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APRIL / MAY

Guide™

IT TAKES A COMMUNITY
TO PROVIDE A SHELTER

MARKETING GLOBALLY,
CONNECTING LOCALLY

YOU CAN TAKE IT
WITH YOU

THE GODDARD CENTER
GRAND OPENING

BIG FISH TALES — MADE
OF HOOKS AND SCALES

LITHUANIA - THE JEWEL
OF THE BALTICS

AUTISM ACCEPTANCE AT
OKLAHOMA INTEGRATED
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MAY

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Guide

PUBLISHERS

Jodie Linton-Prickett
and David Prickett

EDITORIAL

EXECUTIVE EDITOR
Jodie Linton-Prickett

DIRECTOR OF BUSINESS
DEVELOPMENT
David Prickett

ART & CREATIVE DIRECTOR
Gina Wiklund

CONTRIBUTING WRITERS

The Family Shelter Group of Southern
Oklahoma, Jodie Linton-Prickett,
Jessica Kindt, The Goddard Center,
Ardmore Parks and Recreation, David
Prickett, Oklahoma Integrated Care

ART & PHOTOGRAPHY

Jodie Linton-Prickett, Jessica Kindt,
David Prickett, Dreamstime, The Family
Shelter of Southern Oklahoma,
The Goddard Center, Ardmore
Parks and Recreation, Desiree
McGarity, Kat Captures Photography

SALES & MARKETING

JESSICA KINDT
580-668-1135

GENERAL SALES
580-630-2272
info@ArdmoreGuide.com

DISTRIBUTION SPECIALIST
Julian Prickett

HOW TO REACH US

PHYSICAL ADDRESS
6 West Main Street
Ardmore, OK 73401

WEBSITE

www.ArdmoreGuide.com

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LETTER FROM THE PUBLISHERS



Spring fever is in full force, and it seems contagious! Surprisingly, spring fever is very real and affects most of us both psychologically and physiologically. Symptoms associated with the arrival of spring include restlessness, daydreaming, and an increased appetite for physical activity! While it is unclear what causes this phenomenon, it might be that watching everything around us come to life inspires us to join in. It is truly a beautiful time of the year.

We are fortunate to have an abundance of reasonably priced springtime events, activities, and places to visit in and around Ardmore. Dining and shopping are plentiful in downtown Ardmore. Enjoying a nice spring afternoon window shopping on Historic Main Street is a delightful activity.

Our local neighborhood is a great place to connect with friends and family over sports or outdoor activities. Ardmore Parks & Recreation hosts a plethora of fun events that are either free or reasonably priced throughout the warmer months. Many of these have been included in this edition.

How lucky we are to have the immaculate Lake Murray right outside of our door, providing the ideal weekend getaway. Enjoy a leisurely kayak ride, a day on the water in a boat, or just floating and tanning in the gorgeously clear water.

Take a short journey north for a quick day excursion out of town. There are plenty of exciting things to do in the stunning Arbuckle Mountains, or you can drive into Arbuckle Wilderness Park and see and feed the local wildlife. Just a short journey south will bring you to Gainesville, home of the charming Frank Buck Zoo.

Join friends at The Goddard Center for a range of interesting events to cap off the day. Observing the building's rehabilitation and attractiveness is a pleasure. It really is a treasure for our neighborhood. On Friday evenings, Marvin's Place on Main Street has free live music performances. You can enjoy a selection of drinks and nibbles while you tap your toes to the music.

Make sure to follow us on Facebook, where we frequently share exciting activities, to get the most recent information about new businesses, events, and activities in our community.

We hope that all of our readers enjoy the lifestyle that Ardmore has to offer as much as we do.

Since locally owned businesses are the ones who first support the organizations in your community, please don't forget to support them. We appreciate our advertisers as always. We couldn't provide our readers with information about all the local happenings and events without them.

We hope that you have joy in your heart and a spring in your step this fabulous season!

