

Ardmore

Guide™

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OCTOBER / NOVEMBER

ARDMORE'S ELSA
MEET JESSICA KINDT

EASY MAPLE GLAZED NUTS

HAVE A FRIGHTFUL GOOD TIME
AT THIS YEAR'S BOO-TACULAR

FABULOUS 50'S SOCK HOP

ARDMORE OBSCURA

LIGHT THE FIRE WITHIN

YOU CAN TAKE IT WITH YOU

FUN IN A NUTSHELL - AT THE
FIRST ANNUAL BUCHANAN
PECAN FESTIVAL

LET THE LIGHTS SHINE
CHRISTMAS IN CENTRAL PARK

AROUND TOWN

THE GODDARD CENTER'S 2023
CLASSICAL MUSIC ENSEMBLES

OKLAHOMA INTEGRATED CARE
RAISES PUBLIC AWARENESS
OF ALZHEIMER'S DISEASE

Festive
Seasonal
Events

CAMPAIGN FOR GODDARD

OUR VISION

- To be a community arts center that includes visual and performing arts for all in South-Central Oklahoma.
- To have an up-to-date art education facility that will be an incubator for arts activities in the multi-county area that enhances school performances and arts programming.
- To be a tourist destination along the I-35 corridor that aligns with the City of Ardmore's Comprehensive Plan to make a "vibrant downtown district."



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DRESSING ROOMS	\$25,000 EA.
RESTROOM HALLWAYS	\$15,000-\$100,000
HOSTING STORAGE	\$25,000
LOBBY BARS	\$25,000 EA.
ART STUDIO OFFICE	\$15,000

\$10,575,000



\$8,925,000 (85%)

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Ardmore

Guide

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LETTER FROM THE PUBLISHER



I'm not at all upset that the sweltering summer is coming to an end, just in time for the numerous gatherings and events that are planned to populate our calendars and schedules this fall.

As the oppressive, never-ending heat finally breaks, we emerge from our air-conditioned homes, fill the parks, and stroll through our lovely, preserved downtown. Even though the days are getting shorter, it's fun to pass the time with the brisk air, gentle rains, and changing foliage. Fortunately, the region in which we reside is rich in natural beauty.

We love putting together the fall issue because it's always jam-packed with enjoyable activities and joyous occasions. There is always a lot going on. Simply put, you are only sitting around if you choose to. Every weekend, there are a ton of options for entertainment! On weeknights, there are a lot of evening events to discover in the neighborhood. We hope that this issue will give you a wide range of options to think about in the coming months.

The time leading up to the new year usually goes by quickly because of football games, fall events, and holidays! Cease the moment and live your best life! Try a novel approach. Create a new custom! There are interesting workshops being offered by Ardmore Parks and Recreation to get you in the holiday spirit. Try glass making or participate in the Chiger Chase! Go to Barksgiving without a pup and leave with a new best friend. Take a carriage ride or hop on the Jolly Trolley. Write a letter to Santa or be in awe at the magical tree lighting ceremony!

Enjoying a warm encounter with Ardmore's Elsa is one of the best things you can do on a chilly night! Find out where you can meet her in October and November by reading our article in this issue!

Visit local places and let us know what you think. You can bring your Ardmore Guide along with you on a trip or to a gathering, and then share your pictures with us! Of course, You Can Take It With You!

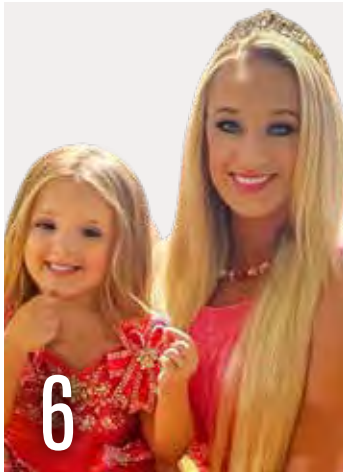
As you explore the area, take on the challenge of visiting all the fascinating sights in Ardmore Obscura! Be adventurous and discover your own to see if you can find them all and cross them off the list as you go! Share your new discoveries with us so we can enjoy them as well!

No matter whatever you do this season, we hope it is filled with love, friends, family, and joy.

Enjoy your festivities,

Jodie & David Prickett
PUBLISHERS

www.ArdmoreGuide.com



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ON THE COVER

Ardmore Parks and Recreation kicks off the festive season with scarecrows and fun events at The Clubhouse.

Photo by: Jodie Linton-Prickett



Fun In A Nut Shell



At the First Annual Buchanan Family Pecan Harvest Festival

Jodie Linton-Prickett

You are cordially invited to the first-ever Buchanan Family Pecan Harvest Festival at Buchanan Family Pecan Farm on Saturday, October 21, from 10:00 a.m. to 6:00 p.m. The orchard is tucked away on the banks of the Washita River at 6881 US Highway-177, just east of Ardmore.

People from all walks of life can enjoy the pecan-tastic harvest festival. This peaceful and lovely orchard is open to the public for a trip filled with timeless family entertainment. The fun is enhanced by concessions, activities, bounce houses, and cake walks. In addition, the Buchanan family will observe Tract-OR-Treat, their original take on trick-or-treating. The delicious treats that will be offered are suitable for children.

This event engages the community and lays the groundwork for future generations to consider the value and potential of agriculture. It is much more than just a day of family fun. Everyone's excitement is evident when they observe harvesting in action. Pecans can be manually collected during the festival's harvest portion for a fee and taken home for a special treat later.

