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October 2019 | A Special Supplement to

THE EDMOND SUN

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the holiday lights**

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**What's for dinner:
Spiral ham**

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Catered Holiday Meals In a Flash

BY GINA A. DABNEY

SPECIAL TO THE SUN

Be the hero during the holidays with a catered meal. Whether you order and pick up a complete meal — from meat to dessert — or just the meat, the focus will be on gathering together, feasting and making memories.

Here are some super options to save the holiday and your happiness.

NATURAL GROCERS

The two Edmond Natural Grocers stores have started taking orders for Thanksgiving turkeys which range in size from 8 to 24 pounds. A \$5 deposit upon ordering is required and turkeys are available while supplies last. The turkeys are non-GMO (genetically modified organisms) and organic.

Michael Kraemer, store manager at 33rd and Boulevard, recommends buying one to two pounds of turkey per adult for the meal. This recommended amount will leave meat for leftovers. All the meats from Natural Grocers come from animals that have been raised without the use of antibiotics or growth hormones. The company is proud of the fresh, natural products it sells including the produce which will go per-



FILE PHOTO | THE EDMOND SUN

Jan Clem and the family at Klemm's Smokehaus through their catering service can help you serve a well-rounded meal to your family during the holidays this year.

fectly with the main course meat.

"All of our produce is 100% organic," Kraemer said. "It separates us from other grocers."

This distinction means no cross-contamination with synthetic pesticide residues from, or commingling with, conventional/GMO produce.

Kraemer, who has been

with the company for seven years, has been the store manager at Boulevard and 33rd St. from the start.

Natural Grocers serves the community year-round by donating food to a local food pantry.

"We donate on a weekly basis to Project 66," Kraemer said. "All of our stores have a local chari-

table partner."

The food stays local to help the community. Some of the items donated to the food pantry are dented cans and crushed boxes of food which is good food but just cannot be sold to the public.

Natural Grocers stores are located at 3325 S. Boulevard and 16425 N. Western. For more information see naturalgrocers.com.

KLEMM'S SMOKE HAUS

As Jan Klemm of Klemm's Smoke Haus in Edmond was preparing for a 600-person catering event, she talked about how her family — husband John, son JJ, and daughter Ashley — started their business by catering weddings for friends. Then in 2012, they added a barbecue food truck and a few years later a restaurant, which is located at 2000 S. Broadway.

THE DETAILS

TURKEY TROT

8 - 10 a.m.

Thurs., Nov. 28

Downtown Edmond

Entrance Fee: \$26

Before eating the Thanksgiving meal, work off some calories and raise funds for charity at the 2019 Edmond Turkey Trot. Race the 5K Run or breeze through the 1 Mile Wobble. Strollers and friendly, leashed pets are welcome. The best Turkey Trot costume will receive a delicious prize. All proceeds will benefit Turning Point Ministries.

Register on FB: <https://www.facebook.com/events/1299740473527910/> or call 405-590-8665.

"This is going on our fifth year with the restaurant," Klemm said.

The restaurant, which serves fresh barbecue with a German flair, will be offering complete meals — meats, side dishes and desserts — for the holidays.

"This is our fourth year offering smoked turkey and smoked hams," Klemm said.

New this year will be side dishes such as ones that Klemm said she has at her home for the holidays. Those sides include cornbread dressing, cranberry/orange relish, mashed potatoes, and macaroni and cheese. Also new is pies, including the traditional pumpkin and pecan, and apple. For folks wanting meats other than turkey or ham, the restaurant will have beef brisket, pulled pork, smoked brats and hot links available to order.

Klemm's Smoke Haus

started taking orders in September for Thanksgiving meals. The last date for Thanksgiving orders is Friday, Nov. 22. The meals will be available for pick-up before 2 p.m. on Wednesday, Nov. 27. Simple heating instructions will be included with each holiday meal.

"People tell us how wonderful the turkeys are," Klemm said. "We eat two."

Christmas meal orders are now being accepted, as well.

"The sooner the better," Klemm said.

The last day to order the Christmas meal is Friday, Dec. 13 and the pick-up date will be Monday, Dec. 23.

Order for the holidays by e-mail: klemmssmokehaus@gmail.com; FB: <https://www.facebook.com/Klemms-Smoke-Haus-40301769649230/>; or call 405-757-7412.

