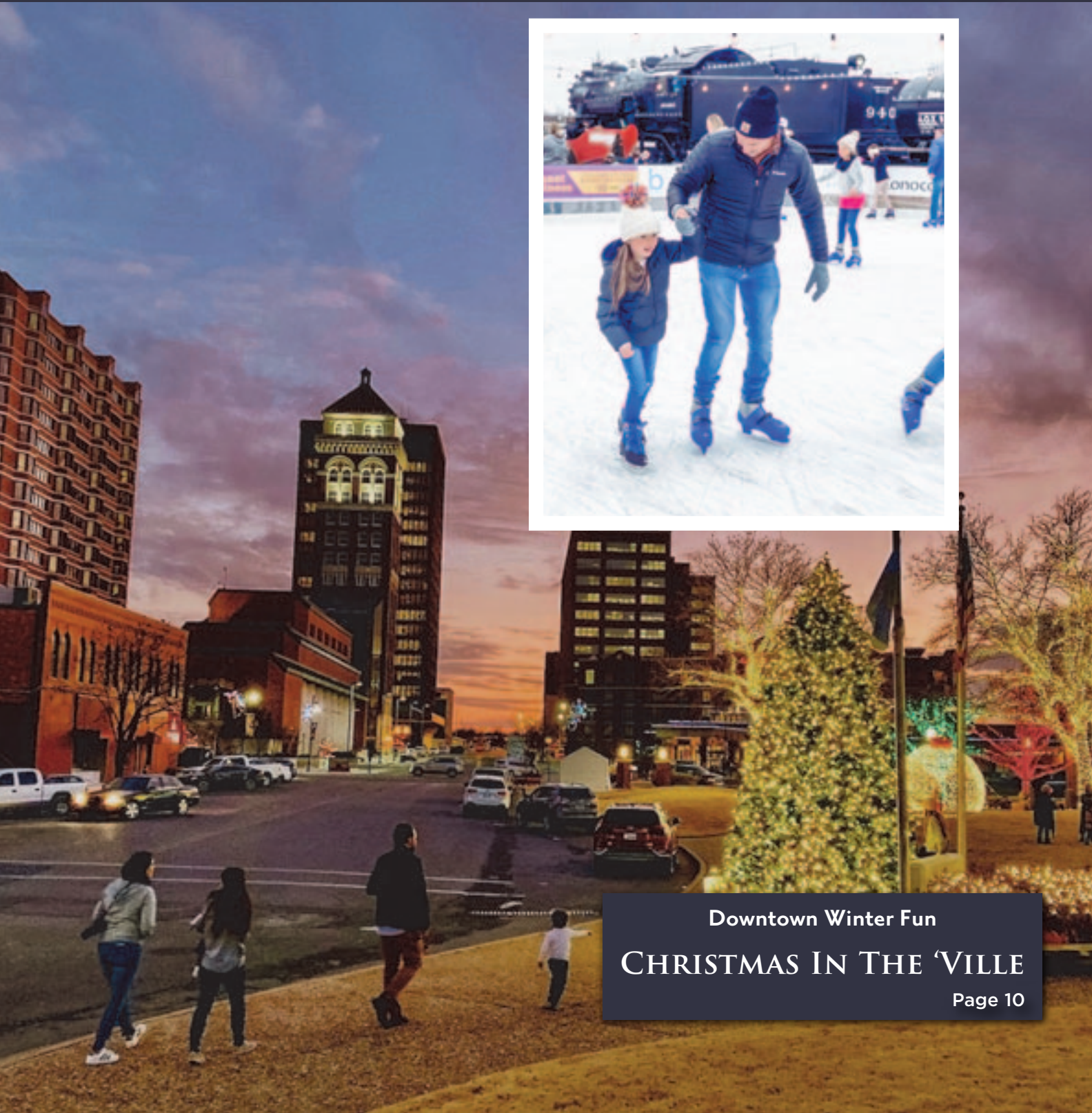


Bartlesville

LIVING

November 2021



Downtown Winter Fun
CHRISTMAS IN THE 'VILLE

Page 10



INDOOR RANGE NOW OPEN



MEMBERSHIP BENEFITS

INDIVIDUAL

\$350

No lane fees

10% discount on Pro Shop purchases (excluding Firearms, Training, and Rentals)

Wait list priority

FAMILY

\$450

Includes immediate household only (under 18 must be accompanied by an adult member)

No lane fees for household members

10% discount on Pro Shop purchases (excluding Firearms, Training, and Rentals)

Wait list priority

HEROES, TEACHERS, & SENIORS (ID REQUIRED)

\$300

Police, Fire, EMS, Active/Retired Military, CLEET Licensed Armed Security, Educators, and Seniors 70+

No lane fees

10% discount on Pro Shop purchases (excluding Firearms, Training, and Rentals)

