



# GREEN MAGAZINE

*an independent eco friendly lifestyle magazine*

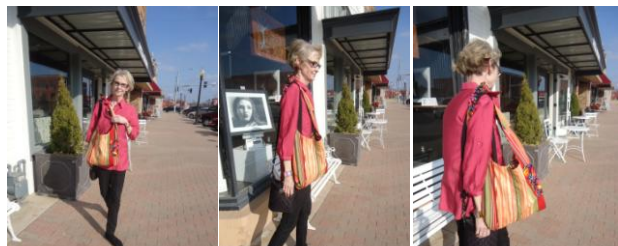
MARCH 2011 VOL.6

Recycle

Renew

Rethink

Relove



{Above} Judith Lafitte from Tishomingo strolls Downtown Ardmore with the GREEN MAGAZINE's guide to painting the town red in our February issue. She picked up the great little bag from Keys Uptown Grocery.

## Blooming Ardmore

With growth and revitalization abound, downtown is springing into a really fun & interesting place to be. When you walk down E.Main and hear jazz music coming from Ardmore Emporium, catch a glimpse of the body and health conscience working out at The Fitness Professionals, see the latest vibrant Tina Pustizzi Meschko exhibit at Studio 107, or have dinner and drinks with friends at Ten Star Pizza you realize Downtown Ardmore is really abuzz.

The community seeds that visionaries like Sandra and Jerold Wells have planted in their greenhouse like business incubator has blossomed into a garden of a business community-"the 9"- what a great place for small business growth!

And in an effort to keep things "green and local", Muse Studio Vintage has given birth to an addition called ReLove- a place for products made only by locals located inside Ardmore Emporium. Ardmore Emporium is virtual honeycomb of vendor spaces and has access to Muse Studio, Kinzie & Company, and a restaurant space within.

With businesses like the aforementioned sprouting up on Main Street- many are like busy bees building, reconstructing and creating. You can find Tim Longest OR Jerold Wells on any given day with a power tool and a dream to make downtown a better place. It's a new season for Main Street, so spring over and support a Blooming New Downtown Ardmore!



TARGET GREEN: A Guide to Buying Local can be found at Muse Studio Vintage or downloaded here:

<http://www.musestudioanddesign.com/files/TARGETGREEN.MUSEpdf.pdf>

## Give your time, your resources, a little hope....

The Family Shelter of Southern Oklahoma is a program offering services to victims of domestic violence, sexual assault, and stalking. Located at 117 B St SW, this tiny little place holds hope, help and resource for Carter County and beyond.

The Family Shelter's mission is to provide relief, support and empowerment for persons and their dependent children who have suffered physical and emotional abuse as a result of family and sexual violence. "We are here to identify the needs of the community and help bring awareness to the community says" Debra Woodbridge, Executive Director.

Services that are offered include: 24-hour crisis intervention line, emergency shelter, individual and group counseling services, specialized children's trauma counseling, victim advocacy including court and housing advocacy, public education, continued care, as well as other services such as developing a safety plan: a plan to escape the abuse and get to a safe place. "Some leave with nothing except the clothes on their backs and the pennies in their pocket" says Amber Burkham, Victim Advocate, "No birth certificates, social security cards, documents for their children- they have to start with nothing".

What can you do to make a difference? Volunteers are always needed, monetary donations are welcomed, household cleaning items such as mops, brooms, dust pans, scrubber brushes – things you would need to rebuild your life like pots and pans, dishes, silverware, tool kits, as well as coats, and particularly clothing for age 7-13yrs.

For more information, contact Debra Woodbridge at 580-226-3750 or [thefamilyshelter@cableone.net](mailto:thefamilyshelter@cableone.net)



Pictured: Staci McKinney, Shelter Manager, Amber Burkham, Victim Advocate, Debra Woodbridge, Executive Director, Penny Elliot, LPC Children's Counselor, Lynn Connell, LPC, Adult Counselor

The FAMILY SHELTER is also on Facebook!

## 19th Annual Healthy Lifestyles Conference

April 14<sup>th</sup>, 2011  
8:30am-4pm

Southern Oklahoma  
Technical Center  
2610 Sam Noble Pkwy

An all day event with  
guest speakers  
discussing the  
psychological and  
physiological  
responses in women  
and children to abuse.

