

Bartlesville

LIVING

July 2021



Dr. Parchuri

Tips On Protecting Your Spine

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Lavers Aesthetics

Offering Alternatives to Surgery

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Delivering hope at

THE COTTAGE

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Broadway in Bartlesville! 2021-2022

An Officer and A Gentleman

Monday,
November 29, 2021



The Simon & Garfunkel Story

Wednesday, January 19, 2022



Season Subscriptions
on sale now!



Fiddler on the Roof

Friday, March 4, 2022



Photo by Mark Dawson

Waitress

Monday,
May 9, 2022

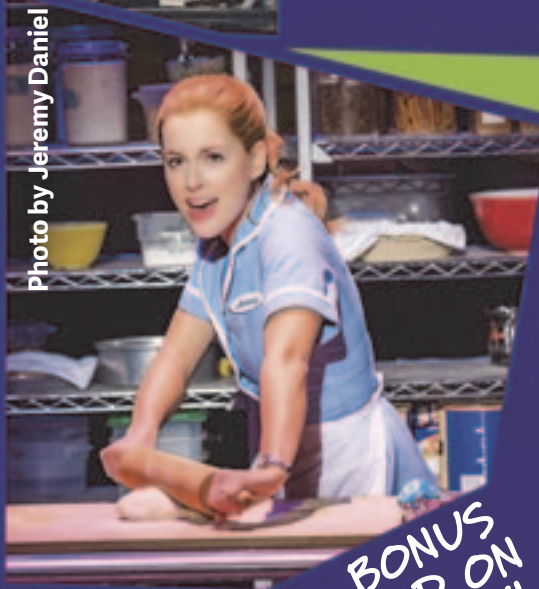


Photo by Jeremy Daniel

Madagascar the Musical

Saturday, April 9, 2022

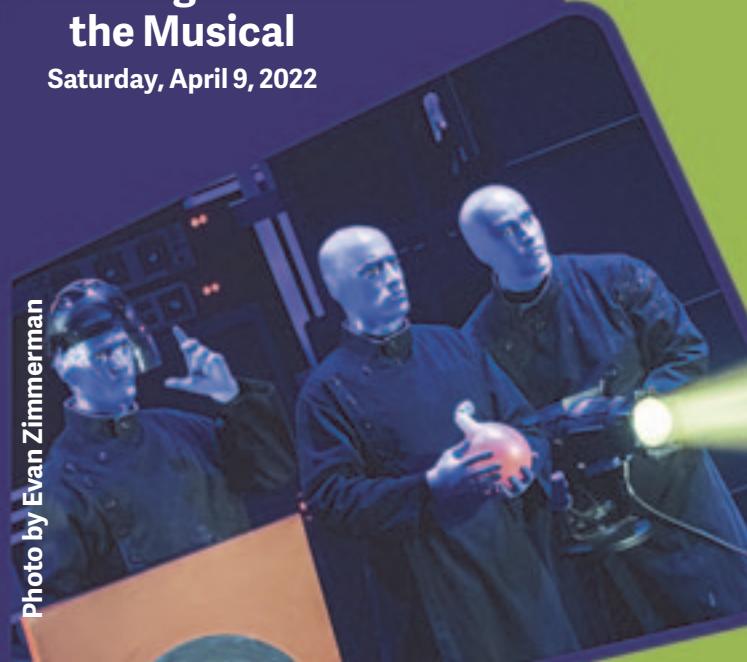


Photo by Evan Zimmerman

BONUS
ADD ON
SHOW!

Blue Man Group

Wednesday,
June 22, 2022

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NATIONAL ENDOWMENT for the ARTS

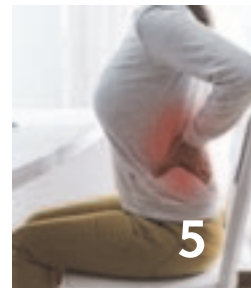
*Dates & shows subject to change.

