

# Bartlesville

## LIVING

March 2022

# BOTANICAL AESTHETICS

Open House Set At

# Botanical Aesthetics

Page 7

## ALSO INSIDE

Ask the Doc, Guns of  
Glory, Phil Blender,  
and much more.





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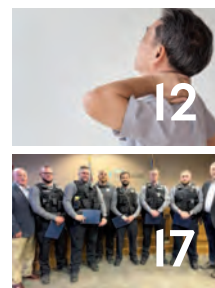
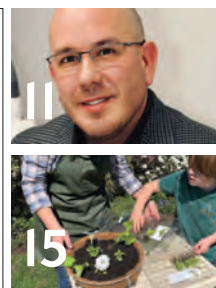
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# Bartlesville

## LIVING

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Botanical Aesthetics  
sets Open House for  
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# Ask the Doc: About Carpal Tunnel Syndrome

by Deanna Evans

In this series of articles, Dr. Tracy Russell, D.C., the hand & foot Chiropractor in Bartlesville who has decades of experience, answers common questions relating to chiropractic care. This month's question is:



## How is carpal tunnel syndrome (CTS) managed by a chiropractor?

"Carpal tunnel syndrome is when the median nerve is compressed, which can cause pain, numbness or tingling, and weakness in the thumb, index, middle, and sometimes ring fingers," said Dr. Russell.

The median nerve runs from the neck, through the shoulder, down the arm and through the wrist. Compression of this nerve at any of these locations can result in CTS-like hand and wrist symptoms. In addition, when a nerve is compressed in more than one location, it becomes hypersensitized and is more susceptible to damage or injury.

Dr. Russell will examine the entire length of the nerve to identify all possible issues that should be addressed. If the problem is musculoskeletal in nature, then treatment may include manipulation, mobilization, soft tissue work, nocturnal splinting, workstation modifications, stretches, and at-home exercises to reduce pressure on and increase the mobility of the median nerve. "Chiropractic adjustments is a natural, non-invasive alternative to surgery for the treatment of carpal tunnel syndrome," said Dr. Russell. "Spinal, as

well as hand and arm adjustments, will help to restore normal body function to improve the nervous system."

Changes in hormone levels can also lead to swelling of tissues around the median nerve, so Dr. Russell works with the patient's physician to co-manage the treatment to achieve relief for the patient.

The good news is that the non-surgical, chiropractic method in treating carpal tunnel syndrome is highly effective in patients with CTS, especially if the patient seeks care early in the course of the disease when their symptoms are milder. "We offer something to patients that they don't even know they want," said Dr. Russell, who has successfully treated hundreds of people who suffered from CTS.

To prevent CTS, the American Chiropractic Association recommends doing on-the-job exercises, stretching, taking frequent rest breaks and rotating jobs where possible. Wearing splints to keep wrists straight and using correct posture are also suggested.

Dr. Russell has 28 years of successful experience in gentle, preventative healthcare and is an expert in the diagnosis and treatment of many different problems.

If you are experiencing symptoms of CTS, call and make an appointment with Dr. Russell at Russell Chiropractic Hand & Foot Clinic, located at 2523 SE Washington Blvd. Hours of operation are 9 a.m. to 12:30 p.m. and 3-5 p.m. Monday through Wednesday and 9-11 a.m. on Thursday. The office is closed on Friday, Saturday, and Sunday.

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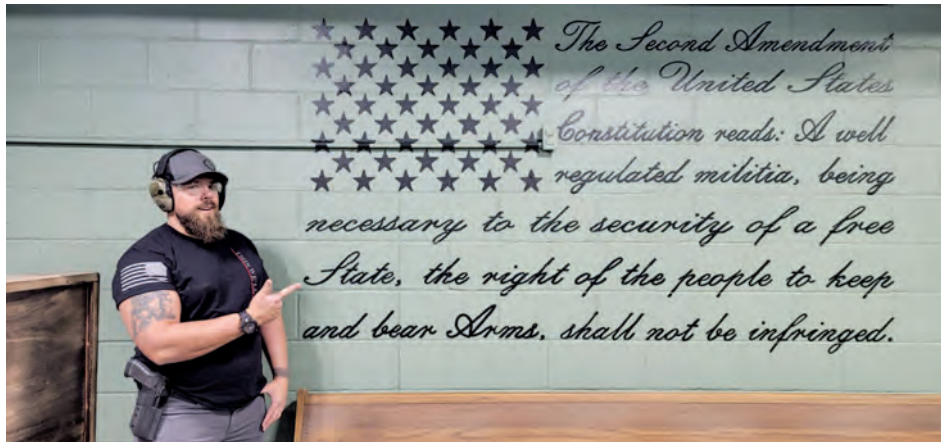
# What the 2A Means to GoG!

