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See Page 7



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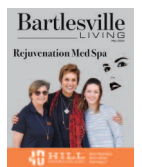
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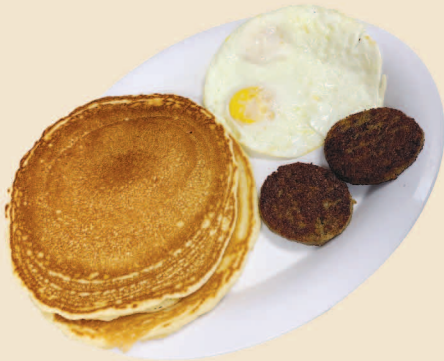


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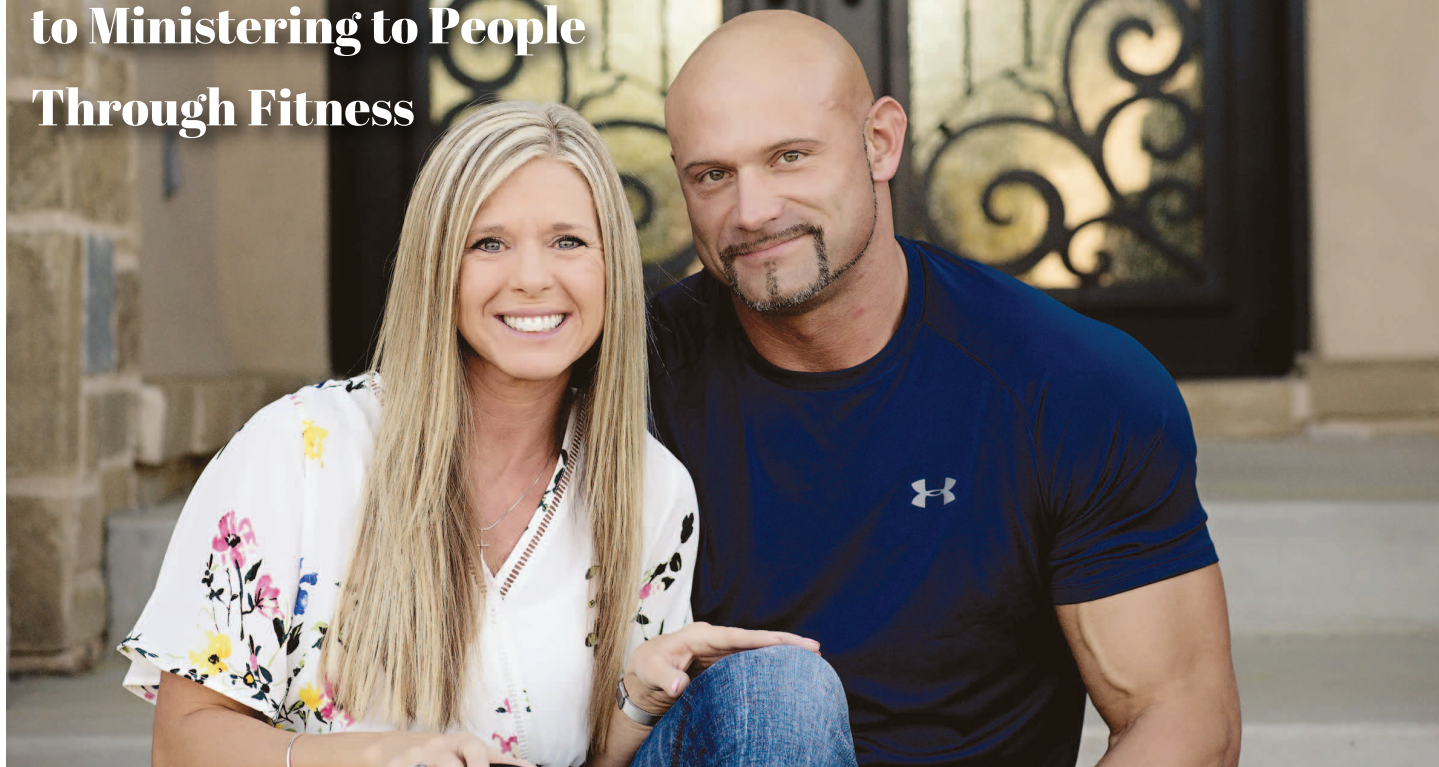
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Local Business Expanding Into 4 States

Colaw Fitness Dedicated to Ministering to People Through Fitness



Colaw Fitness will celebrate 15 years in business this summer and continues to be a Bartlesville fitness ministry staple.