At Buchanan Family Pecan Farm, they have been involved with the pecan industry in some capacity for more than a century. They have years of combined experience, from using the most recent technology with tractors, shakers, and harvesters on their farm to their great-grandparents manually thrashing pecan trees and gathering pecans from the field.



At the festival, you will also have the opportunity to engage with owner Carl Buchanan. He will be available to answer questions for pecan enthusiasts, growers, and future agriculturalists. Carl started his pecan business in 1979. Because of his extensive knowledge of orchards in southern Oklahoma, he is known as The Pecan Whisperer. He has expertise in a variety of farming practices, including native tree farming, enhanced tree farming, and regenerative farming. He is passionate about imparting his knowledge and igniting interest in the pecan industry.

Mark your calendar for this exciting new community event. Please make sure to visit with the Buchanan family while they are hosting their first-ever Pecan Harvest Festival with your family and friends! Watch their Facebook and Instagram pages in advance of the event for updates. Like and follow their page to stay updated with them. If you are looking for a great fall experience, it's all here in a nutshell.



THE HEARTWARMING STORY OF

ARDMORE'S ELSA



MEET JESSICA KINDT

The beloved Elsa character who has stolen the hearts of many, including my very own, was not a path I intended to choose, but a path that chose me seven years ago. In 2016, I was approached by Kim Bobbitt, who is the pageant director for the Future Kings and Queens pageant system, about dressing up as Elsa at one of her pageants and crowning the contestants. I proudly accepted the opportunity, not knowing that I was actually accepting one of the biggest blessings of my life.

Not long after the photos of the children with Elsa became public, I started to get several birthday party requests, and for a year, I pursued the birthday requests. After my first year as Elsa, I learned that my reward wasn't coming from what I was charging for Elsa's birthday parties but from the joy that Elsa was able to give to the children. I eventually eliminated my fees and solely focused on dressing up as Elsa at community events, charity organizations, and fundraisers as my own way to give back to the community and to help raise money for non-profits benefiting the children in our community, while also continuing to inspire and give hope to our local children.

This past year, my daughter, Brooke Kindt, joined in on my vision to give back to our community, and she has been dressing up with me as Olaf, and she was recognized in Marshall County for her community service by "Hope for Marshall County." Some of the organizations I have had the privilege of working with include: the Future Kings and

Queens pageant system, Night to Shine, Carter County Group Homes, Marshall County Fill the Sleigh, Marshall County Backpack Drive, Marshall County Relay For Life, World Class Pro-Wrestling, Ardmore Chamber of Commerce, Wilson Chamber of Commerce, The Town of Ringling, Fox Elementary School, It's from the Heart, Southern Oklahoma Girls on the Run, Merry Meadows Farm, The Kindness Revolution, and Hill Top Equine Therapy.

Most recently, with my career in substance misuse prevention with the Wichita Mountain Prevention Network, I began to see the ways Elsa could help bring awareness to both substance misuse and mental health. Elsa was invited to make her appearance this past August to "Defrost Mental Illness and Addiction" by participating in an event called "Chill to Heal" hosted by High Class Hippie in Sulphur, OK, and coming up in October for "Red Ribbon Week," Elsa will be in the school systems in both Garvin and Carter Counties with Wichita Mountain Prevention Network.

I know there will come a time when I am no longer able to serve my community as Elsa, but my hope is to continue to have a positive impact in our community and to remind my own children to serve with a servant's heart, to pay it forward, and to always be kind.

Fun Bonus: On September 9th, I was invited back into the Future Kings and Queens pageant system to serve as one of the judges and as Pageant Barbie.

UPCOMING ELSA EVENTS

OCTOBER

Red Ribbon Week with the Pass Coalition in Garvin County (Be Kind to Your Mind and Let It Go) and RRV Carter County Substance Abuse Prevention Committee in Carter County (Be Kind to Your Mind). Live Drug Free)

Hill Top Equine Therapy's Halloween Party on October 28th, 9433 North Meridian Road. Meet Barbie between 10:00 and noon.

NOVEMBER

Hope for Marshall County's Fill the Sleigh on November 4th at William Ray Memorial Park in Madill from 10 a.m. to 3 p.m.

Davis Christmas Parade, Davis Chamber of Commerce, 100 East Main Street, Davis on 11/28/23 from 5:00 p.m. to 8:00 p.m.



ELSA TESTIMONIALS THAT WILL MAKE YOU MELT:

“In 2016, I asked Jessica to join us and dress up as Elsa for our children’s pageant, Future Kings and Queens. I was so excited when she agreed to volunteer her time; the girls immediately looked up to her, and she put a smile on everyone’s face. The contestants were eager to take photos with her. I appreciate her kindness, and she is so genuine with a heart of gold. “A true blessing to everyone she meets.”

— Kim Bobbnitt

“Elsa has changed the lives of so many people and made so many dreams come true at our events. From toy drives to FILL THE SLEIGH, she has shown up and brightened the scene. I cannot think of a more beloved character or person than Jessica Kindt (Elsa). “Thank you, and we love you.”

— Gwen Wilson

“I was the buddy of a child at Night to Shine, a prom for children with physical and mental disabilities who otherwise would not have the opportunity to attend a prom night. Your willingness to be there, meet with the children, dance with them, and pose for pictures was amazing. The smiles that you put on people’s faces were endless! Thank you for always being willing to serve the community’s most vulnerable children.”

