



# GREEN MAGAZINE

*an independent eco friendly lifestyle magazine*

AUG 2011 VOL.11

Recycle Renew Rethink Relove



## Global Fashion

We all know the economy is taking a hit. Most small businesses are lucky to keep their head above water in times like these but Muse Studio Vintage has a fresh concept unlike most small businesses to combat a slowed economy. Every item in store is recycled, upcycled or locally made. All upcycled items are renewed and reinvented locally. Most importantly, every item that is available in Muse is also listed for sale online. In fact, 85% of Muse's business in the last three months has been international sales.

On a normal day, Muse ships Vintage apparel to Norway, Australia, France, Germany, UK and the remainder to out of state to New York and California.

The market for vintage is really exploding globally. Many celebrities wear vintage, as made popular by stylists like Rachel Zoe and Annabel Tollman . Tollman has a great online instructional video for wearing vintage. Check it out here > [http://www.dailymotion.com/video/xd42y0\\_ebay-fashion-series-how-to-find-you\\_school](http://www.dailymotion.com/video/xd42y0_ebay-fashion-series-how-to-find-you_school)

Plus many designers use vintage for inspiration as well as actual pattern making. Open any current fashion magazine and you can see vintage inspiration everywhere! Vintage is here to stay as a sustainable way to express yourself!

If you are unsure how to wear vintage, and would like a free private consultation with Dani - just message us at [dani@musestudioanddesign.com](mailto:dani@musestudioanddesign.com)

{Above} Darin Persyn models a vintage Navajo print boyfriend shirt and locally made natural feather earrings from Muse Studio Vintage. Muse Studio Vintage is at 102 Paradise Alley.

 *Rose Rock Cotillion* Etiquette and Social Graces



Above: Rose Rock Cotillion Alumni present new members with a Rose Rock necklace.

Pictured: Alex Davis, Darin Persyn, Lauren Ledbetter, Kalin Thomas, and Christy Iker

Below: Rose Rock Students perform the Virginia Reel



Rose Rock Cotillion is an etiquette program designed for teens in the South Central Oklahoma area. Students are taught social skills, graces, modern day etiquette and table manners, as well as ballroom dance in a fun and engaging environment. The program is currently a spring program and classes are available for junior high and high school students. Please add Rose Rock Cotillion as friend on Facebook for updates and information regarding cotillion for younger age groups.

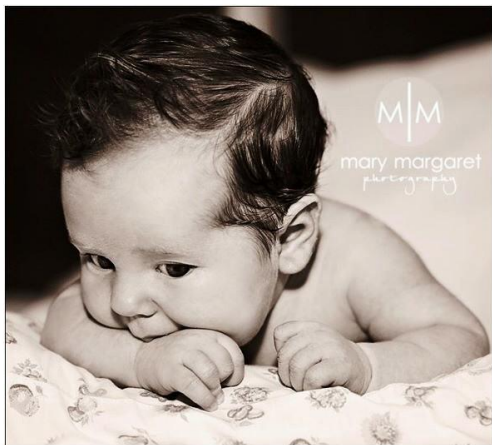
Visit [www.roserockcotillion.com](http://www.roserockcotillion.com) for more information



## JUST 4 LADIES

### 15 EAST MAIN

THE ARDMORE FAMILY YMCA NOW OFFERS A LADIES ONLY FACILITY. THE FACILITY IS LOCATED IN HISTORIC DOWNTOWN. FEATURED: CIRCUIT EQUIPMENT, A TREADMILL, A ROWING MACHINE AND THE NEW "PILATES REFORMER". IF YOU ARE A MEMBER OF THE YMCA OR WANT TO BECOME A MEMBER ACCESS TO JUST 4 LAIDES IS INCLUDED IN YOUR SUBSCRIPTION. TO FIND OUT MORE VISIT THE NEW FACILITY @ 15 E. MAIN.



