

comes together with a passion for learning and teaching.

Ankrum focuses on learning from each client and student. She does this by intense listening. Her life philosophy is that “listening is key; it allows for communication and connection to come forward.” Her business philosophy is one of less ego and more cooperation. She tries to listen and connect with each student and client, leaving ego out. Ankrum explains it this way, “Ego says that I know what you need better than you do. But instead, I listen to your body because it will tell me what to do.” Ankrum teaches these philosophical perspectives to students, showing them how to listen, understand, connect and collaborate.

Because of Ankrum's deep passion for learning and teaching, interactions with students are fully collaborative. It is a way to treat the learning and practice of bodywork as a partnership. She believes that learning at the institute should be fun. When she talks about teaching, the excitement is evident in her voice: “I love teaching so much. I wake up and jump out of bed and cannot wait to get in front of students to share, laugh and learn. This is what I am meant to do.” Ankrum wants to mentor and share as much as possible in the goal of empowering others to make positive life changes; she says that to her students at the beginning of each training and watches it come true with each class and each student.

Students experience the founder's passion and energy during lectures, where they are part of the learning process. Their life experiences and ideas are used as a way to understand the core principles. Through lectures, classwork, videos, groups and clinic practice, students are immersed in learning and understanding every system of the body in just over two

Principles, not just techniques. Listening to the body, not applying formulas. Empowering, not fixing.
~Leigh Ankrum

years. By focusing on the interconnections between the body's many systems, students learn to find and understand the origins of dysfunction. They are taught principles to release the tensions and patterns that create the dysfunctions. This allows a natural healing process to occur, as the body comes back into balance between the systems, restoring ease, health and vitality.

By teaching manual therapy with myofascial work, visceral manipulation and craniosacral therapy, the Ankrum Institute trains students to become holistic, integrative practitioners. It is a fundamental change in bodywork that brings body systems together, practitioner and client together, and teacher and student together—fostering true partnership that leads to increased wellness. And this is what Ankrum believes is the future of healthcare.

The program at Ankrum Institute is open and accessible to anyone with a desire to learn, whether a prospective student already has a career in the field (massage, yoga, physical or occupational therapy, nursing, personal training) or is a complete beginner. Enrollment is open now. The next class begins January 21.

Location: 3331-A E. 31 St., Tulsa. For more information, call 918-212-4206 or visit AnkrumInstitute.com. See ad, page 19.



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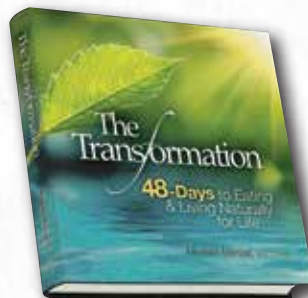
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Image Courtesy of Josh Prigden

PAY WHERE WE PLAY

Boosting the Hometown Economy

by Sandra Yeyati

A message we hear throughout the year, but especially during the holidays, is, “Buy local.” The idea is to purchase from locally owned and operated businesses. Facing competition from big chains like Walmart or internet companies like Amazon, they need our support. But it’s not just a nice thing to do; consumers that buy local help build robust hometown economies with a long list of impressive benefits.

“About three dozen studies have found that two to four times more money stays in the economy for every dollar spent in a locally owned business rather than a nonlocal one,” says economist Michael Shuman, author of *The Small-Mart Revolution*, *Put Your Money Where Your Life Is* and *The Local Economy Solution*. “What’s more, the community enjoys a multiplier effect, generating two to four times more job opportunities, two to four times more income and two to four times greater tax collections. If your interest is in reducing poverty and raising social equality, locally owned businesses are your ticket to doing so.”

According to Shuman, cities that rely on just one or two large companies to drive their economies are far less self-reliant and less resilient than towns that support a diversified base of smaller, locally owned businesses. “The more you have control over your economy, the less likely you’re going to be hurt if one big company splits for Mexico,” he explains.

Cities that have many thriving local businesses enjoy other benefits, too. “We know from political science studies that they have higher rates of voting participation and vol-

unteering,” Shuman says. “Sociology studies show lower crime and greater degrees of social organization and civil society. Health studies reveal that local business communities replace a lot of unhealthy, imported food with healthier, fresher, less-packaged food that lowers rates of diabetes and obesity. Unique local businesses attract tourists. And because they shorten the lines of distribution and supply, we know they bring down carbon footprint.”

Phoenix business leader Kimber Lanning, who opened a record store in 1987 and an art gallery in 1999, has witnessed firsthand the transformative power of local commerce. “Doing business with people we know heightens our connection to place, and when we care about place, we’re more likely to vote, volunteer and give charitably.”

In 2003, Lanning founded the nonprofit Local First Arizona (LFA) to help local businesses thrive and eventually eliminate city, state and federal subsidies that

multinational companies were receiving. “Big chains move in, claiming they’re going to drive so much sales tax revenue that the city should pay them to be there,” she explains. “Cabela’s [the outfitter chain] got a \$68 million subsidy from Glendale to open one retail location. These sweetheart deals extract money out of the community that could have been spent on parks, libraries and fire departments, but instead goes to shareholders living elsewhere.” Responding to political pressure by LFA and others, Arizona passed a law banning these subsidies five years ago—a major victory—leveling the playing field for smaller businesses, according to Lanning.

As the author of 13 destination guidebooks, Florida-based travel journalist Karen T. Bartlett helps people discover the often-hidden flavors and experiences unique to their own region, meeting neighbors and supporting the local economy along the way. “From kayak adventures and foodie tours to community theater productions and galleries featuring local artists, fun and meaningful ways to enjoy the distinctive offerings of home abound,” she says.

“Think local first,” Lanning says. “Spend your money with people you know in your community—from haircuts to oil changes. Use a local pharmacy. Go to the farmers’ market and move your money to community banks and credit unions.”

“For people to get excited about the purchase of a five-dollar hammer and not pay attention to where they have their mortgage is utterly irrational. Rank [in] order your business expenditures, which starts with your home, then probably goes to your car and then health care, and think about ways of localizing those things, rather than every grocery item,” Shuman advises.

“Usually, you find cheaper, better-quality goods and services, or at the very least, comparable options,” he says, adding that even if a purchase is slightly more expensive or a bit less convenient, favoring the neighborhood vendor is always going to benefit the local economy.

Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.



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Fresh Rituals for a New Year



The end of one year and the beginning of another marks a hopeful transition that many of us choose to celebrate with fireworks and glitzy parties. Here are several New Year's rituals to help us connect more deeply to our loved ones, to ourselves and to a richer sense of purpose as we embrace the promise of 2021.

Reevaluate the past year. While many people focus only on what lies ahead on New Year's Day, consider taking a therapeutic and spiritual look at the past 12 months, evaluating personal accomplishments and deviations from goals and aspirations. Take note of lessons learned and challenges faced, as well as the top 10 highlights of the year.

Declutter. In Italy, people throw things out of their windows on New Year's Eve; getting rid of items that are no longer of service is just as important as welcoming the new. In that spirit, this is a good time to gather clothing, books and other items collecting dust and donate them to a local charity where they may be useful to someone else.

Formally invite prosperity. Many cultures around the world celebrate New Year's Day with rituals that are meant to ward off bad luck and attract good fortune. Some of them espouse throwing money over the threshold the first time someone enters their home after the new year has begun. Here's a modern twist: Gather the family together and bless a few coins or paper bills, either through prayer or as a statement of hope and anticipation. Then, donate the money to charity as a way to spiritually pay it forward.