— Chris Perry



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HAVE A FRIGHTENING GOOD
TIME AT THIS YEAR'S

BOO!- TACULAR

Our imaginations come to life as coolness nips at the air. Once a year, we can all celebrate the fun and creativity that Halloween allows. Children can become their dream characters, and adults can relive a magical and carefree time.

On October 21, this year, join us at The Club House, located at 2705 North Rockford Road, in Ardmore, for a delightfully frightful evening of fun! This event is for kids of all ages and the young at heart. BOO-TACULAR is one of the most eagerly awaited nights of the year. You won't turn into a pumpkin until after 9:00 p.m., but this spooktacular event begins at 5:00 p.m.

Dress up in your spookiest or most fantastical outfit possible. At this year's event, you can freely explore the haunted treehouses or participate in a cakewalk! You can even get your abracadabra on and challenge your logic at this year's magic show; the performance will leave you spellbound!

There will be characters set up for photos there as well as an exciting costume competition. Get your face painted to add some pizzazz to your already fabulous costume. If you didn't wear a costume, a little face paint can transform you. Make up a character right there. For a small \$5 fee, you can also paint your own pumpkin.

Don't worry if you're hungry; there will be some amazing food offers. There will be arcade games to play and specials on those too! Bring the whole family along to this entertaining, free event. With a few small extras, this entertaining event is free to attend. Please dial 580-223-4844 or 580-221-2566 for more details.

The Fabulous 50's

SOCK HOP

An Event for Residents
with Developmental
Disabilities

Leave your shoes at the door, roll up the sleeves of your white t-shirt, cuff your jeans, and don a poodle skirt! Grease back your hair or pull it into a ponytail. Don't forget to wear your coolest socks and show them off!

This fun evening is the time to flaunt your fun 1950s attire. This event is a good time to get together, meet new friends, and enjoy nonstop rocking at a sock hop! The music will be perfect to do the Jitterbug, the Stroll and the Hand Jive. If you are really feeling it, try the Boogie Woogie or the Bunny Hop!

Prepare to rock around the clock at The Fabulous 50's Sock Hop for residents with developmental disabilities on November 4th from 6:00 to 8:00 p.m. The dance will be hosted at the cafeteria at Ardmore High School, which is located at 701 Veterans Boulevard. This event is open to individuals of all ages.

You can dance the night away while enjoying delicious snacks. There is no charge to attend the Fabulous 50's Sock Hop! Save the date, it is a night not to be missed.

For more information, please call 580.223.4844.



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Every day, we see the obvious beauty and history that Ardmore and the surrounding areas have to offer, but if you look closely, there are some peculiar and intriguing curiosities waiting to be discovered.

It's almost always exciting to venture off the beaten path, but sometimes it's just as much fun to look right under your nose for something waiting to be discovered!

If you are new to the area or have lived here for a long time, we hope Ardmore Obscura inspires you to take a closer look at your surroundings. Ardmore Obscura was inspired by one of my favorite travel sites, Atlas Obscura, which celebrates the strange, obscure, and little-known.

Driving around our immediate area and finding little unexpected treasures is a great and inexpensive way to spend an afternoon with friends or family.

We hope that our readers will share their favorite hidden gems with us and get involved with expanding this section next year! If you would like to tell us about your favorite area of obscurity, please send us a photo and the location to Info@ArdmoreGuide.com. Please put Ardmore Obscura in the subject line. Happy hunting!

~ ARDMORE ~ OBSCURA

Jodie Linton-Prickett



~ Thermal Bliss ~

You can find this sculpture at the entrance of Tucker Tower Nature Center. This bird egg-shaped sculpture is titled Thermal Bliss and was designed after the vultures, or birds of prey, that soar on thermals above Lake Murray. It is situated in front of the entrance to the Nature Center at the base of Tucker Tower.



Benchmark on the Ringling Building

Look closer at the historic Ringling Building at 301 North Washington St.! Here you will find one of two known benchmarks in Ardmore. "The National Spatial Reference System provides a consistent coordinate system that defines latitude, longitude, height, scale, gravity, and orientation throughout the United States and its territories."

Rowdy the Raccoon

This beloved mascot for Ardmore Parks and Recreation pops up around the town from time to time. If you are a Rowdy fan, look for this endearing carving next time you are at The Clubhouse, which is located at 2705 North Rockford Road. Hint: look around the miniature golf area. the United States and its territories."



Reclaimed Wood from the 1915 Explosion

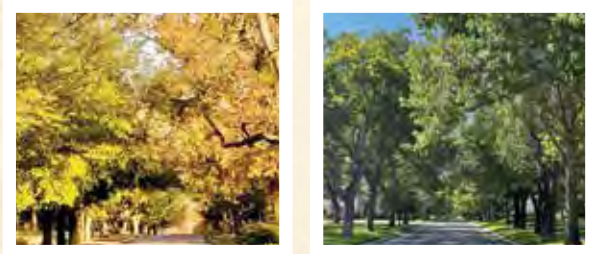
Reclaimed wood from the buildings destroyed by the train explosion on September 26, 1915, can be found on the walls at the boutique located at 118 West Main Street in historic downtown Ardmore. Visit the shop and explore their lovely selection while you learn about history.