The Colaw Fitness History

Charles and Amber Colaw had decided that helping others in fitness was going to be their ministry and the platform God had given them to share His love with others.

In the summer of 2004, they started Colaw Fitness as a private training studio out of their home in Bartlesville. Their clientele built up so quickly that they were forced out of their home and into their first location in Eastland Shopping Center, which opened as a full-service 24-hour access fitness facility. That location started as a 4,000-square-foot store front, and grew to be the 12,500 square feet it is today.

After 12 years of servicing the Bartlesville community, it was finally time to duplicate what the couple had built and expand into other markets.

Colaw Fitness is growing rapidly

They opened their second location in Joplin, Missouri in 2016. That location was such a success that they were able to immediately start working on their third location, which opened in 2018 in Topeka, Kansas.

They are excited to announce that they will be opening two more locations in Arlington, Texas and Oklahoma City during the summer of 2020. This will put Colaw Fitness on the map in 4 states.

Through all the excitement and work of growing a business, the one thing they never lost sight of was the ministry focus and love for helping others reach their fitness goals.

They are known in the fitness industry as being the “Chick-fil-A” of fitness. They take that as a compliment. The Colaw Fitness mission is to “Make Jesus Famous and Change Lives.” They do this by providing a great value fitness experience in a positive, uplifting environment that glorifies God.

The Colaw Fitness give-back programs

As their facilities and ministry have grown, they have been able to give back to organizations that build water wells in Africa, support anti-bullying curriculum in the communities, provide free Bibles in English and Spanish at all clubs, serve food to the homeless, and promote the YouVersion Bible app.

Helping people achieve their fitness goals

To help their members reach their fitness goals, they have developed a 30-day fitness and nutrition program, the CF-30®, that will give people all they need to achieve fitness success. This program was created out of their passion for people making lifestyle changes that give them the life they want and empower them to be all that God created them to be.

Alongside the CF-30® book they have also started daily podcasts, weekly video podcasts to celebrate their members’ BIG WINS, and provide weekly fitness tips to their members.



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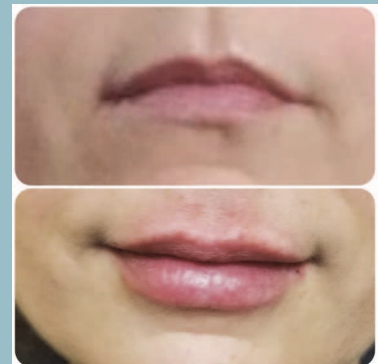
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Ambassadors for Christ

Many Need a Message of Hope During this Hour



by Curt Landry

As Believers, we are called to be ambassadors for Christ (2 Corinthians 5:20). *What does that mean?*

It means that we are commissioned to go to the ends of the earth, revealing who Christ is and the good news of salvation.

The problem is that many don't know where to start when it comes to talking to our family, friends, and neighbors (albeit virtually or while social distancing) about the restoration our Savior brings. We become flustered and lack the confidence to answer the call of an ambassador. The fact is, God is allowing His Church, during this season, to speak truth and love to those around us. Many need a message of hope during this hour; this need applies to both believers and non-believers. Therefore, we must understand what we have been given — an inheritance in Christ — and how to communicate this heritage to others.