Spend New Year's Eve in meditation. Quiet meditation or prayer is a great way to usher in a sense of peace and harmony. Make sure the session begins before midnight and extends into the new year. This can be done at home alone, with friends or at a local meet-up group, yoga center or spiritual organization.

Place special emphasis on the first 12 days. For many people, the first 12 days of a new year represent each of the 12 months to come. To set a positive course for 2021, spend each of those days exhibiting aspirations for the coming year, such as volunteering at a soup kitchen to manifest an interest in being more charitable, or reading a book about immigrants to become more culturally sensitive.

Adapted from an Arcadia Publishing contribution.

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Mind-Body Fitness

How Mindfulness Benefits Workouts

by Marlaina Donato

When mindfulness approaches are applied to fitness training—which can be as simple as breathing consciously and tuning into subtle body sensations—the results can be fewer injuries, improved immunity, a lowered stress response, a brighter mood and a deeper commitment to staying fit. Being in the present moment can also spark enjoyment.

Research shows that mindfulness training can also significantly raise self-esteem, and women that cultivate meditative self-compassion experience a boost in acceptance of and satisfaction with their bodies.

“In nature, the bigger the eye of the storm, the more powerful the winds, suggesting that our workout potential and enjoyment is dependent not on how hard we push, but how calm and self-aware we can be,” says John Douillard, DC, author of *Body, Mind, and Sport* and the founder of LifeSpa, in Boulder, Colorado. “Slowing down and being aware of the body allows the mind to attend to muscles, which can increase blood supply, lymph drainage and replace a potentially damaging fight-or-flight response during a workout with a rejuvenating parasympathetic response.”

Tapping into Contentment

Mindful fitness instructor Ellen Barrett, in Washington Depot, Connecticut, offers clients a full-body experience with a fusion of movement forms and weight training. “We think mindfulness is some sort of yoga thing, but everything can become mindful. Jumping jacks and biceps curls can be mindful. It’s not the movement, but the awareness behind the movement. Mindfulness is about being present.”

Adding in balance training, tai chi and Pilates, and swapping a bit less time on the treadmill for a few moments of meditation or visualizing positive results can go a long way, say fitness experts. Debbie Rosas, founder and co-creator of Nia—a body-mind conditioning program anchored in martial arts and modern dance—underscores the importance of listening to cues. “Notice any areas that feel tight, blocked, rigid and bound. This wisdom through felt sense and awareness will immediately alert you to stop, adjust and slow down.”

The Portland-based co-author of *The Nia Technique* points to the fun factor. “I believe that when you stop exercising and start moving, anything you do can bring you enjoyment. Do things that leave you feeling successful and motivated to do them again.”

Breath as a Compass

Practicing conscious breathing fortifies the positive impact of exercise and can prevent injuries like hernias that can arise when the breath is held during heavy lifting. “One of the most powerful tools for mindfulness during a workout is following your breath. Mindfulness is the key, but it’s hard to be mindful when you’re breathing 26,000 times a day into the upper chest, activating a fight-or-flight response,” says Douillard.

Breathing through the nose instead of the mouth during exercise bolsters mindfulness, and as Douillard has demonstrated in studies, causes brain waves to shift from stressed beta waves to a meditative alpha state. “It takes longer to fully inhale and exhale during nose breathing, which creates a baseline of calm,” she says. “Don’t rush. Be aware of the body breathing and feel each muscle contracting and relaxing with each rep and stretch.”

Chicago-based fitness expert Stephanie Mansour, host of the PBS weekly *Step it Up with Steph* show, concurs. “Sync your breath with your movement. Mindfully transition from exercise to exercise.” Mansour also suggests working out next to a mirror to improve alignment and avoiding the distraction that can come with having a workout buddy. “Another trick to improve form is to put on headphones and zone out by listening to white noise so that you have no distraction,” she says.

Exercising with deep body-presence is something we do for ourselves. “If you’re really paying attention, you can steer yourself towards invigoration and away from irritation. The body is always providing feedback, but we’re often too ‘out of body’ to notice. Giving full attention to your body is a big gift of self-love,” says Barrett.

“Breathe. Move. Be free,” adds Mansour. “This is your dedicated ‘me’ time and you can use it to feel good about yourself.”

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

More Helpful Tips

Body scan from Ellen Barrett:

Establish a body scan ritual before working out. Either sitting or standing, close your eyes and take a second or two to focus on each part of the body with your mind's eye. Start with the feet and then move up to the ankles, legs, spine, etc.

Nasal breathing from John Douillard:

Establish a comfortable, slow, nasal breathing rhythm in the beginning of your workout and try to maintain that throughout your practice. Give it time. It will take about three weeks of nose breathing practice to begin to run at the same pace or lift the same weight as you did before as a fight-or-flight mouth breather.

To begin: Breathe deeply in and out through the nose with each rep on the weight machine and lengthen your nasal breathing during cardio [workouts]. As soon as your nasal breath rhythm begins to speed up or you have to open your mouth to breathe, slow down and reestablish a comfortable rhythm of nasal breathing again. Once the mindful calm has been reset, begin to increase your intensity, letting the nose breathing set the pace.

Breathing tip from Stephanie Mansour:

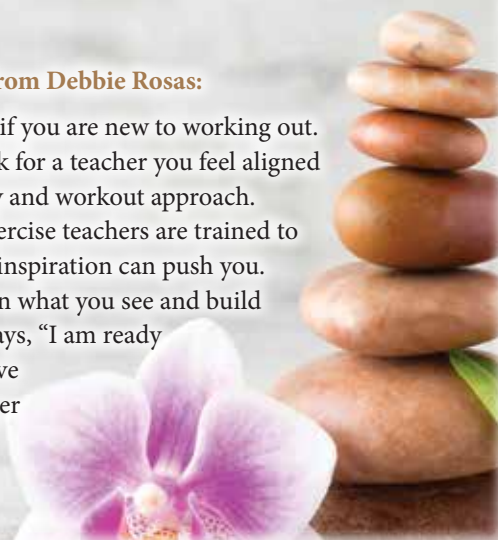
Inhale on the easier movement and exhale on the more challenging movement. For example, inhale as you bend down into a squat and exhale as you press up to standing.

Pull your belly button in toward your spine in all workouts. Engage your core whether you're working your legs, arms, back or chest.

Workout advice from Debbie Rosas:

Do some research if you are new to working out. Go online and look for a teacher you feel aligned with in philosophy and workout approach.

Build slowly. Exercise teachers are trained to inspire you. Their inspiration can push you. Always do less than what you see and build when your body says, "I am ready for more. Let's move faster and in a larger range of motion."





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The Gift of Yum

Homemade Treats Spark Holiday Cheer

by April Thompson

Gift-givers seeking memorable presents while avoiding holiday shopping stress need look no further than the kitchen. Edible homemade gifts make special, welcome treats, help slow down the shopping frenzy of the season and increase creativity in the kitchen. While 79 percent of recipients return some holiday gifts every year, food and handmade items rank in the top 10 treasured gifts, according to Survey Monkey research.

Mackenzie Burgess, a Fort Collins, Colorado, dietitian and recipe developer at Cheerful Choices, encourages holiday gift-givers to think beyond the Christmas cookie. One of her go-to holiday gifts, a lentil and brown rice dry soup mix, features colorful dry ingredients layered in a Mason jar and the recipe attached with a pretty ribbon. “This shelf-stable dry soup mix is the perfect, plant-based meal to make on a chilly night, and makes for a unique, affordable and thoughtful gift,” says Burgess, adding that the Mason jars can be repurposed.