Holiday flower magic with metallics

BY GINA A. DABNEY

SPECIAL TO THE SUN

Marking its 70th anniversary in Edmond this November is Madeline's Flower Shop, located at 1030 S. Broadway. Barbara Bilke, who has been running the shop for 40 years, worked beside her mother, who started the business.

"I grew up in the business," Bilke said.

Now Bilke is working side-by-side with her two daughters. Three generations of creatively designed flowers delivered for an array of occasions to the Edmond community. Bilke, like her daughters, graduated from college and then started working at the flower shop. With her wealth of experience and the multitude of floral trends that come and go, she imparted wisdom about what is the most popular flower for the holidays — sunflowers.

"Everybody loves sunflowers," Bilke said. "We sell them all-year round."

With Thanksgiving, clients always stay with yellow, gold, and oranges. This year the trend is to add some metallics to the arrangement, for example the use of a copper container will be key. Also this season, clients will be seeing gold and rose gold mixed within the flower

arrangements.

Since eating has changed, so have the centerpieces. People still gather together, Bilke explained, so other flower arrangement styles then come into play. Instead of a table centerpiece, a group may put a flower arrangement on an entry table or on a buffet table. Still centerpiece arrangements are popular, just where they are placed has changed.

"A much larger percent of orders go to centerpieces," Bilke said.

For Christmas, people still order fresh garlands for the mantle and entryway. The majority of colors for flowers will still be the traditional red and white with the metallics, copper, and gold thrown in. There are several other trends this year as well.

"Christmas is one to watch," Bilke said.

Gold has been popular this year. While navy and blue is a trend, red and black check will be seen in tablecloths and in with flower arrangements.

CONTAINER GARDENING

Container gardens are also gaining in popularity this year since many people do not have the time to decorate a full garden or have the space for a garden. Elizabeth Richardson, who started Adorn in 2013, fulfills those needs by decorat-

ing container gardens for clients who enjoy having new decor on a regular basis.

Some clients for instance, may want their front porch container gardens changed out each season. For example in the Fall, Richardson will plant seasonal flowers to replace Summer's growth. Then after Thanksgiving, the container will be changed to holiday decor which will include evergreens and ivy that will last through the winter. The container will be changed again for the Spring and Summer. For more information see elizabeth@adornokc.com or call 405-255-1730.

ORIGINS OF THE WREATH AND CHRISTIANITY

One of the signs Thanksgiving and Christmas are nearing is when wreaths begin appearing on front doors, welcoming both the home's occupants and the holiday season.

The holiday most widely associated with wreaths is Christmas.

Christmas wreaths are most often made of fresh greenery and seasonal flowers. The word 'wreath' comes from the Old English "wriðan," meaning "to twist." During the season, wreaths are generally placed flat on a surface or hung on a wall or front door.



GINA A. DABNEY | SPECIAL TO THE SUN

Lenzee, Barbara and Lacee Bilke, second and third generation florists, pose for a fun photo. Barbara and her daughters work side-by-side at Madeline's Flower Shop. The family soon will be celebrating 70 years of bringing beautiful flower arrangements to the Edmond community.

In connection with Christmas and with Christianity, the wreath's circular shape is said to symbolize eternal life and

the unending love of God. In the 16th century, the use of wreaths during Yule, which was the pagan holiday marking

the winter solstice, was adopted by Christians and became a custom in the form of Advent wreaths.

The Advent wreaths were traditionally made of evergreens, which also represents eternal life, holly oak, and red berries. The red berries and the thorny leaves of the holly oak represent the crown of thorns worn by Jesus and the drops of blood that the thorny leaves drew. The Advent wreath traditionally holds four candles, three purple and one pink. The first candle to be lit during Advent is a purple candle called the prophecy candle and is meant to symbolize hope. On the second Sunday of Advent, another purple candle, named the Bethlehem candle, is lit. It represents love to some people and the manger of Jesus to others.

The pink candle, called the shepherd candle, symbolizes joy and is lit on the third Sunday of Advent. Peace is represented by the angel candle, which is the last purple candle and is lit on the fourth Sunday of Advent. Sometimes, a fifth, white candle is added in the center of the wreath. It is lit on Christmas Eve and is referred to as the Christ candle. These candles represent the coming of the light of Christ.

