



Sustainable Living

EARTH DAY 2016

FESTIVAL

Sherman Municipal Grounds

April 23, 2016 8:30 AM to 5 PM

KEYNOTE: JOHN NIKIRK
11 AM - 12 PM

Featuring:

Speakers & Workshops Pet Adoptions Children's Art Show
Art, Music, Food Blood Drive Kids Activities
Vendors "Trashian" - A Trash Fashion Show
Recycling (E-Waste, styrofoam, plastics, paper,
paper shredding, clothes)

think
AUSTIN COLLEGE. THINKING GREEN.

Free Admission & Parking

www.EarthdayTexoma.org

Main Stage – Gazebo

8:30 am–9:00 am	Jan's Musical Memories
9:00 am–10:00 am	Chrystal Music Circle
10:00 am–10:30 am	Tai Chi for Health
10:30 am–11:00 am	Children's Chorus of Greater North Texas
11:00 am–Noon	Keynote Address (Municipal Ballroom) John Nikirk, "Healthy Diet, Happy Planet"
Noon–12:45 pm	Cowboy Fracture w/Lanny Joe Burnett & Gary Sisson
1:00 pm–1:30 pm	Sonshine Sisters
1:30 pm–2:00 pm	Little Goddess Trybe
2:00 pm–3:00 pm	Grayson College Music Department – Viking Season
3:00 pm–3:30 pm	"Trashion III" Trash Fashion Show
3:30 pm–4:00 pm	Zumba at Nautilus
4:00 pm–5:00 pm	Bad Hat



Workshops – American Bank of Texas Tent

9:50 am–10:40 am	Solar – the Financial and Environmental Benefits
11:00 am–Noon	Keynote Address (Municipal Ballroom) John Nikirk, “Healthy Diet, Happy Planet”
12:30 pm–1:20 pm	The Ecology of Lake Texoma
1:30 pm–2:20 pm	Finding Common Ground in Carbon Pricing
2:30 pm–3:20 pm	Bio-Digester (CompostBucket) & Vermicomposting (Worms)
3:30 pm–4:20 pm	Bluebirds: Happy Homes for Feathered Friends

Door Prizes at every workshop!
You must attend the workshop to be eligible to win.

Children’s Activities – Municipal Ballroom

Children’s activities provided by:

Art From the Heart

Camp All Saints

Children’s Advocacy Center

Grace United Methodist Church

Grayson College Art Department

Heddy House/Freda Riley

Not Just Another Pretty Faith



join us sundays
at 11:15 am

red river
unitarian universalists
515 north burnett ave, denison

Relax...and enjoy the difference.
CLASSIC
of Texoma



2020 N US Highway 75
Denison, TX 75020
www.classictexoma.com

Sales: (888) 457-5726 Service: (888) 449-7023 Parts: (888) 451-5944

Recycling

Recycling is always an important component of the Texoma Earth Day Festival. It is our goal to provide an opportunity to recycle items that are difficult to dispose of safely and to provide recycling services to residents in areas without recycling. The majority of the recycling will be on the *parking lot south of Sherman City Hall*.

The **Volunteer Services Council of Texoma Community Center** will be there from **10 am to 2 pm** recycling computers, cameras, office equipment, entertainment electronics, vehicles, all terrain vehicles, portable electronics, video games, sporting goods, musical instruments, home and garden, non-fiction books, toys and games, collectibles, pottery, cookware, glass, dinnerware, jewelry, scrap metal, clothes, shoes, and purses. No televisions, no CRT (globe) monitors, no office or home furniture, no hazardous materials will be taken. Items may be in any condition—damaged, non-working, or fully operational. You do not have to be a Grayson County resident to participate, and there is no charge to recycle. For your peace of mind, delete personal information from your computers and cell phones.

Choctaw Going Green will provide a recycling roll off container. They accept Styrofoam, all types of cardboard, greeting cards, cell phones, ink and toner cartridges, tin cans, plastics 1, 2, 5 and 6. We ask you to respect their recycling guidelines and not dispose of your garbage in their recycling container. The container will be on site the entire festival.

The **Sherman Police Department** returns to provide collection of prescription and over-the-counter medications. Department members will be on site between **10 am and 2 pm**. They collected 39 cubic feet of medications at the 2015 festival!