by Daniel Dawson

Aside from having the greatest gift in the world, Jesus Christ as my personal savior, the next best thing to living life are the freedoms we are born with. Freedom to breathe, freedom to choose, and freedom to defend ourselves and family from the inherent forces of evil we are surrounded with every day. Might I be so bold as to say I speak on everyones behalf when I say Christian or not, we all cherish freedom. Even non-believers enjoy their freedom of choice to not believe. It is the one common ground we can all choose to agree upon; freedom is amazing.

Freedom can do so many wonderful things. Freedom can preserve life and protect it from evil. Our founding fathers realized this, so they drafted our constitutional rights, which enabled citizens to live free lives protected from evil and tyrannical forces that wished to strip them from freedoms. They drafted the 2nd Amendment for the very reason I just stated. Not only did they know it was pivotal in protecting us from tyranny, but they knew that we all have the inherent right given by God to live.

In a recent interview, someone asked me, "What does the 2nd Amendment mean to you and your company?" The world has changed — and in a lot of ways not for the good. We don't have rainbows and unicorns all day long because people are free to express themselves however they wish. The truth is that this world still has evil. Due to a broken system, this evil has flourished. Now more than



ever, the need to bear arms in order to defend ourselves and preserve our constitutional and God-given freedoms is needed. To sum it up, the 2nd Amendment to GoG means the right not only to bear arms, but the right to preserve life, liberty, and the pursuit of happiness.

In a world gone mad with evil lurking around every corner, the right to defend ourselves has never been more appreciated or needed. Evil-doers do not abide by laws. Having laws that allow us to defend what is rightfully ours is an amazing freedom. Since evil doesn't play by rules, bad people tend to take advantage of the defenseless. I pray to God that I will never have to use my firearm against another, but I would much rather have one to defend an innocent life than to need one and not have it. "Praise the Lord, who is my rock. He trains my hands for war and gives my fingers skill for battle." — Psalms 144:1

Women tend to be viewed as a "weaker target" by evil-doers. Here at Guns of Glory, we have decided to get a step ahead of the game and offer a females-only group. This class will gather twice a month and give support, fellowship, and firearms training to women who sign up in hopes of getting that upper hand in the battle of Good vs. Evil or just simply wish to hang out with other women and shoot. The classes will be led by Guns of Glory's very own Heather Kelley.

Heather Kelley is 35 years old and from Glenpool, Oklahoma. She has seven years of shooting experience. She has two years of one-on-one training with some of the best in the field. The two most important things to her in life are serving God and being a good mom. When Heather isn't being a mom, working at Guns of Glory, or shooting on the range, she sings on her church's worship team, helps with the single mom's group, and is on her church's security team. She first began her firearms training in order to protect her family should the need ever arise. She is looking forward to sharing her years of knowledge and experience with the Guns of Glory females-only shooting group, Steel Grace. Her vision for the group is to bring quality firearms training and information that is geared to the mindset of a woman. She hopes the knowledge she shares with the group will empower women to keep themselves and their families safe when evil stares them in the face.

Steel Grace will meet on the 1st and 3rd Thursday of every month at 10 a.m.-12 p.m. and 6-8 p.m. at Guns of Glory, located at 427 S. Osage Avenue, in Dewey. Call foem at (918) 534-8758 or visit their website at [www.gogok2a.com](http://www.gogok2a.com) for more information about Steel Grace or any of the other groups, classes, and special offers they have.



# Open House

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# Botanical Aesthetics Sets Open House

## Local Business Serves as Corrective Skin Care Clinic

by Deanna Evans

Botanical Aesthetics opened last year with the goal of offering a variety of treatments to help people look and feel their very best. To celebrate the grand opening, they are hosting an open house starting at 6 p.m. on April 2, complete with appetizers, drinks, and drawings for door prizes.

"Our mission is to make you feel more beautiful than you already are," said Lacey Calhoun, esthetician. She co-owns the business with her husband, Dr. Shannon P. Calhoun, D.O., who serves as the clinic's medical director.