What's on the Thanksgiving table in 1621, Edmond holiday business can help in 2019

BY GINA A. DABNEY
SPECIAL TO THE SUN

Lobster, bass, clams and oysters may have been many of the food choices for the first Thanksgiving meal in 1621 between the Pilgrims and members of the Wampanoag tribe. That Thanksgiving celebration marked the Pilgrims' first autumn harvest, so it is likely that the colonists feasted on the bounty they had gathered with the help of their Native American neighbors.

Along with the seafood, culinary historians believe that the vegetables most likely on the table included onions, beans, lettuce, spinach, cabbage, carrots and possibly peas. Corn, which records show was plentiful, might also have been served but not in the way it is enjoyed today. In 1621, the corn would have been removed from the cob and turned into cornmeal, which was then boiled and pounded into a thick corn mush or porridge and was occasionally sweetened with molasses.

There are journal

accounts of a "fowling" mission in preparation for the three-day event. While turkeys were plentiful in the area, there is no exact account of what birds were eaten at the feast. Food historians speculate that ducks, geese or swans may have been served on that first Thanksgiving table in 1621.

THANKSGIVING MEALS TO GO

Today's Thanksgiving meal many times still consists of meat such as turkey and ham. One company that has complete holiday meals to pick up and go during the season is Honey Baked Hams. Opening Nov. 20 in Edmond at Bryant Ave. and 33rd St. is the Honey Baked Ham Holiday Market which will have a variety of meats, side dishes and desserts to choose from. Oklahoma City store General Manager Kevin Kramer said this is their third year at Bryant Square Shopping Center.

"We would like a year-round store," Kramer said. "The goal is to have four year-round stores in Oklahoma City."

Bryant Square is a contender to become a year-round store. For those wanting to pick out a fresh Thanksgiving or Christmas meal, the Holiday Market will have the traditional honey-baked bone-in hams, boneless hams, and both roasted and smoked turkey breasts. The store has anticipated the demand for ready-to-go meals and is prepared for the season.

"We never run out of ham or turkey," Kramer said.

The Holiday Market will carry eight side dishes. The top three most popular are the green bean casserole, potatoes au gratin, and the sweet potato soufflé. Also available will be turkey gravy and a variety of condiments including their popular hickory mustard. Ready-to-go desserts include pumpkin pie, pecan pie, coffee cake, and chocolate cake.

Kramer, who is a second generation employee of the company, has been with Honey Baked Hams for 14 years. When just 15 years old, he delivered hams during the holidays



PHOTO PROVIDED

While there are many choices, sometimes ham is the meat of choice for what's for dinner.

while living with his family in Maryland. Kramer's father, who has been with the company for 37 years, was working for the company at the time and is still with the company today. The Honey Baked Ham company is a family owned chain which began in 1957 and is located across the United States.

"We are in 39 states," Kramer said.

During the holidays

Kramer said their store will need four to 60 employees. As it is tradition at the company since the beginning, all employees receive a ham or turkey. For more information, call 405-843-1843.

SERVING THE COMMUNITY AT THANKSGIVING

The Edmond Community Thanksgiving Dinner will be from 11 a.m. to 3 p.m. Thursday,

Nov. 28 at the University of Central Oklahoma George Nigh Center. The dinner is free to the public and is made possible by churches, Edmond businesses and individuals willing to give their time.

If you would like to donate food such as a frozen turkey, green beans, corn, or sweet

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A brilliantly lit green tree and fun candy cane pillars welcome guests to this holiday home. Two wreaths, which are traditional symbols for Christmas, adorn the home decorated by The Christmas Light Pros of OKC which has clients in Edmond and Arcadia.

Choose Crayon box of colors for holiday lights

BY GINA A. DABNEY
SPECIAL TO THE SUN

Trees decorated like candy canes and roof tops glittering bright white to represent snow.

Many of these delightful images throughout Edmond neighborhoods are brought to you by The Christmas Light Pros of OKC. Whatever color a client

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THANKSGIVING: Volunteers needed

FROM PAGE 5

potatoes, contact JoAnn Simpson-Miller at 405-348-9160. All food items must be brought to the Connection Point or the Cafe at New Covenant Church by noon on Sunday, Nov. 17.