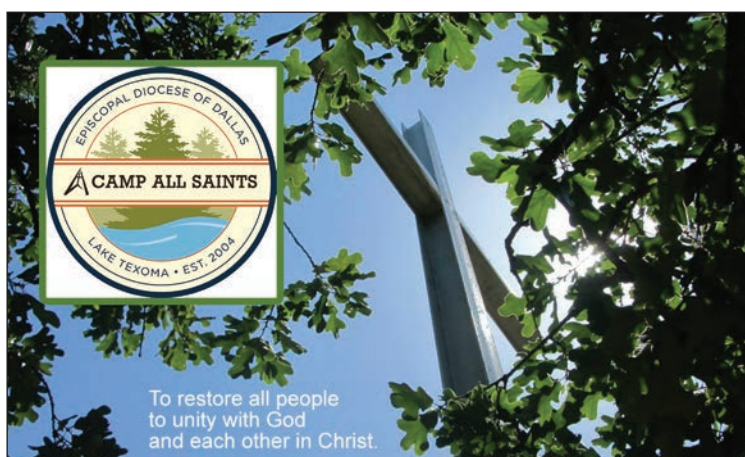
Mobile Shred It will provide paper shredding services. Attendees are invited to bring sensitive documents to the City Hall Parking Lot between **9 am and 1 pm**. Please remove newspaper and any other non-sensitive papers to place in the Choctaw Nation recycling container. Cardboard boxes will be broken down to place in the Choctaw Nation container.

Sherman Noon Lions Club will collect eye glasses and sunglasses at their booth on the *Municipal Lawn/Lucy Kidd-Key Park*.

Texoma Regional Blood Bank will be there for blood donations, and the **Sherman Animal Shelter** will have an adoption event at the festival. Both will be located on *S Rusk Street*.



877.819.7277 • 877.819.WRAPS



Texoma Earth Day Festival

Municipal Ballroom

"Healthy Diet, Happy Planet" – Keynote Address



The 2016 Texoma Earth Day Festival is honored to present a Keynote Address at 11:00 am in the Sherman Municipal Ballroom. The title of the Keynote Address is "Healthy Diet, Happy Planet." Local health coach **John Nikirk** will speak from personal experience about how changing one's diet can not only improve a person's overall health but can also have a positive impact in preserving the environment. Nikirk made dramatic changes in his health by changing his diet and, in turn, his need for medications. He will also address the environmental impact of our food choices.

(11 am–Noon)

Main Stage – Gazebo

Listed alphabetically

Bad Hat

Bad Hat entertains us with its own "Cowboy/Celtic Jazz Ukulele" style of music. The talented, local band consists of members of faculty, staff and friends of Austin College. Their music set will include a wide variety of classics and less known tunes with a few of their own originals. Over the years Bad Hat has performed at numerous events and venues in the Red River Valley. *(4 pm–5 pm)*

Children's Chorus of Greater North Texas

New to the stage this year will be a performance by the Children's Chorus of Greater North Texas under the direction of Heidi Scheibmeir. Founded in 2003, the CCGNT is a group of area children who learn not only vocal performance skills, but also integrity, responsibility, teamwork, respect for others and a love of beauty. In return, they are treated as artists and musicians worthy of respect. In keeping with the season, the choir will present "Earthsongs," "Feed the Birds" from the movie "Mary Poppins" and many more. *(10:30 am–11 am)*

Chrystal Music Circle

Chrystal Music Circle, from the Chrystal Opry House in Van Alstyne, presents folk, bluegrass, Americana music on autoharp, guitars and dulcimers.