Wait list priority

DAILY PASS

\$35

FOR ONE SHOOTER

\$50

FOR TWO SHOOTERS (in the same lane; Minors shoot free with a paid adult of 21 or over)

\$30

FOR HEROES (ID required)

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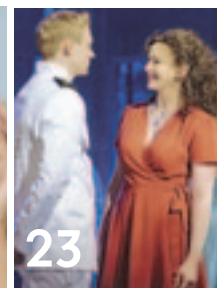
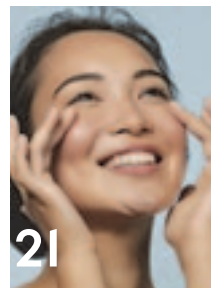
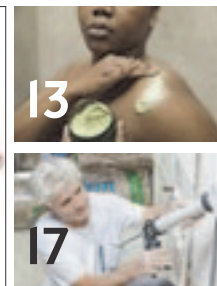
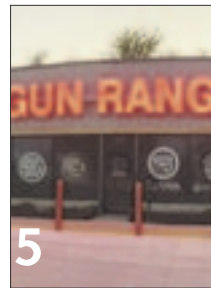
427 South Osage Avenue, Dewey, OK 74029 | Monday-Saturday 10:00AM-7:00PM

Bartlesville

LIVING

Table of Contents

- 5 Gun Range Open, Memberships Offered
- 7 Minimally Invasive Surgery
- 9 Tech Tips, Christmas Gifts & More
- 10 Christmas in the Ville
- 13 Changing Your Body Care Routine
- 15 Tips to Get Your Home Holiday-Ready
- 17 Tackle the Cold this Winter
- 19 Operating from a Thankful Spirit
- 21 Lavers Aesthetic
- 23 Broadway Back in Bartlesville
- 25 Preventing Unwanted Bugs



Bartlesville
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About the cover:
Christmas in the Ville
kicks off December 3.

Design by Copper Cup
Images.



BARTLESVILLE CIVIC BALLET PRESENTS
TCHAIKOVSKY'S

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ARTISTIC DIRECTOR

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The Nutcracker

DECEMBER 18TH 7:30PM

DECEMBER 19TH 2PM

BARTLESVILLE COMMUNITY CENTER





Indoor Range Open, Memberships Offered

Guns of Glory also Kicking Off Ladies Group Dec. 16

by Deanna Evans

Guns of Glory opened its indoor range on October 20 and is now offering memberships for individuals & families, and discount memberships for heroes, teachers, and seniors.

Hero Memberships include police, fire, EMS, active and retired military, CLEET Licensed Armed Security, educators, and seniors over the age of 70.

"Our Hero Memberships include teachers. Being raised by educators, four generations of them, I know all too well the impact they have on our society," said Kara Gage, executive marketing/creative director and lead instructor at Guns of Glory. "My mom taught special education for almost 40 years, always going above and beyond for her students, many times paying out of her own pocket for her classroom needs. None of us would be where we are without teachers."

While this article was published after Veteran's Day, Guns of Glory honors veterans every day all year long. "We at Guns of Glory would like to say thank you to all of our veterans," said David Romine, Guns of Glory Executive Director. "We think about them every day. We are honored to have them, for they know what true sacrifice is. Thank you from our team at Guns of Glory."

Coming in December is Steel Grace, Guns of Glory's ladies only membership. "Steel Grace kicks off on Thursday, December 16th with GLOCK," said Kara. "I've been leading ladies' shooting groups for almost a decade. In 2014, I was the first ladies' group leader in the nation to bring a manufacturer such as Glock to their meeting/shoot." This year will be the seventh year in a row to once again say Merry Christmas with Marty & Glock. "I couldn't think of a better way to kick off Steel Grace than with my good friend, Marty Leik, the Law Enforcement District Manager for Oklahoma, Missouri, and Kansas for Glock," said Kara. "The ladies will have two times to choose from, either 10 a.m. to noon or 6-8 p.m. on December 16th.

"We will have one hour of class with all things Glock and then they get to go try them all out," Kara added.

Guns Of Glory is still putting the finishing touches on the Ladies Membership pricing, but they do have their other annual membership rates, as well as daily rates available for purchase. Individual membership is \$350 annually and includes the following benefits: No lane fees, 10 percent discount on Pro Shop purchases (excluding firearms, training and rentals), and wait list priority.

Family memberships are \$450 annually and provide the same benefits as individual membership. It is applicable to all family members in the immediate household. Those under the age of 18 must be accompanied by an adult member.

Hero membership is \$300 and includes all the benefits of the individual membership.

Day passes are also available for purchase for individual and two shooters, with discounts offered for heroes, as well.

The Guns of Glory outdoor range will be opening in the spring and is going to be even bigger than it was for the grand opening — about double in size.