For a sweet but healthy treat, Burgess offers freezer-friendly energy bites, which can be made in large quantities in advance and frozen or refrigerated, then popped into jars at gift time. These gluten-free, vegan treats can be made with common pantry items, including a base of oats, nut butter and a sweetener like honey or agave, as well as “fixings” such as shredded coconut, dried cranberries or goji berries, chopped nuts, or chia or flax seeds to boost the flavor and nutrition. Natural food coloring can also be added to foster a more festive look.

To give a gift a “wow” factor, blogger Shelley Fulton, in Hudson, Ohio, recommends making a themed basket that may include a mix of homemade and purchased items. “You can take your signature spice rub or that homemade soup mix everyone raves about and expand into a gift basket with other products that support the theme, like barbecue tools for the spice rub or a kettle with cute soup bowls and a new ladle for the soup mix,” says Fulton, the creator of Two Healthy Kitchens. For the dog lovers on a holiday list, Fulton suggests making homemade sweet potato dog biscuits, which can be bundled in a dog bed with other canine comforts.

Stephanie Hafferty, author of *The Creative Kitchen: Seasonal Plant Based Recipes for Meals, Drinks, Garden and Self Care*, suggests handcrafted items like infused vinegars, herb salts, herbal tea blends or spice mixes for foodies on the holiday gift list.

Infused concoctions can be easily made by steeping a light vinegar like champagne or cider with rosemary, thyme or other perennial herbs, along with a spiraled citrus peel, for two weeks before gifting. “Infused vinegars look so lovely and go with so many winter dishes. They also have the advantage of being antiviral and having the shelf life of a few years,” says Hafferty.

Herb-infused olive oils make another gorgeous foodie gift, but Hafferty warns of botulism risk if the herbs are not completely dried beforehand and fully submerged in the oil. “Make this one closer to the time you plan to give it and include instructions to use within a few weeks,” recommends the Somerset, England, author.

Unusual spice mixes are another favorite gift of Hafferty’s, which can encourage home cooks to get creative. “*Ras el Hanout* is a versatile Moroccan spice blend that elevates dishes to another dimension. You can upcycle an old tin and decorate it with images of Moroccan tiles and add a homemade booklet with recipe ideas,” she says.

For a hostess gift that will be eaten immediately, Fulton loves making fruit kabob bouquets, made festive by using red and green fruits like strawberries and kiwi cut into holiday-themed shapes like stars and bells. “This is a fun one to make with kiddos,” adds the blogger.

If concerned about preparing food items for someone due to COVID-19, Fulton suggests assembling a counter-top herb garden or a handmade book of favorite recipes, with a promise to cook together soon.

The spirit that goes into holiday gift-making matters as much as the end product. Making thoughtful presents for loved ones is a great time to reflect upon our blessings, especially those that have blessed our lives this year.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

Holiday Gift-Giving Recipes

Lentil Brown Rice Soup

YIELD: 6 SERVINGS

If presenting the soup mix as a gift, layer dry ingredients in a Mason jar and print recipe to attach to the jar.

1 cup green or brown lentils
½ cup uncooked brown rice
½ cup green split peas
1 Tbsp Italian seasoning
1 Tbsp dried parsley
1 Tbsp garlic powder
½ tsp ground black pepper
2 large vegetable bouillon cubes
(1 cube should be equivalent to
1 Tbsp of granulated bouillon)
8 cups water

Optional:

1 medium yellow onion, diced
1 Tbsp canola oil
1 can (14.5 oz) diced tomatoes, no salt added

Optional: Sauté onion in oil in a large stock pot over high heat for 3 minutes. Add can of diced tomatoes.



Add dry soup ingredients and 8 cups of water to the same large stock pot (unless starting with this step). Bring the mixture to a boil over high heat. Lower the heat and simmer for 40 minutes, covered with a lid. Taste and adjust seasonings if necessary. Serve with crusty bread and parmesan cheese, if desired.

Store any leftovers in the fridge for up to 4 days or freeze for up to 4 months.

Recipe from Mackenzie Burgess, Cheerful Choices.

Christmas Cocoa Crunch Bark

YIELD: 30 PIECES

½ cup 100% cocoa powder, unsweetened
½ cup coconut oil, melted
2 Tbsp raw quinoa
2 Tbsp maple syrup
¼ tsp stevia
¼ cup dried cranberries
¼ cup pistachios, roughly chopped
2 Tbsp candied orange, diced in small pieces
½ tsp pink Himalayan salt
2 Tbsp white chocolate, melted (optional)

Toast raw quinoa over medium-high heat until slightly browned and nutty aroma.

In a small bowl, mix together cocoa powder and melted coconut oil. Stir in toasted quinoa, maple syrup and stevia.

Pour mixture onto a plate or sheet pan lined with parchment paper or wax paper. Sprinkle pistachios, dried cranberries, candied oranges and salt over the melted chocolate mixture. Drizzle white chocolate over the top and use a toothpick to create swirl effect if desired.

Freeze for 1 hour. Break into pieces and enjoy. Store leftovers in freezer for up to 3 months.

Recipe from Mackenzie Burgess, Cheerful Choices.



Ras el Hanout Spice Mix

This is lovely sprinkled onto roasting vegetables or added to falafel mixes, soups, stews and tagines.

1 tsp cumin seeds
1 tsp ground ginger
1 tsp coriander seeds
1 tsp ground nutmeg
1 tsp turmeric
1 tsp fennel seeds

2 tsp cinnamon or 1 cinnamon stick, ground
1 tsp smoked paprika or red pepper flakes
1 tsp black peppercorns
1 tsp cayenne (optional for spicier version)
5 star anise
½ tsp ground cloves
Seeds from 10 cardamom pods
1 tsp dried rose petals

Dry roast the cumin, coriander, peppercorns, fennel and star anise in a cast-iron skillet until lightly toasted. This takes a minute or two and smells gorgeous. Cool and mix with the other ingredients, grinding in a pestle and mortar or spice blender until the mixture resembles a fine powder. Store in a glass-lidded container. This spicy mix is good for up to six months.



Energy Bites

YIELD: 12 LARGE BITES OR 24 SMALL BITES

These energy bites are the perfect snack to grab and go. They're completely customizable and take 5 minutes or less to make. It's easy to create festive, colored bites for the holidays. Simply add one-quarter cup of oats into a bowl with 15-30 drops of food coloring and give it a stir. Then, simply roll your finished balls in the food-colored oats.



1 cup rolled oats or quick oats
½ cup add-ins (dried fruit, chocolate chips, shredded coconut, chia seeds, ground flaxseed, chopped nuts or a mixture)
½ cup nut or seed butter (peanut butter, almond butter, cashew butter, sun butter)
1 Tbsp liquid (plant-based milk, dairy milk, water, coconut oil)
2-3 Tbsp honey or maple syrup

Add oats, add-ins, nut or seed butter, and liquid to a large bowl. Stir to combine. Mixture should be slightly sticky, but still crumbly.

Add in honey or maple syrup, 1 tablespoon at a time, to reach desired sweetness. Stir until mixture starts to come together in a sticky ball. If the mixture is still too dry, add in 1-2 more tablespoons of liquid.

Place bowl in the freezer for at least 30 minutes to chill, then roll mixture into balls using hands.

Store in the fridge until ready to eat or pack into a jar for a gift. Store any leftovers in fridge for up to 1 week or the freezer for up to 3 months.



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Rosemary - Infused Vinegar

This fragrant, versatile vinegar makes a delightful holiday gift that can be enjoyed for months. Rosemary vinegar is delicious in salad dressings, sprinkled on vegetables (it is especially good on Brussels sprouts, cabbage and other brassicas) or added to sauces and homemade mayonnaise. It is also an excellent natural cleaner.

