

Ardmore

Guide™

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FEBRUARY / MARCH

THE 9TH ANNUAL CASINO NIGHT
AT THE FAMILY SHELTER OF
SOUTHERN OKLAHOMA

BANCFIRST - LOYAL TO
OKLAHOMA, LOYAL TO YOU

TWILIGHT EASTER
EGGSTRAVAGANZA

A TRANSFORMATIVE APPROACH
TO HEALTH CARE AT OKLAHOMA
INTERGRATED CARE

THE GREAT NORTH AMERICAN
ECLIPSE OF 2024

LOCAL ORGANIZATION;
NATIONAL PRESENTERS

TEXAS-TULIPS

FAMILY

FUN

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- 2nd Oliver White & Buddy Lane - live music
- 9th Matt Grigsby - live music
- 10th Trivia Night benefitting the Charles B. Goddard Center for the Visual & Performing Arts
- 16th Ed Rogers & Chris Curtis - live music
- 23rd Adara Kay & Carly Nash - live music

MARCH 2024

- 1st Late to The Station - live music
- 8th Randy Lewis Brown - live music
- 22nd Strung, Drawn and Quartered - live music

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LETTER FROM THE PUBLISHERS



The spring season is one of my favorite times of year. With flowers blooming, trees budding, and new life sprouting, Ardmore and the surrounding areas come to life. Additionally, turtles, ducks, birds, and other wildlife are starting to emerge during this time of year. Fortunately, it's very easy to access the copiousness of nature around us. Living in a great city with so many outdoor recreation places nearby, like the gorgeous Lake Murray and the rolling Arbuckle Mountains, is a blessing.



There are numerous lovely parks in our city that are well-kept and planned. They offer everyone in the area fun and reasonably priced recreational opportunities. The Regional Park Disk Golf Course, Whittington Trail Park, Lakeview Golf Course, Ardmore SK8 Park, Ardmore Dog Park, and the Regional Pickleball Courts are just a few places to visit if you haven't visited them recently.

Hopefully, at this point, Ardmore Guide has become your go-to source for information when organizing activities or events for your loved ones. We hope this issue offers some events and activities you might want to check out in the coming months.

We consider it noteworthy that readers are aware of Ardmore Guide's local publication status. The group that creates the Ardmore Guide works, lives, and shops in Ardmore. Ardmore is our home, and we are happy to be your neighbors!

Please remember to support local businesses as they are the first to support charitable causes, educational institutions, and neighborhood associations. As always, we are grateful to our advertisers. Without them, we could not keep our readers up to date on all the local news and events.

May a springtime breeze fill your heart and bring you joy.

Jodie & David Prickett
PUBLISHERS

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TEXAS-TULIPS



ON THE COVER

Great fun for the entire family is just a tiptoe away in Pilot Point, TX.

Photo provided by: Texas-Tulips

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CASINO *Night*

IT'S IN THE CARDS

You're Winning by Attending

The Family Shelter of Southern Oklahoma's

9th Annual Casino Night Fundraiser

You can bet your boots that the 9th Annual Casino Night Fundraiser for The Family Shelter of Southern Oklahoma will be an enjoyable event. The fundraiser is scheduled for March 22 at the Ardmore Convention Center, located at 2401 Rockford Road, beginning at 6:30 p.m.

Don't get behind the eight ball; early bird tickets are \$100 per person, which is a \$20.00 savings if you purchase in advance! Don't worry, you



can also purchase tickets at the door for \$120.00. This fun-filled night is a great time, even if you don't like to gamble. Your initial play money for Texas Hold'em, Blackjack, Roulette, and Craps is included in the celebration's ticket, but the fun doesn't end there! The Family Shelter of Southern Oklahoma adds flavor to the mix with delicious food, refreshing drinks, lively music, and exciting prize opportunities! This year, they upped the ante with a newly added poker tournament. Poker seating is limited, so get there early.