Kara said the Pro Shop continually has new stock arriving and special orders are being placed. They carry ammo, firearms, holsters, and various accessories. Gift certificates are also available.

Guns Of Glory offers both private & group classes for various types of firearms and skill levels. Check out the complete list of courses on www.shootingclasses.com/sweetshotfirearms, on Facebook, or even better — stop by and see them! Guns of Glory Proshop and Indoor Range is located at 427 S. Osage Avenue, in Dewey. For more information, call 918-534-8758 between the hours of 10 a.m. to 7 p.m. Monday through Saturday, or visit them on the web at gogok2a.com.



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
- Pain going from sitting to standing
- Pelvis/buttock pain
- Hip/groin pain



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Minimally Invasive Surgery

Dr. Parchuri Offers Diagnosis & Treatment for SI Joint

by Deanna Evans

A local spinal surgeon uses advanced diagnostics and treatments to relieve lower back pain.

Dr. Kris Parchuri, an orthopedic physician and spinal surgeon at Spine and Orthopedic Specialists with offices in Bartlesville and Tulsa, specializes in bringing the best possible procedure and treatment to every patient.

"Americans spend about \$86 billion per year on lower back pain, yet the diagnosis of sacroiliac joint disease is frequently overlooked by physicians," said Dr. Parchuri. "SI joint pain is highly debilitating. Substantial savings is possible from proper diagnosis and treatment."

Dr. Parchuri, a graduate of Kansas City University of Medicine and Biosciences College of Osteopathic Medicine, completed his orthopedic residency in Tulsa at Oklahoma State University Medical Center, followed by a spine fellowship at Texas Back Institute in Plano, Texas. He specializes in diagnosis and treatment for SI joint disease.

"Our office is currently offering diagnosis and treatment for SI joint dysfunction," said Dr. Parchuri.

At the office of Dr. Parchuri, a team of medical professionals is ready to help you get your life back today. If you are suffering from chronic or acute pain, you need the leading medical professional in Tulsa spinal surgery. He is committed, dedicated, specializes in orthopedic spine surgery and pain management, and is ready to exceed your expectations with the very best service and treatment. With more than 13 years of experience, Dr. Parchuri can put you on the road to recovery and help you reclaim your life.

One of the diagnostic aids Dr. Parchuri uses is the Fortin Finger Test. It is a simple, reliable diagnostic aid. The patient is asked to point to the location of their primary pain. If it is below L5, then the doctor considers the SI joint. If it is above L5, he focuses on lumbar spine etiologies. If non-surgical therapy fails to provide lasting relief, Dr. Parchuri and his patients may consider surgical options. The iFuse Implant System is a minimally invasive treatment option to treat some SI joint disorders. The titanium iFuse Implants are surgically inserted to fuse the joint and eliminate pain.

Are you experiencing any of the symptoms listed below?

- Lower back pain (below L5)
- Sensation of lower extremity: pain, numbness, tingling, weakness
- Pelvis/buttock pain
- Hip/groin pain
- Feeling of leg instability (buckling, giving way)
- Disturbed sleep patterns due to pain
- Disturbed sitting patterns (unable to sit for long periods, sitting on one side)
- Pain going from sitting to standing

Do any of the following apply to you?

- History of a fall, accident or repetitive injury
- Trouble sleeping on one side
- Difficulty sitting for long periods of time
- Difficulty riding in the car

Dr. Parchuri said, "15-30 percent of patients with chronic low back pain may have pain arising from the sacroiliac (SI) joint, yet most physicians are not trained to consider the SI joint when evaluating lower back pain. If you are experiencing lower back pain, it may be coming from your SI joint."



The sacrum attaches to the large pelvic bones known as the ilia. The joints that connect the sacrum to the ilia are called the sacroiliac (SI) joints. These joints transfer weight and forces between your upper body and legs. SI joint degeneration can be caused by degenerative disease, trauma, pregnancy/childbirth, prior lumbar fusion, and other causes.

Injury to the ligaments, muscles or other soft tissues supporting the SI joint may alter the ability of the SI joint to effectively change to new positions and/or transfer load during routine physical activities.

SI joint symptoms may present as pain, or feelings of numbness, weakness, or tingling in the lower back, buttock, and/or legs. Symptoms may be similar to those from other spine conditions such as a herniated disc or a compressed nerve root.

Dr. Parchuri uses iFuse-3D implants. The 3D-printed surface mimics cancellous bone. The implants demonstrate substantial bone ongrowth, ingrowth, through growth and employs self-harvesting technology.

Another potential treatment he uses is iFuse Bedrock, which provides "fixation, fusion, and foundation," according to Dr. Parchuri. "Data shows a 30 percent reduction in SI joint motion by adding iFuse Bedrock to sacral-alar-iliac screws.