Fresh sprigs rosemary

Light vinegar (organic apple cider vinegar or white wine vinegar)

Clean bottles

Labels

Wash the bottles and lids until they sparkle and then dry them thoroughly. Shake the rosemary sprigs to dislodge any dirt or insects if taken from the garden, then rinse and air dry.

Cut the rosemary so that it is two inches shorter than the bottle. This is so that all of the herb will be submerged in the vinegar. Place two sprigs of rosemary into each bottle. Cover with vinegar until the bottle is almost full and replace the lid.

Label creatively; a small sprig of dried rosemary tied to the outside of the bottle is a nice touch.

The vinegar will store for a long time in the refrigerator. When using in the kitchen, the level of vinegar will fall below the sprigs. When this happens, remove the rosemary—the vinegar will still taste of the herb. Use up any vinegar past its best as a bathroom cleaner.

Recipes courtesy of Stephanie Hafferty.

'TIS THE SEASON TO SAVE THE PLANET

Eco-Friendly Holiday Ideas

When the holiday classic *Jingle Bells* starts playing in department stores, Americans deck the landfills with extra trash. According to the National Environmental Education Foundation (NEEF), garbage increases by 25 percent between Thanksgiving and New Year's Day—or about 1 million extra tons each week—including 38,000 miles of ribbon, \$11 billion worth of packing material and 15 million discarded Christmas trees.

As this waste decomposes, dangerous greenhouse gases such as methane and carbon dioxide are emitted, adding to the climate crisis. This season, include Earth on the gift list by reducing holiday-related waste.

To stop the uptick of mailed catalogs, call stores and request to be removed from mailing lists.

Reusable shopping bags are not just for groceries. Bring them to malls and boutiques to cut down on single-use store bags.

Wrapping paper, ribbons and bows are beautiful, but create waste. Consider eco-friendly alternatives like towels, tablecloths, scarves and even socks.

According to NEEF, an estimated 2.6 billion holiday cards are sold in the U.S. every year. That's enough to fill a football field 10 stories high. Be kind to the planet by switching to e-cards or making personal phone calls.

At the holiday table, use cloth napkins and tablecloths instead of paper. They're festive, elegant and best of all, washable and reusable.

Forgo plastic cutlery, paper plates and single-use plastic cups, too. An extra dishwasher load is better than bags full of trash, plastic being the



worst non-biodegradable culprit.

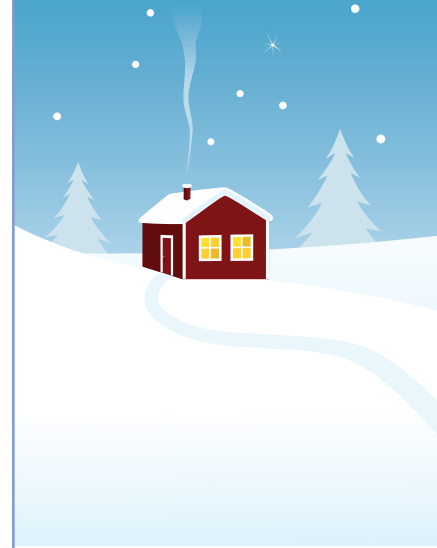
Social-distancing Americans are expected to flock to the internet for gifts. Consider saving the shipping boxes and packing materials for later use or donating them to a mailing center that would be happy to reuse them.

The most environmentally friendly gifts eliminate wrapping and shipping altogether. Here are some favorite low-waste ideas:

- Charitable donations
- Cooking, music, craft or other lessons
- Passes to museums or amusement parks
- Gift cards for restaurants or bookstores
- Music downloads or spa treatments

Most towns recycle Christmas trees and process them into mulch for use in parks. Contact a local waste management agency for details.

Wishing you
the happiest
of holidays
and a
wonderful
new year!



REINVENT THE HOLIDAYS

More Meaning, Less Stuff

by Ronica O'Hara



Like many parents, Alicia Hough, a corporate wellness expert in New York, used to go overboard plying her kids with gifts at Christmas. “I was always busy with work, which is why I thought that buying my children the latest or most trending toy in the market will make up for the time I’ve lost,” she recalls. “As kids, they indeed get excited with material gifts, but that joy is just temporary, and that’s what I realized throughout this pandemic. In the end, it’s the relationship with people you value that matters, and not these material things or celebrations.”

Hough, who considers the pandemic a turning point, is not alone. In this turbulent year, holiday celebrations will likely be smaller, quieter and less opulent for many families. Yet the crisis has also set the stage for families “to create a holiday that is more in keeping with their values, finding deeper connection and meaning with less rushing around and spending less money,” says Laura Markham, a clinical psychologist and author of *Peaceful Parent, Happy Kids*.

Besides passing up traveling and parties for cozy pajama times, many families are seriously rethinking their gift-giving habits. Although presents are a beloved part of Christmas, Hanukkah and Kwanzaa celebrations, many families have come to wonder how the shopping and spending has gotten so out of hand. According to *Investopedia*, in 2019, the average American spent \$942 on holiday gifts, a figure that has steadily mounted in the last decade to total \$1 trillion. An estimated \$16 billion worth of those gifts are unappreciated and tossed aside, reports *Moneyish*.

This pandemic season offers “a chance to reset expectations if festive gift-giving has become excessive in recent years,” says Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*. “Perhaps most important is to have a conversation with children about buying less stuff and avoiding waste,” she adds. “They may have their own ideas about how to reduce waste and relish the challenge of thinking about what they really want.”

Getting Creative

For Evan Porter, of Milton, Georgia, a parenting writer at *DadFixesEverything.com*, “Less clutter and fewer gifts are something we’ve been working toward anyway.” This year, he and his wife plan to drastically pare down their kids’ gifts, possibly using this formula: “Something to read, something to wear, something you want and something you need.” Instead of presents under a tree, Dawna Campbell, of Bigfork, Montana, founder of *ThetaHeartHealing.com*, will give her kids an unplugged (and coronavirus-compliant) nature retreat where they can investigate the natural environment, work with animals and journal about how to make the world a better place.

For parents that want to embrace creativity, low costs and sustainability this holiday season, Kempton suggests the following gift-giving ideas:

- Build anticipation with a treasure hunt or by opening presents over a period of time.
- Incorporate a sense of wonderment with a wooden magic set or a storybook written by either or both parents that stars the child.
- Surprise the children by transforming a room in the house into a winter wonderland or turning the garden shed into Santa’s grotto.
- Offer a parent’s time, skills and attention in the form of promissory notes or a small token that indicates a future shared experience, such as a jar of

homemade marshmallows tied with a label promising a family camping trip.

■ Give children items that they can use or eat that are hand-made by the parents.

■ Invoke a sense of nostalgia that prompts family storytelling, such as a jigsaw that summons memories of putting together a puzzle with a grandfather 50 years ago.

■ Celebrate environmental stewardship by planting and growing a Christmas tree or Hanukkah bush.

Even gift wrapping can become a fun and eco-smart family game by challenging everyone to creatively repurpose everything from old maps and fabrics to magazines and paper bags, perhaps decorated with artwork and nature finds. If every American family wrapped just three presents in re-used materials, it would save enough paper to cover 45,000 football fields, estimates the Centers for Disease Control and Prevention.

However they are wrapped, gifts demonstrate in these unprecedented times that deep joy comes not from acquiring new stuff, but from caring for and giving to each other—especially our children. “In the end, the most precious gift parents can give their children this holiday is their attention, infused with a little bit of festive magic,” says Kempton.

Ronica O'Hara, a Denver-based health writer, can be reached at OHaraRonica@gmail.com.