~ Apple Jack ~ at Rose Hill Cemetery

For a peaceful stroll and an urban legend, visit Rose Hill Cemetery, located at 1604 C Street SE. This well-maintained cemetery is sprawling and nicely marked. The mausoleums are beautiful. While the urban legend is based on the story of Apple Jack, if you visit, please be respectful of the permanent residents.



~ Tree Canopies in the Southwest District ~

The Southwest District offers canopy-covered streets galore! It is an amazing place for a quiet walk, jog, or bike ride. Some of the best tree-lined streets are Bixby, Stanley, and McLish.



~ Brewer Tree ~

The Brewer Tree is a tribute to simpler times. It was planted in the 1950s and has a heartwarming placard with the story behind this much-loved tree. It is located on the Commerce Street service road heading south between Stanly Ave. and Bixby Ave.

Ardmore's Outlaw Hunter & Local Legend



U.S. Marshall Selden T. Lindsey's final resting place is at Rose Hill Cemetery, which is located at

1604 C Street in Ardmore. His grave site is at Block 11-Lot 8. He served Eastern Texas and the Ardmore area in the southern Indian Territory from 1890 until the early part of the 1900's. On June 8, 1884, Lindsey and his posse shot and killed notorious gangster Bill Dalton of the Dalton Gang.



~ The 700 Ranch House ~

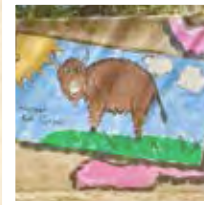
The 700 Ranch House is the remains of the Roff House. It is located across from one of Ardmore's best-kept secrets, the Greater Southwest Historical Museum. The house was built in 1870 and moved to its current location in 1991. Check it out at Sunset and West Main Street.

~ Ghost Hill ~

It seems that this little area off the beaten path is known by many names. They are all the same place, but it is also known as Magnetic Hill and Alien Hill. It is located north of town on the way to Springer on Pioneer/Pit Road. Drive to the second marker spray-painted in the middle of the road, identifiable by the smiley face. There, you will stop, put your car in neutral, and roll backwards up the hill behind you. There is an odd magnetic feeling about halfway between the two spray-painted lines. On the way out, notice the little stone, dilapidated building around the bend; it seems to have a black camera located on the outside of it. After that, enjoy the tree-covered road on the way back to the main road.



artistic beauty



Washington Street Underpass Urban Air Adventure Park

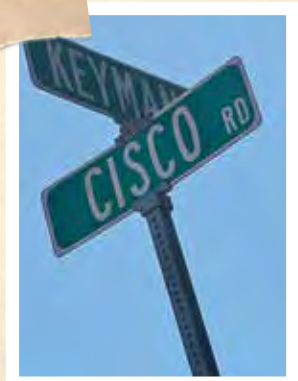
Just south of Baldwin's Restaurant on the Washington Street underpass, there is a delightful splash of color. Murals line both sides of the street, which is called Urban Air Adventure Park. Brighten up your day with some free public art that is a bit off the beaten path.

~ Seek Out The Red Brick Roads ~



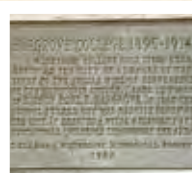
There are charming remnants of the historic red brick roads scattered throughout Ardmore. These add to our city's beauty, interest, and charm.

~ Thrill Hill ~



~ Hargrove College Monument ~

Quietly on an open lot located at 9th Ave. NW and D St. NW, there is a small stone with a placard in remembrance of Hargrove College, which filled this site between 1895 and 1914. The Oklahoma Methodist Historical Society placed the small monument here in 1964.



On Cisco Road, just south of town, is a place to lose your stomach without any added effort. By simply driving the speed limit, you will essentially get a free roller coaster ride! It looks like it goes straight to nowhere. There is a warning sign informing you of the danger that lies ahead. Be cautious but be adventurous.



Obscura:

peculiar and intriguing curiosities waiting to be discovered.

Festive Seasonal Events

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PARKS AND RECREATION

THE CLUBHOUSE BOO-TACULAR

It's Halloween at The Clubhouse! Our BOO-TACULAR event features prizes, characters for photo opportunities, a magic show, costume contest, face painting, deals of the day, cake walk, and food specials!

Come get your boo on!

Ages: All ages

Date: October 21st

Time: 5:00pm-9:00pm

Cost: FREE/PAINT-A-PUMPKIN: \$5

For more information call 580.223.4844 or 580.221.2566

Location: The Clubhouse



THE FABULOUS 50'S SOCK HOP

Break out your 50's attire and join us for the Fabulous 50's Sock Hop for individuals with developmental disabilities. We will provide music, snacks, and drinks!

Ages: All ages

Date: November 4th

6:00pm-8:00pm

Cost: Free

Location: Ardmore High School Cafeteria



BARKSGIVING

Thank your dog for their unconditional love. In cooperation with Ardmore Animal Shelter, tis' the season to be thankful at this year's BARKSGIVING. Bring your pup to enjoy this special event! The festivities will be held at the Regional Park's Dog Park, located at 2704 North Rockford Road.

Good news! If you do not have a pup, you can adopt a new friend at the event! Don't forget the costume contest, dress up your pup, for the win. The event is Saturday, November 11th, from 10:00 a.m. to noon.

Date: November 11th

Times: 10:00 a.m. to Noon

Free Event/ Discounted Adoption Fees if you Adopt a Pup Location: Regional Park's Dog Park. For more information call 520-221-2566.



