

GREEN MAGAZINE



RECYCLE.RENEW.RELOVE.RETHINK.

AN INDEPENDENT eco-Friendly LIFESTYLE MAGAZINE

NOV 2010 VOL.2

GIVE THANKS. GRATITUDE. THANKFUL. STEWARDSHIP. **BLESSED.**



Window display of "The9" at night. The 9 is a host to many of the new businesses that have recently opened downtown Main Street.

MAIN STREET MAGIC

Antiques, vintage apparel, home style cooking, wine, nutritional smoothies, sushi, art, handcrafted jewelry, pizza, revitalized furniture, home décor, soaps, salts, shoes...Take a trip down east Main into Downtown Ardmore and you find all these things and more to dazzle your fancy this holiday season!

While the rest of the nation suffers the effects of a sluggish economy, Historic Downtown Ardmore is blooming with revitalization and new business. Did you know that over twelve new businesses have opened shop downtown in the past six months?

This is a promising sign for our local economy because for every dollar spent at a local business approximately 80¢ or more is recycled back into the economy. *And* each dollar spent at a local business will return up to *five* times that amount within our community through city taxes, employees' wages, purchases of materials and services at other independent businesses.

Small businesses are more tied to a community's future and are better positioned to be involved in a community's nonprofit and civic needs as well.

Local, brick & mortar shop keepers are your friends, family and neighbors, not a big warehouse in a distant country. So as you get ready for holiday shopping remember the impact you will make when you buy local.

Page 2 of this edition features a guide to Buying Local.

Green Magazine is an independent publication created by Muse Studio Vintage.

Have a local, eco-friendly business, organization, or event? We'll feature you!

eally feeling green? Get the e-version- Email us at admin@musestudioanddesign.com



TARGET:GREEN
Buy Local
Keep your green in your community.



Think **TARGET: GREEN**™



By following this guide when making purchases you will make a greater impact in your local economy & community. Did you know that for every \$1 you spend at a local business 80¢ or more is recycled back into the local economy? The goal of **TARGET: GREEN** is to focus in and make as many purchases in the greener bubbles, and attempting to limit your purchases to entities outside your city, county, state & country (businesses outside of the target). The further away you get from your target, the more energy that is consumed and the less money that stays in your community.



Think of this bubble as the local big chain stores and businesses- they give to your community- they create jobs-they are our friends & neighbors. Most of their products are not grown or made locally, but some may be. Many are making eco friendly efforts.



This bubble represents local franchises- they are owned and operated by people who live in your community. They are likely to buy products or services from local providers, and are more likely to contribute to non profits, schools, etc.



You're getting greener- as this bubble represents brick & mortar businesses in your town. They are the heart and soul of our country and our communities. They are locally owned and operated. Their products may come from outside the community, but they are more likely to purchase products and services from other local businesses.



This is the Queen of Green! It represents the small and /or mom and pop businesses that provide locally made , eco-friendly or recycled products. They are farmers, ranchers, craftsman, quilters, antique dealers, artisans, etc. They are more likely to use less energy because their products are recycled, renewable, or made and sold locally (generally are not delivered from outside your town, reducing energy usage). More of the money spent with these businesses gets pumped back into your local economy- thus keeping the "green" in your community!

GET OUT. GET MOVING.

Want something fun & healthy to do with the whole family? It's the perfect time of year to get out and experience nature! It won't be long before these gorgeous 70° days are gone! A great place to do this is Lake Murray. You can hike trails, ride your bike, or take a nice walk. You could also gather up some fallen leaves, branches & acorns for holiday decorating!



www.travelok.com/State_Parks

For more information

Next day TURKEY SOUP

What to do with all those Thanksgiving leftovers? Make next Day Turkey Soup of course!