(9 am–10 am)

EARTH DAY



**Keeping our
environment
cleaner and
greener**

800.522.6170 choctawnation.com
search "Choctaw Nation Going Green" on Facebook

Thanks for providing Recycling

Workshop Sponsor



Electricity-Natural Gas-Solar
Commercial-Residential-Small Business

Jeremy Naranjo

Account Manager

Solar Developer

928-241-3928

www.elite-energypartners.com

STAR-GAZERS

NORTH TEXAS STAR-GAZERS

For info contact > John Love 940-735-1176

Cowboy Fracture

Cowboy Fracture with local cowboy singer and story teller, Lanny Joe Burnett, with Gary Sisson return with their "down-home" set of great Cowboy and Country songs. (Noon–12:45 pm)

Grayson College Music Department

A new group of music students from Grayson College Music Department – Viking Season Band – will bring a fusion of Blues, R & B, Jazz and Classic Rock to the Gazebo Stage. (2 pm–3 pm)

Little Goddess Trybe

Little Goddess Trybe Bellydance returns to enthrall us. This group of exotic beauties thrills the crowd year after year with unique dance movements we all envy. (1:30–2 pm)

SonShine Sisters

SonShine Sisters bring back their talented group of ladies from the Whitesboro area. Their variety of folk, Americana, gospel and western music are played on dulcimers, banjammer or pickin' stick. Then add in their old-fashioned harmonies and you'll be entertained by their "throw-back" to the earlier and simpler days of our country. (1 pm–1:30 pm)

Tai Chi for Health

Debra Williamson's Tai Chi for Health performs age old movements so beneficial to improve balance, prevent falls, strengthen muscles and relax your mind and body. (10 am–10:30 am)



JAN'S MUSICAL MEMORIES

Jan Fletcher
1050 Hazelwood Road
Sherman, TX 75092-5925
Cell: 972-897-5796
Phone: 903-892-8396
Email: jans_melodies@msn.com

Like "Jan's Musical Memories" on FaceBook



MUSICAL
MEMORIES TO
LIGHTEN YOUR
HEART!



JAN'S MUSICAL MEMORIES



North Texas Unitarian Universalist Congregations

4015 Normandy Avenue, Dallas, Texas 75205 469.682.8870 NTUUC.org



Sherman Animal Shelter

1800 E. Ida Road, Sherman, TX 75090
903-893-8136

TAI CHI FOR HEALTH

Stress Relief
Meditation
Self Defense



Balance
Strengthen
Muscle & Bone

Debra Williamson

26 years experience in Martial Arts

(903) 786-4923 hm

chidebwilliamson@yahoo.com

Trashion III

Grayson College Arts Department returns for "Trashion III." These talented students again design fashions from recycled items to bring you a truly "out of this world" runway feature on the grounds in front of the Gazebo stage.

(3 pm–3:30 pm)

Zumba at Nautilus

Sarah Pierce brings her Zumba at Nautilus class members to demonstrate this form of "exercise in disguise." Zumba is a physical workout using elements of cardio, balance, flexibility and lots of energy. Take all that and add it to Latin and World rhythms, and you will have a fun dance fitness party that mixes high and low intensity moves to burn calories while having too much fun to remember this is a real workout! (3:30 pm–4 pm)



Our Pledge

Douglass Distributing is a company where the genuine care of our customers is our highest mission. We pledge to provide the finest personal service and products for our customer.



Brad Douglass, President
brad@douglassdist.com

www.douglassdist.com

Thanks for providing copy services



We specialize in today's high speed business environment. By taking the very best in new technology and combining it with tried and true production techniques, Texoma Print Services delivers the best product for the best price. From catalogs to corporate apparel, we print it all. Call us today to talk about your next project.

● Printing ● Promotions ● Apparel

125 N 3rd • Durant, OK 74701 • 580-924-1120
www.texprintone.com

Thanks for providing program printing

Vendors

20 - All Seasons HVAC
 17 - Arbonne
 C - Art from the Heart
 45-46 Bath Planet
 V - Blake Utter Ford
 40 - Bluestem Chapter,
 Texas Master Naturalists
 C - Camp All Saints
 C - Children's Advocacy Center
 41 - Chrystal Opry House
 23 - Citizens Climate Lobby
 09-10 - City of Sherman
 Pretreatment Services
 11-12 - City of Sherman Solid Waste
 V - Classic of Texoma
 34 - Clasen Gourd Farm
 29 - Cookie Cafe
 21 - Downtown Denison Farmers
 Market
 37 - Eisenhower State Park
 44 - Elite Energy Partners
 48 - Family Promise of Grayson Co.
 47 - Frames and More
 C - Fred Douglas Learning Center
 C - Freda Riley
 35 - Grace United Methodist Church
 C - Grayson College Art Department
 36 - Grayson County Democrats
 32 - Grayson County Office of
 Emergency Mgmt
 24 - Henna Art Corner
 19 - It Works
 28 - Jack's Choice
 42 - John Nikirk, Health Coach
 26-27 - Life Chiropractic
 & Family Wellness
 30 - North Texas Star-Gazers
 33 - Patio Egg
 25 - Red River Unitarian Universalist
 Church
 16 - Ruraq Maki Peru
 15 - Sathya Sai Center of Dallas
 18 - Sentsy Wickless Candles
 39 - Sene Gence International
 03 - Sherman Animal Shelter
 49 - Sherman Parks & Rec / Keep
 Sherman Beautiful

