



# GREEN MAGAZINE

*an independent eco friendly lifestyle magazine*

MAY 2011 VOL.8

Recycle

Renew

Rethink

Relove

## Origins

Have you ever walked into your closet and looked at the origin labels of your clothes? Many of us are so busy that we rush in and purchase our clothing without making an informed decision- much like our eating habits, the origin of the food, clothes, or product takes a back to seat to the "I want it now" tendency. While many of us opt for product that may be cheaper, or more readily available I wonder- *are we cheating ourselves?*

Just this week:

The Nation's international trade deficit in goods and services increased to \$48.2 billion in March from \$45.4 billion (revised) in February, as imports increased more than exports. (May 11, 2011) – US Census Bureau

We know that for every dollar we spend at a locally owned business at least 80% of it stays in our own community, but what are we doing to our community and even our country when continue to buy products mass produced from countries outside the USA? Does it even matter? The current job market may be an indicator that it does in fact matter.

Make an effort this summer to research where your money is going and find out the origin of the products you invest in.

Your food: Was locally grown? Or even grown in the USA?

Your clothing: Was it made in China? (Like 90% of most people's wardrobes today)

Your furniture: Was it handcrafted or mass assembled?

Your computer/cell phones/ electronics: (almost impossible to find American made)

The place of "Origin" is where your money and support is going, whether you are thinking about it or not. Next time you open your wallet- just ask yourself if you would rather support a neighbor, a local farmer, an Oklahoma business, a made in USA product... or not.



{Above} Danielle Voigt models a sheer floral vintage dress from Muse Studio Vintage. Buying vintage is a great way to keep your dollar in your community and save money!

Muse Studio Vintage is at 102 Paradise Alley.

Senator Frank Simpson speaks with a group of students from Rose Rock Cotillion. Senator spoke about the importance of manners, respect, and decorum.



Service and Philanthropy is an important aspect of the Rose Rock Cotillion Alumni Club. Senior Alumni Club Members visited the House of Mercy on February 19th to learn about the charity and are raising funds to purchase a new washer and dryer for the home. The Junior High students collected comfort items, cleaners and soaps on the House of Mercy's wish list. Any additional money raised will be donated toward the House's operating costs.

The Formal Charity ball held on May 28<sup>th</sup> at the Goddard Center will benefit The House of Mercy.



## *Rose Rock Cotillion Formal Charity Ball*

FOR THE BENEFIT OF THE HOUSE OF MERCY



*May 28<sup>th</sup>, 2011*

*Goddard Center*

Would you like to see for yourself what Cotillion is all about?

Spectator Tickets are available for the cotillion presentation by calling:

Kelley Segler 580-490-1773 or Adriene Fontenot at 580-319-1702

**GET OUT. GET MOVING.**



## 18th Annual Red River Roadkill Rally

**Date** Saturday, June 4, 2011

**Starting Time** 8:00 a.m.

**Place** Santa Fe Depot

251 East Main Ardmore, Oklahoma

**Distances**

20 miles - 40 miles - 60 miles

FARMER'S MARKET at MARKETPLACE ON BROADWAY

Is now open on Saturdays!

Fresh fruits, veggies, flowers and more from local growers.  
Market place on Broadway 112E main 8:00am- Noon



## STRAWBERRY FETA SALAD

{It's the perfect time for fresh Strawberries & Crisp lettuce!}

### Salad Ingredients

- 2-3 Cups chopped romaine lettuce (or spinach, or whatever lettuce you prefer)
- 1/2 Cup (4 oz) cooked chicken breast, diced
- 1/4 Cup feta cheese (or goat cheese)
- 1/2 Cups fresh strawberries, sliced
- 1 Tbs almonds, sliced (toasted tastes best!)
- 2 Slices bacon, (turkey or center cut), cooked and crumbled
- 2 Tbs red onion, chopped finely
- Pinch of salt and pepper to taste