This is the organization's largest annual fundraiser to help sustain their efforts to support survivors and raise awareness of the problems of sexual assault, domestic abuse, and stalking in our local communities.

With a whopping \$75,000.00 raised at the event in 2023, they broke their 2022 record thanks to the tremendous support of their sponsors and attendees! This year, they intend to raise even more money for victims of abuse. You can help make this happen.

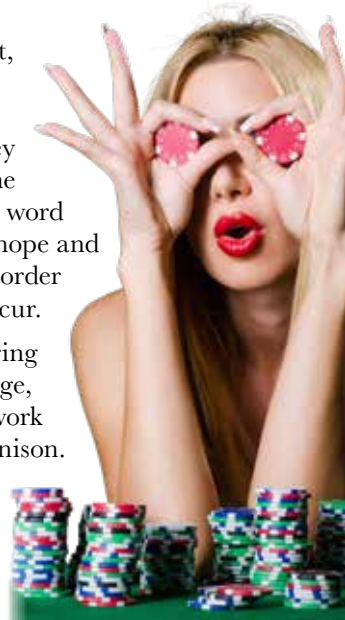
The goal of the Family Shelter of Southern Oklahoma is to change the way that people perceive and react to

sexual assault, domestic abuse, and stalking. They need everyone to spread the word that there is hope and assistance in order for that to occur.

To truly bring about a change, we must all work together in unison. There is hope and assistance available to everyone who is in

an abusive situation. Anywhere, at any time, with any race, age, or religion, can be impacted. However, it doesn't characterize them.

The only game in town to generate critically needed funds for victims of sexual assault, domestic abuse, and stalking is this one. Thus, mark the date, send out invitations to your friends, and join in on the fun while significantly improving the lives of those in our community and beyond.



FOR MORE INFORMATION CALL: 580.226.3750





THEIR COMMITMENT IS STRAIGHTFORWARD. **BancFirst, Loyal to Oklahoma, and Loyal to You.**

From the moment you walk into BancFirst's location at 310 West Main Street in downtown Ardmore, you can tell that their story is an Oklahoman story. The lobby and offices of the recently renovated space are adorned with numerous images of Oklahoma. As soon as you walk in, friendly staff members greet you and are delighted to help you with all of your banking needs.

The bank, which is currently known as BancFirst, was founded more than a century ago. It spans Oklahoma's evolution from Native Nations to land runs, and the transition from territory to statehood. Moreover, they have built their company around the unwavering principle that loyalty counts with every passing century.

BancFirst began modestly, just like many banks do. However, they have expanded over the years to over 100 locations in 60 communities throughout Oklahoma. They are an FDIC member, a state-chartered bank, and have been consistently ranked among the safest banks in the



country. Over \$12 billion has been added to our total assets.

In Ardmore, like in each of their communities, a President oversees a team of employees, and their primary goal is to give every customer exceptional service. Due to their obvious advantage in knowing the needs and financial objectives of the Oklahomans who visit their doors, they give these local teams the authority

to make a number of crucial decisions.

At BancFirst, they strive to meet their customers wherever they may be in their journey. Their daily goal is to establish themselves as trustworthy financial partners who deal with integrity, honesty, and inclusivity.

Yes, they appreciate modern technology's efficiency and conveniences. However, at BancFirst, they will never lose sight of the fact that their people, the communities and cities they call home, the enterprises they start, and the ways of life they lead have always contributed to Oklahoma's distinct identity. Their story is Oklahoma's Story.

Meet Your Match Bake Sale and Puppy Adoption Event!



Experience puppy love at this entertaining yearly event, which takes place at the downtown Ardmore BancFirst branch at 310 West Main Street.

On Valentine's Day, puppy adoptions will take place from 10:00 a.m. to 2:00 p.m. A number of delectable Valentine's Day treats will also be on sale for you and your non-furry friends to enjoy. All of the proceeds go to the Ardmore Animal Shelter. Isn't that tail-riffic!