Jodie & David Prickett
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It Takes a Community to Provide a Shelter

Casino Night 2024 Success for The Family Shelter of Southern Oklahoma

The 9th Annual Casino Night Fundraiser for The Family Shelter of Southern Oklahoma took place on March 22 at the Ardmore Convention Center, with attendees coming together to show their support for survivors of sexual assault, domestic violence, and stalking in their community. This year, the event exceeded all expectations by raising an impressive total of \$70,511.20. The funds raised will go a long way in supporting the mission of The Family Shelter of Southern Oklahoma and providing essential services to survivors of sexual assault, domestic violence, and stalking in the community.

Attendees enjoyed initial play money for Texas Hold'em, Blackjack, Roulette, and Craps, along with delicious food, refreshing drinks, lively music, and prize opportunities. Including a live auction, where one of the items up for grabs was Cafe Alley's famous "Carrot Cake" that auctioned off for \$220!

This year's event introduced a poker tournament and featured a first-ever "dance-off," adding an extra element of fun and excitement, with attendees bidding on their favorite dancer for a chance to win a \$500 voucher to Elliott's Fireworks, courtesy of Elliott's Fireworks.

A special part of the evening was the presentation of the "Community Service" Award by the Family Shelter of Southern Oklahoma to Tania Delgado, recognizing her exceptional service and dedication to the mission of FSSO and their clients. This award is given annually to individuals who go above and beyond for victims of domestic violence, sexual assault, and stalking. Past recipients of the "Community Service" award include; Ryan Hunnicutt, Landon Gary, and Jessica Kindt.

Kathy Manning, the Executive Director of The Family Shelter of Southern Oklahoma, expressed her gratitude to all the guests, sponsors, prize sponsors and supporters whose generosity contributed to the success of the event. Special thanks were extended to Sign-Gypsies Ardmore, Pronto Print Inc., Des' Veggies Nursery & Garden



Center, Jay Fraley, Elite Casino, Chicken Express of Ardmore, Anheuser-Busch, the FSSO Board and staff members, volunteers, media sponsors Ardmore Guide Magazine and KICM 97.7, caterer Justin Germany with The Chef's Kitchen, and Kat Captures Photography for their contributions in creating a memorable night for the attendees of Casino Night 2024.

The 9th Annual Casino Night Fundraiser was a significant step towards raising awareness and support for individuals impacted by violence. The event demonstrated the commitment of individuals, sponsors, and volunteers who came together to create a positive impact in the lives of survivors. Thank you to everyone involved in making this event a success.

All of this year's sponsors are much appreciated. Our community would not be able to get the services that The Family Shelter of Southern is able to offer without their genuine dedication and support.

Event Sponsors: The Chickasaw Nation and Ardmore Aesthetic Solutions

Carter County's premier publication



Craps/Roulette Table Sponsors: Valero, Michelin, Mercy Hospital Ardmore, Brett & Kelly Wimberley, Murray State College, Lighthouse Behavioral Wellness Centers, Elliott's Fireworks, Doug Pfau & Paula Pfau, Trevor Potts, and Elliott Hydraulics.

Blackjack Table Sponsors: Polymate Corp, Southern Oklahoma Center for Oral & Maxillofacial Surgery, Joe McAdams - State Farm Agent, OG&E, Sullivan Insurance Agency, AmeriState Bank, Henry Roberts Express Pharmacy, Taber Law Firm, American Nation Bank, 1NB, Sweet Relief Farms, First Bank & Trust Co., Optimal Wellness & Aesthetics, Solley's Collision Center, Ashley Furniture and Love County Oklahoma Health Department.

Texas Hold'em Sponsors: Senator Jerry Alvord, House of Representative District 48 Tammy Townely, House of Representative District 49 Josh Cantrell, Carter County Sheriff Chris Bryant, Jessica Kindt, Tabor Behavioral Health, John and Daela Echols, Broadway Nutrition Ardmore, Jenn & Toby Self, The Steve Russell Agency - Farmers Insurance, Ardmore Dragway, Sam Barrick Oklahoma Farm Bureau, Newcomb Design, Todd's Lake Country Services, DIB Chiropractic & Wellness, Storts Family Dentistry, Washita Valley Sod/ White House, CBO Technologies, Kerr Pumps, J&I MFG, Ham Oil Company, Citizens Bank & Trust Company, D&H Cattle Co., Chatham Dozer Service, T.C. Craighead & Company, Allied Services Co-Hoyle Holt, Carter County Dodge Chrysler Jeep & Carter County Hyundai, Paul Hayes, Ascension Cannabis, Claudia & Stan Kittrell, Bar C Cattle by Mariah Cody Coble, and BancFirst.