Lacey offers a variety of services, including facials, H2O hydration facial, LED light therapy, facial waxing, body sculpting, custom air brush tanning, body contouring, and microchanneling. Some of the advanced custom facials she performs include high frequency, radio frequency, microcurrent, LED light therapy, microdermabrasion, lymphatic drainage, skin scrubber, and more. To schedule an appointment with Lacey, do so by calling her at 918-440-7321 or online at <https://laceycalhoun.glossgenius.com/>.

Joining the Botanical Aesthetics team is Kebree Kerr, esthetician. She offers facials, microdermabrasion, LED light therapy, dermaplane facials, full body waxing, facial waxing, eyebrow and eyelash tinting, eyelash lifting, eyelash extensions, as well as basic pedicures and manicures. To schedule an appointment with Kebree, please call 918-914-1551.

### H2O Hydration Facials

"H2O hydration facials are the perfect non-invasive, effective way to get your skin back on track," said Lacey. "Unlike many other types of facials, this gentle but effective treatment can do wonders for your skin. It is a comfortable experience that many people find soothing and rejuvenating.

"These treatments offer a fantastic way to roll back the clock without going under the surgical knife," she added.

Most people find the treatments make their skin look a lot better and younger. The combination of moisturization and exfoliation can tackle several different skin ailments. These treatments minimize acne, make your pores look smaller, and reduce the number of blackheads. It targets fine lines.

"Since everyone's face is different, we will customize a program tailored to fit your specific needs and beauty goals," Lacey said.

### Microchanneling

Procell "Microchanneling" service is microneedling ... evolved. Microchanneling is collagen stimulation by microchannel delivery of peptides, growth factors, and cytokines. A tiny array of microfila-



ments is gently applied to create thousands of stimulating microchannels in your skin. It rejuvenates with little to no recovery time and produces both corrective and anti-aging results.

Procell improves the appearance of aging skin, increases the vitality of your skin, and reduces the appearance of fine lines, wrinkles, uneven skin tone, acne, and acne scarring. It also improves the clinical health of your skin by stimulating a rejuvenation cascade that your body has built in, just waiting to be activated. Procell turns it on. Procell MicroChanneling induces new collagen and reduces the signs of aging.

### Body sculpting

Excess fat deposits can affect our daily lives. Apart from health hazards, they reduce self-esteem, which is no good for anyone. Fortunately, there are numerous ways to target fat deposits. One of the best ways involves taking advantage of body sculpting treatments.

Body sculpting is a controlled fat reduction and body contouring procedure. It is a non-surgical treatment that safely removes stubborn fat deposits from the body.

"If you have difficulty shedding fat in your belly and other parts, consider body sculpting at our office," Lacey said. "The procedure works to create a more sculpted shape."

Traditional body sculpting usually uses an invasive procedure like liposuction. Tiny incisions are made on the surface of the skin. Using controlled equipment, the doctor drains excess fat in a lengthy procedure. You then go home and have to deal with a long and uncomfortable recovery. This isn't the case with non-surgical body sculpting.

The procedure is recommended for men and women who are dealing with stubborn fat that has not responded to diet and exercise. Discuss your lifestyle and habits with Lacey during your consultation. If you are a good candidate, treatment may be scheduled.

### Body Contouring

Body contouring uses controlled processes beneath the skin. This stimulates the body to naturally get rid of the affected fat cells through natural processes. Obese and overweight people may need to lose weight before undergoing this treatment. But it's a great option for otherwise healthy individuals who are struggling with unwanted fat pockets.

For more information on the treatment and services provided at Botanical Aesthetics, please call 918-440-7321 or visit them during their open house on April 2. Botanical Aesthetics is located at 620 E. Don Tyler, in Dewey. Call Lacey or Kebree to schedule an appointment or consultation.

# Cabala Specializes in Computers & Tech

by Deanna Evans

Cabala Consolidated is the perfect place to find the best options in gaming computers and technology for home and business.

If you are looking for the perfect gaming computer, then look no further than Cabala Consolidated, as they provide affordable technology and products that are built just for you. They are available by appointment only, which can be made at [www.cabalaconsolidated.com](http://www.cabalaconsolidated.com) or by emailing [info@cabalaconsolidated.com](mailto:info@cabalaconsolidated.com). From custom gaming computer builds to hardware upgrades and computer repair, Cabala Consolidated is focused on treating people right and are technology wizards offering computer service for both homes and businesses.