Volunteers are needed for Monday, Nov. 18 to carve turkeys and on Tuesday,

Nov. 19 to help make bread stuffing. Volunteers are requested to help at the Thanksgiving Dinner from 7 a.m. to 5 p.m. Various other positions are open for volunteers as New Covenant is in charge of decorations, home delivery, and take-out orders on Thanksgiving Day.

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LIGHTS: Christmas Light Pros of OKC includes maintenance repair in price

FROM PAGE 6

desires on their home and in their yard to celebrate the season works for Jacob Masters, co-owner of the business.

For example, he is planning a holiday theme for a modern home with unique colors.

"The colors are limitless," Masters said. "I have a house that is pink and purple. It is non-traditional." 10 years, have approximately 60 clients in Edmond. A few of the neighborhoods they work in include Oak Tree, Georgetown, Iron Horse, Rose Creek, and Cedar Lake Estates. The franchise also has clients in Arcadia and Crescent.

"This is our fifth season as The Christmas Light Pros of OKC," Masters said. "We have several HOAs (Home Owner's Associations)."

PRICING

Even though the company has worked on homes with higher-end budgets, the owners want prospective clients to know the company lights houses in all price ranges. For example, they have clients in the price range of \$300 - \$400.

"It does not always have to be expensive," Masters said. "I understand cost-effectiveness."

When planning the home's Christmas theme, Masters works with the family on the ideas and if they want to be involved with a portion of the installation — for instance, if the kids want to help wrap the trees with lights. The lighting is priced per linear foot with extra charges for roof pitch and the amount of wire needed. The team likes working with the family to achieve a beautiful outcome.

"We look at what is best for the home," Masters said.

The price includes free maintenance. If, for example, there is an ice storm that shorts-out the lights, there is no additional charge for the maintenance and repairs. And, the company responds quickly. Masters emphasized that clients will talk with an owner, one of the perks of hiring a local company.



PHOTO PROVIDED

Cowgirl Coffee, a drive-through coffee shop, displays traditional colored lights for the Christmas season. The Coffee shop, located at 121 E. Waterloo in Edmond, was decorated by The Christmas Light Pros of OKC.

"If there is a problem, we will generally be there within 24 hours," Masters said.

LED LIGHTING

Using light-emitting diode (LED) lighting in the Christmas design lends to more options. Plus, LED lighting runs much cooler and is more efficient. Masters has been able to run 1,200 LED lights on a single plug. Owners Masters and Knox plan and install the lighting scheme with Masters on the roof and Knox handling the electrical. Even though the two owners handle most of the work, additional help during peak

season is needed.

"We will employ five to six seasonal employees," Masters added.

LOCAL LIGHTING

Masters and Knox met at church about 10 years ago and their families have been fast friends.

"Our kids go to Edmond public schools," Masters said. "We are rooted in Edmond."

Check them out on FB: Christmas.Light.Pros.OKC/; call: 405-326-3764; email: 405christmaslightpros@gmail.com

THE DETAILS

FACTS OF HOLIDAY LIGHTS

The light-emitting diode (LED) is one of today's most energy-efficient lighting technologies. LEDs consume far less electricity than incandescent bulbs, and decorative LED light strings that are used on a Christmas tree are no different. Not only do LED holiday lights consume less electricity, they also are safer, sturdier, longer lasting and easier to install. LED lighting is different from other lighting sources like incandescent bulbs and compact florescent lights (CFLs). They are different as a light source, in their direction and heat production. LEDs are the size of a fleck of pepper and are a mix of red, green and blue LEDs is typically used to make white light. LEDs emit light in a specific direction, reducing the need for reflectors and diffusers which can trap light. As far as heat, LEDs emit very little heat. In comparison, incandescent bulbs release 90% of their energy as heat and CFLs release approximately 80% of their energy as heat.

The estimated cost of electricity to light a six-foot tree for 12 hours a day for 40 days is \$10 with incandescent C-9 lights; 27 cents for LED C-9 lights; \$2.74 for Incandescent Mini-lights; 82 cents for LED Mini-lights. For additional energy saving tips visit energy.gov.



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Creating holiday decor just like the pros

BY GINA A. DABNEY

SPECIAL TO THE SUN

Learn how to make holiday decor such as a Thanksgiving centerpiece at a workshop presented by the Botanical Bar in Edmond. Floral Designer Janna Carr suggested that a group could hold a holiday party in which participants make a seasonal floral arrangement to take home or give as a gift.

