

# Ardmore

Guide™

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JUNE / JULY 2023

SUMMERTIME TRIGGERS  
AND SOBRIETY

THE GODDARD CENTER 2023 / 2024  
PERFORMANCE SCHEDULE

**New** COMMUNITY  
RESOURCE  
GUIDE

ABSOLUTE SOUND — VISIT THE  
LISTENING ROOM AT MARVIN'S PLACE

MURDER IN MONTANA  
"AT TRIP TO THE TRAIN STATION"

IT'S GOING TO BE LEGENDARY  
THE 10TH ANNIVERSARY UNITED WAY BBQ  
SHOWDOWN HOSTED BY VALERO

PORTO PERFECT  
LEAVE YOUR BAGGAGE BEHIND  
AND LIVE IN THE MOMENT

PADDLE-UP PICKLEBALLERS  
IT'S TIME TO HIT THE COURT

COOL TIMES  
ON  
HOT DAYS!

THE GODDARD CENTER  
PRESENTS SUSAN HERNDON  
AND THE BELLA COUNSEL

# 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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# Ardmore

Guide

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## LETTER FROM THE PUBLISHER



This issue celebrates Ardmore Guide's first anniversary! We have learned a lot in this first year and we are so happy to call Ardmore home.

The point of lifestyle magazines is to bring happiness and entertainment to the readers. Offering a few moments to escape within the articles and peruse the ads of local business. Allowing you, the viewer, to put the daily grind on the back burner while you flip leisurely through the pages. Maybe the magazine even inspires creativity, alerts you to an event or reminds you of something you have been wanting to try or do.

Our feature article this issue is about the Ardmore Water Park which offers cool activities for all ages this season. This fun park provides a healthy social environment for your family. In this issue, we also get to know the Pickleheads and find out why Pickleball is all the rage nowadays! Hopefully, it will inspire you and your family to give it a go. There are several performances at the Goddard, and you can save the dates with the 2023-24 lineup of events. If you are looking for something intimate to do for date night, may we suggest a Friday evening at the listening room in the back gallery at Marvin's Place.

Also, in this issue, we reached out to local charities, organizations and not for profits that are there for us and our neighbors in times of need. Ardmore is blessed with the number of resources offered to us citizens. However, finding what you are looking for in a crisis or a time of need can be daunting. We have worked diligently to start putting all of this information in one location for our readers. It is a growing and evolving guide, so please feel free to contact us if you know of an organization that we need to add. It will be in the published Ardmore Guide and on our website, [ArdmoreGuide.com](http://ArdmoreGuide.com).

Make sure you save the date to celebrate Ardmore's 136th Birthday hosted by the Ardmore Main Street Authority. Depot Days at Depot Park will be held on July 29th from 12:00 p.m. to 8:00 p.m. The festivities will include a car and motorcycle show, live music, vendors, food trucks, and entertainment for the little ones.

We strive to include valuable information in each issue of Ardmore Guide, including area business information, activities and articles to promote healthy lifestyles, community sports, public interest stories, and travel. As a lifestyle publication we focus on activities for our readers to do with their families in the immediate area. This makes us hyper-local and unique to only our market. No canned articles will be found in our publications! This year expect to find community events, local business profiles, introductions to area artists, Ardmore's Good Samaritans and our valued not-for-profit organizations!

One of our favorite parts of the magazine is when our readers share their travel experiences with us in our You Can Take It With You section! In each issue we do include travel tips and vacation information for Oklahoma, the United States and International destinations to help you and your family plan getaways. The destinations featured are either visited by one of our staff members or an area featured writer. Therefore, if you have more questions, we can always get you firsthand information.

We are confident that our readers view our publication to find area information here first, because of the extensive availability of our printed publications and their exclusive content. Our publication arrives hot off the press in residential and business mailboxes every other month, providing a wealth of information at our readers fingertips.

Because we are locally owned and operated, we live in Ardmore, thus we dine, shop and entertain in our distribution area. It is important for us to support locally, keeping our dollars and our taxes circulating within our community. Furthermore, because we are local, we are always interested in story ideas from our readers. You can contact us at [admin@ArdmoreGuide.com](mailto:admin@ArdmoreGuide.com).

As a team, we go to great lengths to ensure the success of the marketing of our clients. So, please tell them you found out about them through Ardmore Guide Magazine! It is because of our advertisers that we can continue to keep our readers up to date with relevant information. Have a safe and happy Independence Day!

We hope your family has a blast,

Jodie and David Prickett

*Jodie & David Prickett*  
PUBLISHERS

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**SHERMAN SYMPHONY - 12-05-23**

**JAY SNIDER - 01-25-24**

**TODD OLIVER - 02-16-24**

**JUSTIN ECHOLS - 05-03-24**

**LESLIE MENDELSON - 06-07-24**

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## RECREATION CELEBRATION

# COOL TIMES HOT DAYS!

July is Parks and Recreation month! Ardmore Parks and Recreation wants to celebrate with you! This year's event is at the Ardmore Water Park on July 15th. The park is located at 506 3rd Avenue NE. If you have never visited, you can't miss it. There are bright winding slides to catch your eye and your enthusiasm. The gates open at 1:00 p.m. Everyone is invited to come get their splash on.

This year at the Recreation Celebration the first 50 people will receive one free go-kart ride at The Clubhouse. The Clubhouse is located at 2705 North Rockford Road. It is a great place for indoor and outdoor activities to while away your summer days!

Not only will you have a chance to receive go-kart tickets but there will be exciting games, fabulous prizes, delicious meal deals and so much more!

The Ardmore Water Park is open all summer from Tuesday through Sunday. They are open from 2:00 p.m. to 6:00 p.m. every day except Saturday, when they open at 1:00 p.m. They are closed on Mondays for maintenance. You can purchase season passes from \$80.00 for children ages 3 - 11, \$100.00 for ages 12 and up. Family passes are available for up to five family members for \$250.00. Daily admissions for water babies that are two and under is free, children from ages 3 to 11 years old is \$4.00 and it is \$5.00 for 12 years of age and over. The pavilion is available to rent between Tuesday through Friday during park hours for \$25.00 plus park admission. Ardmore Water Park is open between June 1st and August 5th. It is open to the public.

More information can be found online at [ArdmoreCity.org](http://ArdmoreCity.org) or at the Ardmore Parks and Recreation office. The office is located at 2704 North Rockford Road.