Bartlesville

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Bartlesville
LIVING

Volume III
Issue VII

Bartlesville Living is Published by **ENGEL**
PUBLISHING

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About the cover:
The Cottage Delivers
Hope to Pregnant
Women in the area.
Design by Copper Cup
Images.





CHRONIC LOWER BACK PAIN

Unresolved chronic lower back pain without a solution, could be coming from your SI Joint.



- Lower Back Pain
- Pain, numbness, tingling, weakness in legs
- Feeling of leg instability (buckling/giving way)
- Disturbed sleep patterns due to pain
- Inability to sit for long periods, sitting on one side
- Pelvis/buttock pain
- Pain going from sitting to standing
- Hip/groin pain

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Tips On Protecting Your Spine

Spine & Orthopedic Specialists Offers Advice

by Deanna Evans

A local orthopedic physician wants to help educate people about protecting their backs from injuries.

Dr. Kris Parchuri, a spinal surgeon at Spine & Orthopedic Specialists with offices in Bartlesville and Tulsa, said "The key to treatment of spinal injuries is prevention. Neck and back injuries can occur regardless of our age, so we need to be smart about the risks we take with activities."

One of the best ways to prevent back pain is to keep your back muscles strong. Dr. Parchuri recommends maintaining good core strength by exercising and stretching. "Warming up and stretching is very important before doing any physical activity," he said. "Not only is it important to maintain good core strength, but it is imperative to always use proper lifting technique."

Stand and sit up straight. Avoid heavy lifting, and if you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work. He also recommends staying active and eating a balanced diet. Being overweight can strain your back. Getting active and eating healthy can help you stay at a healthy weight. Get plenty of sleep. It is best to get a minimum of eight hours of rest to let your spine decompress.

Dr. Parchuri is a proud graduate of Kansas City University of Medicine and Biosciences College of Osteopathic Medicine. He completed his orthopedic residency in Tulsa at Oklahoma State University Medical Center, followed by a spine fellowship at Texas Back Institute in Plano, Texas.

With more than 13 years of professional experience in orthopedic surgery and orthopedic surgery of the spine, Dr. Parchuri has been practicing in the area since 2010. While he specializes in treating spine-related diseases and disorders, his practice area also includes general orthopedics. Dr. Parchuri treats all types of fractures, as well as conditions related to the shoulder, elbow, hand, hip, knee, foot, and ankle.

When you are experiencing pain involving your spine, Dr. Parchuri offers this advice: "Listen to your body. Fortunately, most neck and back injuries are muscular. Being so, they will resolve with rest and sometimes the use of anti-inflammatories, such as ibuprofen. If the pain does not resolve in 7-10 days, or starts to shoot down the arms or legs, get a medical evaluation soon. There might be a more serious underlying condition."

Dr. Parchuri uses advanced diagnostics and treatments to reduce and eliminate back pain for his patients. He specializes in bringing the best possible procedure and treatment to every patient by connecting with them on a personal and professional level.

Dr. Parchuri said many people are scared or anxious to visit with a spine surgeon, because they believe the surgeon will want to operate.

"Unfortunately, this is a myth perpetuated by non-facts," he says. "Most surgeons will only recommend surgery when it is absolutely needed and when all other non-surgical options have failed. Typically, in my practice, less than 10 percent of the patients I see on a weekly basis end up needing surgery."

"Also, technology has dramatically changed in that fusions are quickly becoming a thing of the past," Dr. Parchuri added. "My practice



is one of the leaders in performing artificial disk replacements of the cervical and lumbar spine. This allows for a much faster recovery and essentially no loss of motion."

Examples of some of the outpatient procedures he offers include disc replacement, microdiscectomy, and fusions.

Disc replacement involves replacing a worn or degenerated disk in your spine with an artificial disk made of metal or a combination of metal and plastic. The benefits of disc replacement include faster recovery times and improved range of motion. Disc replacement is generally seen as cutting-edge technology and an alternative to the more common spinal fusion surgery.