13-14 - TCOG Waste Management
 22 - Usborne Books & More
 43 - Young Living Essential Oils

Food Vendors

08 - D Vito
 07 - I C Kettle Corn
 05 - Kona Ice
 01 - Tacos Hondumex
 04 - Taylor's Consessions
 02 - Up In Smoke BBQ

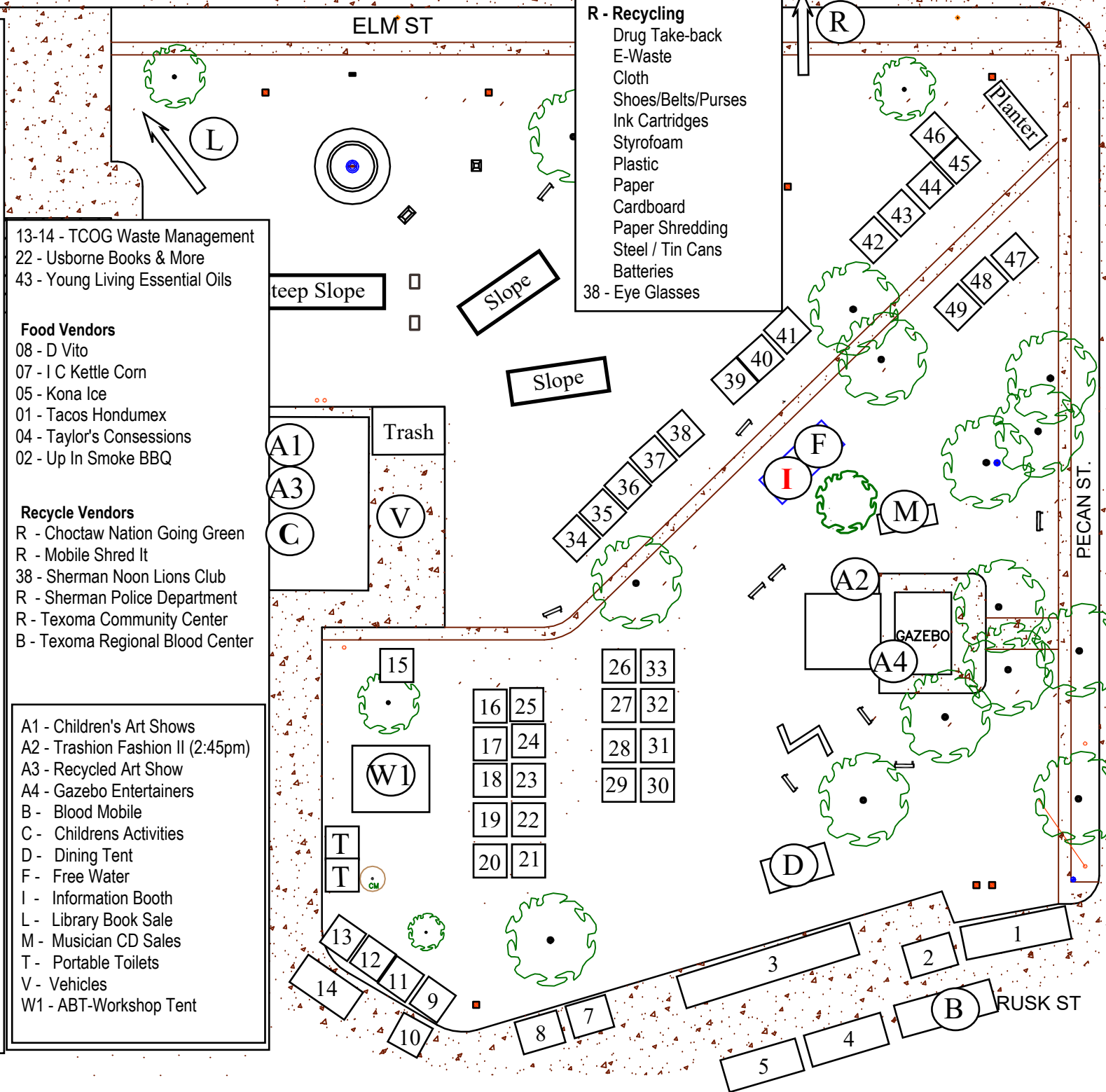
Recycle Vendors

R - Choctaw Nation Going Green
 R - Mobile Shred It
 38 - Sherman Noon Lions Club
 R - Sherman Police Department
 R - Texoma Community Center
 B - Texoma Regional Blood Center

A1 - Children's Art Shows
 A2 - Trashion Fashion II (2:45pm)
 A3 - Recycled Art Show
 A4 - Gazebo Entertainers
 B - Blood Mobile
 C - Children's Activities
 D - Dining Tent
 F - Free Water
 I - Information Booth
 L - Library Book Sale
 M - Musician CD Sales
 T - Portable Toilets
 V - Vehicles
 W1 - ABT-Workshop Tent

R - Recycling

Drug Take-back
 E-Waste
 Cloth
 Shoes/Belts/Purses
 Ink Cartridges
 Styrofoam
 Plastic
 Paper
 Cardboard
 Paper Shredding
 Steel / Tin Cans
 Batteries
 38 - Eye Glasses





Citizens Organizing *for*
Resources & Environment

www.TexomaCORE.org

Look at our website for a directory of
Local Food Producers and Markets
and to learn how YOU can get involved
in making Texoma green!

Thanks for providing Graphic Design Services

☆☆ 50 Park Road 20 • Denison, TX • 75020 ☆☆

Eisenhower State Park



 Find us on:
facebook.



Park Info: (903) 465-1956 | Reservations: (512) 398-8900
For upcoming park events check out our Facebook page!



Workshops – American Bank of Texas Tent

Listed alphabetically

Bluebirds: Happy Homes for Feathered Friends