**For more information, please contact  
Ardmore's Park and Recreation at 580.223.4844.**



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### music lineup

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- 16th Jayson Starkey
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- 30th Closed

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#### JULY 2023

- 7th Closed
- 14th Ben McKenzie
- 21st Guthrie Kennard
- 28th Cameron Smith

#### AUGUST 2023

- 4th Oliver White
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- 18th Mark Sullivan
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# MURDER in MONTANA

## A Trip to the Train Station

What could possibly go wrong on a trip to the train station? Apparently, a lot. There is murder in Montana, and everyone is a suspect!

Join in on the fun at this year's murder mystery. Tickets go in sale on June 1st for the September 9th event. It sells out fast, so book your tickets early.

When the doors open at the Ardmore Convention Center at 5:00 p.m., it's wine, dine and enquiry time! Put on your investigation hat, or should I say, cowboy hat to wear to this Western attire event. We are not sure who the murderer is, but we know it could be anyone in the room.

This deliciously suspenseful evening will provide dinner and a show. The fee is \$50.00 per person and tickets are available independently or in groups of eight. Bring out your best sleuthhounds and create your own team of gumshoes.

There will be a Mystery on the Rocks cash bar to settle the nerves or provide some liquid courage.

So, saddle up, grab your magnifying glass and purchase your tickets before the train leaves the station. Tickets sales end on August 30th.

For more information  
please call 580.223.4844



# IT'S GOING TO BE LEGENDARY

The 10th Anniversary United Way BBQ Showdown Hosted by Valero



Come out and meet the new rising smoke stars at the 10th Anniversary United Way BBQ Showdown hosted by Valero. Make sure you mark your calendar for August 4th-5th. The showdown will be held at Ardmore's Regional Park, located at 2704 North Rockford Road. Laissez les bon temps rouler on Cajun Night, Friday from 5:00 p.m. to 10:00 p.m. and bring your appetite back on Saturday for some great BBQ from 11:00 a.m. to 2:30 p.m.

It doesn't matter if you show up on Friday night, Saturday or both, your mouth will be watering from the moment you arrive with the distinctive smell and wafting smoke whirling through the air.

Last year at the 9th Annual Showdown, they had a record-breaking year, raising \$347,000, with all of the proceeds going directly to the United Way. There were also over 45 impressive

teams competing for the title. So, this year should be legendary!

There is something special about a pitmaster going for the prize, their early mornings are filled with smoke drifting around them. They build up a tolerance, especially in Oklahoma where summers can really dial up the heat. When they are not watching the fire and perfecting recipes, they are tending to customers. But isn't that how Oklahoma legends are made? They rise up through the ashes and walk out through a cloud of smoke.

Valero and the United Way would like to give a big shout out this year's Elite Sponsors, Turn2, Stronghold, C&C Contracting, and UPS. Don't miss your opportunity to be a part of this legendary event. Come get a mouth full of tangy, smoky goodness as you help raise funds for our area charities. It doesn't get much better than this!



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The Goddard Center is excited to announce the line-up for the 2023-24 Performance Season. As I'm sure you are aware, The Goddard Center's main building and theatre are still under construction, with the renovation scheduled to conclude in early 2024. So much like with this last season, expect to find our shows at different venues around Ardmore! All locations are still to be determined.

This year's Season opens with a bang, as Grammy performing artist, John Fullbright, returns! Mr. Fullbright is an American singer-songwriter from Okemah, Oklahoma. While still in high school, Fullbright performed at the Woody Guthrie Folk Festival. In 2009 he released the album "Live at the Blue Door" and three years later released his first studio album, "From the Ground Up," which received a Grammy nomination in the category Best Americana Album. He has been the subject of two segments on NPR and was a 2012 winner of ASCAP Foundation's Harold Adamson Lyric Award. The John Fullbright concert will be on August 19th at 7:30pm.

Following Mr. Fullbright will be married Oklahoma duo, The Imaginaries! Their songs are filled with effortless harmonies, hear felt lyrics and real-life lessons. Maggie, with her subtly sweet vocals and piano-driven style fuses seamlessly with her husband Shane's blues-rock grit to form their own unique blend of Americana/Singer-Songwriter music. The duo also served as producers of the 2022 Netflix coming-of-age film "A Cowgirl's Song" and starred in the



*Justin Echols*

film alongside Cheryl Ladd, Darci Lynne and Savannah Lee May. The Imaginaries were selected to open for the Brian Setzer Orchestra Christmas Rocks! Tour in 2019. The duo also opened for Judy Collins and John Waite in 2021. The Imaginaries concert will be on September 15th at 7:30pm.

Up next we'll enjoy a group with a modern take on the classical music ensemble, The Axiom String Quartet. Axiom 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 with transcriptions, and new compositions along with the inclusion of popular rock, electronic, indie, jazz, and pop genres in a single concert experience. The Axiom Quartet concert will be on November 16th at 7:30pm.

And for a special Holiday Pops concert, The Goddard Center is pleased to welcome back the Sherman Symphony Orchestra. This concert, unlike their previous ones here, will feature the full orchestra complete with woodwind, brass, and percussion sections and an expanded string presence. This product on will be conducted by Daniel L. Dominick who has been Music Director and Conductor of the Sherman Symphony Orchestra since 1992. A versatile conductor with an international conducting career, including concerts in the Czech Republic, Bulgaria, and Poland, he also maintains a busy conducting schedule in north Texas. This concert will be on December 5th at 7:30pm.

Next up is a unique story telling experience with Jay Snider, Oklahoma's current poet laureate, serving from 2023 to 2024. He writes in the cowboy poetry genre. He is the third cowboy poet to be appointed Oklahoma State Poet Laureate after his predecessors Joe Kreger and Eddie Wilcoxon. He was previously named Lariat Laureate by CowboyPoetry.com in 2001 and Cowboy Poet of the Year by the Academy of Western Artists in 2008. He resides in Cyril, Oklahoma and works as a rancher. This performance will be on January 25th, 2024, at 7:30pm.

And if you haven't seen Todd Oliver perform, you want to miss this: Have you ever met a talking dog, a real talking dog? Get ready, you're going to meet the funniest

# PERFORMANCE SEASON

comedian on four legs! “Irving,” with a little help from his friend, Todd Oliver, is going to talk up a storm. If you ever wondered how a dog looks at life, this little home-raised companion is going to give it to you straight from the dog’s mouth. He won’t mince words, and if he does, it’s Todd’s fault anyway. He’s a ventriloquist! This performance will be February 16th, 2024, at 7:30pm.