As a sign of your love and support for our fur-iends searching for forever homes, you can donate dog food and treats to the animal shelter. It will make their day pup-tacular!

Twilight Easter Eggstravaganza



Ardmore's 18th Annual Twilight Easter Eggstravaganza is quickly approaching. On March 28th, the good times begin at 7:00 p.m. Don't miss the Easter event at the park, which promises to be exciting. Inside the vibrant eggs are candy and prizes that will delight kids of all ages.

This yearly occasion is a time for celebration, making memories, and taking pictures. This is a delightful way to spend a fun evening with the whole family. The venue, Ardmore Regional Park, at 2704 North Rockford Road, will host the event. Bring your flashlights for this hunt at dusk. At 7:00, the gates will open. There will be an abundance of eggs scattered throughout, featuring showcase eggs for every age group!

Children aged three to ten are eligible for hunts. They are divided into age groups of three to four, five to six, seven to eight, and nine to ten. Everyone will have an opportunity to fill their baskets, thanks to this. The three- to four-year-old age group will lead the hunt at dusk, with the other age groups joining them shortly after.

In addition to the egg hunt, there will be a number of other kid-friendly activities, such as Easter-themed bounce houses, carnival games with prizes, and challenging guessing games. The majority of the festivities are included in the \$2.00 per person gate fee. Concessions, face painting, and photos with the Easter Bunny all have small extra costs.

For additional information, please visit ArdmoreCity.org or call 580.223.4844

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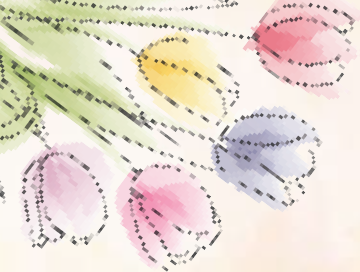
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TEXAS-TULIPS

A Little Piece of Holland is Just a Tiptoe Away

Enjoy a daycation with a visit to the tulip field at Texas-Tulips, located at 10656 FM 2931 in Pilot Point, Texas. Depending on the weather, you can begin picking tulips in the middle or end of February and continue picking until the end of March or the beginning of April. Follow Texas-Tulips on social media or visit their website for up-to-date information.

There are roughly 100 different types of tulips available overall (early, mid, and late-flowering varieties). Throughout the picking season, varieties become available at different times. Texas Tulips has an enormous selection of hues and forms, so there is something for everyone. Plan to fall head over heels in love with these gorgeous tulips because they are just too good to resist!



HERE'S HOW IT WORKS:

- On the field, there is a picking basket that you can use to gather your tulips to purchase.
- Create your own gorgeous bouquet of tulips by selecting the ones you wish to buy.
- Bring your tulips to the stand, and they will wrap them up for you in lovely tissue paper and apply a special gel to the stems to keep them fresh until you can bring them home or take them to your next appointment.
- The gel will keep your tulips fresh for the duration of the day, so take them home or enjoy the rest!

STYLING ADVICE

The tulips remain fresh throughout the day, thanks to the gel. After relocating your tulips, give them a quick rinse and submerge them in water. When decorating your home, use your favorite vase. Alternatively, use a bucket to arrange your tulip flowers to display outside on your porch or terrace. Just make sure it's somewhere you can enjoy them!

Fresh tulips, which are available in an array of colors, have an unparalleled springtime feel. Texas-Tulips offer an amazing selection of tulip varieties, some of which are as follows: fringed, parrot-shaped, striped tulips, Texas Gold, Texas Flame, and American Dream.



PICKING TULIPS

What could be better than walking through a field with thousands of tulips and the warm Texas sun?

Imagine your children picking tulips, or your partner, or for their grandparents. Come visit Texas-Tulips and make memories that will last a lifetime! Or perhaps you just want to treat yourself to a beautiful bouquet to enjoy the beautiful surrounding.