Microdiscectomy is a minimally invasive surgical procedure performed on patients with a herniated disc. During this surgery, Dr. Parchuri removes portions of the herniated disc to relieve pressure on the spinal nerve column. Spinal surgery once meant large incisions, long recovery periods, and painful rehab. Fortunately, surgical advances like the microdiscectomy procedure have improved the process to patients, requiring less than a 1-inch incision and having the procedure performed on an outpatient basis.

Spinal fusions involve removing the problematic disc and replacing it with a bone graft or bone graft substitute to allow the adjacent vertebrae to eventually fuse together. Technological advancements have allowed these procedures to now be done with minimally invasive technique, allowing for a quicker recovery and improved results.

"Our professional staff prides itself on listening to each patient to ensure they receive the correct treatment," said Dr. Parchuri, who has the advanced clinical training and education to ensure that you receive the best care for your pain.

"We focus on more than just the problem," he said. "We focus on each patient as a whole and as an individual, giving you the attention you need and deserve to start moving forward in your life."

Dr. Parchuri's offices are located at 226 SE DeBell Ave., Bartlesville, and 8165 S. Mingo Rd., Ste. 201, Tulsa.

Take back what is yours — contact the office of Dr. Kris Parchuri. To schedule a consultation, call 918-286-3124 or contact his office online at <https://sostulsa.com/dr-kris-parchuri/>.

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Delivering Hope

The Cottage Provides Critical Pregnancy Services

by Deanna Evans

A local non-profit organization is helping mothers and babies by providing critical pregnancy and maternity services to those in need.

Two women's dream of helping mothers and babies and establishing a residential maternity home has become a reality ... The Cottage is turning five years old this year, and has now helped more than 600 women in Bartlesville.

Founders Juli Merciez, RN, BSN, MPC and Becky Thompson, RN, Ph.D., started working and developing their vision for The Cottage back in 2002. The Cottage has been in operation since February 2016. It has three areas of focus: A mobile unit to provide free pregnancy tests and ultrasounds, a residential home, and training/clinic assisting women in securing resources for pregnancy, parenting or adoption, post-abortion support, education completion, and life skills development.

In addition to co-founder Merciez, who serves as consultant and board chairwoman, the team consists of Becky Thompson, director of medical impact; Melissa Moseley, operations director; Heidi Lee, social services manager; Angela Allen, house-mom; and a handful of amazing volunteers.

Allen, house-mom living at the residential maternity home full time, joined The Cottage team in April 2021. "Angela's amazing passion for helping women restructure and change their lives brings the greatest asset to the organization," said Merciez. "Her personal experiences, faith, and training at Victory Bible College prepared her for showing grace through difficult circumstances and love in the midst of hopelessness."

The Cottage helps women pursue their education, develop parenting and life skills, and engage in their community.

The non-profit 501(c)3 organization serves pregnant women at their point of need. The mobile unit and local clinic offers free pregnancy testing and ultrasounds to encourage women to embrace their baby growing inside. "The maternity home runs full with five to seven residents living at the home at any one time, along with their infant child," said Allen. "Reunification with other children is a primary goal, as women put their lives back together and move forward."

All of the residents work an individual plan focusing on healthy mom/baby, life skills, and education. They choose to work on their education, job, or volunteer 20 hours a week and set goals for their achievements each week. Over 62 percent of clients have not graduated from high school, so completing their GED is the first goal set. Graduation from the maternity home secures independent living, a job, and ability to provide a safe and secure living environment for themselves and their children. "Our clients are entering school, finishing their GED, completing technical training, and now a couple are in college," said Merciez. "It is a story of lives changed. Amazing! We are guided by the love of Jesus and give hope to all those we serve."