Followed by another must-see show by Okie and jazz piano virtuoso, Justin Echols. Five international tours, seven cd’s, a four-show debut at Dizzy’s Club Coca Cola & Lincoln Center, and his honorable mention on Forbes.com made this 2012 Jazz Hall of Fame inductee infamous. In 2018, Mr. Echols was nominated for an Emmy for his mind-blowing story which diagrammed a quick rise from soldier and Oklahoma City Police Officer to international performing artist. In January of 2020 Echols was presented the distinguished South OKC Chamber’s Native Son Award, and in December 2021 he was presented The Oklahoma Hall of Fame, Lee Allen Smith Legacy Award. This concert will be on May 3rd, 2024, 7:30pm.

And we’ll be ending The Goddard Center’s 23-24 Season just as strong as we started, with a concert by acclaimed singer-songwriter, Leslie Mendelson:

All Music magazine writes that Leslie evokes “1970s songwriter influences in the vein of Carole King and Carly Simon.” But what’s truly telling is that Leslie has also drawn the attention of The Grateful Dead’s Bob Weir who recorded a duet with her on Roy Orbison’s standard, “Blue Bayou.” While no less than classic rock royalty, The Who invited



*John Fullbright*

her to open two shows at Madison Square Garden in 2019. This concert will be on June 7th, 2024, at 7:30pm.

Please join us for this incredible line-up of performers! Tickets go on sale for these performances 4-5 weeks prior. Tickets can be purchased in-person 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 of these performances. The cost of your Membership SAVES you approximately 45% on tickets to attend the entire Season! Call 580-226-0909 for more information. We hope to see you at these amazing concerts!



*The Sherman  
Symphony Orchestra*

# PORTO PERFECT

## LEAVE YOUR BAGGAGE AND LIVE IN THE MOMENT

*By Jodie Linton-Prickett*

Porto, Portugal, atmospheric and captivating, it is a place to lose yourself. A city where you can live freely in the moment and leave all your worries behind.

Don't be surprised if your senses go on overdrive in Porto. It's okay if you can't stop turning your head to take in all of the natural beauty, adorned with architectural delights. Don't be surprised as your nose fills with the delectable aromas as you pass by bakeries and numerous outside dinners. It's completely normal if your tastebuds squeal with happiness as a glass of port flows over them. Your toes may tap as your ears appreciate the sounds of talented street musicians or music leaking out of Fado bars. With all of this liveliness it is almost impossible to be anywhere else but in the present.

This historic city is embraced by the Atlantic Ocean and the Douro River, built on lush rolling hills, dotted with terraced landscaping, red tiled roofs, all linked together with extravagant expansive bridges. This vibrant municipality has it all. It offers giant tree lined boulevards, quaint cobbled backstreets, and winding pedestrian areas filled with restaurants, bars, shops and art galleries. There are even hidden ancient cobblestone stairs that meander from the top of the hill to the bank of the river. Everyone seems friendly in Porto, maybe because they are experiencing such a lovely place.

After extensive international travel over the winter holidays, another getaway was not on my radar. Especially not to Portugal, but if you know me, I have a passport, will travel; particularly if the right opportunity presents itself. Out of nowhere, a fabulous getaway was beckoning me, and away I would go. My best childhood friend, Margee, was traveling solo to the Iberian Peninsula and had mentioned it would be nice if I could join her. I had already planned on visiting her in Oregon, but the flights to her city were remarkably expensive with excruciating layovers in Portland. After crunching the numbers, I could rationalize meeting her in Lisbon, Portugal rather than flying to her casa on the West Coast.

Excitedly, I purchased my ticket to Portugal, almost last minute, yet still got a fairly good deal. I was so thrilled about this adventure with my lifelong friend that I almost forgot how much I disliked Lisbon from a former visit. Before I dive back into dreamy Porto, let me mention, if you have been to Lisbon in the past and was not overly impressed, give it another go. The city has invested a lot into preservation and beautification. It is far more inviting than it was a decade ago. Lisbon has a lot to offer but Porto won me over. It's a city I can't wait to revisit.

When you go to Porto, it is easy to visit Lisbon and Porto on the same trip. There are several trains that will take you from city center to city center in about three hours. It is a lovely train ride, so reserve a window seat. You will





understand why they call it the Silver Coast as your train follows the shoreline. The deep azure blue of the water reflects on the sky making for extraordinary views. As the sun hits the waves it seems to outline them in glistening silver. It is simply breathtaking.

When we arrived at the train station in Porto, we opted to use our Uber app to take us to our apartment. The app works perfectly there and we found it easier than dealing with public transportation with our luggage, or deal with the line of ambitious cab drivers.

Margee had already planned the trip and booked an amazing apartment in the city center. I'm still salivating over it today; it could not have been more brilliant. It was perfectly located in the thick of everything, yet completely quiet at night. Immediately out our door was an abundance of restaurants, bars, and places to shop.

Dining in Porto is splendid. Everything we ate and drank was remarkably fresh and mouthwatering. The restaurants all had interesting concepts, fabulous atmospheres and designs, the service was impeccable and the prices reasonable. One thing you must try is the Pasties de Nata. This pastry is so scrumptious that you will miss them when you return home. Of course, while in Porto, you need to enjoy a few glasses of port, a pitcher of sangrias, as well as their marvelous cheeses and seafood.

One of my favorite experiences was our visit to Livaria Lello, referred to as the most beautiful bookstore in the



## PORTO OFFERS BOUNDLESS POSSIBILITIES, FOR EVERYONE. THERE ARE RIVER CRUISES, BUS TOURS, MUSEUMS AND HISTORICAL MONUMENTS TO EXPLORE.



world. I'm not one to argue with this proclamation. It was built in 1906, in an Art Nouveau and Neo-Gothic style, it is sure to wow! It is located in the Clerigos District on Rua das Carmelitas 144. You will need a ticket, which costs about \$5.00, however, we received the ticket price back with any purchase. Yes, we left with books in tote.

Margee and I spent most of our time meandering through the city, popping in and out of shops, eating long leisurely brunches and late-night appetizing dinners. We enjoyed the river panoramas as we sipped on Portuguese wine, or Taylor's Port made right across the river, cellars in view. It was Porto Perfect!