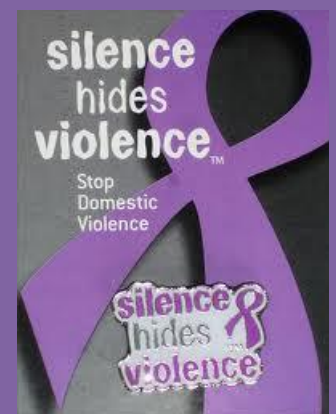
Lunch is provided

Contact:

Amber Burkham  
580-226-3750

Email:

[fssoadvocate@cableone.net](mailto:fssoadvocate@cableone.net)



24 HR CRISIS  
HOTLINE

580-226-6424

## GET OUT. GET MOVING.

Local junior high & high school students are having a ton of fun & getting healthy while learning etiquette & ballroom dance at the Spring 2011 season of Rose Rock Cotillion. Students learned the Cha Cha at the February 21<sup>st</sup> Icebreaker, danced the waltz at the Business Mixer on February 7<sup>th</sup> and will learn the mambo at the Mambo Italiano event to be held on March 21<sup>st</sup>.



HS group {above}

JH group {below}



## Fresh Local Food

### Keys Uptown Grocery

Walking into Keys is like stepping in to a time of days gone by, a time when kids could run down the street with change for candy to the local store, strangers said good morning, and a handshake was a man's word- simpler times. You'll find a little bit of everything-from seeds to Windex, to quilts and fresh deli fixings in this little grocery store, but in my opinion-the best thing you'll find in Keys is the people who run it.

My daughter & I visited the other day and were greeted by Alicia Keys' smiling face {Alicia is an amazing quilter- check out her quilts and vintage button collection} I tell her that word on the street is that Stan, her husband and owner of the store knows how to make tomatoes grow {we did not have much luck with tomatoes last year}. She laughs and calls to the back of the store "Oh Mr. Tomato Man- some people want to talk to you about tomatoes"

Stan comes out from behind the deli counter and proceeds to tell me exactly how to grow the best tomatoes- my mouth is watering thinking of the prospect of *real*, fresh home grown tomatoes- I'm ready to buy...what can I buy? - I'll take 10 of whatever you're selling Mister is what I'm thinking...but he doesn't sell me the most expensive stuff, or even stuff I don't need- "wait" is what he says- "not time yet". "When it's the right time- you come back and I'll fix you up". Wow. I'm stunned. This man actually cares if I can grow tomatoes, and he doesn't even know me! People, *this* is what America *used* to be- this is what America *STILL IS* at a little shop on East Broadway, Ardmore USA.

Do yourself a favor and make a point this spring to make a trip to Key's Uptown Grocery located at 116 E. Broadway and experience local business at its finest.