Gentle Self-Care for Parents

It's been a long, hard year for many parents, and working to make the holidays special for the children may add another layer of stress and anxiety. That's why it's key to acknowledge any sadness one is experiencing.

“Feelings of melancholy are a reality for many people over the holidays, and this year it is likely to affect more of us than usual, given how so many of us have lost someone or something this year,” says Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*. “It is vital to acknowledge these feelings and accommodate them, whilst also making space for joy. This comes down to talking about it, letting people know what you need or asking what they need and being prepared for the emotions to rise to the surface in the middle of things.” She suggests “putting some slack in your schedule, taking extra care of your health, reaching out for support and giving yourself permission to do things differently this year.”



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Instilling the Giving Spirit in Kids



Children love getting gifts, but they also love the feeling of giving them, and the holidays are an optimal time to encourage this natural human impulse. Giving helps build their empathy and compassion muscles, which in turn makes for happier, more fulfilled lives, studies show.

Bridging the hug gap. With grandparents, aunts, uncles, cousins and family friends less likely to be sitting around the table this year, having kids open those presents when the loved ones are on the other side of the Zoom or FaceTime screen can help ease the pain of the time apart. Or children can put together a love package for them that includes drawings and notes to be opened on the other end of a livestream virtual gathering.

Care for the community. “So many families have been devastated by COVID-19 and fires this year. And many of us have become aware of the cost of institutional racism to families of color,” says psychologist Laura Markham, author of *Peaceful Parent, Happy Kids*. “Why not discuss and decide on a family gift to make the world a better place? You could decide how much you would normally have spent on presents and give some portion of that away to help people who are struggling or support a cause that is important to you.”

Simple steps like giving neighbors homemade cookies or candies tied with ribbons can also do much to lift holiday spirits. With her kids, Beth Kempton, author of *Calm Christmas and a Happy New Year: A Little Book of Festive Joy*, makes up a batch of mince pie to share. “We might be wearing masks, along with Santa hats, and leaving the holiday treats on doorsteps instead of going in our neighbors’ homes this year, but we can still share holiday cheer,” she says. Alexandra Fung, CEO of the parent networking site *UpParent.com*, says her family in Chicago will provide gift boxes for families in need through their church or a local nonprofit and may work together to make blankets for traumatized and ill children using patterns supplied by the nonprofit Project Linus.

We are the world. Another approach is to give children a small sum to donate, perhaps \$10 or \$20, and encourage them to find a cause they care about in town or by researching online—from putting money in a Salvation Army Christmas kettle to saving rainforest animals. Or encourage them to find a humanitarian or environmental project to focus on over the holidays. At *UpParent.com*, kids can find 11 ways to help others around the world without leaving the house, like turning old jeans into shoes to help Ugandan children fight parasites or helping to track animals in the wild. The National Environmental Education Foundation at *NeefUSA.org* lists dozens of at-home projects for kids, such as doing a home-energy audit, creating a compost pile and helping to identify wildlife caught on camera for a digital database.

What's Under Your Kitchen Sink?

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Monthly Business Highlight - You Power Yoga

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Matt Kahn on Transforming the Planet With Love

by Sandra Yeyati

Author of bestsellers *Whatever Arises, Love That* and *The Universe Always Has a Plan*, as well as *The Healing Mantra Card Deck*, Matt Kahn is a spiritual teacher and empathic healer with a global audience, guiding seekers through in-person events and popular YouTube videos.

What are mantras and how do we use them?

They're a declaration of our deepest wisdom, highest ideals and most authentic aspirations that we sound into existence as a way of asking the universe for help to embody our next highest level of consciousness. It's an intention of the person I'm going to become and a request of healing energy from the universe, saying, "Please help me become more of what I declare through my words." A mantra uses the sound of our voice as vibrational medicine to bring what's within us out into the open for the purpose of not only transforming our personal circumstances, but improving the quality of the world.

When you say a mantra, it's embedded in your subconscious mind, which is like a new piece of clothing in your closet. A bunch of other clothes may push it to the background, but the moment you need to wear that article of clothing, it's going to stick out of the closet and get your attention.

What mantra is resonating for 2021?

No matter what, love always makes it right in the end. If you know that everything is made right by an infinitely wise, loving source, it relaxes you into being open to the journey and allowing yourself to be as aligned as possible to whatever life brings.



What lessons can we learn from turbulent times?

A big lesson is that desire is not a requirement for happiness. The things that most people desire for comfort or stability have been displaced, whether we're talking about COVID-19 or the wildfires, for example. But happiness is how content and whole we are with ourselves; the constant needing of things pulls us out of happiness. Perhaps we can discover that just being who we were born to be is what we've always desired.

No matter how dark the world seems or how insurmountable the odds appear, this is part of a grand transformation of the planet. We love ourselves to remain safe throughout each step along the way, and we offer kindness, compassion and forgiveness to anyone around us, knowing that anyone acting out of character is just acting from a level of unprocessed pain. We love ourselves as a way of uplifting the planet, and we bless others as a way of helping to further the evolution of humanity. As we learn to be inner light workers and

healers, we learn to find complete alignment with spirit no matter how the world ebbs and flows.

What's the difference between our personal spiritual journeys and what you call ascension?

Ascension is when a certain percentage of the world starts to awaken in consciousness. It's not just a few awake beings scattered across the globe in a fast-driven, goal-oriented society. It's a world waking up to its true nature on a collective level.

On an individual journey, we're healing our wounds, seeing through limiting beliefs, forgiving those who mistreated us and daring to treat ourselves better so that we can become active participants in the community of evolving beings we are creating.

Giving brings us together. Each of us has something unique to contribute through the gift of diversity; together, we accomplish more than we ever could individually. The individual spiritual path helps clear distractions and awaken your most infinite power, and then you bring that together in community for this potluck of generosity we each get to experience and share.

What is your advice for political protestors in today's America?

Gandhi would say, "Be about what you're for, not what you're against." When we protest, we're saying that something isn't fair and relying on publicly elected officials to do something about it. I think the gathering together of beings can transform from what isn't fair to what all of our talents and efforts can do together to create solutions. How can we solve this on a communal level? What can we do to peacefully and consciously use all the power within us to create positive, tangible change so we can start living in the world that we envision? It's an invitation to quantum-leap out of the identification of problems and into the cultivation of solutions.

Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.

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calendar of events

Some events are being postponed or cancelled due to COVID-19. If you plan to visit an attraction or event in Tulsa, Oklahoma City or the surrounding areas over the coming days and weeks, please contact that organization directly prior to visiting to get the latest details.

FRIDAY, DECEMBER 4

A Very Chisholm Christmas OKC – 6pm. Join Chisholm Creek this holiday season for a month-long celebration, beginning on December 4 with their first-ever season kickoff event, A Very Chisholm Christmas. This magical outdoor celebration will feature live music, a sprinkling of community activities and the grand opening of their walk-through holiday showcase, Festival of Trees. Free. Chisholm Creek, 13230 Pawnee Dr, OKC. 405-418-8590. ChisholmCreek.com.

Magic Lantern Celebration on Paseo OKC – 6-9pm. Bring the entire family to the Magic Lantern Celebration on Paseo for a whimsical fall extravaganza. Adjusting to this year's COVID-19 pandemic, the StarDanceSwan Theater will be taking their annual event inside to be seen through the window. Dancers will swirl and weave to the whispering of music as onlookers watch safely outdoors. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

SATURDAY, DECEMBER 5

Holiday Arts & Crafts Show Bixby – 9am-4pm. This event will feature over 70 booths of craft and commercial vendors, so get in the holiday spirit and complete Christmas shopping before the season is over. Shop for a variety of items including handmade crafts, unique gifts, jewelry, art and more. Free. Bixby Community Center, 211 N Cabaniss, Bixby. 918-366-4841.