Come learn how to build and maintain a bluebird house! About twenty bluebird houses stand at Eisenhower State Park. At this workshop we will tell stories of how the park's bluebirds have survived and thrived over the years. We'll also walk you through the process of building a house, where you should put it, and how you can protect nesting birds. Come for a chance to win great prizes! We'll be giving away two beautiful bluebird paintings and three well-crafted bluebird houses. Bluebirds have long been a symbol of spring time and happiness! Invite some into your own backyard. (3:30 pm–4:20 pm)

Kate Saling is a park ranger for Eisenhower State Park.

Bio-digester (CompostBucket) & Vermicomposting

This workshop will explain how we can take simple steps to save our Earth by starting a Bio-Digester in the backyard. The workshop will demonstrate how to make the Bio-Digester using paint buckets. The second portion of the workshop will demonstrate starting the Vermicomposting. Vermicompost is the product or process of composting using various worms, usually red wigglers, white worms, and other earthworms to create a heterogeneous mixture of decomposing vegetable or food waste, bedding materials, and vermicast.

(2:30 pm–3:20 pm)

Raji Josiam is an Environmental Engineer and Project Manager with the U.S. Environmental Protection Agency (USEPA), overseeing cleanup of contaminated sites. She is a member of the Sathya Sai Baba Center of Dallas (also known as Dallas Sai center (DSC) and serves as the Assistant Coordinator for Sai Spiritual

910 Cottonwood, Sherman, TX 75090 • 903 - 957 - 0440
www.cacgc.org • mnuckols@cacgc.org



Children's Advocacy
Center of Grayson Co.

"Breaking the cycle of abuse one child at a time"

Thanks for sponsoring Children's Activities



www.citizensclimatelobby.org

Citizens' Climate Lobby
is a non-profit,
non-partisan,
grassroots
advocacy organization
focused on national
policies to address
climate change.