Muse's Latest Arrival! : *Heidi Kate*

Born August 24<sup>th</sup>, 2011

We are so blessed!

Photo by Mary Margaret Photography

# GO GREEK

This is Greek salad perfection: Michael Psilakis tops warm bread with garlicky red-pepper tzatziki (cucumber-yogurt spread) and a piquant combo of cucumbers, olives, peperoncini, tomatoes, radishes, greens and feta. It's stellar with homemade ladopsomo bread and yogurt, but equally good with store-bought. Michael Psilakis: Great Greek Salad

## Ingredients

### Serves 6

- 1 medium cucumber, peeled, seeded and coarsely chopped
- 1/2 cup(s) plain whole-milk Greek yogurt or Homemade Greek Yogurt
- 2 roasted red peppers, chopped
- 2 clove(s) garlic, chopped
- 2 tablespoon(s) chopped dill
- 3 tablespoon(s) red wine vinegar
- Salt and freshly ground black pepper
- 2 tablespoon(s) extra-virgin olive oil
- 1/2 teaspoon(s) dried Greek oregano
- 1 small Kirby cucumber, thinly sliced
- 12 pitted kalamata olives, chopped
- 6 pickled peperoncini, stemmed and cut into thin rings
- 4 radishes, cut into matchsticks
- 2 plum tomatoes, coarsely chopped
- 1 cup(s) thinly sliced mustard greens or kale
- 1/2 small red onion, thinly sliced
- 1 cup(s) feta, crumbled
- 6 Ladopsomo Breads or grilled pocketless pitas

## Directions

1. In a food processor, process the chopped cucumber until minced. Transfer to a kitchen towel. Squeeze out as much liquid as possible and transfer the cucumber to a bowl.
2. In the food processor, combine the yogurt, roasted peppers, garlic, dill and 2 tablespoons of the vinegar and process until smooth. Add the yogurt mixture to the drained cucumber and stir well. Season the tzatziki with salt and pepper.
3. In a large bowl, combine the remaining 1 tablespoon of vinegar with the olive oil and oregano. Add the Kirby cucumber, olives, peperoncini, radishes, tomatoes, mustard greens, onion and feta and toss well. Season with salt and pepper.
4. Spread about 2 tablespoons of tzatziki onto each bread and top with the salad. Serve right away.  
Read more: <http://www.kitchendaily.com/recipe/greek-salad-sandwiches-148960/#ixzz1VSTtIG9E>

# HOT FALL TRENDS AT MUSE STUDIO VINTAGE



Natural Feather earrings made locally

The fish tail dress revamped & upcycled by locals

Vintage Navajo bag



Paisley Pure Silk Scarves



Muse Studio Vintage. 102 Paradise Alley

## TARGET GREEN:



™ The goal of TARGET GREEN is to promote Ardmore area awareness of buying locally made, recycled, or organic products from local business. More of your dollar stays in your community and less energy is wasted when you buy locally made, organic or recycled products from a local business.

WE WANT YOUR HANDCRAFTED HOME DÉCOR, JEWELRY, ACCESSORIES, APPAREL, GIFTS, ETC.



Are your handmade pieces "Etsy worthy", but you just don't have the time to or know-how to sell your creations?

Make an appointment your handcrafted art & wares, paper products, home décor, apparel and vintage pieces in ReLove by email

[dondi@musestudioanddesign.com](mailto:dondi@musestudioanddesign.com) OR call 580.229.5806



Feather Flair earrings by Local Designer/Crafter Carol Resz are available in store now!!!

# A Note from Studio 107

Studio 107 | 107 E. Main St. | Ardmore, Ok

Hello Artists!

We want to invite you to participate in an upcoming exhibit at Studio 107 entitled "Light." We are partnering with our friends at the Family Shelter of Ardmore to bring this show to Studio 107 during Domestic Violence Awareness Month. The exhibit is designed to bring this issue to "Light" and make our community aware of what is happening all around us. The show will run October 1st - 29th, with an opening event on ...the evening of Oct. 1st.