...

If you missed out on the fun this year, make sure to plan to attend Casino Night 2025!



Jessica Kindt

I'm Jessica Kindt, and if you haven't met me yet, nice to meet you! Recently, my friend Desiree McGarity, the owner of Goin Postal, and I recently returned from a girls' cruise that departed from Charleston, South Carolina on February twenty-fifth. Our destination? The sunny Bahamas aboard the Carnival Cruise line's "Sunshine"! What made this trip particularly special was the opportunity to blend my passions for marketing and supporting local businesses in Ardmore, Oklahoma through a new marketing campaign I developed called "Marketing Globally, Connecting Locally".

Initially, we collaborated with a Facebook group consisting of fellow cruisers who were going on the same cruise to play a fun game of "Gift Exchange". I wanted my gifts to be local to support our local businesses and to share globally what our community has to offer, so I gathered a gift from each business, along with their business card, to be traded with eight completely random strangers on our Bahamas cruise. Each of us brought eight gifts on the cruise and, upon boarding the ship, we located the other participants' room numbers and discreetly placed our gifts in their hanging bags. By the end of the cruise, we returned home with eight different gifts than we initially brought.

The local businesses that took part in this promotion to have their gifts and business cards promoted in this unique marketing campaign included: Ardmore Aesthetic Solutions, Knotted Grace, Main Street Mercantile, The Celtic Moon, Broadway Nutrition Ardmore, Bargain Lady, Goin' Postal Ardmore, and Oklahoma Integrated Care PLC.

Now the question arises, where did the merchandise from these local businesses end up traveling to?

...

A Tumblr from Ardmore Aesthetic Solutions went to Jackie from Little Mountain, South Carolina.

...

An "A Mustard Seed" devotions & prayers for Women book from Knotted Grace went to Crystal from Liberty Center, Indiana.

...

A Wavertree & London Australia "Beach" moisturizing soap enriched with pure shea butter from Main Street Mercantile went to James from Blythewood, South Carolina.

...

A quartz crystal from The Celtic Moon went to Vondia from Eden, North Carolina.

...

A car ceramic coaster from Broadway Nutrition Ardmore went to Danette from Tulsa.



Marketing Globally, Connecting Locally

...

The One Year Chronological Bible from Bargain Lady went to Jim from Liberty Center, Indiana.

...

A car Freshie from Goin' Postal Ardmore went to Greg from South Carolina.

...

A t-shirt from Oklahoma Integrated Care PLC went to Lisa from Statesville, North Carolina.



A fun bonus story: I created "Lock Screens" for Desiree and my phones, in case we lost them on the ship. These

screens showed a friendly message with our names and room number, in case our phones got lost, they could easily be returned to us. Many fellow cruisers loved the idea, and I wound up creating 63 personalized screens for fellow cruisers. It was a fun way to add a bit of personalization and security to our trip.

A few of my recommendations are as follows: On the cruise ship, remember that you are there for yourself. Treat yourself to a facial, a massage, or even a hair service, and allow yourself to fully be present in the moment. Take the opportunity to form new friendships and explore new ways to enhance your experience, as we did with a sweet and fun couple, Chris & Dawn from Connecticut, with whom on the ship we shared many laughs with and we even made some pretty comical memories together in Nassau. Additionally, Scott from South Carolina, a well-respected figure in the cruise industry, generously provided a personal tour of the ship, taking us behind the scenes of the restaurants and introducing us to the talented chefs onboard. The

chefs even went as far as sending a special surprise cheesecake to our table! Thank you once again, Chef Johnson!

When visiting Charleston, don't miss the chance to take a carriage ride with Old South Carriage Company, and travel through the rich history of Charleston. Then, finish your evening at Charleston's Crab House as you take in all the charm that Charleston has to offer.

When you dock in Freeport, quench your thirst with some refreshing coconut water from an actual coconut, and then go treat yourself to a tasty island dish at the Pier One restaurant.