Porto offers boundless possibilities for everyone. There are river cruises, bus tours, museums and historical monuments to explore. If you like, you can ride a funicular that takes you to the top of one of the hills with winding paths to walk back down. Try the port, you can visit one of the several port cellars, some are over 300 years old. Porto also presents a lively art scene including ample public art, tasteful street art and galleries proliferate the districts. There are pristine parks and greenspaces abound. You can walk by the seaside, take a swim, or cross the pedestrian bridge spanning the river. Here, in Porto, you can make your experience uniquely your own.

If you are looking for a fabulous place to get away from it all and enjoy living in the moment, experience Porto. Pack your bags, show up without a plan and just see where your journey leads you, you can't go wrong. The only thing you must bring with you are good walking shoes and an appetite for adventure.

# The Absolute Sound

Visit the Listening Room at Marvin's Place Fine Art Gallery



By Jodie Linton-Prickett

Listen, this is just what downtown Ardmore needed! Take a break from the ordinary and enjoy some refuge at the listening room situated in the main room at Marvin's Place Fine Art Gallery, located at 103 West Main Street in the Historic Depot District. The gallery now offers an excellent place to have a drink, socialize with friends, view art and on Friday nights you can listen to original, acoustic music.

This intimate, speakeasy style listening venue offers a unique way to spend relaxed evenings. The well-appointed, eclectic space offers a wide range of wines including whites, reds and rosé, they also offer bubbly, several craft beers, and nonalcoholic beverages. You can stop in anytime Wed.-Sat. from noon until 7:00 p.m.

On Friday nights they present live acoustic music starting at 6:30 p.m. and playing through 8:30 p.m. Come and listen for a little while or stay for the entire session. This calming listening room has a variety of music, changing styles and artists each week. The music is unique, artist composed originals, as well as a bit of storytelling, providing a peek into the artist's inspiration behind their songs.

A listening room is an intimate live music venue that allows the listeners to focus on the music experience without distractions. Brief whispering is acceptable, but to have a conversation you will need to move outside. There is time for talking during the break between the sets. Listening Room venues bring acoustic artists and their audiences closer together — a much-needed experience in our ever-digitized world. This way everybody can hear and enjoy the performance while sipping on their libations.

What Ardmore Guide loves about this new addition to Marvin's Place Fine Art Gallery is that it is a tranquil location to gather with friends or include in a date night before or after going to dinner in the Depot District.

On the Thursday night visit, we found it was a calming environment, providing a lovely place to socialize and comfortably admire the artwork at the gallery. The décor, while

eclectic, is fabulous and suites the space. The chairs are comfortable and the tables are appropriately spaced to give a feeling of respite.

Ardmore Guide enjoyed Thursday night so much, we returned on Friday to appreciate the unique music and some beverages. It was fantastic to have a low-key drink and listen to some original compositions before dinner. The large variety of brews suited everyone. Marvin's Place Fine Art Gallery provided a spot-on way to wind down from a busy day. Besides the amazing curated art collection available for purchase, we were also excited to find affordable impulse gifts, and gorgeous Oklahoma made jewelry.

The innovative concept at Marvin's Place, is that with a glass of wine, craft beer, coffee or tea in your hand, it somehow relieves the preconceived pressure from going to a location, such as an art gallery, often perceived as pretentious or unwelcoming. While Marvin's Place Fine Art Gallery is incredibly inviting to everyone, first time visitors may not know this. Thus, the beverage option offers a comfortable way to ease oneself in.

Here you can meet friends, view art, and visit your favorite artists' pieces, and now enjoy a beverage or two and listen to music. Perhaps one day, one of their exquisite pieces will hang on your wall, or adorn your shelf, but for now just drop in and take a look, pop a cork, and tap your feet. Enjoy the experience.

Marvin's Place also comes with an interesting bit of history. This fine art gallery, owned by Todd and Susan Yeager is located in the exact same building that was once the location of Yeager's Department Store, which was owned by Todd Yeager's grandfather, Marvin Yeager. "We are thrilled to own a piece of history-not only to Ardmore, but to our family; and to be able to turn it into something that Grandfather Marvin would be proud of today," said Todd Yeager.

"Just being in the gallery reduces your stress level," said Susan Yeager, "But now you can experience the amazing artwork, while also enjoying a drink and listening to some very talented musicians. Who doesn't want to do that?" For more information about the musical lineup, beverage menu or featured artist, please visit [www.marvinsplace.gallery](http://www.marvinsplace.gallery).



## PADDLE UP PICKLEBALLERS

# It's Time to Hit The Court



Pickleball started in 1965 out of boredom of three individuals in Washington State. It was the brainchild of Congressman Joel Pritchard and businessman Bill Bell, with the help of friend Barney McCallum. The game was invented, and the rules were determined largely based on makeshift equipment and the rules of badminton. The sport was made official in 1967 and now is all the rage. It took a while to really take root, but is no longer up and coming, pickleball has arrived!

It is an excellent match for people that love badminton, tennis and table tennis. Offering all of the fun of tennis, racquetball and other racquet sports it is lower impact and does not require as much stamina and movement so more people can enjoy it.

Once people start playing pickleball they tend to stay active with the game because of the social element. It is easy to connect with friends, and family members whilst making new friends. It is not unusual to see a wide age range of players competing against each other. You might see 60-year-olds playing with or against teenagers, all having a great time!



When playing pickleball you can burn almost 50 percent more calories than you do when walking.

There are many benefits of pickleball, it not only offers a terrific social experience, but the health and psychological advantages makes this sport is a total package. Anyone from age five to 95 can have fun. It is also a sport that is easily manageable by cities parks and recreation departments of all sizes, taking up half of the space of a tennis court.

There are free places to play in Ardmore, including the Regional Park Pickleball Complex, Walker Park, Whittington Park, and the HFV Wilson Center. You can also play at the Ardmore Family YMCA, but a membership is required.

There are currently 14 courts at three public parks operated by Ardmore Parks and Recreation Department. The Regional Park Pickleball Complex will soon see the construction of additional courts. "We've worked closely with Teresa and the entire team at Ardmore Parks and Rec to grow the popularity of pickleball in Ardmore and use of the courts. Even though we currently have six courts that will allow 24 people to play at once, there are nights we have that many waiting to get on the courts," said Ardmore Pickleball Club President Nancy Sjulín, who has spearheaded many of the fundraising activities for the expansion on behalf of APC. "The additional courts will also allow us to host tournaments that can draw players to Ardmore from Dallas and Oklahoma City. That's a win for entire community!"

Pickleball is one of the fastest growing sports in America. There are an estimated 36.5 million pickleball players in the United States, making it one of the largest sports by participation. There are 10,320 pickleball facilities nationally according to the Pickleheads court data provider.