Nothing expresses "I love you" like a stunning bouquet of tulips from Texas-Tulips. They're thoughtful and wonderful gifts for the people you care about. All your tulips will be wrapped with love and secured with a special gel to preserve them as long as possible.

CREATE BEAUTIFUL PICTURES AND WELCOME IN THE SPRING

Our expansive property offers many chances for stunning landscape photography. It's time to visit Texas-Tulips as soon as spring arrives! Capture one-of-a-kind photos amid our many tulip varieties. It would be hard to find pictures anywhere in Texas. Take the sunlight as the sun rises over

Bring The Entire Family





ACTIVITIES

Walking in a field
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PHOTOGRAPHERS WELCOME!

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hills of Texas; row by row, they open up to reflect the brilliant rays of the early morning sun. Many different types of unusual tulips change dramatically in color as the sun rises to its zenith, offering new photo opportunities. You can use the natural illumination angle to hone your photography skills. Alternatively, take some beautiful and treasured pictures to share these fleeting moments with loved ones. Feel free to share these happy memories on Instagram, Twitter, or Facebook, #Texas-Tulips!

HAY MAZE FOR THE KIDS

Texas-Tulips even offers a hay maze set up for your little ones, who might not be quite ready to pick tulips. Children can explore and learn through play in this maze while taking in the fresh air. This allows you some time to enjoy some tranquility while you explore the tulips.

Know Before You Go

OPERATING HOURS / ENTRANCE FEE

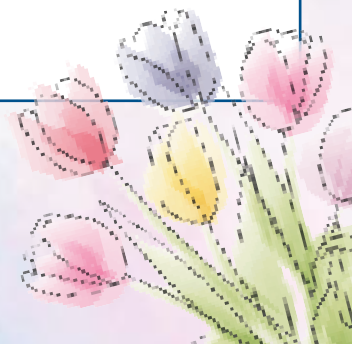
- Entrance fee: \$6.
- Veterans discount entrance fee Monday through Friday only: \$10/person (includes four tulips).
- Seniors discount entrance plus four tulips Monday through Friday only: \$10/person.
- Field trips or large group entrance fee Monday through Friday only: \$10/person (includes four tulips)
- Free entrance for children 12 months and under
- Operating hours: Monday through Sunday, seven days a week, 10:00 a.m. to 8:00 p.m.
- Free parking
- Concessions are available including snacks, chips, candy, and sodas.
- Professional photographers can attend without appointments, and a day pass will be provided upon paying the \$25.00 entrance fee.
- Texas Tulips hold the right to change entrance fees at all times
- Enter at your own risk

U-PICK

- U-pick, \$2.50/stem (tulip flowers will be wrapped in pretty paper, and stems will be put in flower gel).
- Picking baskets are available to use on the field.

THE FIELD

- There are picnic tables and restrooms.
- Dogs are not allowed in our field or in the parking lot or car. For service dogs, please call us in advance.
- Wear appropriate clothing and footwear for the field conditions
- Wheelchairs are only feasible to use in favorable weather conditions and with someone's guidance.
- No drones allowed
- Enter at your own risk



Family to Experience the Symphony of Tulips

2024 APRIL 8 24

GREAT NORTH AMERICAN ECLIPSE

???

Did You Know?

The 2024 eclipse is a total eclipse for those in the path, but the Ardmore will see a partial eclipse.

On April 8, 2024, the second total solar eclipse in the U.S. in less than seven years will travel up through the country from Texas to Maine. The 2024 eclipse, known as the "Great North American Eclipse," promises to be even more spectacular than the historic 2017 eclipse, crossing over or coming close to more major cities and with a maximum duration of totality that's almost two minutes longer!

The centerline of the eclipse enters Texas, and the U.S., as it crosses the Rio Grande River at the Mexico-U.S. border at approximately 12:10pm CDT, with totality beginning in that location at about 1:27pm CDT.