GLASS ORNAMENT WORKSHOP

Create a unique keepsake or gift this holiday season. Our holiday glass ornament workshop will give you a sense of accomplishment as you indulge your creativity. At this workshop you will create your masterpiece by cutting, shaping, and stacking colored glass to

produce your special ornament. Classes are at 6:00 p.m. on November 14th or 30th. There will also be December workshops on the 5th, 7th or 12th. The cost per participant is \$55.00.

Dates: November 14th & 30th or December 5th, 11th & 12th Time: 6:00 p.m.

Location: Glass Worx, LLC
Call 580-2234844 for more information

Cost: \$55.00



HORSE CARRIAGE RIDES

Come and experience the Festival of Lights like never before! Join us for an hour-long carriage ride through Regional Park. This event will be held on November 17th from 6:00 p.m. to 9:00 p.m. The fee is \$20.00 per person. Children 2 & under are free Register online at www.ArdmoreCity.org.

FAMILY AND FRIENDS FUN PASS

Getting together with the family and friends for the holidays? Bring them to The Clubhouse! On November 18-24th you can buy four passes for \$40.00 and get two free!

Time: All Day November 18th-24th

Cost: Buy Four Passes for \$40.00 and Get Two Free

SANTA'S MAILBOX

On Friday, November 17th, a special mailbox will appear at Central Park, located at 500 West Main Street, near Historic Downtown. Here, children can mail their letters straight to the North Pole to Santa's Workshop. Send a self-addressed, stamped envelope with your letter to Santa and he will personally answer each letter! The last day for Santa's Mailbox is December 15th.

Dates: Nov. 17th - Dec. 15th

Cost: Free with a self-addressed, stamped envelope

Location: Central Park/ 500 West Main Street





FESTIVAL OF LIGHTS

Ardmore's joyful 1.5 mile drive-thru Festival of Lights display located in Regional Park opens Saturday, November 18th and closes Saturday, December 30th. With over 150 displays, the Festival of Lights is one of the largest holiday light displays in Southern Oklahoma. Crank up the Christmas tunes and visit our sparkling winter wonderland!

Time: Sunday-Thursdays
6:00pm-10:00pm

Friday- Saturday 6:00pm-11:00pm

Donations to support maintenance and expansion of the event are accepted at the end of the Festival of Lights.

CHIGGER CHASE

Come chill with the Chigger at the 27th Annual Chigger Chase run at Ardmore Regional Park! Run through the Festival of Lights to kick off the Christmas season with your family and friends.

This year kiddos up to the age of 12 will also run through the lights! They are encouraged to dress in festive costumes!

Will you be one of the fast runners who catches the Speedy Chigger? There is also a 1-mile fun run or walk. Get in the spirit by wearing your festive attire!

If you want a great souvenir t-shirt, be sure to register no later than October 22nd!

Race-day registration will be available until 4:00 p.m. on November 18th.

Register at: ChiggerChase.com

Date and Times:

Saturday, November 18th

4:00 pm Race-day registration closes!

4:30 pm Start time for the Children's Chigger Chase 1/2-mile Run

5:00 pm Mascot Race

5:30 pm Start time for the 5k Chigger Chase and 1-mile Fun Run

5:40 pm Start time for Girls on the Run 5k

Race: 5K, 1-mile fun run, children's 1/2-mile run, and Girls on the Run 5K.

Location: Regional Park Pavilion



CHRISTMAS TREE LIGHTING

Bring the family and join us at the Ardmore Parks and Recreation's Christmas Tree Lighting Celebration! Our Christmas Market is perfect for all your holiday shopping needs. Food trucks, entertainment, and much more all centered around the beautiful Christmas Tree Lighting in Central Park.

Tuesday, November 28th

Christmas Market 11:00am-7:00pm

Entertainment 4:00pm

Horse Carriage Rides 5:30pm

Lighting of the tree approximately 6:00pm

SANTA'S WORKSHOP

Santa will be in town for one weekend only at his Workshop at The Clubhouse. After the Festival of Lights, stop by to get a picture with Santa, make a couple of crafts, and enjoy some homemade goodies.

We will give away a family fun pack each night so make sure you visit the registration table for a chance to win! Goodies and pictures will be available for purchase for a small fee. Santa's Workshop is also the perfect place to drop off a gift for Toys for Tots!

Time: Friday, December 1st

Saturday, December 2nd

6:00pm-10:00pm

JOLLY TROLLEY

Climb aboard our private Jolly Trolley and step into the world of your favorite Christmas stories! The night begins with hot chocolate

and cookies around Central Park's Christmas Tree as we patiently await the magical ride. Once aboard the Jolly Trolley, we will whisk away to the Festival of Lights and enter the Winter Wonderland of over 150 displays of twinkling lights with story-telling along the way. The Jolly Trolley will return to Central Park. Be sure to purchase tickets in advance, they won't last long!

Dates: December 4th - 7th

Times: 6:00pm, 7:00pm, 8:00pm

Cost: \$10 per person

Tickets go on sale: November 1st

Location: Central Park to Festival of Lights

CHRISTMAS WITH THE CREW

Join us on December 9th from 6:00 p.m. to 8:00 p.m. at The Clubhouse for Christmas with the Crew. At this festive event, you can see Santa, decorate your own cookie, have story time with Mrs. Claus, make a craft, write letters to Santa, and make reindeer food! The Clubhouse is located at 2705 North Rockford Road.