"Please contact us if you would like to schedule an examination to evaluate your lumbar spine and sacroiliac joint," added Dr. Parchuri.

His offices are located at 226 SE DeBell Ave., Bartlesville, and 8165 S. Mingo Rd., Ste. 201, Tulsa.

"Our number-one goal as a staff is to make every patient feel at home," he said. "We welcome you to a comfortable environment and medical office that is both clean and relaxing. Our professional staff prides itself on listening to each patient to ensure they receive the correct treatment."

Dr. Parchuri and his team have 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," said Dr. Parchuri. "We focus on each patient as a whole and as an individual, giving the attention you need and deserve."

To schedule a consultation, call 918-286-3124 or contact us online at <https://sostulsa.com/dr-kris-parchuri/>.



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Tech Tips, Christmas Gifts & More

by Deanna Evans

'Tis the season for buying a gaming computer — the perfect Christmas gift for that special someone — and Cabala Consolidated is the perfect place to find the best options in gaming.

If you are looking for affordable technology and products that are built just for you, then Cabala Consolidated is the right choice. They are available by appointment only, which can be made online at www.cabalaconsolidated.com or by sending them an email at info@cabalaconsolidated.com. From custom gaming computer builds to hardware upgrades and computer repair, Cabala Consolidated is focused on treating people right and they are tech wizards waiting to help service computers for both homes and businesses.

In addition, Cabala Consolidated offers tech tips on their website, www.cabalaconsolidated.com. They are constantly adding new tips, which are short reads with valuable information. Some previous tips cover topics like Windows 11, 5 tech tips for security, buying a new computer, data backup and recovery, and much more.

Rated #1 in computer repair in Bartlesville, Cabala Consolidated provides various services to suit your needs, including custom computer design, networking, computer repair (including Apple computers), remote support, laptop repair, backup services, refurbishing PCs and laptops, and service calls. "Every computer build is tailored to its user," said local businessman and Marine veteran

James Brown. "From schoolwork to workstation to virtual reality gaming, we build it for you. Computers are our passion and we strive for customer satisfaction and being able to provide affordable technology solutions."

They are a monthly service provider and have many satisfied customers. "We are the offsite IT, so people are able to outsource and they don't have to staff 24/7," said Brown. "We offer around-the-clock computer maintenance and troubleshooting for our contract clients."

Do you know which cable is connected to what device? The specialists at Cabala Consolidated do everything from tracing and labeling to physical hardware upgrades. They can also expand your Wi-Fi network to securely cover more space.

When it comes to computer repair, they do virus removal, upgrades, replace hard drives, speed up computers, and other various repairs. They can upgrade parts and resolve issues on Apple computer devices and laptops. Running out of storage? Cabala Consolidated can upgrade storage, memory, and replace charging ports on most models.

Hours of operation are 8 a.m. to 6 p.m. Monday through Friday. For more information, please call Brown at 918-550-4916 or email him at james@cabalaconsolidated.com.

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918-336-8708

www.bartlesvillechristmas.com

FB: BartlesvilleChristmasintheVille

Opening Night

Friday, Dec. 3

5:30-9PM

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Dec. 4-19

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Fridays 6-9pm

Sat. & Sun. 1-9pm

Dec. 20 - Jan. 2

Daily 1-9pm

Dec. 24 - 1-5pm

Closed Christmas Day

Admission to the rink is \$10 per person and includes skates and unlimited time.

www.bartlesvillechristmas.com



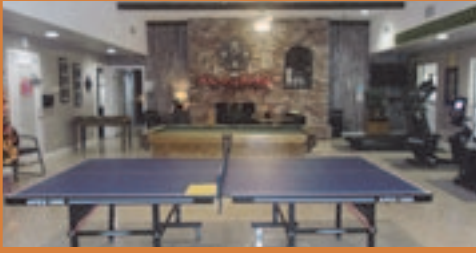
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Changing Your Body Care Routine

(BPT) - When it comes to the changing seasons and onset of fall, we often think of breaking out our boots and sweaters rather than changing up our lotions and potions and prioritizing our overall wellness. There are facets of our overall well-being that can be quick to take care of and, with a little daily maintenance, can create long-lasting positive effects through the fall and winter months that most of us find dreary. Many would be surprised to know that the easiest of all routine changes that can impact overall wellness is how we take care of our skin.

Your skin, the largest and one of the most important organs in your body, acts as a protective envelope, keeping vital substances in and harmful ones out.

Here are three wellness benefits that come from taking care of this vital organ.

1. Preserves a healthy and fresh appearance. Probably the most noticeable and talked-about benefit of a skincare routine is how a daily regimen including cleanser, moisturizer, and SPF preserves a healthy appearance. When you look good, you feel good — and the benefit is not exclusive to one area of the body. Body care products help the skin stay clean and hydrated to improve the look, feeling, and softness, too.