"Cabala outfitted us with four dual monitor desktops that do everything we need for our growing business. Not only are they a local, veteran-owned business, they do great work at a great price. ... Call them today! You won't be disappointed," said an online review written by the Squeegie Squad Oklahoma.

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 providing affordable technology solutions," said Brown.

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 24/7 computer maintenance and troubleshooting for our contract clients."

In addition, Cabala Consolidated offers Tech Tips on their website, [www.cabalaconsolidated.com](http://www.cabalaconsolidated.com). They are constantly adding new tips, which are short reads with valuable information. Some previous Tech Tips cover topics like Windows 11, 5 Tech Tips for Security, Buying a New Computer, Data Backup and Recovery, and much more.

Regarding computer repair, they do virus removal, upgrades, replace hard drives, speed up computers, and more. They can also 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. Cabala Consolidated offers help via remote connection, and they can install drivers, update software, and resolve other issues.

Cabala Consolidated is located at 336 NE Spruce Ave. in Bartlesville. While the business has hours of operation, it is important to book an appointment. Hours of operation are 8 a.m. to 6 p.m. Monday through Friday. For more information, please call Brown at 918-550-4916.

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# Quality Since 2001

**Lavers Providing Safe,  
Quality Care for 20+ Years**

**by Deanna Evans**

Lavers Aesthetics fosters meaningful relationships with each of their clients.



"We truly care about you and will work hard to help you achieve your aesthetic goals," said Chris Lavers, PA-C, who owns Lavers Aesthetics along with his wife, Cory. "We have years of dermatology experience and have worked with some of the nation's top experts, so we can provide a level of aesthetic excellence that is unique to Bartlesville."

Lavers Aesthetics offers a variety of treatments to restore your skin to a healthy, more youthful appearance. All are

non-surgical and minimally invasive, providing affordable, convenient, and effective options to achieve desired aesthetic goals with little, if any, downtime. Services offered at Lavers Aesthetics include IPL laser treatments, thread lifts, as well as injectable neuromodulators, such as Botox and Xeomin, dermal fillers, and non-surgical injectable body contouring.

## **IPL Laser treatments**

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 breakdown 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."

## **Thread Lifts**

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.

## **Injectable Treatments**

As always, Lavers Aesthetics also offers injectable neuromodulators such as Jeuveau, Botox, and Xeomin for fine lines and wrinkles; dermal fillers such as Radiesse and 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.

For a complete list of treatment options, please call their office at 918-876-4470. 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.

# Prescribing Hope!

## Doctor Helps Patients Suffering from Neck Pain

by Deanna Evans



Dr. Kris Parchuri uses a caring approach to help patients who are suffering from neck pain. His true passion is helping to reduce or eliminate his patients' pain using the latest treatments available. He specializes in bringing the best possible procedure and treatment to every patient by connecting with them on a personal and professional level.

If you have been experiencing persistent neck pain, it can be from an underlying medical cause that needs to be addressed. There are several problems that can cause neck pain. Additionally, a neck injury can cause pain in the shoulder, head, arm, and/or hand. It can also cause pain in the legs and other areas, as well.

The cervical spine begins at the base of the skull and has seven vertebrae, C1-C7. Ligaments, muscles, and tendons stabilize and move the cervical spine. The most common cause of neck pain is a result of straining or spraining one of these soft tissues, usually from overuse or overextension. Various problems in the cervical spine can irritate a nerve root or the spinal cord, causing pain and neurological problems. Examples of this include a degenerated disc or a bone spur.

If you are suffering from pain or a spinal injury, Dr. Parchuri provides a variety of treatments and procedures. All non-surgical treatment options will be exhausted prior to consideration of more invasive procedures. Physical therapy, patient education, and spinal injections are just a few of these options.

One surgical option, which is superior to fusion for disc replacement, is the Zimmer Mobi-C cervical disc. The artificial disc is designed to maintain neck motion. The bone-sparing technology protects against bone chiseling with no invasive screws required. It is designed to allow motions similar to natural cervical spine motion. According to Zimmer Biomet, Mobi-C is the first cervical disc approved by the FDA for both one and two-level disc replacements.