Date: December 9th

Time: 6:00 p.m. to 8:00 p.m.

Location: The Clubhouse, 2705 N. Rockford Road

Cost: FREE

NEIGHBORHOOD SANTA

On Sunday, December 17th, starting at 4:00 p.m. Santa will be traveling around Ardmore and visiting area neighborhoods. Be on the lookout! Follow Ardmore Parks and Recreation's Facebook page to see Santa's map, and for updates on his route!



GIVE THE GIFT OF VOLUNTEERING!

Volunteering makes a difference in the lives of other people and improves your mental and physical wellbeing. It reduces stress and depression, while keeping you motivated, and provides a sense of purpose. Please contact us if you are interested in volunteering at one of our many special events.



~ From Ardmore to Amsterdam ...
and From Zion to Zurich ~
You Can Take It With You



Katie Ehlo reading Ardmore Guide to husband Mark on the beach in Cabo San Lucas, Mexico.



Jana Forsythe took her copy of Ardmore Guide to SouthernTech!



Taylor Marquis took his Ardmore Guide to Lake Murray



The Ardmore Guide was brought to the Habitat for Humanity Home Dedication Ceremony by Jana Forsythe and her son. This warm-hearted event was well attended and was truly a celebration of the neighborhood. A heartfelt thanks to all the kind volunteers who made this possible.

Would you like to be in the next issue of Ardmore Guide?

If so, send us your photo with your Ardmore Guide to YouCanTakeItWithYou@ArdmoreGuide.com

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LIGHT THE FIRE WITHIN



By Margaret Gilbert

Camp Fire Heart of Oklahoma is held to the highest nationally recognized Youth Program Quality Assessment standards, and invests in highly trained, caring staff who serve as role models dedicated to building children's character, confidence, and creativity.

Camp Fire is a national youth organization for school-aged boys and girls (Pre-K through 12th grade). Since 1910, Camp Fire has provided hundreds of thousands of children with quality programs, designed to help them grow into responsible citizens.

We provide a variety of outdoor educational programs for boys and girls, ages 4 to 18. These programs encourage personal exploration by incorporating a researched based approach to youth development that ensures participants gain the skills necessary to thrive throughout their lives. We are very aware of the changes that are required in order to meet the developmental and educational needs of the youth in our community.

Every Camp Fire program employs the Thrive Theory of Change methodology, helping youth find their sparks and discover who they are. This methodology is carried out by: identifying sparks, passions, and skills; developing or adopting a growth mindset; reflecting on strengths and challenges; and shifting gears when faced with obstacles. This process then changes how youth think of themselves so that they can reach their full potential.



How many of you are familiar with Camp Fire? Back when I was a child, the younger members were called Blue Birds. You may be familiar with that term as well. Camp Fire is still providing the same opportunities and memories some of you may have had as children. Today, however, we are now co-ed, with boys being included in the program in 1975.

Our council's headquarters are located in Oklahoma City. Our branch office is at 1710 West Main in Ardmore. We are a proud United Way participating agency.

Today in Camp Fire, kids will: work and play together; learn about and care for the environment; develop self-confidence; give service; learn leadership skills; make new friends; and have fun.

Locally, we also go camping overnight, hold day camps, learn flag etiquette, and learn how to help our environment and community. We participate in the Downtown Parade of Lights, make valentines for the Ardmore Veterans Center, and participate in the Fire Awareness programs.

OUR PROMISE

Young people want to shape the world.

Camp Fire provides the opportunity to find their spark, lift their voice, and discover who they are.

At Camp Fire, it begins now.



For more information, please contact:

MARGARET GILBERT, REGION MANAGER

Camp Fire Heart of Oklahoma
email: margaret@campfirehok.org,
or visit campfirehok.org.

Nuts For the Holidays?

Easy Maple Glazed Nuts

This easy-to-make, three-ingredient treat is perfect for all of the fall and winter holidays. Maple-glazed walnuts or pecans are delicious on a festive, warm winter salad, combined with Brussels sprouts, pumpkin, and cranberries. They can give any other

salad the ideal crunch as well. Most people enjoy eating them as a snack by the handful.

When guests arrive for the holidays or on game days, it is simple to put this treat out on the table! Purchase cute holiday bags and distribute them as thoughtful gifts to coworkers, friends, and neighbors. Because of the delectable maple coating, these nuts can be combined with anything sweet or savory.



Here's what you'll need:

Pure maple syrup

Raw whole pecans or walnuts

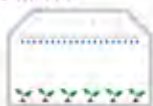
Kosher Salt

Instructions:

Making sure you don't overcook the nuts is the only challenging part of this recipe for glazed nuts. Simmer one part maple syrup to four parts pecans or walnuts in a skillet for six to eight minutes, stirring occasionally. Cook maple syrup until it's almost completely absorbed; the nuts will start to group together. Avoid overcooking and remove the skillet from heat to avoid powdery sugar. Spread nuts on parchment paper to dry, and sprinkle with kosher salt. To enhance the salty sweetness of glazed nuts, add a little salt. On parchment paper, spread them out in a single layer to dry. If you're going to store them, wait until they've hardened for about 15 minutes. If you want to eat them right away, let them cool for five minutes.