Holiday Craft Show Stillwater – 9am-5pm. Featuring more than 100 vendors with handmade items and various crafts on display. This craft show will feature vendors from a tri-state area, and it's a great opportunity to get a head start on shopping for loved ones. The show offers unique items including jewelry, home decor, accessories, candles, vintage items, gourmet food and more. Free. Payne County Expo Center, 4518 Expo Cr East, Stillwater. 580-455-2273. PcExpoCenter.com.

Native American Christmas Market Glenpool – 10am-6pm. Shop and learn about Native American art. Enjoy hands-on "make-and-take" art stations and handmade traditional clothing on display, including shawls, star quilts, Seminole patchwork skirts, ribbon shirts, vests, silver and turquoise jewelry, one-of-a-kind beadwork and more. Enjoy fresh Indian tacos and fry bread. \$1. Glenpool Conference Center, 12205 S Yukon Ave, Glenpool. 918-998-4549.

Sleigh Bells Market OKC – Noon-5pm. 50 hand-selected vendors will offer vintage and local handmade goods. Find one-of-a-kind crafts and seasonal decor. Free. OKC Farmers Public Market, 311 S Klein Ave, OKC. 405-820-1173. RevolveProductions.com.

SATURDAY, DECEMBER 12

Creative Christmas Craft Show Norman – 9am-4pm. This one-day event is filled with a



mix of handcrafted items and goods from across the region. Browse one-of-a-kind gifts, books, quilts, candles, clothing, home decor, treats and more. Free. Cleveland County Fairgrounds, 615 E Robinson, Norman. 405-360-4721. ClevelandCountyFair.org/31/Craft-Shows.

Geminid Meteor Shower Viewing Party OKC – 8-9:30pm. Witness one of the year's most active meteor showers. The Geminid Meteor shower is among the most visible and active meteor showers that can be witnessed. A few telescopes will be set up and hot apple cider and hot chocolate will be provided. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov.

SATURDAY, DECEMBER 19

Native American Arts & Crafts Market & Indian Taco Sale OKC – 11am-7pm. Feast on Indian tacos prepared fresh by members of the OK Choctaw Tribal Alliance. Explore the Native American Arts & Crafts Market, featuring plenty of great deals on locally crafted goods. Come chow down on Tanchi Labona hominy and pork soup, and grape dumplings made from secret family recipes passed down through the generations. Free. 5320 S Youngs Blvd, OKC. 405-681-0869.

SATURDAY, DECEMBER 26

Gardens Walking Tour OKC – 10am. Expand knowledge of Oklahoma plants and find inspiration for the garden with an educational walking tour. Each month will feature different plants from their outdoor collection that make great choices for this region. Self-guided tour handouts are available in the north lobby. Spots fill up fast, so register early. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

THURSDAY DECEMBER 31

Thunder Free Days OKC – 9am-6pm. In recognition of the 25th Anniversary of the 1995 Oklahoma City bombing, the Oklahoma City Thunder are providing admission to the Oklahoma City National Memorial & Museum for all visitors on the 25th of each month for the entire calendar year. Free. 620 N Harvey Ave, OKC. 405-235-3313. MemorialMuseum.com.

classifieds

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INFORMATION

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A REAL WORK-FROM-HOME BUSINESS – Position with a private manufacturing company. Non-MLM. Must be green-minded, with a focus on environmentally responsible products. Must love helping people and have access to a computer. Please mention this ad when you call or text. Tammy Bursack, 507-476-0795. More information at WorkFromHomeAndLoveIt.com.

STYLIST NEEDED – Busy OKC salon looking for full-time booth rental hair stylist. Sustain Salon is dedicated to Earth-conscious practices, recycling 95% of their waste, while providing high-end hair services. Located in the Metro Park neighborhood. Call or text 405-569-9432.

Nature's beauty
is a gift that cultivates
appreciation and gratitude.
~Louie Schwartzberg



ongoing events

Submit your listing online at NAOklahoma.com by the 5th of the month, one month prior to publication. Please email Publisher@NAOklahoma.com with questions.

various

Tulsa Dog Training Club Agility Trials – 8am-3pm. Dec 4-6. See trained dogs compete in a series of agility tests, featuring athletic feats as dogs race through a challenging obstacle course. Handlers will guide their well-trained dogs as they navigate the course while battling against the clock. Free. Tulsa Expo Square, 4145 E 21st St, Tulsa. 918-294-8557. TulsaDogs.com.

Oklahoma Sculpture Society's Annual Winter Show OKC– 11am-5pm. Till Dec 23. Come see more than 20 sculptural artists members and over 50 pieces of art. This annual sculpture show will premiere for the first time in the Paseo Arts District, featuring numerous mediums including stone, wood, clay, bronze, ceramic, polymer, paper mache, mixed media, metal and more. Free. Paseo Arts & Creativity Center, 3024 Paseo, OKC. 405-525-2688. ThePaseo.org.

PACC's Annual SmallArt Show OKC– 11am-5pm. Till Dec 23. Featuring 80 works by artists from across Oklahoma. From serene landscapes and natural prints to vibrant abstracts and unusual sculptures, there's a little bit of everything to be found in this exhibit curated by juror Brian Payne. Free. Paseo Arts & Creativity Center, 3024 Paseo, OKC. 405-525-2688. ThePaseo.org.

Winter Wonderland Tulsa – 5-8pm. Dec 18-Jan 3. Thousands of twinkling lights turn the Gathering Place's Adventure Playground into a festive holiday village. Let the little ones meet Santa and take a ride on the Wonderland Express for a full immersion in all the treats, sights and smells of Christmas. Throughout this seasonal celebration, find special performances and carolers spreading holiday cheer, a holiday market, plus festive food and holiday drinks. Free. Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Edmond Electric's Luminance Edmond – 5-10pm. Till Jan 3. Experience Edmond Electric's Luminance - An Enchanted Stroll. Walk through the park and see the holiday light display with the whole family. Featuring 3D lighted displays and picture-worthy sets. Free. Mitch Park, 1501 W Covell Rd, Edmond. 405-216-7729. EdmondLights.com.

Garden of Lights Muskogee – 5:30-10pm. Till Jan 1. Experience this annual display of animation and over 1.2 million shimmering lights. Drive through Honor Heights Park and view 130 acres of trees, bushes and water areas decorated for the holidays. Rose and azalea bushes will be illuminated with color, imitating their natural state during the blooming of spring. Free. Honor Heights Park, 1400 Honor Heights Dr, Muskogee. 918-684-6302. MuskogeeOnline.org.

Rhema Christmas Lights Broken Arrow – 5:30-11:30pm. Till Jan 1. Witness over two million shimmering lights synchronized to Christmas music. Visitors can drive through the lights or get out of the car and walk around the park. Horse-drawn carriage rides will be available on select evenings. Don't miss the bridge, complete with over 90,000



lights synchronized to both classic and modern Christmas music. Enjoy concessions that include cups of hot chocolate, piping hot coffee or sweet apple cider. Popcorn, funnel cakes and other treats will also be available. Free. Rhema Bible Church, 1025 W Kenosha St, Broken Arrow. 918-289-1607. RhemaLights.org.

Fantasy Land of Lights Bartlesville – 6-10pm. Till Dec 30. Bring the family out for this festive drive-through Christmas light show. Enjoy the music, synchronized lighted tunnel, animated displays and thousands of lights decorating the park each night. Free. 100 N Cherokee Ave, Bartlesville. 918-914-1530. FantasyLandOfLights.com.