Finding the right moisture level in your body lotion is paramount to the success of your skincare routine. Knowing if you need ultra-rich moisturization or if you have sensitive skin makes a big difference in how your body retains moisture and helps keep you warm in winter months. “We like to recommend people talk to someone knowledgeable and pick a product that works for them so they can follow a routine, and stick to it, so their body reaps the ben-

efits continuously even if they happen to miss one day,” says Diego Ortiz De Zevallos, global marketing and brand development director of The Body Shop. It’s important to educate yourself on the benefits of certain ingredients, too. Look for products with shea or cocoa butter, known for their rich texture and hydrating benefits. The beloved Body Butter from The Body Shop offers 96 hours of moisturization and uses shea butter as the core ingredient across 13 scents, so even if you skip a day, your skin is covered. An added bonus: The product now offers an all-new vegan formula and 100% recyclable packaging.

2. Provides a good indicator of overall health. Skin is an excellent indicator of overall health. If you’re dehydrated or sick, it often shows on your skin first. Be sure to drink plenty of water and contact a doctor or dermatologist if something more than dehydration seems to be amiss. If you’re consuming enough water, your skin will give off a slight sheen, professionals say.

3. Improves your mental well-being. Many experts recommend pampering yourself at home. You don’t need an expensive spa to do it, either. Just a warm bath, some relaxing music, and a great smelling body lotion to massage into skin following a quick towel dry should do the trick. Not only will it help you wash away the day and relax your muscles, but the scent from your lotion should soothe you into a soft slumber and rejuvenate you for the next day.

To ascertain if you have normal, dry and sensitive, or ultra dry skin, head to [TheBodyShop.com](https://www.thebodyshop.com) or your local store to choose which Body Butter is right for your skin type.

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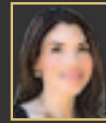
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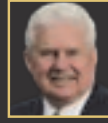
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CR 2804	Barnsdall	111 ac m/1	\$319,500	Barbara Hopper	918-335-7202
2710 SE Washington Blvd	Bartlesville	1.02 ACRES	\$299,000	Carolyn Bolding (918)	327-1133
Southport Dr	Bartlesville	9.18 Acres	\$137,750	Janette Roark	918-907-1327
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Deerfield Addition II	Bartlesville	15 Lots \$40-\$69,000 ea.		Janette Roark	918-907-1327
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Tips to Get Your Home Holiday-Ready

(BPT) - Many people are happy to welcome back friends and family into their homes again. In anticipation of the holiday season, you might consider updating your house now, so entertaining is a joy in the many months of celebration to come.

Home improvements that add function and support when entertaining are key. Whether you'll be hosting a grand holiday party with out-of-town guests or an intimate affair with local loved ones, these top improvements will prepare your home for holiday merriment.

1) Refresh the fireplace

The quintessential holiday gathering always seems to be set around a warm and welcoming fireplace. If you have one in your home, consider getting maintenance done now before the holiday rush. A tune-up, chimney cleaning, and glass-door cleaning will ensure your fireplace is ready to inspire guests to cozy up and create memories.

Beyond proper functioning, you can also update your fireplace to create a new aesthetic. If the surrounding brick, rock, or tile is dated, consider special masonry or tile paint that can help you refresh the materials with a contemporary neutral color such as gray, beige, or white. You can also paint the mantle to accent your new fireplace surround for a cohesive look that will serve as a backdrop for holiday photographs for years to come.

2) Research functional additions

Adding a guest bathroom or wet bar is sure to impress visitors and add to your home's value. But this may seem impossible in spaces without below-floor drainage for plumbing — like a basement or garage.

A simple, affordable solution is above-floor plumbing systems from Saniflo that avoid the hassle and expense of busting through concrete to create conventional drainage or installing a sewage ejector system.

For example, the Saniaccess 2 from Saniflo is ideal for creating an additional half bathroom virtually anywhere, thanks to a 1/2-horsepower macerator pump system. Above-floor systems like this can process waste from sinks and toilets before pumping it to the nearest drain line that connects to the home's septic tank or a sewer system.

3) Create a contemporary kitchen

The kitchen may be the heart of the home, but it's also the hub of the holiday season. From roasting that golden turkey to baking and decorating favorite holiday treats, the kitchen is a functional gathering place for your family and guests. Simple updates can make a big difference in style and functionality, such as enhancing organization and adding seating options.

If you want bigger changes without the expense of a complete remodel, consider thoughtful updates that revive your kitchen with notable style. Painting the existing cabinets and adding new hardware provide a visual facelift that revives the room. New countertops are nice, but sometimes just adding a new backsplash transforms the space, plus makes for easy cleanup during sometimes messy holiday cooking.