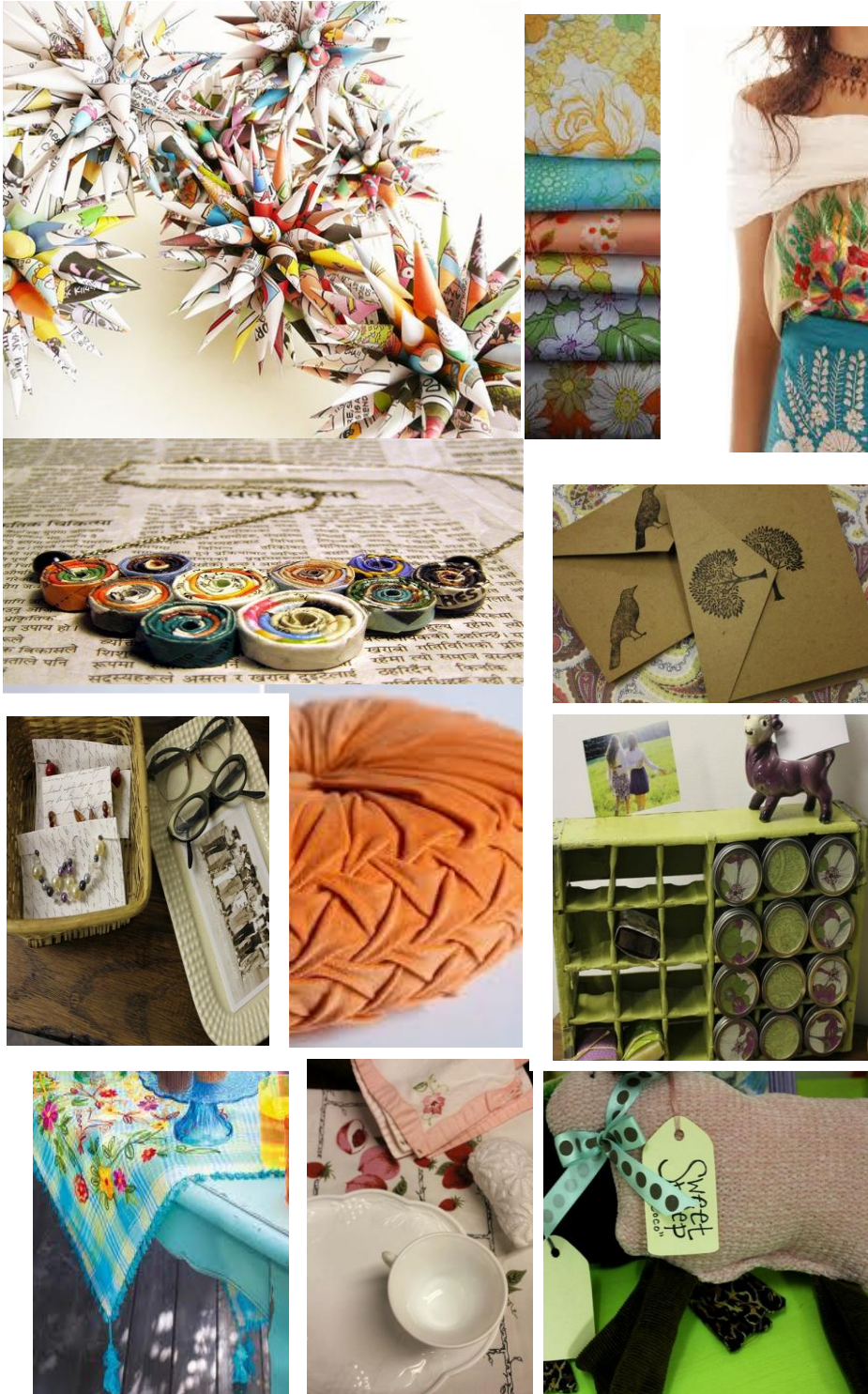


Fresh Local Food: Ten Star Pizza cont on pg 6

## ReLove ~Locally Made

Have you ever wanted a place to buy and sell locally made handcrafted pieces in Ardmore? Well, wait no longer- Muse Studio Vintage , vintage apparel & Eco-friendly boutique has opened an addition called ReLove in Ardmore Emporium. You will find handmade & crafted jewelry, accessories and home décor, refurbished furniture, vintage apparel, local art, music and more.

You can access the store through Ardmore Emporium or through Muse studio Vintage at 102 Paradise Alley



**Handmade** < *adjective* >>  
created by a hand process  
rather than by a machine

Synonyms handcrafted,  
handwrought

Related Words homemade,  
man-made, manual; bespoke  
(also bespoken), crafted,  
custom-built, custom-made

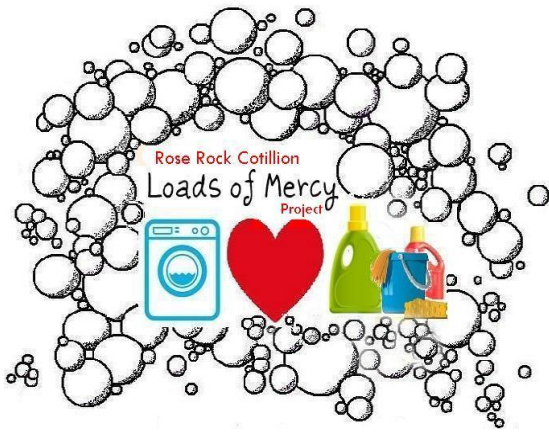
Near Antonyms automatic,  
machined, mass-produced

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 with  
Dondi to sell 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



## Rose Rock Cotillion Loads of Mercy Project

Rose Rock Cotillion's spring 2011 season began February 21<sup>st</sup> with an Icebreaker Mixer at The Garden Center. Rose Rock Cotillion is an etiquette & social graces program for Ardmore area junior high and senior high teens. Students meet twice per month and are taught social graces, modern day etiquette and table manners, as well as ballroom dance in a fun and engaging environment. The season's events progress in formality with a semi formal dinner and dance for the junior high and a formal ball for the senior high students in May.

The Formal Charity ball held on May 28<sup>th</sup> at the Goddard Center will benefit The House of Mercy. The Junior High students will be collecting comfort items, cleaners and soaps on the House of Mercy's wish list, while the Senior High Alumni will raise funds to purchase a new washer and dryer for the home. Any additional money raised will be donated toward the House's operating costs.