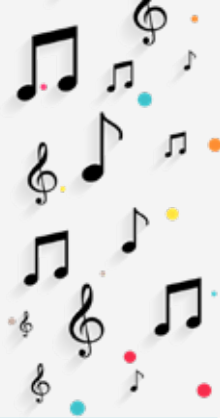
Ardmore has a lively interest in pickleball! The Ardmore Pickleball Club invites you to learn more about pickleball and how to join in on the fun. APC regularly partners with Ardmore Parks and Recreation to host beginner clinics for all ages. Open play sessions also take place throughout the week for both members and non-members can play.

If you would like to join Ardmore Pickleball Club or learn more about pickleball, you can reach out through their Facebook page or email [ardmorepickleball@gmail.com](mailto:ardmorepickleball@gmail.com). Annual dues for Ardmore Pickleball Club are only \$25 and go toward monthly events and prizes. You can also reach out to Ardmore Parks and Rec at 580-223-4844 for information on upcoming pickleball clinics and events.



THE GODDARD CENTER  
PRESENTS OKLAHOMA'S

# Susan Herndon & The Bella Counsel



The Goddard Center is excited to present Oklahoma singer song-writer “Susan Herndon” and her band “The Bella Counsel” on Saturday, June 10th at 7:30pm. This concert will be held at 109 West Main Street in Ardmore, formerly Black Mesa Tap Room. This show will not have assigned seats. This event will have a cash bar and offer light appetizers. Due to a family emergency, this concert is a replacement of “Jennings & Keller” in the 22-23 Performance Season.

Playing around 200 gigs a year, Herndon draws from a reservoir of original material spanning ten albums that have long found her sliding with ease from genre to genre. iTunes may soon run out of apt descriptors for Herndon’s music; her releases have been termed blues,

“With an engaging smile and graceful charm, she touches upon themes both universal and deeply personal...”

country, indie rock, jazz, pop, and even avant-garde. One moment she’s covering a Dylan classic in French with delicate fingerpicking on her guitar and the next may find her sitting at a keyboard paying homage to any number of fellow Oklahoma songsmiths, such as Woody Guthrie, Jimmy Webb, Leon Russell or J.J. Cale.

With an engaging smile and graceful charm, she touches upon themes both universal and deeply personal, from longing and loneliness, to home, family, faded memories and hopeful dreams. And she connects with her listeners in a voice that conveys equal parts savory innocence and knowing savoir-faire. “Susan Herndon's decades-long career has given us songs that are both confessional and universal, presented in a way that is not really folk, not really Americana, but can live proudly in both of those worlds... Listen hard!” - Greg Johnson, The Blue Door, OKC

Ms. Herndon will play bass and acoustic guitar while performing with her band “The Bella Counsel”, comprised of Bob French on electric guitar and mandolin, Randall Coyne on drums and percussion, Steve Murphy on keyboard, Sean Richards on trumpet and Mike Carter on saxophone.

Goddard Center Members can make reservations for FREE to this event! Tickets for the general public are \$21.50 for Adults and \$11.50 for Students. Tickets can be purchased in-person or by calling the Goddard Center business office at 580-226-0909 during regular business hours, Tuesday through Fridays 10am to 5pm.

The Goddard Center Offices are temporarily located at 425 1st Ave SW in Ardmore. This event is sponsored in part by the Oklahoma Arts Council and The National Endowment for the Arts. The Goddard Center is an Adventure Road Partner.

**The Greater Southwest Historical Museum**

2 MUSEUMS IN 1 LOCATION

- Historical Museum  
Cultural History & Heritage of South Central Oklahoma  
NEW EXHIBIT - *Tools of Our Land*  
Geneological Library - Trace Your Roots
- Military Memorial Museum  
All Eras, All Branches - History & Artifacts

Open Tuesday-Saturday  
10:00a.m. - 5:00p.m.  
**FREE ADMISSION!!**

**(580)226-3857 • www.gshm.org**  
35 Sunset Drive, Ardmore • Just off I-35!





# around the town



## Join The Ardmore Pickleball Club

For more information read the complete article on page seven. Ardmore Parks and Recreation offers pickleball clinics, tournaments, and open play.



## Share Your Blessings

Located at K Street and 10th NW. Those in need can anonymously pick items and use them free of charge. What a divine community we live in.



## Have a Blast this 4th of July

Ardmore Tourism presents a July 4th fireworks display at Lake Murray State Park. This free family event will be hosted at 18407 Scenic State Highway 77. The festivities will begin just after sunset. Free parking is available at R.C. Flying Fields launch site.



## Commerce Street Mural

Just in time for summer! Driving down Commerce you can't miss the water tower mural by Dr. Bob E. Palmer.



## Marvin's Place

Every Friday night at 6:30 p.m. part of the gallery is transformed into a listing room. There are various artists playing different styles of music each week. Come out and enjoy an intimate evening listening to music while sipping on a glass of wine, craft beer or nonalcoholic beverages.

# Summertime Sobriety and Triggers

OKLAHOMA INTEGRATED CARE IS HERE FOR YOU

It's time to enjoy outdoor summer fun, longer days allows for more socialization and increased activities. Unfortunately, increased socialization can proliferate substance abuse. This is something we should all be aware of and concerned about, as a society. Not only do adults struggle with substances more in the warmer part of the year but it is also a tempting and trying time for our youth. Nationwide, during the summer months, millions of young people try substances for the first time. Ardmore is not immune to this.

Fortunately, Oklahoma Integrated Care is here to help. All stages of life are provided for, under one roof. It does not matter if you have a child that has been experimenting with drugs or alcohol, or if you personally are struggling with maintaining sobriety. OIC is here to provide timely and personalized care. They can provide everything from an extra boost through life coaching to helping with debilitating issues, such as substance abuse struggles. All issues can be treated through their capable collective. They are accepting new patients in all areas of integrated care. So, don't feel like you have to struggle through challenging times, like long summer days, alone.

Drug and alcohol abuse escalates in the warmer months for several reasons. As a society, we love outdoor parties and there are just more events to participate in during the summer. Backyard barbecues, long days gathering at the lake, front porch socials, hot tub and pool parties, all flourish in the summertime. Let's not forget one of the most festive holidays of the year, the Fourth of July, brings out merrymakers in droves! We think nothing, in our culture of offering up alcohol at these events. Sometimes, depending on the festivity, lots of it. With changing trends and acceptability, it is becoming more conventional for drugs to be available at these events as well.