Ingredients:

- 2 quarts chicken broth
- 1 turkey carcass, all meat removed
- 1 onion, halved, plus 1 onion, minced
- 1 carrot, halved lengthwise, plus 1 carrot, minced
- 1 whole stalk celery, plus 1 more stalk, minced
- 2 bay leaves
- 3 cups dark turkey meat
- 2 garlic cloves, smashed
- 2 tablespoons olive oil
- 1 carrot, minced
- 1 stalk celery, minced
- 3 cups leftover cooked Thanksgiving side vegetables (broccoli, sweet potatoes, green beans)

Directions:

Put chicken broth, turkey, onion halves, carrot halves, 1 celery stalk, and 1 bay leaf in a large stock pot. Bring to a boil, then simmer about 1 1/2 hours. Finely dice the remaining onion, carrot and celery and reserve.

Dice the turkey meat.

Strain Broth.

In a large soup pot, heat garlic cloves in the olive oil. Allow to brown slightly and add minced carrots, celery, and onion. Sweat over medium-low heat until softened, about 7 minutes.

Dice the leftover vegetables (here broccoli, sweet potatoes, and green beans). Add turkey broth and the remaining bay leaf. Bring to a simmer. When simmering, add broccoli, green beans and diced turkey meat to the soup. Bring it back up to a simmer. Finally, add the sweet potatoes to the center, and gently push them down. Turn the heat off and cover. Allow to sit and steam for 5 to 7 minutes.

Let simmer for 5 more minutes and serve.



Happy Thanksgiving!

Eco tips



Don't Blow

Raking leaves is a task that can be shared by the whole family, plus it's a great way to get some exercise while enjoying the crisp autumn air.

Plug it

During the holidays, the crock pots get pulled out along with tons of electrical gadgets that most of us simply just don't use any other time of year. You can save money- or at least even out the holiday usage by investing in power strips.

Next to the TV, which can draw around 12 watts of electricity even after you turned it off, the biggest energy sucker is the home computer and it's attachments. A printer can draw 11.5 watts when idling! Plug them all into a power strip and when you're not using them- turn it off!

It's all how you play the Game

Ok- tell the truth- How many of your holiday celebrations include watching your Nonnie trying to bowl on Wii, or Uncle Will rocking out to Guitar Hero? All these electronics not only disconnect us from reality- they use a lot of energy! Why not put your noggin to work this holiday season and dust off the old trivial pursuit board game? Better yet bust out the sports gear and enjoy a family game of football or croquet. You'll have fun, enjoy teamwork, and work off some calories!

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HAVE AN ECO-TIP? PLEASE EMAIL US & WE WILL SHARE!

ADMIN@MUSESTUDIOANDDESIGN.COM

Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resource and his/her own resources

A Community Garden is a great way to create sustainable living



Why not talk to your neighbors about starting a community garden in the Spring? It's the perfect time to begin planning!



WE'D LOVE TO FEATUERE YOUR LOCAL BUSINESS IN GREEN MAGAZINE! EMAIL US!

WHERE CAN YOU RECYCLE?

Please call to verify before you take any items to places listed

Aluminum cans (only):

Habitat for Humanity

580-775-0719

Containers, liners & pick-up service is free of charge for organizations.

Appliances:

SORD

31 Sord Dr.

\$10 per appliance w/Freon

580-226-1276

Ardmore Beautification Council

580-223-2285 (to schedule pickup)

Window A/C, Washers, Dryers,

Stoves, Fridges, Bicycles (No Freon removal required)

Cell Phones:

Cell Phones for Life, Inc.

24 N Washington

Ardmore, OK 73401

1-800-585-5503

Clothing (Ardmore Locations):

Blankets, towels, & socks

Ardmore Animal Care

321 Carol Brown Blvd.

Ardmore, OK 73401

580-223-7070

Salvation Army Thrift Store

1211 N. Washington

580-223-6279

St Mary's Thrift Shop

311 Washington

580-223-8033

Sunshine Industries, Inc.