If you are suffering from chronic or acute pain, you need the leading medical professional in Tulsa spinal surgery. Dr. Parchuri specializes in orthopedic spine surgery and pain management. With more than 13 years of experience he can help you reclaim your life.

While Dr. Parchuri specializes in treating spine-related diseases and disorders, his practice area also includes general orthopedics. He treats all types of fractures, as well as conditions related to the shoulder, elbow, hand, hip, knee, foot and ankle.

"Our number-one goal as a staff is to make every patient feel at home," said Dr. Parchuri. "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," he added.

Dr. Parchuri and his team have the advanced clinical training and education to ensure that you receive the best care for your pain.

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.

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

His office, Spine and Orthopedic Specialists, has locations in both Bartlesville and Tulsa. Dr. Parchuri is committed and dedicated to put you on the road to recovery. Take back what is yours — contact the office of Dr. Kris Parchuri. To schedule a consultation, call the office at 918-286-3124 or contact them through their website at <https://sostulsa.com/dr-kris-parchuri/>.

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For additional information or to find a surgeon near you, visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com) or [www.cervicaldisc.com](http://www.cervicaldisc.com). ©2020 Zimmer Biomet Spine, Inc. All content herein is protected by copyright, trademarks and other intellectual property rights, as applicable, owned by or licensed to Zimmer Biomet Spine, Inc. or its affiliates unless otherwise indicated and must not be redistributed, duplicated or disclosed, in whole or in part, without the express written consent of Zimmer Biomet Spine, Inc. 3221-US-en-REV0920

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# What Kind of Garden do You Want?

(BPT) — Gardening has become a very popular pastime over the past two years, and that trend shows no sign of slowing down. According to last year's Axiom Gardening Insights Survey, 62% of their respondents said they will plant even more in 2022. Whether you're one of the many who plan to expand your garden or it's your first attempt, there are plenty of tools and resources available to help you succeed.

Here are steps to help determine what you want from your garden before the planting season is underway.

## Figure out your gardening goals

You could have more than one motivation for gardening, ranging from just enjoying being outdoors to specific results. Your reasons might include:

- Growing veggies, fruits, and/or herbs you can eat or use in cooking
- Boosting your home's curb appeal with beautiful flowers
- Attracting butterflies and/or bees with a pollinator garden
- Creating a pretty backyard sanctuary

Determining which goal is most important to you can help you make choices about what and where to plant.

## Utilize help getting started

Enlist family members or friends to share tasks like planting, watering, weeding, and fertilizing. Gardening is a great hobby for all ages, and children can have fun learning about nature from planting things and watching them grow.

One easy way to get started is with Ferry-Morse plantlings: live healthy baby plants delivered from the Ferry-Morse nursery directly to your door. With over 100 varieties of herb, vegetable, shrub, tree and flower Plantlings available, ready-to-plant seedlings are an easy way to get the summer growing season started. Plantlings are a popular option to begin your gardening early, with established root systems that will yield a healthier garden — and leave you with a shorter to-do list come time for spring planting.

## Know your space and time limitations

It's easy to be overwhelmed by all the amazing available choices, especially when you're new to gardening. But even homes with lim-

ited space can benefit from the beauty of plants or flowers in a planter, window box, or raised garden bed. Choose low-maintenance plants and flowers to save on time.

Consider using what you already have to maximize your efforts — are there flowers and plants you already love in your yard? You could space them out if they are spreading varieties, moving some to other areas of your yard. Look up which plants need more sun or shade, so you know they'll thrive where you transplant them.

Yearning to start growing indoors before the season begins? Jiffy Peat Pellets can help you get your seeds off to a healthy start and establish root systems so your seedlings are ready to be planted directly into the ground at the start of the season.

## Know your zone

Learn what plants are native to your geographical zone and hardiest where you live before purchasing seeds or plantlings. Learning the best times to plant specific species will also help your gardening efforts succeed. Your local agricultural extension office is a wonderful source of information on what plants grow best in your area.

## Know your level of expertise

Gardening rookie? You'll enjoy your efforts even more if you limit the number of varieties you plant. Focus on just a few at a time, then expand what you plant later in the year, or next year.

Even if you're an experienced gardener, it still helps to have a list of goals. Don't feel you have to do it all at once. To enjoy watching your garden transform its beauty throughout the growing season, plan for some early blooming plants, then arrange for different areas of your garden to feature mid-summer or late blooming flowers.