Chickasha Festival of Light – 6-10pm. Till Dec 31. Recognized as one of the top holiday light shows in the nation, the festival features over 3.5 million twinkling lights. Drive through the displays and gaze in wonder at dazzling light scenes, animated displays and even a computer-animated light show synchronized to favorite holiday tunes. The centerpiece is the iconic 172-ft Christmas tree that can be seen for miles around. Free. Shannon Springs Park, 2400 S 9th St, Chickasha. 405-224-9627. ChickashaFestivalOfLight.org.

Christmas in the Park Yukon – 6-11pm. Till Dec 31. Yukon's Christmas in the Park offers a beautiful lighted drive-through three interconnecting parks. Yukon's Chisholm Trail, Freedom Trail and City Park make up over 100 acres of Christmas cheer that include more than 425 displays and five million lights. Don't miss the 50-ft, multi-colored, lighted Christmas tree, or catch the Santa Express Train ride through this illuminated winter wonderland. Free. Yukon City Park, 2200 S Holly Ave, Yukon. 405-350-8937. YukonOk.gov.

Winterfest Tulsa – Till Jan 23. Experience the thrill of ice skating inside the BOK Center, see Oklahoma's tallest outdoor Christmas tree, take a ride in a horse-drawn carriage, listen to live entertainment and browse beautiful holiday light displays. Free entertainment will be provided each

Friday and Saturday at the ONEOK stage. Children and adults alike will also be treated to surprise visits from Segway Santa as he wheels his way around the main plaza at the BOK Center passing out candy canes and posing for pictures. Winterfest visitors will also be treated to concessions with holiday favorites and a holiday market with unique Made-in-Oklahoma gifts. Individual events include breakfast with Santa, an ugly sweater contest and kids-only skate time. Free. Downtown Tulsa. 918-894-4520. TulsaWinterFest.com.

NAMI Family Support Groups Statewide – Many day choices. Free, virtual, confidential and safe group meetings for families helping other families who live with mental health challenges. Family members can achieve a renewed sense of hope for their loved one who has mental illness, ranging from ADHD to schizophrenia. Free. NamiOklahoma.org.

Seeing Now at 21C OKC – A broad selection of multi-media works and contemporary art by over two dozen artists. 21C is a multi-venue contemporary art museum with thought-provoking exhibitions, interactive site-specific art installations and a full roster of cultural programming. Free. 21c Museum Hotel, 900 West Main St, OKC. 405-982-6900. 21cMuseumHotels.com.

sunday

Sunday Art Market Tulsa – 11am-5pm. The Artery brings you the best way to ShopLocal & EatLocal. Pop in for brunch & a mimosa & enjoy upscale American classics like malted pancakes, fresh quiche & chocolate waffles. Enjoy live music from solo artists, duets & djs. Each week vendors bring the best in handcrafted homewares, gifts & wearables in addition to jewelry makers & more. Free. Blue Dome Market & Bodega, 211 E 2nd St, Tulsa. 918-258-3663. BlueDomeMarket.com.

LIVE! on the Plaza 2nd Sunday OKC – 6-10pm. 2nd Sun. Plaza District's free, monthly artwalk, featuring art shows, live entertainment, great food and local shopping. This month's theme is Seinfeld's holiday known as Festivus! Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

wednesday

Dog Play Wednesday Tulsa – 9am-8pm. Bark your calendars; Dog Play Wednesday is back! Keep checking the events schedule to see Pup-coming activities that are not to miss. Tails are wagging just thinking about it. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Dope Poetry Night – 7:30-9:30pm. All levels are open to the mic and it is uncensored. Sign-ups begin at 7pm and the show begins at 7:30pm-ish. Free. Ice Event Center Sports Bar and Grill, 1148 NE 36th St, OKC. 323-346-8683. [Facebook.com/events/209553842825723](https://www.facebook.com/events/209553842825723).

Singo Wednesdays – 7:30-9:30pm. Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music. Free. All Ages. HeyDay Entertainment - Bricktown, 200 S Oklahoma Ave, Ste HD, OKC. 405-602-5680. HeyDayFun.com/HeyDayOkc.

friday

Art Crawl on 66 Tulsa – 5pm-9pm. 1st Fri. See local art, visit our historic destinations, eat great food, and have a fun socially distanced good time with your friends and family. Free. 1648 Southwest Blvd, Tulsa. 918-445-4457. Rt66MainStreet.org.

Norman Art Walk 2nd Friday is now VIR-TUAL – 6-9pm. 2nd Fri. A wide variety of shops, restaurants, offices, bars, concert venues and more team up to produce dozens of free, fun arts events for the Norman community to enjoy each month and celebrate the creativity within it. Free. Live on Facebook.com/2ndFridayNorman. 405-360-1162. 2ndFridayNorman.com.

Paseo First Friday Gallery Walk OKC – 6-9pm. 1st Fri. Over 80 artists in more than 25 businesses and galleries participate, all within walking distance. Some galleries offer refreshments, and food trucks will be available. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

Tulsa Arts District First Friday Art Crawl – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Free. Northern section of downtown. 918-492-7477. TheTulsaArtsDistrict.org.

saturday

Saturday Morning Birding Tulsa – 8-9:45am. 1st Sat. Birding at Oxley. All skill levels are welcome. Binoculars are recommended. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Adult Birding Walk OKC – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. No binoculars needed. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov.

Coffee and Cars OKC – 8-11am. 1st Sat. The largest monthly gathering of car enthusiasts from across the state. Come share a passion for automobiles. The event will be held at the property just north of Pawnee Dr and Cabela Rd. Everyone is welcome. Free. Chisholm Creek, 13230 Pawnee Dr, OKC. 405-418-8590. ChisholmCreek.com.

Tulsa Farmers' Market Tulsa – Winter hours: 8:30am-noon. 1st and 2nd Sat. Over 75 Oklahoma Grown-certified vendors from across Eastern Oklahoma. Free. Kendall Whittier neighborhood. Admiral & Lewis, Tulsa. 918-633-1934. TulsaFarmersMarket.org.

Gardens Monthly Walking Tour OKC – 10am. Last Sat. Learn about Oklahoma plants and find gardening inspiration with educational walking tours. Each month will feature different plants from the outdoor collection. Spots fill up fast, so register early. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.



See You Saturdays OKC – 10am-5pm. 2nd Sat. Visit the museum for uniquely themed programming geared toward everyone—children to adults. Be inspired each month with interactive experiences and meet new Hall of Fame heroes. Free. Oklahoma Hall of Fame, Gaylord Pickens Museum, 1400 Clasen Dr, OKC. 405-235-4458. OklahomaHof.com/See-You-Saturdays.

Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come walk the trails and explore the beautiful diversity of plants and creatures along the way. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Lights On Broadway Okc – 4-8pm. 1st and 2nd Sat. Various retail shops and restaurants will be featuring buzz-worthy holiday window displays in addition to family-friendly activities, special promotions and giveaways. There will be complimentary carriage rides, visits with Santa, live artists and musicians, a free photo booth, a series of outdoor movies, hot cocoa, free s'mores, free face painting, a live brass band and more. Free. Automobile Alley, Broadway Ave between NW 4th & 10th St, OKC. 405-235-3500. DownTownInDecember.com/Lights-On-Broadway.

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Books, herbs, incense, jewelry, gifts and more are available at the quaint Tulsa shop. You'll find one of the nation's largest collections of Conscious Living and Metaphysical books. They carry over 175 different herbs as well as stones, crystals, incense, runes, tarot cards, and other wonderful gift items. In addition to the books listed on-line, the brick and mortar store has over 35,000 additional books.