You might also consider adding an island with running water and a sink. An above-floor plumbing solution, like the Sanivite from Saniflo, can create that functionality where no below-floor drain currently exists.

4) Define dining areas

Whether you have an open concept home or the layout features a formal dining room, it's important to update eating spaces. After all, enjoying food together is one of the crowning events of holiday get-togethers. Painting the space in a modern hue provides a big visual impact without much cost or effort. An area rug can also redefine the dining room and pull elements together. New linens add a holiday vibe.

More casual eating spaces can benefit from a refresh as well. Tidy up breakfast nooks and buffet tables so they are ready to use. Stools for countertop spaces create an ideal place for cooking, casual noshing, and conversation. If you're hosting children, you may want to set up tables and other areas for them to eat and play games.

The holiday season brings family and friends together. Now that in-person celebrations are being planned again, there's no better time to focus on home improvements that guests will appreciate and you will love.

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Tackle the Cold this Winter

(BPT) — Many Americans are looking forward to the cooler temperatures that fall brings. However, it won't be long until harsher winter months arrive and homeowners across the country are faced with keeping their indoor air temperatures comfortable and consistent.

It's a daunting task — one that can be both frustrating and expensive — but homeowners can rest assured knowing they can help stabilize their home's temperature. As the temperatures begin to drop, now is the perfect time to assess your winter heating plan to ensure you're operating at maximum energy efficiency.

Don't overlook the draft: An inch-wide gap may seem minor, but a small amount of space can drastically impact heating. Simply caulking the windows and applying weatherstrips to doors can help you save on your monthly heating bill.

Fans aren't just for summer: Yes, your traditional ceiling fan can help with your heating woes. By running the fan counterclockwise, warm air will be pushed up to the ceiling and then down along the walls, providing an extra layer of heat that otherwise would just be stagnant.

Upgrade your heat pump: Heating is typically the largest energy expense for households, accounting for nearly 45% of residential energy bills, so choosing an efficient whole-home heating system is not something to put off. Carrier, the inventor of modern air conditioning, offers the Infinity® 24 Heat Pump with Greenspeed® intelligence with high energy-efficiency ratings to create long-term financial savings.

- There's nothing worse than stepping inside your home only to realize it's not at the temperature you set it to. The Infinity 24 provides superior in-home comfort with features that enable more precise temperature control for the ideal atmosphere at home.
- Whether it's to save money or to lower your environmental footprint, no one wants to waste energy. As the most efficient and advanced heat pump from Carrier with ratings up to 24 SEER, the Infinity 24 allows homeowners to keep more money in their pockets over time, especially during the winter months.
- With sound performance up to 50% quieter than the nearest competitor, depending on model combination, the Infinity 24 is a quiet outdoor unit that won't intrude on a peaceful night's sleep. (Based on laboratory testing of Carrier's Infinity 24 heat pump models by Carrier engineers in Fall 2019 and AHRI sound level data for competitors' variable-speed outdoor units, published as of December 2019.)

Insulation is your friend: There's a reason to bundle up when you venture outside, so why not give your home the same protection? Ensuring your attic and/or basement has sufficient insulation will mitigate unnecessary heat loss.

Cooler months can be a lot more bearable if you and your home are properly prepared. Find unique, innovative ways to optimize your home's temperature control system by reaching out to a Carrier dealer to determine what residential heating options from Carrier are right for your home.

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Operating from a Thankful Spirit

by Curt Landry



We are in a season of thanks. Thanksgiving is just around the corner. Our children and grandchildren will soon be making lists in school of all the things they are thankful for, and social media will be swarming with “thankful” posts.

While these are all great, it can be tempting for the thankful spirit to become a passing thought. What would life look like — what would the Church look like — if we operated out of a thankful spirit throughout the entire year, not just during the month of November?

Operating from a thankful spirit is first birthed in a grateful heart and a disciplined mind.

Know This About a Thankful Spirit:

Thankfulness is a practice. It is easy to focus on the negative. It is difficult to focus on goodness. However, when you focus on what Paul writes in his letter to the church in Philippi, the good in your mind will multiply, and thankfulness will manifest. Your spirit will shout, *“Rejoice in the Lord always. Again, I will say, rejoice!”*

- *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”* — Philippians 4:8-9 (NKJV)

Thankfulness casts out anxieties. Going back to the passage in Philippians 4, Paul writes...

- *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”* — Philippians 4:6-7 (NKJV)

Paul’s writing reminds you that when you are anxious, cast the fears to the feet of Jesus, make your requests and concerns known with thanksgiving. Therefore, give thanks for what God says you have: every need provided for, every heavenly blessing, salvation, and that He will never leave you. Thank Him for His love. Thank Him for giving you peace. Even when you don’t “feel” thankful, ask the Holy Spirit to remind you of God’s Word that says you are blessed.