"Gardening is something anyone can enjoy, at any level of expertise, no matter how much space you have," said Rebecca Sears, chief gardening guru for Ferry-Morse. "Start with a few plants or flowers you love, and learn what you can about them. There's nothing more satisfying than watching your garden grow and thrive."

Visit [FerryMorse.com](https://www.ferrymorse.com) for everything you need to get started, plus tips and resources to help you enjoy your garden more than ever this year.



  
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# BPD Life Saving Award

## Five Officers Honored



City Beat  
Your city, your news

by **Kelli Williams**

Five Bartlesville Police Department officers received the BPD Life Saving Award during a City Council meeting on Monday. In two of the cases, the life-saving drug Narcan was administered to individuals who had overdosed on heroin, while another incident involved saving the life of a man who had attempted suicide.



Officer Steven Letterman responded to a call for service in November 2021 and encountered an unresponsive, apparently lifeless man on the floor of the residence. Letterman applied a series of “sternum rubs,” a painful technique used to revive unresponsive individuals, which had no visible effect.

“Officer Letterman then administered a dose of Narcan nasal spray and continued the sternum rub until the man became responsive and alert,” said Police Chief Tracy Roles. Roles said the man admitted later that he had used heroin prior to police arrival.

In a separate incident, Officer K.C. Jackson responded to a residence in January of this year, where a man was reportedly having a medical issue. Jackson approached the man, who was lying on the floor of the residence.

“The male was on his right side with a small amount of blood coming from his nose,” Roles said. “He was not responding to Officer Jackson’s voice and had very slow, delayed breaths. Officer Jackson was able to feel a faint pulse and could hear the occasional moan from the man. He attempted to wake the male with sternal rub while talking to him. When the man’s color began to change and his lips began turning purple, Officer Jackson administered a dose of Narcan.”

Roles said the man “took a deep breath and shook a little,” and that Jackson resumed the sternal rub until Bartlesville Fire and EMS personnel arrived. “Once the male was loaded in the ambulance and was stable and awake, the man told authorities he had used heroin,” Roles said.



*Bartlesville Police Department officers (in uniform) Steven Letterman, K.C. Jackson, Cpl. Ryan Deshields, Patrick Ballard and Shawn Caudle were presented with the department's Life Saving Award during a City Council meeting Monday. Also pictured are Mayor Dale Copeland, right, Police Chief Tracy Roles, left, and Capt. Troy Newell.*

Officers Patrick Ballard, Shawn Caudle, and Cpl. Ryan Deshields received the award for saving the life of a man who had attempted to hang himself at a local hotel.

“In the early morning hours of February 12, night shift officers were dispatched to an area hotel in reference to a possible suicidal subject,” Roles said, noting that Caudle, Ballard, and Deshields quickly located the hotel room and attempted access with a room key card supplied to them by the hotel management.

Roles said the door was unable to be opened all the way due to a physical lock holding the door in the closed position, so officers kicked the door open, finding a man who had hung himself using a belt.

“The officers acted quickly and were able to cut the man down,” Roles said. “They

administered first aid to the man until EMS arrived on scene.”

Roles said the man had no pulse and was not breathing until receiving medical attention after the incident.

“It is clear that, had the officers not responded in an appropriate manner to the call and took the necessary action of forcing entry into the room, cutting the person down and administering aid to them, this person would have certainly died,” he said.

“These are great examples of leadership and proper responses to situations that could have ended in the loss of life. The quick response and actions taken by these officers are a testimony to their dedication, not only to the Bartlesville Police Department but also the citizens of Bartlesville.”

## City Okays Feasibility Study

The City Council on Monday voted to approve a contract to conduct a feasibility study regarding the need for a conference center in Bartlesville. Hunden Strategic Partners was selected for the job following the recommendation of a review committee established to oversee the matter. Talks regarding the need for a conference center have been ongoing for some time but ramped up considerably late last year when representatives for the First Christian Church, located at 520 S. Osage Ave., offered to donate the facility to the City to house the center.

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# This One's On the House!

## BCC Celebrates 40 Years with Complimentary Show by Deanna Evans

The Center of arts, community, and events turns 40 years old this year. In celebration of its RUBY Anniversary, a free show is offered to the public as part of the RUBY Campaign. Help us celebrate with a complimentary concert and reception on Sunday, March 27th at 5:30 p.m.