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Christmas Traditions At Central Park

In the heart of Ardmore, at Central Park, Christmas customs begin. The enchanted Christmas Tree Lighting, which takes place this year on November 28th, illuminates the park and officially ushers in the holiday season in Ardmore. Christmas in Central Park can be found in downtown Ardmore at 500 West Main Street. The amazing staff at Ardmore Parks and Recreation is responsible for putting on this fantastic event.

You can start crossing items off your list for holiday gifts at this year's fantastic Christmas market. Local businesses will have booths with ready-to-give, unique gifts. The Christmas market offers a great way to give gifts that your

friends and family will adore while also supporting local small businesses. Some vendors will even offer gift boxes and wrapping. Your taste buds will light up too. Several tempting treats and food trucks will be on site, offering a variety of delectable selections, so come hungry.

This event will be enjoyable for the entire family. There will be an abundance of food, shopping, and entertainment. Therefore, make sure to note the date in your busy fall schedule.

Throughout the entire event, the Christmas market will be open from 11:00 a.m. to 7:00 p.m. There will be about 30 vendors offering goods for purchase. This presents a chance to

interact with local shopkeepers and show support for small businesses.

The entertainment will begin at 4:00, and the horse-drawn carriage rides will begin at 5:30. At 6:00 p.m., the Christmas season will officially begin with the illumination of the holiday lights.

The lighting of the tree will be followed immediately by the 16th Annual Parade of Lights. The cheer and delight from this parade will fill the air as it moves down Main Street. West of Central Park, the parade starts, and it proceeds down Main Street to the Depot District. Santa will be in the parade, so be sure to find a good vantage point!

Loyalty in action

"I love serving our community & knowing the name of every person I meet."

Erin Carroll, Business Development Officer

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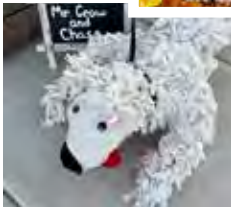
BANCFIRST.BANK





around the town

There are 48 scarecrows to see at Create Ardmore's Fifth Annual Scarecrow Stroll this year. These magnificent works are on display until November 5th and line both sides of Main Street.



Congratulations Bison Plumbing! What a great day for a ribbon cutting celebration! They service the Davis, Ardmore, and Sulphur areas.

Ardmore Guide started this beautiful day by attending the ribbon cutting for Citizens Bank & Trust Company. This morning they celebrated the opening of their new ATM located at Thompson Square- at 2015 West Broadway.



Have you ventured out to Jake's Joint yet? They are located at the Ardmore Municipal Airport. Ardmore Guide and friends enjoyed an impressive lunch, great conversation, and airplane watching!



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Take out-of-town guests to Tucker Tower for a breathtaking view of Lake Murry. After that, savor a leisurely meal at The Lookout Kitchen. We are lucky to have such a lovely recreational area in our neighborhood.



In Thompson Square, 3J's Southern Eats is a buzzworthy new restaurant. A ribbon-cutting ceremony marked their grand opening.



What a fantastic turnout for the Ob/Gyn Business Showcase Celebration at Mercy Clinic!



MARVIN'S PLACE



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music lineup

OCTOBER 2023

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- 27th Randy Lewis Brown



NOVEMBER 2023

- 3rd Ben Mckenzie
- 10th Ed Rodgers and Chris Curtis
- 17th Rick Babb and Company
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HOURS:

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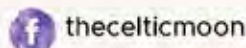
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THE GODDARD CENTER'S 2023

Classical Music

ENSEMBLES

The Goddard Center is thrilled to present two amazing Classical Music Ensembles in the coming months, The Axiom String Quartet and the Sherman Symphony Orchestra. As I'm sure you are aware the Goddard Center is still under construction, with the renovation scheduled to conclude in early 2024. Both of these concerts have pending venue contracts, and the locations of these performances will be announced soon! If you would like to receive emails about Goddard Center events you can sign-up on our homepage at www.goddardcenter.org, or email me directly at cory@goddardcenter.org

Classical Music Ensembles that appeal to modern audiences are important to Goddard Center programming. Despite feelings to the contrary, there are no cultural or intellectual barriers to appreciating classical music, its longstanding beauty or historical importance. Classical music is characterized by accessibility and simplicity, as well as its contrasting moods, theme and variation, and ornamentation - all of which has influenced contemporary music in countless ways. Classical music also tends to have more dynamic range and therefore more opportunity for dynamic expression, and as such the Goddard Center will always value the musicianship, artistry and influence of classical music.



On Thursday, November 16th, the Goddard Center will present a group from Texas with a modern take on the classical ensemble, The Axiom String Quartet. The Axiom Quartet is a dynamic and passionate string quartet that explores all genres of music with no boundaries or limits. Axiom has become known around Texas for its inventive programs that mix music from the classical canon, new compositions, and the inclusion of rock, electronic, indie, jazz, and pop genres in a single concert experience. The unifying concept is simply expressivity, whereby Axiom's concerts turn classical fans towards extraordinary popular music - serving as classical music advocates to those who normally do not attend classical concerts.

The individual players of Axiom have decades of combined experience performing internationally as soloists, chamber musicians, and in orchestral performances. The Axiom Quartet serves as outreach ambassador for Chamber Music Houston, one of Houston's top chamber music presenters. This collaboration allows the group to perform their innovative programs in communities where

access to live music is limited. Axiom performs with the nationally recognized "Harmony in the Air" program and presents weekly concerts at Houston's George Bush Intercontinental Airport. Axiom is the first classical string ensemble to ever play at Cave Without a Name in the Texas Hill Country, and for the past four years, have played to overflowing audiences.