The store can easily host a private party of 10 or more and the host may bring drinks and snacks. This would be great, Carr mentioned, for an office Christmas party. The trend this season for floral arrangements including centerpieces and wreaths is succulents.

"Succulents are really in," Carr said.

The Botanical Bar, which opened in November, carries fall-themed plant pots and Christmas-themed pots. One item that customers can make is a small place-setting arrangement in which a name tag is incorporated into a mini potted plant. For example, take a small potted plant containing a succulent and add a chalkboard stick, then write the guest's name in chalk and set it at their place on the table. Another idea that Carr presented is to tie a name tag onto a mini potted plant. This would be a nice place-setting piece at the holiday table.

"You can get creative with it," Carr said.

Carr, who has been with the Botanical Bar since it opened, took a series of floral design classes at Oklahoma State University and found her niche with creating floral arrangements.

"I've always been a creative, artistic person," Carr said. "It is a creative outlet for me. I love it."

The Botanical Bar is owned by Anne McCathy who carries items for the holidays at her interior design store, Emory Anne Interiors. The Botanical Bar is located at 120 N.E. 150th St., Suite 100 (Santa Fe and 150th St.) See FB: botanicalbaredmond or call 405-888-2698.

DECORATING A CHRISTMAS TREE

Professional tree decorators use a

guide to make Christmas tress look spectacular. Here is a plan by the professionals at Wyevale Garden Centers. You can do it!

1. Plan the design. After choosing the tree, decide the overall color scheme. This will help in choosing the tree lights and decor. For a traditional Christmas tree, decorate with the colors red, green and gold; for a contemporary tree use two or three colors such as white and silver; and for a wintry look use silver, blue, and purple.

2. Add lights. Before starting, plug in the lights to make sure they are all working. It is a good idea to have them lit up as they are positioned. The lights are the basis of the whole decoration and once they're up, you

SEE DECOR | 9



GINA A. DABNEY | SPECIAL TO THE SUN

Edmond's Botanical Bar holds various workshops to make seasonal wreaths and centerpieces. Here an instructor views her wreath for balance.

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DECOR: Company offers workshops to teach individuals arrangements

FROM PAGE 8

can more easily add all other decor. Start from the top and work your way down the tree, nestling the lights into the branches to hide the wires. Start towards the center of the tree near the trunk and then move out towards the tips of the branches. Space each string evenly along the way and occasionally step back to look so you can make adjustments as you go.

3. Add garland. Garland comes in many styles, from highly decorative string garland to wreaths and smaller ornamental pieces made up of items like pine cones and holly leaves. When adding long, string garland, follow the same rule as when putting lights on the Christmas tree. Start from the top of the tree and work your way down, spacing them out as you go until the desired look is achieved. Since wreaths are more

A workshop attendee makes a floral arrangement at the Botanical Bar in Edmond. Attend a workshop and create a holiday wreath or centerpiece for your home or to give as a gift.

GINA A. DABNEY | SPECIAL TO THE SUN

THE DETAILS

BOTANICAL BAR

Upcoming Workshops

Nov. 7: Fall Succulent Arrangement

Nov. 21: Thanksgiving Centerpiece

Dec. 5: Christmas Wreath

Dec. 19: Christmas Centerpiece and Bow Making

of a feature, they are best put on along with the ornaments, at the last stage of decorating the tree.

4. Add tinsel. Tinsel is traditional and adds a touch of glitter. Avoiding the lights, start adding the tinsel from the lowest branch of the tree. Wrap it over the branch above, then place it under the next branch, then over the top of the following branch, so that it weaves through the tree. Gradually work

toward the top, spacing the tinsel out evenly. Keep the tinsel in place by wrapping a thin piece of wire around the branch. Estimate using about nine feet of tinsel for every foot of tree.

5. Add ornaments and decorations. Place 'key' ornaments first and position 'secondary' ornaments around them, beginning with the largest. Keep in mind the balance of size, color and texture. Add oversized orna-



GINA A. DABNEY | SPECIAL TO THE SUN

A group displays their winter floral arrangement made at a workshop given by the Botanical Bar located at 120 N.E. 150th St. in Edmond. The trend this year is succulents.



ments and decorations first and place them towards the bottom of the tree while aiming for a mix of sizes with two to three larger ornaments for a six-foot tree. Hang the ornaments closer to the center of the tree first and then work outwards along the branches. Use colored pipe cleaners or thin wire to attach ornaments that are missing a wire.