The Body of Christ needs an impartation of the Holy Spirit to walk in confidence during this hour. *"For I long to see you, that I may impart to you some spiritual gift, so that you may be established..."* — Romans 1:11

3 Principles that Equip You to be Christ's Ambassador

1. Knowledge — The Bible says that *we perish for lack of knowledge* (Hosea 4:6). Sadly, many believers have difficulties explaining the historical truth about their faith. *God is the same yesterday, today, and forever* (Hebrews 13:8). *God is not a man, that He should lie* (Numbers 23:19). Therefore, as you read your Bible, believe He will fulfill every promise He made, from Genesis to Revelation.

2. Wisdom — Having knowledge is essential, but so is having the wisdom to apply what you know. *The fear of the Lord is the beginning of wisdom* (Proverbs 9:10). Wisdom is some-

thing that develops, and it begins with understanding the holiness of the Lord. As you meditate on and learn about the perfect, humble, powerful, sovereignty of the Lord, the Holy Spirit will begin to unlock mysteries about His ways, equipping you in your purpose as an ambassador. Remember, *it is the glory of God to conceal a matter, but the glory of a king to search it out* (Proverbs 25:2). There is great reward in seeking God's wisdom.

3. Identity — Identity wraps up the list, but I firmly believe this is where your calling starts. Do you know who you are in Christ? *You are a king and priest* (Revelation 1:6). *You are a co-heir with Christ* (Romans 8:17). *You are a spiritual son or daughter of Abraham and an heir according to the promise* (Galatians 3:29).

Do not limit the Holy Spirit's work in you during this season. You have a great Kingdom purpose, but it starts with knowing the God of Abraham, Isaac, and Jacob and understanding your God-given identity.

So then, let's move into new levels of faith during this next season. *The Lord is doing a new thing in the land, do you believe it?* (Isaiah 43:19)

Curt Landry, founder of House of David and Curt Landry Ministries; and his wife, Christie; travel extensively, preaching and teaching about the Jewish roots of the Christian faith. Together, their passion is to empower families to live and leave Kingdom legacies and understand their own personal heritage.

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Sherri Lynn, Susannah McCowan, Angelina Conover



Rejuvenation Med Spa



Hill Dermatology Expands Spa Space Rejuvenation Med Spa Gains Technology, Relocates

by Deanna Evans

Hill Dermatology, Bartlesville's premier dermatology and skin care clinic, has recently expanded the Rejuvenation Med Spa by relocating a block away, to 505 SE 3rd Street in downtown Bartlesville.

"We are very excited to announce the expansion and new location of our spa," said Tamara Hill, M.D., owner and board certified dermatologist. "As many of you already know, we have had a medical spa at Hill Dermatology for the last six years, but were severely limited by lack of space. To remedy this situation and avail ourselves of the latest technology, we have moved our spa out of the general dermatology office."

While the spa is no longer located at the Hill Dermatology office, Dr. Hill is still the medical director for the spa, and researches and approves all procedures and products.

Rejuvenation Med Spa

Rejuvenation Med Spa has enjoyed tremendous success, and the demand for services continues to grow.

"Due to the demand, we have hired a new part-time Licensed Aesthetician, Sherri Lynn, to complement our existing staff of Angelica Conover, LPN and Susannah McCowan, licensed aesthetician," said Hill.

Another new addition to the medical spa is the Splendor X, a combination ND Yag and Alexandrite laser. Lynn, Conover and McCowan are all qualified to utilize the new technology.

"Since it is a 'two-in-one laser' with a super cooling tip, we now have the ability to painlessly remove hair in even darker skin types," said Hill. "The large spot size is ideal for areas like legs and back."

Hill said the unique structure of the Splendor X can also help lighten brown spots as well as some superficial vessels. "We are improving our micro needling procedures to include radiofrequency — the hottest new technology in dermatology," she said.

Hill Dermatology has offered micro needling — with or without platelet-rich Plasma — for years.

"With the addition of radiofrequency, waves painlessly penetrate deeper and we get the benefit of significant tightening, with improvement in skin laxity as well texture and tones," Hill said.