And when you dock in Nassau, whether you're a night owl like Desiree who enjoys the ship's evening activities or an early bird like me, be sure to catch the breathtaking sunrise over Nassau Harbour Lighthouse, a historic gem dating back to 1817. As the day winds down, snap a picture at Señor Frog's, giving a toast to the frog as you tell Nassau goodbye.

After soaking up all the water fun at Half Moon Cay, swing by the pirate-themed bar "Captain Morgan on the Rocks" for your favorite island cocktail. Whether you're joining in on beach games, lounging and people-watching, or admiring the majestic horses strolling through the water, just unwind and enjoy the vibe. Live a little and take it all in - the ultimate beach bliss!

My overall cruise experience has taught me that life is precious and should be treasured. I've learned the value of kindness and the joy of embracing every moment and creating lasting memories. Don't hesitate to build new friendships and share experiences with fellow travelers, or with new friends in general. Embrace every adventure and cherish the connections you make along the way.



Looks like David had quite the encounter in Frankfurt, Germany! He bumped into none other than the Michelin Man himself!



~ From Ardmore to Amsterdam ... and From Zion to Zurich ~

You Can Take It With You

Would you like to be in the next issue of Ardmore Guide?
If so, send us your photo with your Ardmore Guide to
YouCanTakeItWithYou@380Guide.com



Kaye Seeliger and her trusty Ardmore Guide magazine braved the chilly winds of Antarctica in January 2024!

You're Invited to **The Goddard Center's Grand Opening!**

As you are reading this, The Goddard Center is moving on to its punch list and finalizing our much-anticipated renovations! The Goddard Center's Ribbon Cutting Ceremony is free to attend and, weather permitting, will be held just outside the newly expanded lobby on Saturday, April 27th at 7pm. Light appetizers and drinks will start being served at 6:30pm. And as a small token of appreciation for our Major Gift Contributors to the Capital Campaign, they have been offered free seats to a celebratory concert by "Double Vision: The Foreigner Experience," which will start at 8pm, after the Ribbon Cutting. Goddard Center Members can make discounted reservations to this performance, only \$25 for Adults and \$15 for Students. And the general public can purchase Adult tickets for \$35 and Student tickets for \$25. The theatre is already filling up, act now and make your reservations for the group who sets the bar for tribute bands the world over!

Boasting some of New York City's top professional rock musicians, "Double Vision: The Foreigner Experience" delivers the highest level of integrity and technical prowess. Second to none at recreating the masterful songs Foreigner fans worldwide have come to love, Double Vision carries audiences through an unforgettable experience with ear-to-ear smiles, singing, dancing and clapping along to some of the greatest hit songs from the 70's & 80's, including "Juke Box Hero," "Hot Blooded," "Cold As Ice," "I Want To Know What Love Is," "Urgent," "Double Vision," "Head Games," "Feels Like the First Time," and more!

In addition to an incredible rock concert by Double Vision, the Goddard Center is excited to present a performance by Oklahoma Native and jazz piano virtuoso, "Justin Echols," the following week on Friday, May 3rd at 7:30pm. This is a Season Performance and Goddard Center Members can make reservations to this must-see concert for free.

There are two kinds of stories we all love to hear: one where the hero is so much more than he appears on the outside and one where the hero rises from the ashes in so much glorious triumph he shames the tragedy that afflicted him. The story of Justin Echols is both.

After an injury from a car accident during Operation Iraqi Freedom left him discharged from the U.S. Army



Reserves, Echols returned to Oklahoma City Police Department with many health issues. During this time of despair, Echols discovered a hidden talent for playing the piano and singing.

A few short years later, his music landed in the hands of jazz mogul Wynton Marsalis. Marsalis steered Mr. Echols and introduced him to Juilliard Professor and Director of Programming at Jazz at Lincoln Center, Antonio Ciacca. Over the next three years Echols was mentored by Ciacca and introduced to the international jazz scene. Immediately he traveled to Italy for more serious study. Justin attended master classes with notable jazz greats Dave Liebman, Dado Maroni, and Antonio Ciacca himself. Mr. Echols soon began frequent touring throughout Europe landing concerts in Germany, Poland, The Czech Republic, Slovakia, Istanbul and many more.