6. Add the topper. The tree topper is the finishing touch to the Christmas tree. Ideas for Christmas toppers

include a star, Father Christmas, or an angel. If the tree is very tall, add the topper first so as not to disturb the decor.

Wyevale Garden Centers, which was started by gardening pioneer Harry Williamson in 1932, is one of the largest garden center retailers in the United Kingdom. Williamson was inspired by American gardens he visited while on holiday. Look for other Christmas ideas at <https://www.wyevale-gardencenters.co.uk>.

Stress melts when Ms. Christmas transforms your home's interior

BY GINA A. DABNEY

SPECIAL TO THE SUN

Visions of fully decorated rooms this Christmas? Make it reality by hiring Ms. Christmas Interior Decorating. Owner Shell Meador takes the client's treasured ornaments and collections and changes the home's interior into a personal Christmas wonderland.

In addition to the owner's decor, Meador incorporates fresh items such as a centerpiece to enhance the overall look, all within a pre-determined budget.

Meador loves to decorate, loves the Christmas holiday and has more than one Christmas tree at her home.

"I have always had multiple trees," Meador said. "Last year we had seven trees."

Meador spent a long career as a General Manager for an in-home design store owned by Sears. Working at their 130,000 square-foot store was a great match for the decorator-at-heart but when the 21-store chain dissolved, Meador was left wondering what to do next.

Decorating homes for

others was a perfect match as she had been assisting many for years. She has now been decorating clients' homes for 10 years. Even though the company is based in Piedmont, Meador works in various Edmond areas and neighborhoods including Oak Tree, Deer Creek, and the Golf Club of Edmond.

The majority of the holiday design comes from the client's existing holiday decor with most clients updating or adding a few new items every year. For example, Meador will add or completely change a Christmas tree. Also, she makes custom garland for the fireplace mantle and staircase and will make a custom table centerpiece.

Sometimes the client might request her to only decorate a children's Christmas tree, the entry way or a coffee bar. Whatever the request, the entire house or a featured area, the client is involved every step of the way in design and budget. For a small additional fee, Meador will package up and store away the decorations. The decor is then neat and tidy until

the next year.

"I just want everything to be organized," she said.

Meador gives great thought in placing special items like ornaments for the clients to see regularly and enjoy throughout the holiday season. For example, a wedding ornament will be prominently placed in the master bathroom or on the night stand in the master bedroom. It is fun for Meador to unpack the family's special items.

"I get excited when I see baby's first Christmas ornaments," Meador said. "It is a personal touch."

Another valued element that Meador adds is the Santa photos. She requests that the client "dig out" the kids' photos with Santa, even the ones where the child is crying or surprised. Meador puts the photos in new and matching frames to coordinate with the home's unique Christmas decor.

"I love to do that. The families love them," she said.

One special memory Meador recalls was when she was asked to deco-

SEE TREES | 10



PHOTO PROVIDED

A Christmas tree with a snow man theme happily sits where everyone can enjoy. Ms. Christmas Interior Decorating works with the client to create a unique holiday environment.

TREES

FROM PAGE 10

rate while a client and her family were on vacation. When the family returned, they were delighted to see the Christmas decorations throughout the home.

"It was magical," she said.

For the last six years, Meador has not had the availability for new clients; however, due to a client moving, for example, she is accepting new clients.

"This year," Meador said, "I have a couple of spots."

For information visit FB: <https://www.facebook.com/pg/MsChristmasdecorator/about>; e-mail: shell.meador@gmail.com; or call 405-708-8008.



PHOTO PROVIDED

A train on the tracks sits beneath a full white Christmas tree which is nestled in the entry of this home decorated by Ms. Christmas Interior Decorating. Garland wraps around the curved wood banister giving the area a dreamy look.



PHOTO PROVIDED

This red-shoed elf is snuggled amongst woodland garland and snow covered pine cones in a cheerful Christmas sleigh. This fun element, presented by Ms. Christmas Interior Decorating, is part of a client's home holiday decor.



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