As it exits Mexico and enters the U.S., traveling through the Texas Hill Country, the eclipse will have already reached its "point of greatest duration," that singular spot along every total solar eclipse centerline where the duration of totality is longer than anywhere else. That point is also the duration of totality "tipping point," meaning that the duration gradually increases along the centerline up until that point and then starts to decrease on the other side. In other words, for the 2024 eclipse, the duration of totality is all downhill in the U.S., with the longest durations in Texas and the shortest in Maine. Therefore, the path of totality in Texas will be

considered a prime viewing destination on April 8. And since the point of greatest duration in Mexico is only a little more than 300 miles to the south of where the path of totality enters the U.S., the duration of totality on the centerline will only be a few seconds short of the eclipse maximum of 4 minutes and 28 seconds even a couple of hundred miles north of the border.

If the longest durations of totality in the U.S. wasn't enough, Texas is also widely considered to have the best eclipse-day weather prospects in the country. More specifically, eclipse weather forecasting site eclipsophile.com points out that, in Texas, "the north [or west] side of the track has a notably sunnier April climate than the south [or east]." In general, the farther south you are for this eclipse, the better your weather odds. And you can't get any farther south along the path of totality in the U.S. than Texas.

The centerline of the eclipse exits the state as it crosses the Red River around 3:06pm CDT, with totality coming to an end in that location at about 1:49pm CDT. From the Mexico-Texas border to the Texas-Oklahoma border, the Moon's shadow travels approximately 478 miles along the centerline in 17 minutes and 29 seconds at an average speed of 1,641 miles per hour.

2024 Eclipse Facts for Ardmore

(34.193966° N, 97.124957° W)

Maximum coverage of the Sun will be 97.9%

Partial eclipse starts: 12:25:31 PM

Mid-eclipse: 1:44:16 PM

Partial eclipse ends: 3:03:38 PM

WARNING

When viewing a partial or annular solar eclipse, you must look through safe solar viewing glasses ("eclipse glasses") or a safe handheld solar viewer at all times.

Eclipse glasses are NOT regular sunglasses; regular sunglasses, no matter how dark, are not safe for viewing the Sun. Safe solar viewers are thousands of times darker and ought to comply with the ISO 12312-2 international standard.

Always inspect your eclipse glasses or handheld viewer before use; if torn, scratched, or otherwise damaged, discard the device. Always supervise children using solar viewers.

The path of totality will pass through Mexico, Central and Northeastern USA, and the Maritime provinces of Canada.



Photo Credit: NationalEclipse.com

A Transformative Approach to Healthcare

At Oklahoma Integrated Care

Integrated care is a Transformative Approach to Healthcare that focuses on providing seamless and coordinated services to improve patient outcomes. As a marketing manager, let me highlight the key benefits of integrated care that make it a game-changer in the healthcare industry:

Improved Patient Experience: Integrated care ensures that patients receive holistic and coordinated services, leading to a more positive and satisfying healthcare experience. From preventive care to chronic disease management, patients can access a continuum of care that is seamlessly connected.

Efficient Communication: With integrated care, healthcare providers across different specialties can communicate and collaborate effectively. This ensures that critical information is shared in real-time, leading to better-informed decisions and personalized treatment plans for patients.

Cost Savings: By streamlining processes and reducing redundancies, integrated care can lead to significant cost savings for healthcare organizations. This efficiency translates to better resource utilization and ultimately contributes to a more sustainable healthcare system.

Better Health Outcomes: The holistic approach of integrated care aims to address not only the immediate health concerns but also the underlying factors contributing to a patient's well-being. This comprehensive care model has been shown to improve health outcomes and reduce hospital readmissions.

Empowered Patients: Integrated care empowers patients to actively participate in their healthcare journey. With access to a unified platform that provides health information, treatment plans, and ongoing support, patients can make informed decisions about their health and well-being.

Enhanced Population Health Management: Integrated care facilitates a proactive approach to population health management. By leveraging data analytics and coordinated care, healthcare providers can identify trends, address health disparities, and implement targeted interventions to improve the overall health of communities.