In 2012, Justin Echols became the youngest inductee into the Oklahoma Jazz Hall of Fame, he was the cover story of Making Music Magazine, recorded his first album and was featured on Forbes.com as a must-see jazz artist. In 2018, Justin's story was nominated for a local Emmy for a special segment on PBS called "Meant To Be". In January 2020, Mr. Echols received the prestigious Native Son Award from the South OKC Chamber, solidifying him as one of the most distinguished artists in the State of Oklahoma.

Please join us in celebrating our new building, all the hard work it took to achieve it and the generous donors who made this dream a reality! And you won't want to miss either of these incredible performances! Tickets to both shows are on sale now! 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. Please consider becoming a Goddard Center Member to receive FREE tickets to all Season Performances and discounts to additional shows and events like "Double Vision: The Foreigner Experience." Call 580-226-0909 for more information.





Ardmore Parks and Recreation's Camps, Clinics, and Sports

Ardmore Youth Soccer

2024 Fall Soccer
Our youth soccer league is the best way to kick off the fall season!
AGES: U4-U19 / Mini Kickers U3
FEE: \$75 / Mini Kickers: \$40
LOCATION: Morse Field
REGISTRATION: July 1
SEASON BEGINS: Mid-September

Senior Games

Held in various locations throughout Ardmore, these activities are for seniors ages 50 and older.

Golf- Lakeview Golf Course
(September 10)

Pickle Ball at Regional Park (TBD)

Bowling at Goodtime Lanes (TBD)

Horseshoe/Cornhole at Regional Park (TBD)

Lakeview Golf Clinic

Ardmore Parks and Recreation offers a free golf camp called FORE! The clinic is open to youth aged 6-18 looking to improve or build their golf skills, work hard, make friends, and have fun. The free clinic is June 11-13 from 9:00 a.m. to 11:00 a.m.

Camps in Partnership with Ardmore City Schools

Baseball
June 17, 18 & 19
9:00am - noon
\$45.00

Wrestling
June 10, 11, 12
9:00 a.m.- Noon
\$50.00

Softball
May 28, 29 & 30
9:00am - noon
\$45.00

Basketball
June 26, 27, 28
9:00am - noon
\$45.00

eSports, Football Camp and Cheer Camp

TBA \$45.00

Softball

Summer Softball
AGES: 14 and up
FEE: \$360 per team
LOCATION: Regional Park, South Complex
REGISTRATION: April 1 - June 5
SEASON BEGINS: June 11

Sand Volleyball

Dive right in to our Hot Summer Nights' open-play series on Monday nights.
AGES: 14 and up
FEE: \$3 per person per night
LOCATION: Regional Park, North Complex
SEASON BEGINS: June 10
TIME: 6:30p - 8:30p



Follow us on Facebook for more information.

facebook.com/ardmoreparksandrec

Big Fish Tales, Made of Hooks and Scales

That's What the Kid's Fishing Derby is Made Of!

This year's Annual Kid's Fishing Derby is sure to be an exciting event for any angler who has a passion for fishing. At Regional Park, 2704 North Rockford Road, grab your pole, a bunch of bait, and your fishing equipment and head over to the kid's pond. Of course, the participants will receive awards and snacks. The biggest, smallest, and most fish caught will all receive prizes and trophies. The whole family will love this event. Pack water, food, sunscreen, and chairs. Remember to bring the whole family! They will want to participate in the fun as well.

Saturday, May 4th, is the Kid's Fishing Derby date. March 1st is when registration opens. It costs \$5.00 per child and is divided into three age groups: 4-6, 7-10, and 11-15.

What a wonderful way to spend the day! You'll definitely leave smiling and full of fish stories to share!