The final addition is the latest in facial treatments: The Geneo machine. As seen on *The Dr's*, it oxygenates, exfoliates, and nourishes the skin. To complete the rejuvenation process, Kori Sauer, APRN, will be available at Rejuvenation Med Spa to provide Botox and fillers. For cost effectiveness, several packages will be available and tailored to each client's unique needs.

For more information or to schedule an appointment at Rejuvenation Med Spa, please call 918-214-8686.

Continued on page 9

General Dermatology

Hill Dermatology's general practice has also grown over the years and will be welcoming a new physician assistant, Nick Mietus, MHS, PA-C in July. He has experience in general dermatology, as well as minor surgical procedures.

"Our mission at Hill Dermatology is to take care of our patients in a professional, personal, and compassionate manner," said Hill. "As the face of health care continues to change, we are very blessed to remain a privately-owned practice with the ability to be more flexible in our approach to patient care. We feel it is an honor and a blessing to be able to practice dermatology, and thank God for the opportunity to take care of our patients."

Our Staff

The providers and support staff of Hill Dermatology work hard to maintain a patient-centered approach and enjoy taking care of their patients.

"We all feel it is a privilege to do what we do and never want to take that for granted," said Hill.

Tamara L. Hill, MD

Dr. Tamara Hill has practiced since 1993, after finishing her residency at the University of Oklahoma Health Sciences Center. Prior to that, she had graduated Summa Cum Laude with a BS in Biology from East Carolina University. Dr. Hill also attended medical school at ECU and finished first in her class.

Since residency she has practiced dermatology in Bartlesville, and went from a partnership to her own private practice.

"Patients are unique individuals, not numbers," said Hill. "As the face of healthcare changes, Hill Dermatology will always strive to serve the patient and not the medical record."

During her free time, Dr. Hill — a committed Christian — enjoys watching her son, Tyler, rope. She also loves to run barrels and exercise.

Dr. Hill is a member of the American Academy of Dermatology, the Oklahoma State Medical Society, and the American Medical Association.

Denise Blaylock, MD

Dr. Denise Blaylock graduated from the University of Tennessee College of Medicine in 1996. She completed her residency at United Methodist Hospital in Memphis, and is a board-certified internal medicine physician who has been practicing in Bartlesville since 2006.

"She joined Hill Dermatology to lend her expertise and vast knowledge of internal medicine to help treat the many wonderful patients who come to see us," said Hill.

When she is not taking care of patients, Dr. Blaylock enjoys hobbies like gardening, sewing, photography, junking, and jewelry making.

Kori Sauer, APRN

Kori Sauer, APRN, is a proud Bartlesville native. She graduated from Bartlesville High School and attended the University of Oklahoma. Kori worked as a registered nurse for seven years. In 2013, she graduated from the University of South Alabama with a master's degree in nursing, earning her nurse practitioner degree.

Kori has worked in dermatology since 2014, and joined Hill Dermatology in 2019. She is knowledgeable in medical and cosmetic dermatology, as well as surgical procedures.

Kori enjoys spending time with her husband and son. In her free time, she loves spending time outdoors, watching her son race junior sprint cars, and working on the family cattle ranch.

Angelina Conover, LPN, Aesthetician

Angelina Conover is a Sooner High School graduate. She earned her Licensed Practical Nursing degree in 1982. Since then she has worked in the hospital, home health, and family practice fields, as well as working in the ear, nose and throat specialty for 21 years. She became a licensed aesthetician in 2014, and started her new career at 5 Elements Spa before joining Hill Dermatology.

Angelina's hobbies include gardening, making jewelry, reading, cooking, and outdoor activities. She loves the beauty and simplicity of nature.

Susannah McCowan, Aesthetician

Susannah McCowan graduated from Tri County Technology Center in 2011, earning her cosmetology license; and immediately began working at KidDooZ Salon in Bartlesville.

In the summer of 2013, she moved to Australia for a year to attend Hillsong International Leadership College, with an emphasis on music ministry. While in Australia, she continued using her cosmetology education by working at Lattouf Hair and Day Spa as a hairstylist and aesthetician for the majority of her stay in Australia. She graduated HILC in 2014 and moved back to America.