They have collaborated with Ray of Hope Advocacy Center, Birthright of Bartlesville, Samaritan Counseling & Growth Center, Grand Lake Mental Health Center, Youth and Family Services of Washington County, and Delaware Child Development Center. In addition, Osage Nation WIC partners with The Cottage, providing nutrition and events like farmers markets and breastfeeding resources. "We have served more than 600 women since we started as just a conversation," said Thompson. "We have housed and served 42 at the residential home"

Of those who have been helped, 76 percent were single, 15 percent were homeless, and 11 percent were actively using drugs. "Of our clients who were initially determined to terminate their pregnancy, 97 percent decided to parent or adopt," said Thompson. "The 42 percent of clients who admitted substance abuse took our referral to rehab or outpatient counseling."

Those in the residential program achieve success, as well. All the residents are actively working 20 hours a week in either a job, community service, or education. "Of those who have completed our program, 100 percent have transitioned into a secure living environment," said Allen.

The vision for a larger residential center to help more women in need will be a big focus in the next five years. "Our vision is to build our mobile van program and grow in the surrounding areas of Bartlesville serving pregnancy needs, including early prenatal care, physician visits, and basic



Angela Allen, the house mom at The Cottage.

nutrition needs," said Merciez. "We are also looking to having a new residential maternity home facility that can triple our current capacity of service."

The Cottage's financial sustainability comes from grants and private donations. "The Cottage relies heavily on the generosity of people from our community," said Merciez. "Every contribution goes toward our clients, working their individual plans to feel like they are successful, loved, cared for, and part of our family. We accept new or like-new baby items, maternity clothes, or essential items to set up an initial household. We are currently in need of volunteer time, size 3-6 diapers and wipes, cleaning supplies, and female personal hygiene items. We will put every item to good use."

On August 21 at 6:30 p.m., The Cottage will host The 5th Anniversary Celebration Casino Royale at the Johnstone-Sayre event center. Dinner, client testimonies, and an amazing auction and casino are in store. For more information on The Cottage or to donate, visit www.cottageforlife.com, email info.cottagelife@gmail.com, call 918-214-8854 or stop by 307 South Seneca Avenue, in Bartlesville.

Lavers Aesthetics Offers Alternatives to Surgery

Lavers Aesthetics now offers thread lifts to tighten and lift sagging skin. Dissolvable threads provide an alternative way to treat skin laxity on the face and body that has only been achievable in the past by plastic surgery. The cost is much more affordable, and since there is no downtime, this treatment is perfect for those who do not want to undergo surgery or who have seen little effect from skin resurfacing treatments.

What is a Thread Lift?

A thread lift is a procedure that uses temporary sutures to produce a subtle but visible "lift" in the skin. Instead of removing the sagging skin, threads lift the skin, causing it to become smoother and tighter. They also promote collagen formation around the threads, positively influencing the overall condition of the skin. As we age, we produce less and less collagen. This leads to a reduction of skin thickness by 80 percent at the age of 70, but the effects of this process are seen for decades before. Threads are part of an effective regimen to correct the signs of aging.

As always, Lavers Aesthetics also offers injectable neuromodulators such as Botox

and Xeomin for fine lines and wrinkles; dermal fillers such as Revanesse Versa+ for adding volume to the lips, cheeks, tear troughs, chin, and jawline; and non-surgical injectable body contouring for the treatment of double chin or other unwanted deposits of body fat.

These treatments alone or together can help to create a more youthful appearance and reduce the signs of aging. All are non-surgical and minimally invasive, providing affordable, convenient, and effective options to achieve desired aesthetic goals with little, if any, downtime.

Soon they will also be offering IPL laser treatments for skin discoloration, acne, scars, rosacea, broken blood vessels, spider veins, and fine lines & wrinkles.

Lavers Aesthetics is owned by Chris Lavers, PA-C, and his wife, Cory. Follow them on Facebook or Instagram to stay informed about specials and new aesthetic treatments.

Lavers Aesthetics is located at 5120 E. Frank Phillips Blvd. To make an appointment, please call 918-876-4470. The office is open from 9 a.m. to 5 p.m. Monday through Thursday and from 9 a.m. to noon on Friday.