COACH - HOLISTIC

COURTNEY ADNEY
918-679-0805
CourtneyAdney.com

With a holistic approach to personal growth and potential, she takes students on a path to finding their purpose and finding the hero within. Call or visit the website for more information about one-on-one courses and programs. Email Courtney@CourtneyAdney.com. *See ad, page 17.*

DENTIST - HOLISTIC

HEALTHY ROOTS DENTISTRY
John Garrett, DDS
6128 E 61st St, Tulsa
918-982-6644
HealthyRootsTulsa.com



HEALTHY ROOTS DENTISTRY Enhancing health through comprehensive dental care. Holistic dental care examines the relationship between oral health and the entire body. Mercury-safe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. *See ad, page 6.*

PROUD TO SERVE DENTISTRY
Audrey May-Jones, DDS
6401 N Interstate Dr, Ste 156, Norman
405-256-4325
ProudToServeFamilyDentistry.com



CentralOklahoma's home for holistic and biological dentistry. With safe mercury amalgam removal techniques, BPA-free tooth-colored restorations and ceramic implants. Featuring the HealthyStart Appliance system and Vivos Life method for treating sleep apnea and underdeveloped jaws. *See ad, page 9.*

ECO-FRIENDLY

CHILD SAFE CLEANERS
ChildSafeCleaners.com



In the U.S. more than 300 children are treated and two die every day as a result of poisoning, according to the National Safety Council. For affordable, effective, eco-friendly, plant-based cleaners that are safe for use around children – visit ChildSafeCleaners.com. *See ad, page 26.*

ESSENTIAL OILS

PURE ESSENTIAL OILS

By appointment only
Text: 918-928-5157



The original essential oil company. Non-MLM. Premium quality oils at an unbeatable value. USA manufacturing company. Certified and tested with no synthetics or impurities. Traceable to source, sustainable and ethical practices. Text 918-928-5157.

MASSAGE

BRITTANY BASCUE, NMT, OMT, LMT, RP
Neuromuscular Massage Therapist
918-401-0377
Brittany@TulsaHealing.com



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 27.*

MASSAGE - CLINIC/SCHOOL

LIKEMINDED THERAPIES
5929 N May Ave, Ste 408, OKC
405-664-2473
LikemindedTherapies.com
Info@LikemindedTherapies.com



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals. *See ad, Body Works page 27.*

NATUROPATHY

ENERGETIC WELLNESS

Michele Menzel, ND
2851 W Edmond Rd, Edmond
405-359-1245, 405-513-5419
EnergeticWellnessOk.com



Board-certified naturopathic doctor specializing in lifestyle changes that align with the body's natural ability to heal. The Energetic Wellness Center is dedicated to bringing to life the Seven Laws of Wellness that create health and happiness as we were each designed to have it. Choose to make well-being a priority in your life. *See ad, page 13.*

QIGONG

QIGONG OF TULSA

Tom Bowman, CQI, CQP
5800 S Lewis Ave, Suite 139, Tulsa
918-855-4222 • QigongOfTulsa.com



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner

and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupuncture and more. Email Tom@QigongOfTulsa.com.

REIKI

CARI REIF, LAP, RMT, CHHC

918-401-0377
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a

physical, emotional, mental or spiritual nature. *See ad, Body Works page 27.*

SALON

SUSTAIN SALON

Mazey Denman
1624 Linwood Blvd, OKC
405-208-8068
SustainSalon.com



An earth-conscious salon where high-quality hair and skin services are offered in a comfortable environment. Sustain uses only sulfate-free, paraben-free, sodium chloride-free, non-animal

tested products that are found only in premium, professional salons.

VETERINARIAN - HOLISTIC

HEALING HANDS VET

Kimberley Weiss, DVM
1916 NW 39th St, OKC
405-525-2255
HealingHandsVetCenter.com



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering

integrative medicine along with conventional methods. *See ad, page 25.*

THE NATURAL VET

Brad Roach, DVM, CVA
Serving OKC, Del City & Shawnee
405-456-9508, 405-275-9355
BradRoachDVM.com
BestFriendsAnimalClinic.net



Integrative pet care includes: vitamin therapy, homeopathy, acupuncture, herbal medicine and electro-medicine. Decades of experience with integrative and conventional methods. Complementary care does not invalidate any current treatment plans. *See ad on back cover.*

WELLNESS CENTER

FULCRUM HORMONE AND WELLNESS CENTER

Mark G Fergeson, APRN, CNP, FNP
1605 SW 89 St, Ste D-100, OKC
405-546-7888 • Fulcrum-Clinic.com



Fulcrum embraces a holistic approach to health and wellness. They offer culturally sensitive, safe and affordable services to all individuals. Family practice, hormone therapy, women's health, PCOS care, LGBT health care, IV infusion and more. *See ad, page 11.*

WELLNESS AND LONGEVITY

Total Healthcare Partners
4400 Grant Blvd, Yukon
405-470-8200 • WellnessOk.com



Integrative Medicine embraces personalized care. It combines the best of traditional western medicine with evidence-based natural medicine. Offering advanced anti-aging and regenerative medicine, along with cutting edge testing, dietary and fitness counseling, bio-identical hormone replacement and intravenous therapies. *See ad, inside front cover.*

YOGA

FREE SPIRIT YOGA AND MEDITATION SANCTUARY

Dee Mathis
405-412-3582 • YogaInOKC.com



Embrace the spirit of yoga, learn the bodies energetic fields, experience pranayama breathwork, and feel profound healing yoga. Stay safe as you join Live Streaming Zoom Classes with Dee's special classes. Text or call Dee Mathis at 405-412-3582.

Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 27.*

I AM YOGA STUDIO

Melissa Cameron Fullerton
2633 E 15 St, Ste D, Tulsa
918-640-5180 • IAmYogaTulsa.com



Offering a variety of yoga classes seven days a week, including beginners, gentle, vinyasa and power yoga. Also offering private classes, special events and teen classes. They provide both in-studio and online classes

with almost 20 classes to choose from each week. *See ad, Body Works page 27.*

YOU POWER YOGA

Denise Shaw
1904 E 2 St, Edmond
405-348-9979 • YouPowerYoga.com



Free yoga class for first-time clients. They offer both in-studio and live-streaming classes. In-studio classes limited to

15 students. For either option, book online or via their free You Power Yoga app or the online schedule. Teacher training available. *See ad, Body Works page 27.*

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NAOklahoma.com



Holistic Pet Care Center



We are your source for:

Acupuncture

Chiropractic

Electro-Medicine

(Sanawave by Innovarious)

Young Living Essential Oils

Nutritional and Vitamin therapy

Herbal medicine

Homeopathy

Prolotherapy

Affordable dental work

2nd opinion for cancer and arthritis

Comprehensive Healthcare for Man's Best Friend



I would like for everyone to meet Scotty, my 13 year old Westie. Scotty was diagnosed by another vet with Westie Lung Disease. When Scotty seemed to be getting progressively worse, I looked for a holistic vet to continue his care and discovered Dr Roach. I credit Dr Roach with saving his life and not just extending it, but giving him a high quality of life. You should see Scotty running in the backyard! My other two dogs come here also and all will remain under his care. And, the staff is absolutely wonderful!

Holistic Pet Care Center
3001 Tinker Diagonal Street
OKC, OK 73115 • 405-605-6675

Best Friends Animal Clinic
1313 North Harrison Avenue
Shawnee, OK 74801 • 405-275-9355

★ **Now Hiring Veterinarians and Animal Assistants**