Here are some details about the exhibit and submission process:

- \* Artists are given the freedom to express this theme however they feel inspired. We will be posting a sign for the viewing audience indicating mature subject matter. We feel it is important to give the artists a voice about the issue without restriction.
- \* There will be no limitations on size, but we do ask that artists limit their number of entries to 3 per person.
- \* All media will be accepted, including 3D and sculpture.
- \* Studio 107 will be curating the exhibit and choosing the \$200 judges selection award. We will reserve the right to edit the show for content that we feel is beyond extreme or for space limitations.
- \* We welcome artwork from all age groups.
- \* We do require that all work is framed or presented in a professional manner and wired for hanging. We have a limited number of stands available for 3D work, so let us know if you will be needing one ASAP.
- \* There is no entry fee for this exhibit.
- \* At the time of delivery, each work must be registered with all the information and title of the piece. We will ask for a short description or an artist statement about the piece and theme to be included in a handout on display with the show. This will assist our viewers in the interpretation of the work and will provide details for a wider audience experience. We appreciate your participation in this and your recognition of the importance of this element to the audience.
- \* If another artist is dropping off your work, you must make sure the work is labeled on back with "Name, Title, Retail Price, and Medium" and you must send a printed copy of your description or artist statement with the piece.
- \* The work does not have to be new or recent, as long as the existing work fits the theme of the exhibit.
- \* We ask that the works be for sale, but it is not required. There will be a 35% commission on all sales through Studio 107 during the exhibit. A portion of the commission proceeds will go to a foundation that assists victims of domestic violence.
- \* We will accept delivery of the work anytime now through September 27th. Studio 107 does not operate on a regular schedule, so you MUST email or call us to arrange a time for the drop off of your work. We recommend coordinating with other artists to arrange a drop off of multiple pieces together. You may email us back at this address or call us at 580-223-1987.
- \* The Studio 107 gallery will temporarily hold regular hours of operation during the show for public viewing. We will also be available for appointments to view the work outside of the regular scheduled hours.

Please contact if you have any questions. We would love to hear back from you also if you plan to participate. This will help us in making arrangements for the show.

## MUSE STUDIO VINTAGE

Off to College? Get your one of a kind Bohemian look here!



# MUSE STUDIO VINTAGE

[www.musestudioanddesign.com](http://www.musestudioanddesign.com)



Thursday: 12pm-5pm  
Friday: 12pm-5pm  
Saturday: 10:30am -5:30pm  
Sunday: Closed  
Monday: By Appointment  
Tuesday: By Appointment  
Wednesday: By Appointment

Call 580.229.5806 for appt.

Muse is a working, online studio, shipping worldwide.  
We are flexible and available to tailor your shopping experience to fit your needs & schedule any day of the week!

**TELL US ABOUT YOUR EVENT,  
GROUP, IDEAS, RECIPES, OR  
EXPERIENCE!!!! WE WANT TO  
HEAR FROM YOU!**



**SEE CONTACT INFO >**



**Come Downtown & Visit our Neighbors!**

Please Support our Friends Downtown & Buy Local

Live, Work, and Play in  
Historic Downtown Ardmore

## SHOP

Ashley's Bookstore  
Ardmore Emporium  
Antiques Etc.  
Keys Uptown Grocery  
Muse Studio Vintage  
Studio 107  
ReLove {located in Ardmore Emporium}  
The 9  
Wine Depot  
[www.paradise marketplace.com](http://www.paradise marketplace.com)

## DINE

Edamame An American Sushi Bar  
Café Alley  
The Cellar Restaurant  
The Downtowner  
Hamburger Inn  
Ten Star Pizza  
Mix it Up Nutrition

For More information about Downtown Ardmore- Please check out Ardmore Main Street!  
[www.ardmoremainstreet.com](http://www.ardmoremainstreet.com)

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