500 Park Street

580-226-1444

Ink Cartridges:

Staples

1203 N Commerce

Ardmore, OK 73401

580-223-0630

Iron & Metal:

Old appliances (Freon removed), old cars, copper & brass fixtures, aluminum cans

OK Iron & Metal

700 P Street NE

Ardmore, OK

580-223-2283

Paper Products:

Newspaper

Shredded Paper (no staples)

Ardmore Animal Care

321 Carol Brown Blvd

Ardmore, OK 73401

580-223-7070 (Call to check)

Pesticides:

For Disposal Information contact -

City of Ardmore Water Pollution Control

3600 Sutton Road

580-220-2831

Plastic Bags:

Loaves & Fishes

D & Stanley (garage)

4-5 p.m. M-F

Contact: Howard Guyer

580-223-2846

Wine/Liquor Bottles:

Main St. Wine Depot - 580-223-4441

Recycling Drop-off Centers:

Plastic Bags, plastic bottles, newspapers, aluminum, Christmas trees (NO household trash or garbage)

City of Ardmore - Operation Pride

317 Carol Brown Blvd

580-226-8855

Michelin/MTC Credit Union

2001 12th Ave. NW

Cardboard, paper, plastic

Thankful



We are so very blessed and grateful for the warm embrace our store & magazine have received from the Ardmore community.- Thank you . Happy Thanksgiving and many blessing to you and your family this holiday season!! -

xox-

Dondi, Dani, & Darin



A Lesson in "Vintage"

WHAT IS VINTAGE?

The term **vintage** is used to describe clothing, either used or new (from dead stock) which was manufactured in a non-contemporary era. Clothing made *before* the 1920s are considered antique, while clothing made in the 30s thru 80s to mid-90s are considered retro or vintage.

Vintage may also be used as an adjective to describe an item which is from another era (i.e.: "My shirt is vintage").

Dondi's Picks I

Mistletoe, Jingle Bells, Egg Nog, Oh jack Frost is on his way! Holiday parties are soon around the corner, so it's time to put some thought into what you will be wearing to dazzle all!

SEQUINS .SEQUINS.SEQUINS

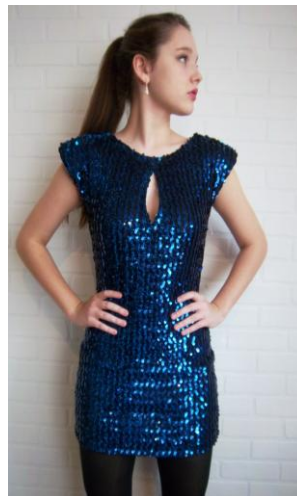
It's aaaalll about the sequins girls, nothing says partaay like sequins! You can go all the way with a sequin dress or top off some dress slacks with a sequin blazer or sequin embellished top. Whatever you do- PLEASE pay special detail to the quality of the garment. Many sequin garments you find today are made in China and are lower quality than say a vintage 80s sequined piece.

LBD

A LBD {Little Black Dress} is a must to have in your wardrobe, a girl should already know this Golden Rule. But this year, go for a LBD with a twist. Let it do the talking: A 50s or 60s LBD reminiscent of Jackie O or Audrey Hepburn will draw attention, add a touch of class and tell a story all on its own. Simple & classic!

STATEMENT NECKLACE & BLACK JUMPSUIT

Want a simple way to instantly glam up an outfit? Add a statement necklace. You can add it to a simple black jumpsuit and WOW- you will look like a million bucks!



FIND THESE GREAT PIECES AT MUSE STUDIO VINTAGE, HISTORIC DOWNTOWN ARDMORE

Please Support our Friends Downtown & Buy Local this Holiday Season!



107 East Main St.
Ardmore, OK, 73401
Phone: 580-223-1987



112 Paradise Alley
Ardmore, OK 73401
Phone: 580-223-1037.

Live, Work, and Play in
Historic Downtown Ardmore
www.paradisealleymarketplace.com



9 W. Main Ardmore, OK, 73401
Phone: 580.226.2489

MUSE STUDIO VINTAGE



\$5.00 OFF



Your purchase of \$20 or more

Expires: 12/4 /10

limit one per customer

SHOP

Ashley's Bookstore
The 9
Ardmore Emporium
Antiques Etc.
The Art of Sadie Bella
Kinzi And Co.

DINE

Edamame An American Sushi Bar
Café Alley
The Cellar Restaurant

Muse Studio Vintage



102 Paradise Alley, Downtown

For More information about Downtown Ardmore-
Please check out Ardmore Main Street!



Come see us!

www.ardmoremainstreet.com