For more information about Loads of Mercy, to make a donation, or inquiries regarding Charity Ball sponsorship, contact Kelley Segler at 580.490.1773

For more information about Cotillion call Adriene Fontenot at 580.319.1702

Dondi Persyn at 580.229.5806

or visit [www.rosrockcotillion.com](http://www.rosrockcotillion.com)



## *Junior High Service*

Items for the House of Mercy wish list:

- \_\_\_ High efficiency detergent
- \_\_\_ bleach
- \_\_\_ Lysol/Clorox Wipes
- \_\_\_ Household cleaners
- \_\_\_ Body wash & Soaps
- \_\_\_ Shampoos & Conditioners
- \_\_\_ White bed linens
- \_\_\_ Dishwasher tabs & soaps
- \_\_\_ Disinfectant spray

## *High School Service*

### CHARITY BALL SPONSORSHIP LEVELS

\$50 *Pearl Sponsor*

\$100 *Black Tie Sponsor*

\$200 *White Glove Sponsor*

\$350 *Top Hat Sponsor*

\$500 *Business Baron Sponsorship*

Check Donations can be made to:

RRC Loads of Mercy Fund

For Sponsorship info call

Kelley Segler 580-490-1773

# Fresh Local Food {continued}

## Ten Star Pizza

I took my Bunco Group of 11 wonderful ladies to Ten Star Pizza a couple of weeks ago ...and I want to say a special thanks to Christine for making our gathering effortless and extremely enjoyable. The ladies raved about their meal and the downtown ambience. We enjoyed a variety of salad, bread, pizza, and frozen yogurt- all fresh ingredients and deeeelishhh! I would have to give my girls night out eating local experience a big ten stars!



Ten Star Pizza is located at 109 E. Main Street

### My Faves:

- Ten Star Salad
- The All American Panini
- Old Blue Pizza
- Pineapple Organic Frozen Yogurt
- Beringer White Zinfandel

*Special Thanks to the wonderful community professionals that were our guests at the Rose Rock Cotillion Business Mixer*

Mr. Tim Longest - Longest Insurance Agency

Mrs. Nan May - Y Wait Inc.

Mrs. Nancy Hill- Christ Community Church

Mrs. Sandy Harbaugh- Rod's Outdoor Power

Miss Lesley Tutor- SOTC

Ms. Julie Patterson- Ardmore Main Street

*Your encouragement, generosity & involvement is much appreciated.*

*Sincerely,*

Students & Staff of Rose Rock Cotillion

## MUSE MARCX MADNESS!



### 30% OFF YOUR ENTIRE PURCHASE

### EXPIRES MARCX31st

Muse Studio Vintage. 102 Paradise Alley



Hand stamped cards, Artist signed Photos, & CDs like music by local artist David Delgado

R  
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# spring cleaning



## OPERATION PRIDE SCHEDULE:

SEC.1SOUTHWEST	SEC.2 SOUTHWEST	SEC3 NORTHWEST	SEC4 NORTHWEST
MARCH 21,2011	MARCH 28,2011	APRIL 4,2011	APRIL11,2011

SEC.5NORTHEAST	SEC6 NORTHEAST	SEC7 SOUTHEAST	SEC8SOUTHEAST
APRIL 18,2011	APRIL 25,2011	MAY 2 <sup>ND</sup>	MAY 9TH

Check Out [http://www.ardmorecity.org/city\\_services/operationpride.html](http://www.ardmorecity.org/city_services/operationpride.html) for Operation Pride info!

A downloaded PDF schedule is here: [http://www.ardmorecity.org/city\\_services/Operationprideschedule2011.pdf](http://www.ardmorecity.org/city_services/Operationprideschedule2011.pdf)



### PAINTING THE TOWN

Tim Longest {pictured} Repaints signage on the historical Studebaker Building. Tim also restored the sign on the former Berryhill Tin Shop Building- future home of Red Dirt Brew House.

## STUDIO 107

*March 3 - April 16*

Celebrating Women's History Month in March,

Studio 107 will feature an exhibit of work

by artist Tina Pustizzi Meschko

{Studio 107 is located at 107 E. Main Historic Downtown Ardmore}

[www.studio107ardmore.com](http://www.studio107ardmore.com) for more information



# MUSE STUDIO VINTAGE

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



Thursday:	12pm-6pm
Friday:	12pm-6pm
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 studio, shipping worldwide Mondays through Wednesdays. We are flexible and available to tailor your shopping experience to fit your needs& schedule any day of the week!**

## A St. Patricks Day Blessing for our Muse Studio Vintage Customers & Green Magazine Readers:



“May you always have work for your hands to do.  
May your pockets hold always a coin or two.



May the sun shine bright on your windowpane.

May the rainbow be certain to follow each rain.



May the hand of a friend always be near you.

And may God fill your heart with gladness to cheer you.”



## 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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