Susannah is an Oklahoma native, born in Broken Arrow and raised in Bartlesville, where she and her husband, John, currently live. They both felt the call to ministry as teenagers and later attended separate Bible colleges. In 2014, John became the youth pastor at Matoaka Baptist Church, where Susannah serves alongside him. They are both passionate about studying the word of God and sharing the gospel of Jesus Christ with young people.

Hill Dermatology

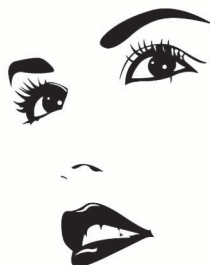
Hill Dermatology is looking forward to the exciting advances in cosmetic dermatology and eagerly anticipates great things in the future.

"At Hill Dermatology, your health and well-being are important to us," said Hill. "Our goal is to help you obtain and maintain a healthy life by focusing on your skin."

For more information or to schedule an appointment, please call 918-214-8888 or visit their website at <https://hilldermatology.com>.

The office is located at 309 SE Frank Phillips Blvd in downtown Bartlesville.

Rejuvenation Med Spa





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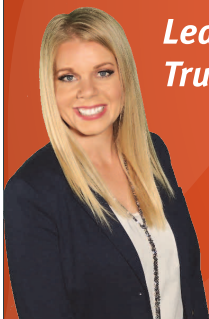
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Summer Sun & Relaxation

Now is the Perfect Time to Clean & Prep Your Deck

(BPT) — As we all spend more time at home right now, it can be a great opportunity to get a head start on summer projects and begin tackling your list of home improvements — especially as we look toward warmer weather.

One thing that often gets overlooked is regular deck cleanings. Since summer is the perfect time to get in the sun and enjoy the outdoors, now is the ideal time to give your deck the cleaning it needs in preparation for summer relaxation and quality family time. The deck is also a great surface for potted plants, herb baskets, and increasing curb appeal.

Ready to get started on your deck cleaning? Here are some tips for making it easy and efficient from smart watering expert, Gilmour.

Make a sweeping change

Start by removing everything from your deck and thoroughly sweeping its surface, then use a screwdriver or putty knife to gently pry out any loose debris stuck between the boards. Take time for basic repairs such as sanding down any rough spots, replacing any loose boards or wobbly rails and flattening protruding nails and screws along the way.

Choose effective cleaning tools

Having the right tools that are easy to use makes the job more enjoyable and ensures you can get it done right the first time. For example, the Gilmour AquaArmor Hose uses a proprietary surface material and strong internal coils that keep its length kink-free and 50% lighter than standard hoses, making it easier to maneuver and carry. Further, spigot attachment is made nearly effortless by crush-proof couplings.

The Front Control Adjustable Watering Nozzle with Swivel Connect rotates 180 degrees for ease of movement while a simple click switches flow pressure from jet to rinse.

Want even more precision? The Power Jet Wand is modeled after power washers to deliver a concentrated water stream that's 12% stronger than standard cleaning nozzles.

All three tools are reinforced for durability and ergonomically designed with ultra-comfortable handles, contours and balance points.

Wash away surface grime

After sweeping and selecting your tools, use your hose and



spray attachments to remove remaining dirt and debris from your deck surface. Position the nozzle or wand six to 12 inches away as you work, making sure the spray isn't so close or powerful that it gouges the surface.

Once completed, be sure to seal your deck to help protect from water damage and mold and mildew build-up.

Personalize & enjoy

Once your deck is prepped, you have a blank canvas to enjoy. From adding potted plants, chic patio furniture, or pops of color, the space is yours to enjoy. Add hanging baskets and convenient herbs to your deck for a touch of beautiful greenery.

Once personalized, ensure continued success by regularly watering plants and cleaning your deck with the lightweight and easy-to-manuever AquaArmor Hose.

Find information and tips about other high-quality watering and cleaning tools to make your work easier at Gilmour.com.