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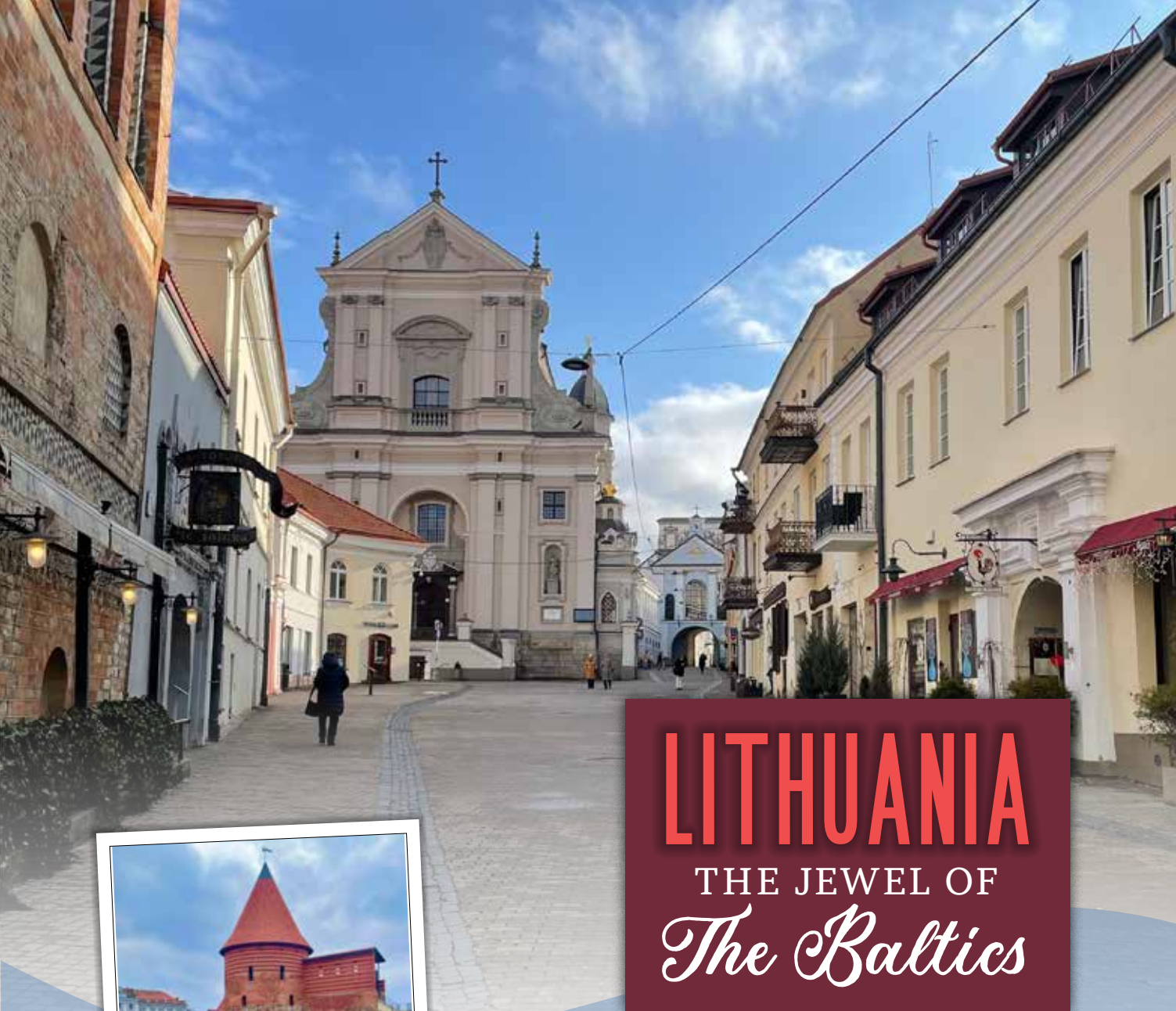
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LITHUANIA

THE JEWEL OF
The Baltics

Jodie Linton-Prickett

Many people choose to visit France or Italy over this tiny yet attractive country. My recommendation is to go there before the tourists start flocking there.

We used to travel to Prague in the Czech Republic years ago, and there were moments when it seemed like we had the whole city to ourselves. Then, word spread that this was a magical place to visit, and almost immediately, it became a popular tourist destination. So, take advantage of Lithuania's understated charm while it's still somewhat of a secret!

Lithuania is the southernmost and largest of the Baltics. It is nestled in the heart of Europe, heart of Europe, on the Baltic Sea, and has borders with Belarus, Latvia, Poland, and Russia.