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UPCOMING EVENTS

- July 17 Biscuits & Gravy (8:30 pm)
- July 23 Matt Cowell (8:30 pm)
- July 30 Cory Lee (8:30 pm)
- July 31 Smith Brothers (8:30 pm)
- August 6 Larry Newsom (8:30 pm)
- August 7 Robbi Bell (8:30 pm)
- August 14 Gino Medina (8:30 pm)

WATCH FOR INFORMATION ON OUR 2ND ANNUAL PLATINUM CIGAR SMOKE-OFF IN OCTOBER!

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END OF THE ROAD PRODUCTIONS

Film Documentary

Full Court Press: The Ken Zacher Story

Open Public Reception



Saturday, July 24 1:00 PM
Nowata Old High School Gym

We invite everyone to come see old friends. Or meet for the first time the key people in our story during the Nowata years. Meet the actors who are playing the key roles in the film. Learn about some aspects of the film that we promise, you don't know about! Talk to the crew. We will have roaming cameras going so maybe you have a memory or comment you would like to share.

We have guests coming in from all across the country and our local community for final filming of interviews and for what should be a very heartwarming reunion!

Just to list a few who are scheduled to be here:

Bob Knoll
Linda Zacher Hubble
(coach Zacher's sister)
Robert Sprague
Dale Martin
Vicki Yirsa Cowan

Blake Rider
Michael Zumwalt
Robert and Lonetta (Kincade)
Sprague
Debra Hanigan
Jack McNickle

Alan Green
Mona Lilburn Ford
Felix Grimmatt
Tug Baughn
and many more!

Lynda and Kendra Zacher will not be able to attend, but they have some heartfelt things they want us to pass along to all those in attendance.

Please spread the word. We would love to have as many possible come show support to those who went through good and bad times together. Even if you are just learning about the story and the film, this will be a fun time for all. Follow the progress on the film on our facebook page: End of the Road Productions and message us with any questions or comments.

Our mission is to share love, compassion, and forgiveness just as Christ has done the same for us.



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- Ground floor business location with 2 offices, 1/2 bath. Upstairs living quarters 1 bed, 1 bath, living/dining area. Completely remodeled.....*Deposit/Rent: \$750*
- 514 E Silas St | Apartment. 1 BR, 1 BA. Water paid.....*Deposit/Rent: \$500*
- 324 S Creek Ave | 2 BR, 1 BA upstairs condo unit.....*Deposit/Rent: \$500*

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1902 Glynwood Drive	Bartlesville	
1911 Hillcrest Drive	Bartlesville	2/2/1
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5255 Nowata Rd B 101	Bartlesville	
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HWY 75 North	Dewey	Comm. 8+ Ac	\$499,900
SE Barnett	Bartlesville	2.97 acres	\$450,000
SE Adams Road	Bartlesville	Comm. Lot	\$400,000
415 Road	Nowata	55 Acres	\$247,500
Hwy 28	Ok/Union	100 acres	\$237,000
Southport Loop	Bartlesville	10 acre	SOLD!
Southport Dr	Bartlesville	8 Acres	\$120,000
Deerfield Addition II	Bartlesville	15 Lots	\$40-\$69,000 ea.
Deerfield Addition III	Bartlesville	2 Lots	\$60,000 ea.
Southport Dr	Bartlesville	3.42 Acres	\$59,500
Southport Drive	Bartlesville	.40 ac	\$39,500
Wyandotte Ave	Bartlesville	3 Res. Lots	\$30,000 ea.
Southport Loop	Bartlesville	Res. Lot	\$17,500
213 N Ross Ave	Dewey		SOLD!

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Max Lutke	918-914-3813
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Freda Brown	918-418-9506
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Janette Roark	918-907-1327
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COMMERCIAL PROPERTIES

221 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000
312 S Osage Ave	Bartlesville	Multi Use	SOLD!
510 S Cherokee Ave	Bartlesville	Comm.	\$498,750
16430 HWY 123	Bartlesville	Comm.	SOLD!
151 Maple Street	Copan	Industrial	\$445,000
1100 E 14th Street	Dewey	Industrial	\$229,900
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Are You Attracting Mosquitoes?