Recent major projects include the release of their first album *Axioms - Moments of Truth* (which was a commercial success and sold out within 24 hours of being released on Amazon), a tour of 12 concerts in 20 days throughout China, and a tour of the Midwest U.S. where the group gave masterclasses and appeared as soloists with university orchestras in the region. Axiom's concert will also feature a free outreach performance for area children.

Following Axiom will be the highly anticipated return of the Sherman Symphony Orchestra on Tuesday, December 5th. Back by popular demand, the Sherman Symphony will be bringing its largest group ever to perform for Goddard Center patrons, with over 45 orchestra members in attendance. This concert will have a visual multimedia component like a silent film that corresponds to the music and will also feature a surprise guest! You won't want to miss this over-the-top Sherman Symphony Orchestra Holiday Concert, so make your reservations early!

The Sherman Symphony Orchestra (SSO) is a joint community enterprise with Austin College, devoted exclusively to the promotion of musical



and educational activities. The SSO is a vital part of the Sherman community and has been dedicated to making music accessible to everyone since it was founded in 1966 under Cecil Isaac. The SSO creates a collective civic identity by presenting live concerts and serving as a primary resource for music education. In 1992, Maestro Daniel Dominick became the music director. Ten years later, the SSO began performing in the 1,300-seat Kidd-Key Auditorium, which is located in the Sherman Cultural District.

This season the Sherman Symphony Orchestra performed its 20th annual Children's Educational Concerts. These concerts now reach over 2,000 local fifth-graders each year. In 2012, the SSO began broadcasting its classical concerts monthly on CBS-12 KXII in order to reach a greater audience, including those who are unable to attend. The Sherman Symphony Orchestra offers free student tickets to all of its Classical Series Concerts, making live classical music accessible and affordable to students of all ages. In 2019 the SSO implemented a string instrument coaching program at Sherman ISD in which SSO musicians teach specialized classes for violin, viola, cello, and bass students. Today their educational programming continues to expand. The SSO concert will also feature a free masterclass for area music students.

Please join us for these incredible performances you don't want to miss! Both concerts are sponsored in part by the Oklahoma Art Council, the National Endowment for the Arts, and the Mid-America Arts Alliance.

Tickets go on sale 4-5 weeks in advance of the shows. Tickets can be purchased in-person, by visiting our website at www.goddardcenter.org, or by calling the Goddard Center offices during scheduled business hours. And please consider becoming a Goddard Center Member to receive FREE tickets to all Season Performances. Memberships are approximately 45% of the cost to attend them all! Call 580-226-0909 for more information.



OKLAHOMA INTEGRATED CARE Raises Public Awareness of Alzheimer's Disease



November is Alzheimer's Awareness Month, the time when efforts are made to raise public awareness of the disease and show support for those Americans who are affected by it. There are several quick and simple ways for you to spread knowledge, show your support, and combat Alzheimer's disease.

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and language skills, as well as the ability to perform basic tasks. The most common cause of dementia is Alzheimer's disease. Dementia is not a disease in and of itself but rather a term used to describe symptoms such as loss of memory, judgment, and other intellectual functions. Dementia can be caused by Alzheimer's disease. Alzheimer's disease affects more than 6.2 million Americans today. Alzheimer's disease is currently thought to be the most prevalent form of dementia in older people. It is a brain disorder that has a significant impact on a person's capacity to perform daily tasks. It is not a typical aging symptom.

Experts have identified typical Alzheimer's disease warning signs, such as memory loss, particularly with regard to recent events, names, places, and other new information, as well as time and place confusion, despite the fact that each person is unique. They might also find it difficult to do simple things like brush their teeth. For them, using language can be challenging, and they frequently have trouble coming up with the right words or full sentences. Daily decision-making can be difficult as well. Even personality shifts and mood swings could manifest.

Alzheimer's disease warning signs typically appear slowly after the age of 60 and worsen over time. Although there is currently no known cure, medications are improving to slow the progression of the illness. It is a complicated

condition, and many different things can affect how it develops. While the exact cause is still unknown, it is thought to be a combination of environmental factors, genetic predisposition, aging-related changes in the brain, and lifestyle choices. Age, family history, genetics, Down syndrome, head injuries, and prior head trauma are some known risk factors.

The Alzheimer's Foundation of America uses teal as its Alzheimer's Awareness color. Wearing teal, using teal in your home decor, and spreading the word about why this color is the best for Alzheimer's awareness are all ways to show your support and spread awareness. Teal is a calming color that has been proven in color psychology studies to be effective. This is useful for creating welcoming and comforting environments and events for people with Alzheimer's.

Alzheimer's Disease **IS NOT** A Normal Part of Aging

Please don't hesitate to contact Oklahoma Integrated Care if you or someone you care about has concerns about Alzheimer's disease. They give our community top-notch integrated care. Through their collaborative approach to assessing each patient's individual needs for comprehensive medical care, OIC raises the bar for success.

Patients can conveniently access counseling, mental health services, and medical treatments at OIC because all of its services are housed in one convenient location. Because of this, they are in a position to provide a distinctive, comprehensive strategy that treats the whole person.

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3. Encourage patients to be active participants in their care.

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~ Fred Rogers



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