*\*Store Bought Dressing Suggestions: Balsamic vinegar, raspberry vinaigrette, or any type of sweet & light dressing that you have on hand!*

### Method:

1. Roughly chop and clean lettuce (if not already pre-washed). Place lettuce on a plate.
2. Slice cooked chicken breast, (leftover chicken works great), strawberries, and onion finely and place on the bed of lettuce.
3. Crumble cooked bacon and feta over salad.
4. Sprinkle honey-roasted almonds on top
5. Add the dressing slowly (you may not want to add all the dressing to the salad). Gently mix together and serve

**ENJOY!**



VINTAGE GARDEN SPOON TAGS  
FROM DAISYCHESNUT ON ETSY



## Architectural Scavenger Hunt~ Downtown Ardmore May 22 at 6:00 p.m.

Your team will given photos of some of Ardmore's historic architect to identify. You will scour the downtown area for these secret historic features. The first team back to the Santa Fe Depot with the most correct answer wins the prize and everyone will enjoy a great dinner hosted by D. Allen.

This event is co-hosted by  
**Ardmore Beautification Council and Ardmore Main Street Authority.**  
\$25.00 per person  
RSVP at 226-Main

## 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 buy locally made, organic or recycled products from a local business.

### Floral & Feminine



Shop Downtown Ardmore for vintage & vintage inspired looks at...

Muse Studio Vintage

Pocket Shop at the 9 Antiques, Etc

Ardmore Emporium

ReLove

Art by Sadie Bella

Revanned at Muse



### 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



These Adorable "Sweet Shop" Stuffed Animals handmade by Tania Delgado can be found at ReLove

# Shop Main Street Ardmore

Buy Local



Buy Green

## SHOP ARDMORE with 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 **TARGET GREEN** icon is visual reminder to focus in and make as many purchases in the greener bubbles (local business), 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 and neighbors. Most of their products are not grown or made locally, but some may be. Many are making eco friendly and sustainable 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 and/ or 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!

For more information please visit <http://www.musestudioanddesign.com/greenmagazine>

GET THE LOOK! Shop at Muse Studio Vintage for Ethnic Threads

# GLOBAL GOODS



Ecuadorian Belts



Egyptian pendant

Balinese Jade Ring



Peruvian bracelet



Thai Wood bracelets



Vintage Mexican Maxi Dress



Hermes Silk Ethnic Fedora



Various vintage ethnic straw bags



Mayan Silk Scarf



Israeli Woven Handbag



American Indian Hand Beaded Sandals & Earrings



Eastern Indian Hand Woven Wallets



Vintage Navajo Wrap skirt



# Congratulations

To

Christian Home Educators of South Central Oklahoma

## Home School Graduates of 2011

Gavin Anderson

Savannah Crittendon

Joshua Berryhill Jordan Myers

Jake Landon

Brittani Lindsey

Morgan Rutledge

Kalin Thomas

R.J. Yeager



Blush, Nudes & Mauves – inspired by the Sweet Pea – perfection for summer!



Sweet Pea

1940s Sweet Pea Dress from the ALT Collection at Muse Studio Vintage \$55

Model: Darin Persyn

Photo: Junebug Productions



Revamped goods are all about giving vintage or just plain cool items a second life. Maybe it just needs some sparkle, or maybe it needs a complete reworking, but either way, all goods seen here are made, at least in part, out of goods that are getting their second wind....

If you are interested in updates on what is going on with Revamped Designs, please "like" at [www.facebook.com/revampeddesigns](http://www.facebook.com/revampeddesigns).

YOU CAN ALSO FIND REVAMPED DESIGN AT MUSE STUDIO VINTAGE! Come by & see all the new items!

# 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!**



*Happy Birthday to my dear friend Adriene!  
Here's to many more adventures!*



I have this fabulous idea! Sounds wonderful!  
Let's do it! This laundry can do itself!



**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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