Citizens' Climate Lobby



400 W. Chestnut St, Denison, TX 75020
Wed. 3pm - 6pm / Sat. 9am-12pm

214-208-5754 or 903-868-1763 • farmersmarketdenison@hotmail.com

Education at the DSC and serves as the Regional Service Coordinator for the Sai Organization. Through the DSC, she participates in the Community Harvest Community Garden, a ministry of the Community Unitarian Universalist Church in Plano. She is also part of the DSC Sai-Gardening Team that has installed over 50 raised bed gardens and compost bio-digesters in DSC members' homes.

Finding Common Ground in Carbon Pricing

What makes the recent Paris COP 21 Agreement, Canada, and Exxon Mobil hold something in common? All of them have indicated support for carbon pricing to help our world transition away from fossil fuels. This session will explore the economic explanation behind why carbon pricing is an efficient and equitable policy for governments (especially compared with cap and trade) and highlight how such a movement has the potential to unify different political ideologies to finally take action on climate. (1:30 pm–2:20 pm)

Brett Cease is a public policy doctoral student who engages the public in environmental decision-making. He is an active volunteer with Citizens Climate Lobby and is an experienced K-12, civic, and higher education coordinator within outdoor education and the sustainability field. He is optimistic and passionate about catalyzing stakeholders to find common economic solutions.

Texoma Community Center Volunteer Services Council



www.texomacc.org

Thanks for providing recycling services.



AMERICAN BANK OF TEXAS

ABTexas.com

 Equal Opportunity Lender. Member FDIC.

With Locations in:

Bonham
Dallas
Denison
Frisco
Gainesville
Leonard
McKinney
Pottsboro
Prosper
Sherman
Whitesboro

**Thanks for sponsoring
the American Bank of Texas
Workshop Tent and
Keynote Address**



Sarah Pierce
Zumba Instructor



ZUMBA®

Zumba®
at Nautilus Family Fitness
2719 North Highway 75
Sherman, TX 75090
903-357-0748

Cowboy Poet & Singer

Cowboy Fracture

Lanny Joe Burnett



5000 Corey Ann Road
Bonham, Texas 75418
903-583-0124
lannyjoe@cableone.net

Solar – the Financial and Environmental Benefits

Elite-Energy Partners will present information on the economic viability and environmental benefits of Solar Energy in North Texas. The purpose will be to broadly increase awareness of the positive environmental impacts and the monetary incentives available to those that are interested in Solar Power for their homes or businesses. Attendees will learn the benefits of Solar power in reducing carbon footprints. All economic incentives available in North Texas will be covered including the nearby electricity coops and Oncor territories, as well as the Federal tax incentives. A brief description of the costs, benefits, and availability of off-the-grid solar technologies will also be described.

(9:50 am–10:40 am)



Art classes for ages 2-102

314 N Walnut, Ste D

Sherman, TX 75090

903-819-4213

Hours: M-F 4-5:30 pm, Sat 2-3:30 pm

Thanks for sponsoring the Children's Art Show

GRAYSON COLLEGE
MUSIC DEPARTMENT

UTTER FAMILY



LINCOLN



Bob Utter Ford | Bob Utter Kia | Bob Utter Lincoln
Blake Utter Ford | Utter Family Bargain Center
800-541-9715

With Appreciation for Sponsorship

LITTLE GODDESS TRYBE



Texoma's 1st and only American Tribal Style Bellydance Troupe



International Sathya Sai

2875 E. Parker Rd
Plano, TX 75074
972-897-3302

Sarma Gunturi
sarmagunturi@gmail.com

www.houston.sairegion10.org/sai-centers/dallas-sai-center



Eclectic band in Sherman, TX
Cowboy/Celtic, Jazz, Blues

Karen Tooley, Mgr.
903-816-2811

"Bad Hat" on Facebook
BadHatx@gmail.com

The Ecology of Lake Texoma

The JOLT program of Camp All Saints will host a presentation covering the local ecology of Lake Texoma. This workshop will cover several naturalist subjects ranging from paleontology, archaeology, the biology of Lake Texoma, and the current impact humans have on our lake. There will be an opportunity for hands-on exploration of fossils and human artifacts found locally at Camp All Saints.