Thankfulness does not compare. It is easy to look at people or situations around you and see what you don’t have compared to others. This is Satan’s way of stealing the joy of what you do have! Thankfulness rejoices in what is given and cuts off the lies from the enemy that say, “You don’t have...”

Verses to Meditate That Release a Thankful Spirit:

- **Psalm 95:2-3 (NIV)**

“Let us come before Him with thanksgiving and extol Him with music and song. For the LORD is the great God, the great King above all gods.”

- **Psalm 103:1-5 (NKJV)**

“Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle’s.”

- **Psalm 7:17 (NIV)**

“I will give thanks to the LORD because of His righteousness and will sing praise to the name of the LORD Most High.”

- **Psalm 28:7 (NKJV)**

“The LORD is my strength and my shield; my heart trusted in Him, and I am helped. Therefore my heart greatly rejoices, and with my song I will praise Him.”

Pause and thank the Lord today. He wants you to taste and see His goodness! (see Psalm 34:8)

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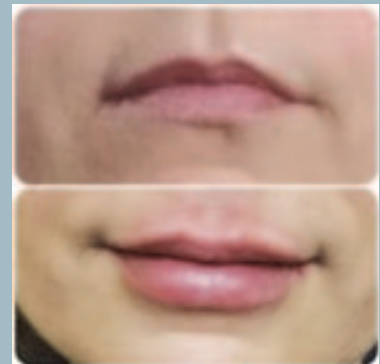
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Healthy, Younger-Looking Skin

Lavers Aesthetics Offers a Variety of Treatments

by Deanna Evans

Lavers Aesthetics provides numerous treatment options to help people achieve 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.

Lavers Aesthetics recently added Intense Pulse Light Treatments to their list of services. In addition to IPL treatments, they also offer thread lifts, as well as injectable neuromodulators such as Botox and Xeomin, dermal fillers, and non-surgical injectable body contouring. For a complete list of treatment options, please call their office at 918-876-4470.

IPL laser treatments target skin discoloration, rosacea, melasma and hyper-pigmentation, as well as acne, scars, broken blood vessels, spider veins, and fine lines & wrinkles. These treatments use multiple waves of light to target and break down the unwanted spots in the skin. A handheld device is used to deliver light therapy.

"During the procedure, you may feel what some individuals have described as a feeling similar to an elastic band being 'snapped' on the skin," said Chris Lavers, PA-C, who owns Lavers Aesthetics along with his wife, Cory. "The length and number of sessions needed will depend on each individual's treatment plan."

Lavers Aesthetics also 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 tightening treatments.

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.

Follow Lavers Aesthetics 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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Broadway Back in Bartlesville

BCC Ushers in Holidays with Special Performances

by Deanna Evans

Bartlesville Community Center is ushering in the holiday season with performances of *An Officer and a Gentleman* on November 29 and *Million Dollar Quartet Christmas* on December 3.

Following a long intermission of performances, Broadway in Bartlesville's *An Officer and a Gentleman* opens the 19th season at 7:30 p.m. on Monday, November 29.

Featuring the Grammy Award winning, Number 1 hit single, *Up Where We Belong*, and a score based on 1980's catalogue of music that gave voice to a generation, including hits from Rick Springfield, Styx, Debbie Gibson, Richard Marx, Wilson Phillips and Pat Benatar.

The live stage production is a new adaptation by multiple Tony Award nominee Dick Scanlan (*Thoroughly Modern Millie*, *Everyday Rapture*), based on the original screenplay by Douglas Day Stewart. The musical is directed by Scanlan with choreography by Patricia Wilcox (*Motown*, *A Night with Janis Joplin*).

Based on the Oscar-winning film starring Richard Gere, *An Officer and a Gentleman* is a breathtaking production that celebrates triumph over adversity and includes one of the most iconic and romantic endings ever portrayed on screen.

The cast for the North American tour is led by Wes Williams as Zack and Mia Massaro as Paula along with Emily Louise Franklin as Lynette, Ramone Nelson as Sid, Amaya White as Casey Seeger, Roxy York as Esther and David Wayne Britton as Marine Gunnery Sgt. Emil Foley. The ensemble features Zare Anguay, J Travis Cooper, Christopher Robert Hanford, Kyler Hershman, Joey Ledonio, Nathaniel D. Lee, Cameron Loyal, Logan Marks, Nicole Morris, Blake Saucedo, Elise Shangold, KD Stevens, Shelly Verden and Jilian Worthing.

An Officer and a Gentleman tells the story of Zack Mayo as he is in the U.S. Navy's Officer Training School and his relationship with Drill Sergeant Foley, who is determined to weed out all those unable to pass the strenuous tests of knowledge, coordination and strength. On his journey of self-discovery, Zack finds comfort in the arms of a strong-willed local factory worker. But it isn't until tragedy befalls a fellow candidate that Zack learns the importance of friendship, commitment and honor, finds the courage to be his best self and wins the heart of the woman he loves.