*Forever Young* follows one unforgettable group of friends as they discover the greatest hits of all time! Set in a music-filled suburban basement, this unbelievable heartfelt true story is guaranteed to take you back to the first time you pushed play, tuned in, and set the needle down.

Featuring songs by; Billy Joel, The Beatles, The Rolling Stones, Huey Lewis & The News, Styx, Queen, Michael Jackson, Bob Dylan, Johnny Cash, Brooks & Dunn, The Black Crows, Bon Jovi, and many more, this

multi-award-winning production is jam-packed with powerhouse vocals, dynamite choreography, and one sensational true story that is guaranteed to make you feel ... *Forever Young*.

Call the Center box office at 918-337-2787 to reserve up to four complimentary tickets to *Forever Young*, or visit the Center box office in person, from 9 a.m. – 5 p.m. Monday through Friday. Additional tickets may be purchased online as well. For more information about the show, visit [bartlesvillecommunitycenter.com](http://bartlesvillecommunitycenter.com).

Special thanks goes to the Bartlesville Community Center Trust Authority for their vision and planning to make the Center's RUBY Anniversary year a year to **Rebrand**, **Update**, and **Build-up Your Center**.



# BiB! Serving Up a Big Hit

## Broadway Musical Waitress Stops in Bartlesville

by Deanna Evans

Tickets for the national tour of *Waitress* are currently on sale at the Bartlesville Community Center box office. The show, which is part of the current **Broadway in Bartlesville!** 2021-2022 series, stops in Bartlesville on Monday, May 9th at 7:30pm.

Meet Jenna, an expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county — and a satisfying encounter with someone new — show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness.

Tickets for *Waitress* are available by phone at 918-337-2787 and in person at the Center box office from 9 a.m. – 5 p.m. Monday through



Friday. For 24/7 ticket sales, visit [bartlesvillecommunitycenter.com](http://bartlesvillecommunitycenter.com).

Special thanks go to The National Endowment for the Arts, the Oklahoma Arts Council, and the following local sponsors who have made the **Broadway in Bartlesville!** 2021-2022 series possible: Mr. & Mrs. Kenneth Adams • American Heritage Bank • Arvest Wealth Management • Bartlesville Convention and Visitors Bureau • ConocoPhillips • Copper Cup Images • Mr. and Mrs.

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# A Little Off-Center

## Get to Know Community Center's Phil Blender

by Deanna Evans



If you have ever attended an event at the Bartlesville Community Center, chances are you have seen Phil Blender — a longtime volunteer, a former employee of the center, and an avid supporter of the arts in Bartlesville.

Bartlesville Community Center Managing Director Val Callaghan said, "Even before I started working at the center, when I thought of Phil Blender, because any time you came to the center, he was always here.

Phil was either behind the ticket counter selling tickets or he was giving tours to people."

Phil's creativity and passion for the arts stand out whenever he talks about performances or performers he has met. His knowledge of the arts is beyond "normal."

"Most people in the arts, especially professionals, are nice, but they are a little off-center, meaning they are not normal," said Phil, who fits that description to a T.

"Phil is a fountain of information about Broadway," said Callaghan. "He is a walking encyclopedia of knowledge when it comes to theater and Broadway. His enthusiasm for the arts is contagious. It's amazing."

This year marks the 40th anniversary of the Bartlesville Community Center's current building, but Phil was a fixture of the center even before the new building was constructed.

An anecdote Phil shared was about the demolition of the Civic Center: "One of the reasons the city wanted to tear down the old building was due to the aging balcony," he said with a smile. "They were concerned it might collapse, but when they were tearing down the building, they had to bring in a larger wrecking ball, as the first one they used would not demolish the balcony."

Phil came to Bartlesville in 1967 and worked for Phillips Petroleum Co. in the National Resources Group, where he worked for more than 16 years. That was followed by two years working at Ramada Inn as a front desk clerk/night auditor. During those years, he served as a volunteer at the Civic Center, which at that time shared the same premises with the Bartlesville Public Library.

Phil participated in "lots" of plays in the old center.

He laughingly recalled the old center had signs posted that read, "Do not flush toilets during performances," as they could be heard in the performance hall.

He also remembers when the seats in the former building were recovered with red leatherette. "All the gentlemen in white shirts

who attended that year's Miss Bartlesville pageant left with red dye on the bottom of their shirts."