It's not just social events that contribute to partaking more in substances, but the desire to get outdoors after long winters and rainy spring days. It is natural to want to enjoy fresh air and have a bit of fun, these conditions expressively contribute to being more laidback with

**Don't feel like you have to struggle through challenging times, like long summer days, alone.**



**...during the summer months, millions of young people try substances for the first time**

substances. It is quite ordinary to kick back and have a beer or two after mowing the lawn. There is nothing wrong with that. However, the normalizing adds pressure to those that have problems. Remember, it is also normal to reach out if you find yourself needing help. There are professionals that are there to assist you at times of need.

For younger people, school is out, so they have more free time in their schedules. Their days are not as rigid, possibly even providing occasions for long bouts of unsupervised time. Hanging out with friends at the lake, parks or homes with two working parents can provide opportunity for experimenting. No young person is sheltered all of the time and while growing and learning bad decisions are potentially made. If this happens, don't hesitate to reach out. OCI specializes in working with young people. You do not have to figure this out on your own,

Summer vacations is another hushed contributor to substance abuse. Most working parents take at least part of their annual vacation time when school is out of session. Occasional overindulgence is not the root of the problem, but it can act as a warning sign.

All of these summertime situations can potentially be disastrous for first time experimentations, or people working through recovery.

Through social events, more free time, even increased social pressure, summer can be daunting when it comes to substance abuse. Alcohol can become more potent in higher temperatures, and drugs such as ecstasy can cause severe dehydration in hot environments. Substances and heat can become more dangerous and even deadly.

If you find yourself struggling, or worried about a child, OIC is available to help. You are not alone; they are there for you. For more information, or to arrange to meet with a specialist please call 580.238.4277. Oklahoma Integrated Care is located at 102 15th Ave. NW in Ardmore. You can also contact them online at, [www.oicardmore.com/contact](http://www.oicardmore.com/contact).

# ARDMORE'S INFORMATION GUIDE

## IMPORTANT PHONE NUMBERS

**Ambulance / Emergency / Fire / Police: 911**

**Poison Control: 1-800-222-1222**

**Police Non-Emergency: (580) 223-1212**

**2-1-1 Help Line: 211**

### UTILITIES

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City of Ardmore:  
(580) 226-2100  
[www.ardmorecity.org](http://www.ardmorecity.org)

Oklahoma Natural Gas:  
(580) 223-3333  
[www.ong.com](http://www.ong.com)

OGE Energy Corp.  
1-800-272-9741  
[www.oge.com](http://www.oge.com)

Sparklight:  
(580) 223-9600  
[cableone.net/internet-provider/ardmore-ok](http://cableone.net/internet-provider/ardmore-ok)

Chickasaw Personal  
Communications  
1-800-927-2027  
[www.chickasawphone.com/residential](http://www.chickasawphone.com/residential)

AT&T: 1-800-464-7928  
[www.att.com](http://www.att.com)

### USPS IN ARDMORE

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208 1st Street SW  
Ardmore, OK 73401  
(580) 223-1583

### HOSPITAL

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Mercy Hospital:  
(580) 223-5400  
1011 14th Ave NW  
Ardmore, OK 73401

### ARDMORE CHAMBER OF COMMERCE

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410 West Main Street  
Ardmore, OK 73401  
(580) 223-7765

### CARTER COUNTY HEALTH DEPARTMENT

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Ardmore, OK 73401  
(580) 223-9705

### PUBLIC SCHOOLS

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Ardmore City Schools:  
(580) 226-7650  
[www.ardmoreschools.org](http://www.ardmoreschools.org)

Dickson Public Schools  
[www.dickson.k12.ok.us](http://www.dickson.k12.ok.us)

Lone Grove Public Schools  
[www.lonegrove.k12.ok.us](http://www.lonegrove.k12.ok.us)

Plainview Public Schools:  
(580) 223-6319  
[www.plainview.k12.ok.us](http://www.plainview.k12.ok.us)

Springer Public Schools  
[springerschools.com](http://springerschools.com)

Oak Hall Episcopal School  
[www.oakhallschool.com](http://www.oakhallschool.com)

Southern Oklahoma  
Technology Center  
(580) 223-2070  
[www.sotech.edu/](http://www.sotech.edu/)

University Center  
of Southern Oklahoma  
(580) 223-1441  
[www.ucso.osrhe.edu/](http://www.ucso.osrhe.edu/)

### PRIVATE SCHOOLS

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Ardmore Christian School:  
(580) 223-9592

Oak Hall Episcopal School:  
(580) 206-2341

### OKLAHOMA TAG OFFICE DRIVER'S LICENSE

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2001 Veterans Blvd., Suite B  
Ardmore, OK 7341  
(580) 223-8664

### SOCIAL SECURITY ADMINISTRATION

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321 Holiday Drive  
Ardmore, OK 73401  
1-888-619-4774



# Ardmore Area Church Guide



## ASSEMBLY OF GOD

Provence Assembly of God Church  
2683 Red Cedar Rd. • Ardmore  
580.223.0129

CrystalRock Cathedral  
2005 12th Ave. NW • Ardmore  
580.226.2273

## BAPTIST

Bethel Baptist Church  
126 K St. NW • Ardmore  
580.223.6488

Bible Baptist Church  
1515 Easley Dr. • Ardmore  
580.223.6629

Brock Baptist Church  
3599 Brock Rd. • Ardmore  
580.657.3965

Central Baptist Church  
320 N. Washington St. • Ardmore

CenterPoint Baptist Church  
971 F St. SE • Ardmore

Children of the King Baptist Church  
800 D St. SE • Ardmore  
580.226.4245

Corinth Baptist Church  
1022 N Street NE • Ardmore  
580-223-5026

Emmanuel Baptist Church  
120 Highway 142 E. • Ardmore  
580.223.4034

Faith Southern Baptist Church Dickson  
7575 State Highway 199 • Ardmore  
580.226.3722

First Baptist Ardmore  
225 1st Ave. SW • Ardmore  
580.223.1473

First Baptist Church  
16 E. St. NE • Ardmore  
580.223.8886

Hilltop Church  
4635 W Broadway St. • Ardmore

Macedonia Baptist Church  
1020 7th Ave. NE • Ardmore  
580.223.6462

Maranatha Free Will Baptist  
1906 Myall St. • Ardmore  
580.226.0682

Mary Niblack Road Baptist Church  
898 Mary Niblack Rd. • Ardmore  
580.226.0931

Mt Pleasant Baptist Church  
3089 Pleasant Rd. • Ardmore  
580.294.3032

Mt Zion Baptist Church  
101 F St. SE • Ardmore  
580.223.6807

New Heights Missionary Baptist  
1003 Lake Murray Dr. S • Ardmore  
580.223.2823

New Hope Freewill Baptist Church  
9003 Prairie Valley Rd  
Lone Grove, Oklahoma  
580.657.3465