(BPT) — These days you're probably enjoying your outdoor spaces more than ever — and looking for ways to make them more comfortable, relaxing, and fun for your family and friends when you get together. On top of upgrading your deck or patio, sprucing up your landscaping, and investing in some new outdoor furniture, you're also probably trying to reduce some of the common pain points that plague outdoor spaces — like too much sun, and too many pests.

A recent survey of 2,000 American homeowners found that 41% of them made more investments in outdoor pest control during the pandemic, and 69% planned to make even more use of their outdoor spaces as the weather continues to warm up. The survey, conducted by TruGreen in partnership with OnePoll, found that 42% of respondents anticipated that mosquitoes would be their biggest pest this year.

While nobody enjoys having mosquitoes hanging around their outdoor barbeque or picnic, did you know there are things you're doing that attract mosquitoes?

Here's how you may be inviting mosquitoes to your outdoor party, and what you can do about it:

- **Drinking beer and wine.** Mosquitoes are attracted to high levels of carbon dioxide, elevated temperatures, and lactic acid — which all increase in your body when you drink alcohol, especially fermented beverages like beer and wine.

- **Serving sugary foods and drinks.** Mosquitoes need sugar to survive, and while they prefer to get their sugar fix from natural sources like plant nectar, the scent of sugary foods like baked treats and sugary sodas will also attract them.

- **Wearing dark clothing.** Dark-colored clothing retains heat more than light-colored clothing does, so choosing lighter colors will not only keep you cooler, but likely less appealing to pesky mosquitoes.

What can you do to discourage mosquitoes from entering your outdoor space?

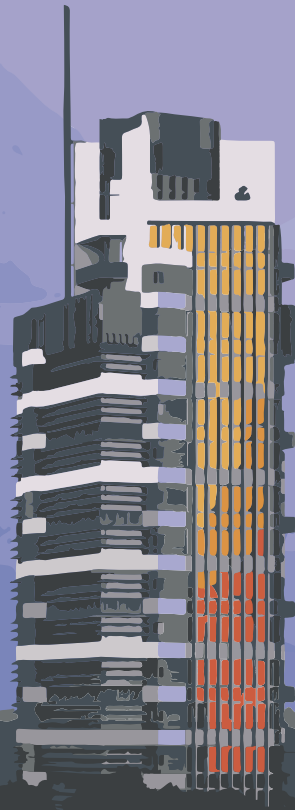
- **Bring in a professional.** Partnering with a professional service like TruGreen for mosquito control can help you enjoy your outdoor living space to the fullest this summer — providing much more effective, long-lasting protection against those pesky party crashers. TruGreen uses its science-based and local expertise to control and manage potentially disease-carrying insects in your outdoor living spaces.

- **Crank up the fan.** Mosquitoes aren't the strongest flyers in the insect world, so they prefer not to fly into areas where wind or a fan is blowing around. Keeping a fan going outside, even if it's blowing warm air around, will help keep pests away.

- **Tidy up.** Maintain a lawn clear of debris such as twigs, branches, and leaves to help prevent mosquitoes from making your home into theirs. Trimming overgrown vegetation will help prevent mosquitoes from hanging out, as they tend to prefer shaded areas.

"While you can try some natural methods to help keep pests at bay, by far the best protection from mosquitoes is using a professional pest control service like TruGreen," said TruGreen entomologist John Bell. "We have the science-backed know-how to effectively control and reduce mosquito populations, guaranteeing that your outdoor living space is comfortable for your family, friends, and even your pets."

You won't have to worry about mosquitoes invading your fun if you engage a professional service. You can fully enjoy those long summer days and evenings comfortably outdoors. Visit [TruGreen.com](https://www.trugreen.com) to learn more and to find a service near you.



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