Adaptability to Changing Needs: In a dynamic healthcare landscape, integrated care is adaptable to changing patient needs and evolving healthcare trends. This flexibility ensures that healthcare organizations can stay ahead in delivering high-quality care that aligns with the latest advancements.

Elementary All-Schools Exhibit & Spring Art Classes

The Goddard Center's spring classes are expected to begin in late March and will continue through mid-May. Classes are exactly six weeks long. Enrollment begins four to five weeks prior to the start of classes. Adult classes will include acrylic painting, watercolor, oil painting, charcoal drawing, and adult ceramics. Youth classes expected are mixed media, painting and drawing, wheel pottery, and hand-building. Youth classes have all the materials provided for them. Be on the lookout for additional classes, workshops, fundraisers, and special events at the Art Studios.

Scholarship opportunities are available to children and adults that qualify; check out www.goddardcenter.org for details. Classes are taught by professional instructors with years of experience working with beginners and up. Goddard Center members receive a 10% discount on all classes and workshops. If you have any questions or concerns about Goddard Center art classes, please feel free to call 580-226-0909. Space is limited in these classes. Art classes and workshops are taught at The Merrick Art Studios building, located at 425 First Ave. SW in Ardmore. Funding for Arts Studios classes is provided in part by the Oklahoma Arts Council and the National Endowment for the Arts.

It is exciting to announce that The Goddard Center's All Schools Exhibit will begin again in 2024. This time-honored tradition showcases our area students' creativity and hard work. With the final touches to our renovations concluding in March, the very first exhibit to be displayed in our new gallery space will be the elementary portion of the All-Schools Exhibit. This exhibit will be open to the public on April 16th. Some schools will also be participating in the Ardmore Beautification Council's "Recycled Art" competition. A reception for students and their families will be hosted on April 16th from 4:00 to 6:00 p.m. The last day to view the elementary show will be Saturday, May 4th. This highly attended exhibit emphasizes the value of art education and encourages support for quality art programs in schools; you won't want to miss it!

Be sure to mark your calendars for the last week of April for The Goddard Center's Grand Re-Opening Concert.





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Local Organization; National Presenters

WICHITA MOUNTAINS PREVENTION NETWORK



Lisa Jackson, the coordinator of the Carter County community-based coalition, and Jayci Enerson, the director of the Wichita Mountains Prevention Network's Ardmore office, were chosen to speak among the 5,000 community-based coalitions in the US and over 30 other countries.

The Wichita Mountains Prevention Network, a nonprofit organization based in Ardmore, has been chosen to present at the 34th Annual National Leadership Forum in honor of SAMHSA's 20th Annual Prevention Day. The Gaylord National in National Harbor, Maryland, will host the CADCA National Leadership Forum. Lisa Jackson, the coordinator of the Carter County community-based coalition, and Jayci Enerson, the director of the Wichita Mountains Prevention Network's Ardmore office, were chosen to speak among the 5,000 community-based coalitions in the US and over 30 other countries.

The National Leadership Forum presented by CADCA is the premier training opportunity for advocates, experts, and professionals working in the field

of prevention to come together, exchange ideas, and work together on creative approaches to promote significant and long-lasting community change.

Enerson and Jackson will present a training session titled "Community-Based Prevention Services: Driving Change in Rural Communities," sharing innovation and success derived from efforts in Carter and Garvin counties. "We are excited to share the important work that the Carter County Prevention Coalition and PASS Coalition have been doing over the past few years with the rest of the country," said Enerson. "The coalitions that we work with are making changes in our counties, and we hope to inspire other coalitions to make similar changes throughout the United States." "We're very proud to represent Southern Oklahoma on a national platform."

Happy
Easter

Ardmore
Guide

David
Jessica

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Julian
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Mission Statement

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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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ALL AGES



REMOTE &
IN PERSON
APPOINTMENTS



ACCEPTING
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