DESTINATION

LITHUANIA

continued



While sometimes overlooked, Lithuania is known for its ancient history, old and unique language, colorful architecture, cobbled streets, rich past, and vast forests, among other beautiful characteristics. When you combine exquisite architecture, natural beauty, and UNESCO World Heritage Sites, it's difficult to understand why this stunning country is not on more people's radar.

The capital of Lithuania, Vilnius, has a lively nightlife, a thriving art scene, and a beautiful sprawling old town. A day can be spent strolling around the winding maze of medieval cobblestone streets in Old Town, which are lined with charming, vibrant buildings. You can pop into cafes, restaurants, bars, galleries, and specialty shops until your heart is content.

Old Town also offers a concoction of Gothic, Medieval, Renaissance, and Baroque architecture. Some highlights also include the Neoclassical Vilnius Cathedral and the Gothic-style St. Anne's Church. There are also large squares with benches and an abundance of green space to unwind. Vilnius, which has one of the largest UNESCO-listed old towns in Northern Europe.

Once you are in Old Town Vilnius, it is easy to walk everywhere. While there are bicycles available to rent and Bolt cars that are affordable and widely available, walking is the most enjoyable way to see the area. Accommodations are plentiful and priced from modest to luxury. We really enjoyed the St. Palace Hotel, which had an affordable and amazing panoramic penthouse room with beautiful views overlooking the city. The other accommodation we absolutely love is the spectacular Hotel Pacai, a member of Design Hotels by Marriott. This hotel is steeped in history and oozes luxury. Treat yourself!

Kaunas, the second-largest city in Lithuania, is worth a visit too. It is the cultural capital. The city has a youthful, vibrant air due to its large student population. It also offers a medical destination for orthopedic surgeries, bariatric surgery, plastic surgery, and dentistry. Their services there raise the bar and should be considered if you are in the market for medical care.

While in Kaunas, take a stroll down Freedom Avenue, billed as the longest pedestrian street in Europe. It is also the main commercial district and a great place to people-watch. This lively area offers several hotels in various price ranges, including the Kaunas Hotel, the Moxy by Marriott, and the Radisson. Any of these locations are tight in the thick of things, allowing you to walk right out the door onto the avenue. The entire avenue is filled with culinary delights, theaters, shopping centers, and boutiques galore.

Some of the outstanding examples of Art Deco architecture in Europe may be seen in Kaunas, which is also well known for its interwar architecture, which has been recognized as a European Heritage site. There is also a sprawling old town, vibrant street art, impressive museums, and an enchanting castle next to the Nemunas River.

What's to eat? While most foods are available, like in any major city, in Lithuania, you will find traditional rural eating has a strong influence on their cuisine. Common mainstays include smoked sausages, herring, beetroot soup, and mushroom dishes, along with other foraged items. Potatoes and pickled dishes are also extremely popular. Try the national meal, cepelinai or didžkukuliai, which are potato dumplings stuffed with ground meat, dry curd cheese, or mushrooms, sometimes topped with sour cream and bacon sauce. Potato pancakes and fried cheese curd are other popular dishes.

Consider visiting Lithuania for your next holiday; it's a terrific destination for romance or the entire family. It checks all of the boxes for city lovers and outdoor adventurers.





While sometimes overlooked, Lithuania is known for its ancient history, old and unique language, colorful architecture, cobbled streets, rich past, and vast forests, among other beautiful characteristics

What's that smell? An unusual thing that Lithuania is famous for is being the only country on earth with an official scent, which is fabulous. The Scent of Lithuania was created as a positive national brand. The lovely fragrance is made up of wildflowers, raspberry, ginger, sandalwood, and musk aromas. Yes, I brought a bottle of it home with me, and it is delightful!

For nature lovers, Lithuanians are famous for their fondness of the outdoors. After all, forests cover over 40% of Lithuania. There are five incredibly well-protected national parks in Lithuania. Each park provides homes for a range of wildlife, including roe deer, wild boar, and hedgehogs. If you enjoy hiking, water activities, or just soaking up the fresh air, you will not be disappointed.