This presentation will conclude with a short section based on the Leave No Trace curriculum, which teaches methods and techniques to lessen the negative impact humans leave on the environment. (12:30 pm–1:20 pm)

NATURE'S SOURCE™

The foundation of the Nature's Source formula is seed extract, a renewable source of plant nutrition that's effective on a multitude of crops, flowers and vegetables.

The easy-to-use liquid mixes instantly with water, and its concentrated formulations make it an economical choice as well. The low-salt formula won't burn crops and improves plant quality.

Nature's Source® Plant Food is manufactured by Ball DPF, LLC, in Sherman, Texas. Call 888-839-8722 for more information.

Dr. Jeannine Hatt, MD
Dr. Chuck Phelps, MD
(903) 416-6200

*Promoting a
healthy planet
for healthy lives!*



Bringing
Children
Together
in Song

www.childrenschorus.net

Children's Chorus of Greater North Texas






GRACE
UNITED METHODIST CHURCH

OPEN HEARTS
OPEN MINDS
OPEN DOORS





www.gracesherman.org



• Hymns • Gospel • Folk •
Traditional TX western/country

Jam Sessions
Whitesboro 1st Presbyterian Church
Wednesday afternoons

For more info or to book the group, contact Sue Ellen Richey
sue_ellen_richey@yahoo.com or fpcwhitesboro@msn.com

**Texoma Regional
Blood Center**


Give the Gift of Life

3911 Texoma Parkway
Sherman, TX 75092
903-893-4314
www.texomablood.org

Thanks for sponsoring the Blood Drive



**Friends of the
Sherman
Public Library**



Thanks for providing the Used Book Sale



ART DEPARTMENT

Steve O Black, GCC Fine Arts Chair, 903-463-8662

Thanks for sponsoring Children's Activities and the Recycled Fashion Show

John Nikirk
Health Coach
903•820•6505

John@
yourDREAMhealth.com



yourDREAMhealth
.com

Let me tell you about the
BEST KEPT SECRET IN NORTH TEXAS!

The Chrystal Opry House at Melody Ranch



Monthly Events Feb. through Dec.

1st Saturday - Bluegrass Show 4th Saturday - Gospel Show

Jam on Thursday before the 1st Sat.

Check web site for annual festivals and special engagements.

www.chrystalopryhouse.com

Friends of the
Chrystal Opry House:



Aleda Carpenter

Owners:

Bill and Annette Hayes

903-546-6893

The 2016 Earth Day Festival Sponsors

Conservationist

Citizens Organizing for Resources and Environment (CORE)

Graphics

Red River Unitarian Universalist Church Green Team

Planning

Environmentalist

American Bank of Texas

Keynote Address

Art From the Heart

Children's Art Show, Paper Shredding

Choctaw Nation Going Green

Recycling

City of Sherman

Facility

Grayson College Art Department

Children's Activities &

Recycled Fashion Show

Texoma Community Center

Recycling

Preservationist

Children's Advocacy Center

Children's Activity

Grace United Methodist Church

Children's Activity

Ecologist

Atmos Energy

Camp All Saints

Children's Activity, Workshop

CarWrap City

Sign and Banners

Douglass Distributing

Copy Service

Drs. Jeannine Hatt & Chuck Phelps

Paper Shredding

Jan's Musical Memories

Event Coordination

Nature's Source

North Texas UU Congregations

Red River Unitarian Universalist Church

Tek Wav

Workshop Screen

Texoma Print Services

Printing Services

Recycler

Bad Hat

Entertainment

Children's Chorus of Greater North Texas

Entertainment

Chrystal Music Circle

Entertainment

Citizens' Climate Lobby

Workshop

Classic of Texoma

Cowboy Fracture

Entertainment

Downtown Denison Farmers Market

Eisenhower State Park

Workshop

Elite-Energy Partners

Workshop

Friends of Sherman Public Library

Recycled Book Sale

Grayson College Music Department

Entertainment

International Sathya Sai Organization

Workshop

Little Goddess Trybe

Entertainment

North Texas Star Gazers

Sherman Animal Shelter

Pet Adoptions

Sonshine Sisters

Entertainment

Tai Chi for Health

Entertainment

Texoma Regional Blood Center

Blood Drive

Utter Family Dealerships

Zumba at Nautilus

Entertainment