Phil said one time the lighting boxes on the balcony were all painted dark on the inside and a performance had to be stopped for a bit because smoke started rolling out as the paint was curing.

In January 1989, the chair of the Trust Authority called and asked Phil to become the bookkeeper for BCC, because Bruce Price was being promoted from bookkeeper to interim managing director. Phil served as bookkeeper for several years, then he became the administrative assistant and served in that capacity until June 2020.

"Working at the Bartlesville Community Center has been great," Phil said. "It has allowed me to meet a lot of people."

He is full of stories rich in history of numerous local artists, leaders in the arts and people who have graced the BCC's stage.

He reminisced about meeting Ben Vereen: "In the 1980s I was working one Saturday at the kiosk in the lobby and a gentleman asked me to show him around. It was Ben Vereen. I really enjoyed spending time sitting around and talking about show business with him."

Another story Phil spoke about was meeting Robert Goulet: "We chatted about Camelot on Broadway. I asked him if he remembered the pillow fight during "The Happy Time," when a pillow was inadvertently thrown into the audience. He laughingly remembered it, and I told him I was the guy in the third row in the audience who was hit by that pillow ... I threw the pillow back on stage."

Phil said the best part about working at the Bartlesville Community Center was getting to work in the entertainment field. He has been excited to see exhibits and shows of the Bartlesville Art Association, Bartlesville Symphony Orchestra, Theater Bartlesville, Bartlesville Community Concerts Association and Bartlesville Civic Ballet. Phil has served on the board of directors for Bartlesville Civic Ballet for 10 years, Theater Guild for nearly 20 years and is now a life member, and Oklahoma Community Theater Association for more than 10 years.

When asked what his favorite production was to ever hit the BCC stage, Phil said he cannot name only one favorite, as he has seen several wonderful performances there. He does, however, have some favorite performers and local artists.

Phil is a huge fan of both sisters, Kennedy and Caitlyn Caughell.

"I remember both of them were under the age of 12 the first time I heard them singing and they were outstanding," said Phil. "When I asked them what they wanted to be when they grew up and they both said, 'On Broadway.'"

Kennedy, who went by the name Brittany in her younger years, and Caitlyn Caughell are daughters of Tracye Caughell, a longtime member of Children's Musical Theater Board of Directors.

He said his happiest moment was getting to see Kennedy Caughell playing the lead character Carol King in the musical *Beautiful*.

Next time you are at the Community Center, you can look for Phil donned in his red usher vest. Please be sure and thank him for more than 50 years serving Bartlesville's performing arts.

He deserves a big round of applause.



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# Focusing on God and His Power

by Curt Landry

*"...you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory."* — Colossians 3:1-4

Focus may not seem important; after all, how important can our attention and thoughts be in the grand scheme of things? But what captures our attention and time now eventually impacts our future, as small things — worries, distractions, enjoyments — slowly overtake our outlook, character, and life.

## Shifting Our Gaze...

We are God's children and the sheep of His pasture, created to know and listen to His voice. However, we need to create the environment — the stillness — to hear and stay focused on Him.

If our thoughts go a million miles an hour in response to a situation, or our character flaws scream in our ears ... we need to take that step to find stillness. We need to remove the enemy's foothold by silencing his lying tongue and shifting our gaze to things above!

**Philippians 4:8 is a wonderful reminder of this:** *"...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."*

Choosing to be intentional with our focus and time propels us to our breakthrough! It allows love, hope, renewed purpose, confidence, and more to be released!

*"...you will seek Me and find Me, when you search for Me with all your heart."* — Jeremiah 29:13

## It Is YOUR Choice...

Yes, bad things exist, and noticing them and taking action against them has its timing and purpose, but sometimes we fixate on the bad. Sometimes we are looking for it, and, as a result, find it.

As God's children, we are not meant to be ignorant or blind to wrong. We are called to be light in the darkness — knowing the difference between good and evil. Yet, it is easy for us to almost glorify evil by focusing on it rather than on things above.

By shifting our gaze from worldly cares and the enemy's lies to things above, our relationship with God grows and problems fade. In short, what appeared dark and foreboding is made light and easy by our great God! However, the choice is up to us.

When we focus on God and draw near to Him, good things happen! Miracles happen! Love happens! Our purpose and true identity are put into the best hands ... God's!

*"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."* — Isaiah 26:3

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