What should you bring back? Lithuania is one of the most amber-rich nations in the world, and you can easily find it in local shops. The country is known for having some of the best-quality amber in existence. It is rendered into small trinkets, luxurious jewelry, and functional items. Amber is a source of national pride and is known for its beauty and therapeutic properties. You can find the ideal amber present for any person on your list.

Consider visiting Lithuania for your next holiday; it's a terrific destination for romance or the entire family. It checks all of the boxes for city lovers and outdoor adventurers. The other perk is that the proximity to the other Baltic countries makes it easy to combine Latvia and Estonia on one long holiday.

What's my advice? Before the secret is out and everyone else decides to visit, go. Explore the charm now!



Acceptance of Autism at Oklahoma Integrated Care is in Action



April is Autism Acceptance Month, formerly known as Autism Awareness Month. It is time to raise awareness and accept the disorder that impacts one in every 54 children in the US.

ASD, often known as autism spectrum disorder, is a general term used to describe a group of illnesses marked by difficulties with speech, nonverbal communication, repetitive activities, and social skills. The Centers for Disease Control estimate that one in every 36 children and one in every 45 adults in the US currently suffer from autism.

Autism is a complicated developmental illness with several subtypes that influence a patient's ability to interact, communicate, and progress. First recognized by the Autism Society in 1972, Autism Acceptance Month draws attention to the importance of raising public awareness in order to promote acceptance, celebrate diversity, and foster a more accepting environment for individuals with autism in our community.

In order to reframe the debate about autism and move away from stigmatizing language that portrays autism as a problem that needs to be addressed with caution, the autistic community founded Autism Acceptance Month.

At the beginning of Autism Acceptance Month over a decade ago, advocacy groups led by those without autism openly discussed their goal of achieving a day when autism is considered a historical term. As opposed to this, autism acceptance stresses that individuals with autism are part of society and should have equal access to opportunities, inclusive jobs and schools, and friendly neighborhoods. There has been significant advancement in the past ten years. Initially opposed to the use of terminology associated with "acceptance," many autism organizations led by non-autistic individuals have eventually come to embrace it. We are happy about this modification.

But acceptance is a behavior that involves more than just altering our vocabulary. Autism organizations need to shift their perspectives on autism and their efforts to advocate for individuals with autism if they are to genuinely practice autism acceptance. Recognizing ourselves as a key constituency—rather than just our family members—is essential to working toward acceptance.

It indicates that autism acceptance does not include supporting practices that individuals with autism frequently characterize as harmful, such as institutionalization, applied behavior analysis, or research aimed at "curing" or preventing autism. Advocating for autism acceptance entails confronting people who propagate discredited anti-vaccine rhetoric, harass self-advocates, or seek to increase the number of segregated environments, such as sheltered workshops and institutions.

Misconceptions regarding autism and the pervasiveness of exclusion today threaten the vital information, resources, and support that people with autism and their families need. Oklahoma Integrated Care recognizes that individuals with autism should have opportunities to be recognized and given the respect they merit on a daily basis, not just once a year.

Do not forget that Oklahoma Integrated Care is a constant source of reliability. We have therapists and physicians available for all of your needs. They will help you and your loved ones when you need it most. For additional information, please call them at 580.238.4277 or visit their website at OICardmore.com.

Did You Know?

About 1 in 36 children has been identified with autism spectrum disorder (ASD) according to estimates from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network.

ASD is reported to occur in all racial, ethnic, and socioeconomic groups.

ASD is nearly 4 times more common among boys than among girls.

Source: <https://www.cdc.gov/ncbddd/autism/data.html>



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Mission Statement

Provide quality integrated care to our community through a collaborative approach to the patients' health care with therapy, mental health, and medical services conveniently available in one location for a unique comprehensive approach to healthcare.

Vision Statement

Our vision is to promote integrated care to become the standard of practice allowing for more access to comprehensive healthcare.

Goals

1. Meet the patient where they are.
2. Provide access to providers without barriers.
3. Encourage patients to be active participants in their care.

“Anything that’s human is mentionable, and anything mentionable can be more manageable. When we talk about our feelings, they becomes less overwhelming, less upsetting and less scary.”

~ Fred Rodgers



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