The musical features choreography by Patricia Wilcox, music supervision by Dan Lipton and orchestrations by Lipton and Nathan Dame with scenic design by Brett Banakis, costume design by Emilio Sosa, lighting design by Jen Schriever, sound design by Jon Weston, wig & hair design by Kelley Jordan and video design by



Austin Switser. The live stage production is based on an original book by Douglas Day Stewart and Sharleen Cooper Cohen.

Tickets are \$25-\$69, which includes the \$4 handling fee. Season tickets for *An Officer and a Gentleman* and the other four shows in this season of Broadway in Bartlesville!, may still be purchased at a cost of \$109-\$299.

To order tickets or for seating questions, please call the Box Office at 918-336-2787. For immediate

assistance, after regular business hours or on weekends, please email eenterkin@bartlesvillecommunitycenter.com.

Then, kick off your December with Bartlesville Community Center's *Million Dollar Quartet Christmas*, a brand-new holiday rock 'n roll musical at 7:30 p.m. on Friday, December 3.

This special performance is reuniting the original team of the Tony award-winning Broadway hit, *Million Dollar Quartet*.

Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley come together again to celebrate the most wonderful time of the year. Sun Records, now donned with a Christmas tree, garland, and mistletoe, rings with the sounds of the season and the chart toppers that made these four famous.

Follow along with the gang's usual antics as we journey through a story of Christmas past, present, and future. It's a jam-packed evening of holidays hits and classic characters you won't want to miss.

Individual tickets to the *Million Dollar Quartet Christmas* performance are \$10-45.

Tickets for the Broadway in Bartlesville! performances and *Million Dollar Quartet* are available by calling the BCC box office at 918-337-2787 between the hours of 9 a.m. to 5 p.m. weekdays or can be purchased online at the Bartlesville Community Center's website.



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Preventing Unwanted Bugs

Five Tips Offered to Help Do that this Fall and Winter

(BPT) — With the shift to cooler temperatures, insects like to migrate to warmer weather. For homeowners during the season change, that can spell an uptick in bugs like spiders, lady bugs, cockroaches, and more venturing indoors.

These uninvited pest guests can be an unwelcome surprise and cause undue stress for people wanting to create a warm and cozy space for their friends and family, especially during the upcoming holiday season. To help keep homes protected and get rid of bothersome bugs, Raid®, America's most trusted insect control brand* backed by 60 years of research, shares five easy tips to help prevent uninvited pests from invading the home.

1) Keep The Kitchen Clean: Bugs are always looking for their next meal, so places where you eat or store food are especially tempting. Avoid leaving food or dirty dishes out for long periods, and clean up food spills immediately. Sweep and mop hard-surface floors weekly, or more often if you notice spills, and consider utilizing a vacuum on hardwood and carpeted floors weekly for anything that may have dropped under or between appliances. For everyday use, consider Raid® Essentials, which is safe to use in the kitchen, and around children and pets when used as directed.

2) Eliminate Moisture: Standing water in and around your home acts as a breeding ground and drinking fountain for pesky insects. It's important to identify and repair indoor water leaks, wipe down the insides of sinks and bathtubs, and run a dehumidifier in damp areas of your home, especially if you spot moisture-loving critters.

3) Clean. De-Clutter. Repeat: Keeping the inside of your home and garage clean and clutter-free not only makes it more inviting for loved ones, it also makes it less inviting for insects. Remember to recycle old boxes and stacks of newspapers where roaches, bed bugs, silverfish, and other bugs like to breed and hide.

4) Block Entry Points: Insects can squeeze through tiny spaces, so check around your vents, utility pipes, and other openings from the outside that might not be properly sealed. When temperatures drop, add weather stripping and door sweeps to make it harder for bugs to gain entrance, and



use products like Raid® Perimeter Protection, which kills a wide range of bugs and creates a long-lasting, consistent barrier for up to 18 months — all in one spray.

5) Create A Perimeter: To help prevent unwanted guests from making their way inside, move tree limbs, rocks, shrubs, or other debris away from your house, as they can offer an easy bridge for pests to come indoors. These areas are also the perfect spots for insects to hide and reproduce.

By utilizing these simple tips, homeowners can worry less about unwanted guests entering their homes, and more about enjoying their time spent indoors with loved ones. If bugs do make their way indoors, Raid® has a variety of products designed to help prevent and control infestations.

To find the right pest solution for use in and around the home, explore the Raid® Product Finder — and remember to use as directed. Raid® is produced by SC Johnson,

one of the world's leading manufacturers of household consumer products.

*Voted most trusted insect control brand by American Shoppers based on the 2019 BrandSpark American Shopper Study.