Northwest Baptist Church  
1609 Robison St. • Ardmore  
580.223.1691

Rawhide Cowboy Church  
1405 Gene Autry Road • Ardmore  
580-920-5977

Southwest Baptist Church  
2120 Myall St. • Ardmore  
580.223.3609

Spanish Baptist Church  
708 St. NW • Ardmore  
580.223.5519

Stobtown Freewill Baptist  
11001 Meridian Rd. • Ardmore  
580.657.6295

WOW Church  
100 N. Washington St. • Ardmore  
580.222.1969

## CATHOLIC

Saint Mary Catholic Church  
125 E. St. SW • Ardmore  
580.223.0231

## CHURCH OF THE NAZARENE

Church of the Nazarene  
621 Cottonwood St. • Ardmore  
580.223.2826

## EPISCOPAL

St Philip's Episcopal Church  
516 McLish St • Ardmore  
580.226.2191

## FIRST CHRISTIAN CHURCH

First Christian Church  
25 West Broadway • Ardmore  
580 • 223 • 8462

## LATTER-DAY SAINTS

The Church of Jesus Christ of  
Latter-day Saints  
4123 Prairie Valley Rd. • Ardmore  
580.226.2134

## LUTHERAN

Trinity Lutheran Church  
1624 Harris St. NW • Ardmore  
580.223.3048

## NONDENOMINATIONAL

Anchored Soul Bible Church  
7575 Sam Noble Pkwy. • Ardmore  
(Faith So. Baptist Church building)

Calvary Christian Fellowship  
2201 4th Ave. NW • Ardmore  
580.226.4765

Christ Community Church  
2620 Mt. Washington Rd. • Ardmore  
580-226-0677

Church of Christ on Merrick Drive  
1951 Merrick Dr. • Ardmore  
580.223.9636

E Main Church of Christ  
920 East Main St. • Ardmore  
580.319.4457

Global Harvest Church  
515 Maxwell NW • Ardmore  
580.798.0282

H20Ardmore.tv  
4420 W Broadway St. • Ardmore  
580.223.4426

House of Prayer  
2116 Harris St NW • Ardmore  
580.226.3430

Lord's Church  
928 Lake Murray Dr. S. • Ardmore  
580.224.0777

Memorial Christian Church  
1117 A St. NW • Ardmore  
580.223.3868

McReynolds Ministries  
911 Red Cedar Rd. • Ardmore  
918.759.8274

New Hope Church of God  
412 Lake Murray Dr E • Ardmore  
580-223-9404

The Jar  
HFV Wilson Community Center  
625 E Main St • Ardmore

## METHODIST

Asbury United Methodist Church  
516 Maxwell St. NW • Ardmore  
580.223.4837

Church First Methodist  
120 Birch Rd. • Ardmore  
580.657.4158

McLish Avenue Church of Christ  
607 McLish St. • Ardmore  
580.223.3289

First Methodist Church Ardmore  
501 W. Main Street • Ardmore  
580-223-5390

## PENTECOSTAL

Amazing Grace Pentecostal  
Church of God  
1501 7th Ave. NW • Ardmore  
580.226.1349

Baum Assembly of God  
351 Baum Rd • Ardmore  
580.389.5276

Full Gospel Lighthouse  
1519 W Main St. • Ardmore  
580.226.4034

Southwest Pentecostal Church  
1004 C St. SW • Ardmore  
580.226.2153

The Sanctuary  
905 N. Rockford Rd. • Ardmore  
580-223-8119  
Pastor: Allen Dorries

Victory Temple Church  
536 E. Main St. • Ardmore  
580.226.8018

## PRESBYTERIAN

First Presbyterian Church  
223 W. Broadway • 580-223-3800

## RELIGIOUS ORGANIZATIONS

Salvation Army  
123 A St. SW, Ardmore, OK •  
580.223.6176

Salvation Army Family Store  
1211 N. Washington St. • Ardmore  
580.223.6279

Dial-A-Prayer,  
501 W. Main St • Ardmore  
580.223.1345

Baptist Home for Girls  
225 W. Main St. • Ardmore  
580.319.4301

Falls Creek Baptist  
Conference Center  
6714 Hwy 77D • Davis  
580.369.2373

Westgate Christian Center  
5509 W. Broadway St. • Ardmore  
844.873.7390

Hickory Center Day Care  
1408 4th Ave. NW • Ardmore  
580.223.7111

## SOUTHERN BAPTIST

Grace Place  
1025 6th Ave. NW • Ardmore  
580.223.5346

Trinity Baptist Church  
320 Washington St • Ardmore  
580.223.8255

Please email us at [info@ardmoreguide.com](mailto:info@ardmoreguide.com)  
to add your church, update listings or make  
changes or corrections.



# Community Resource Guide



## CHILDREN & ADOLESCENT SERVICES

Ardmore Family Literacy  
Early Childhood Literacy  
223 W. Broadway, Ardmore  
580.798.6176

Big Five Community Services  
Ardmore Head Start  
201 A. Street SW, Ardmore  
580.226.0759

Boys & Girls Club  
100 Broadlawn Park Plaza,  
Ardmore  
580.490.9084

Carter County CASA  
Carter County Court House,  
4th Floor, Ardmore  
580.226.0009

Chickasaw Summer  
EBT for Children  
580.272.1178

## COMMUNITY YOUTH SERVICES/YOUTH SHELTER & OUTPATIENT SERVICES

15 Monroe Street SW, Ardmore  
580.226.1838

Hickory Creek Child Center  
Child Care and Early Childhood  
Literacy  
1408 4th NW, Ardmore  
580.223.7111

Hilltop Equine Therapy  
9435 Meridian Road. Ardmore  
580.220.7444

Sara's Project  
816 16th Ave. NW, Ardmore  
580.226.7283

S.O.A.R. Inc.  
Southern Oklahoma  
Adolescent Resources, Inc.  
301 West Main Street, Suite 110,  
Ardmore  
580.798.5059

YMCA  
920 15th Ave NW, Ardmore  
580.223.3990

## COMPREHENSIVE CRISIS RESPONSE- MENTAL HEALTH CRISIS

Call 988

## CLOTHING AND HOME GOOD RESOURCES

It's From the Heart Charity  
15125 US Highway 70, Ardmore  
580.657.2531  
Kourtney's Kloset  
301 W Main St, Ardmore  
580.224.0935

Salvation Army Thrift Store  
1211 N Washington St, Ardmore  
580.223.6279

## DOMESTIC VIOLENCE ASSISTANCE & SHELTERS

Family Shelter of Southern OK  
402 Pawnee St. NW, Ardmore  
580.226.6425

Family Crisis Center  
605 East 12th St, Ada  
580.436.6648

## DRUG & ALCOHOL PREVENTION

Wichita Mountains  
Prevention Network  
515 N. Washington, Ardmore  
580.490.9197

## FOOD PANTRIES

Big Five Community Services  
201 A. Street SW, Ardmore  
580.226.0759

House of Prayer  
2116 Harris NW, Ardmore  
580.226.3430

Salvation Army  
123 A Street NW, Ardmore  
580.223.6190

## HOMELESS SHELTERS

Salvation Army  
123 A Street NW, Ardmore  
580.223.6190

The Grace Center  
691 12th Ave. NW, Ardmore  
580.223.2027

The Shepherd Shelter  
for the Homeless  
1917 Lawrence Road, Ardmore  
580.277.2117

## HOUSING ASSISTANCE

Habitat for Humanity  
301 W Main St Ste 30, Ardmore  
580.223.1540

## MEDICAL ASSISTANCE

American Red Cross  
1006 NW Boulevard, Ardmore  
580.223.6313

Mercy Health Foundation  
1011 14th Ave. NW  
580.220.6712

Southern Oklahoma  
Blood Institute  
1420 Veterans Blvd, Ardmore, OK  
580.226.2220

Southern Oklahoma Memorial  
Foundation Inc  
333 W Main St, Ardmore  
580.226.0223

United Way  
P.O. Box 323, Ardmore  
580.223.1401

## MENTAL HEALTH & SUBSTANCE ABUSE TREATMENT CENTERS

Broadway House, Inc  
Sober Living  
221 2nd NW, Ardmore  
580.226.3252

Lighthouse Behavioral  
Wellness Center  
2530 S. Commerce St., Ardmore  
580.223.5636

Southern Oklahoma  
Addiction Recovery  
115 North Oak Street, Ada  
580.310.9822

The Family Shelter of  
Northern Oklahoma  
402 Pawnee Street NW, Ardmore  
580.226.3750

## PREGNANCY CENTERS, COUNSELING & PREVENTION

Charities Ardmore Catholic  
125 E St SW, Ardmore  
580.798.2305  
HOPE Pregnancy Center  
Ardmore  
580.223.7232

Sara's Project  
816 16th Ave. NW, Ardmore  
580.226.7283

S.O.A.R. Inc.  
Southern Oklahoma Adolescent  
Resources, Inc.  
301 West Main Street, Suite 110,  
Ardmore  
580.798.5059

## SOBER TRANSITIONA HOUSING CENTERS

Broadway House for Men  
221 2nd Street NW, Ardmore  
580.226.3252

Joyce House for Women  
15th Ave N.W., Ardmore  
580.504.4617

Oxford House Broadlawn for Men  
401 Campbell Drive, Ardmore  
580.798.4389

Naomi House for Women  
1105 E. St. NW, Ardmore  
580.798.0397

## SOUP KITCHEN

Ardmore Soup Kitchen  
2207 Ridgeway Street, Ardmore  
580.226.2870

**One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals.**

- Jean Vanier

Please email us at [info@ardmoreguide.com](mailto:info@ardmoreguide.com) to add your community resource, update listings or make changes or corrections.





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

# You Can Take It With You



Kay and Wayne Laske took it with them to the Berlin Westin Hotel



Margee and Jodie took it with them to Porto, Portugal



Gina took it to Grandscape for dinner and a live performance of *His Story: The Musical* in The Colony, Texas

### Would you like to be Ardmore Guide Famous?



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[YouCanTakeItWithYou@ArdmoreGuide.com](mailto:YouCanTakeItWithYou@ArdmoreGuide.com)

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# ENROLL FOR FALL 2023 NOW!

**QUESTIONS?** EMAIL AN ADVISOR  
[ADVISEMENT@MSCOK.EDU](mailto:ADVISEMENT@MSCOK.EDU)

# Oklahoma Integrated Care

## Improving Lives Together

WELCOME TO  
*Oklahoma Integrated Care*

### 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 Rogers



TREATING  
ALL AGES



REMOTE &  
IN PERSON  
APPOINTMENTS



ACCEPTING  
NEW PATIENTS



MOST  
INSURANCE  
ACCEPTED



WALK-INS  
WELCOME



CALL US  
WE CAN HELP!



### GET STARTED WITH OIC TODAY.

Primary Care Providers  
Mary Stuard, APRN-CNP  
Dawnita Sampson, ARON-CNP

1013 15th Ave NW  
Ardmore, Oklahoma 73401  
(580) 238-4277

MOST INSURANCE PLANS ACCEPTED



# YOU CAN BELONG

AUTO | HOME | CREDIT CARD | CHECKING | SAVINGS | CAREERS  
LIFETIME BENEFITS | LOYALTY REWARDS | MEMBER PERKS | MTC FEDERAL FOUNDATION

## INDUSTRY PARTNERS

AUTOMOTIVE MANUFACTURING  
ECONOMIC DEVELOPMENT  
RESEARCH AND DEVELOPMENT  
ASSOCIATION & TRADE INDUSTRY

## RELATIONSHIPS

LIFETIME MEMBERSHIP  
GREAT RATES  
LOWER FEES  
CUSTOM LOAN OPTIONS  
MEMBER PERKS  
LOYALTY REWARDS

## COMMUNITY

MTC Federal is actively involved in giving back to the communities we serve. In the best interest of our members, MTC Federal is committed to fund resources for education, disaster relief, and community charities that benefit our cooperative.

2001 12th Ave. NW, Ardmore, OK 73401

[MTCFederal.com](http://MTCFederal.com) | 800-442-7792

Anyone who lives, works, worships or attends school in Carter County can join.



CHRIS PICKENS  
VP of Market  
Southern Oklahoma



**MTC FEDERAL**  
CREDIT UNION