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# Bartlesville

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### Bartlesville

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About the cover: Guns of Glory's Outdoor Range is Opening this summer! Design by Copper Cup Images.



May 2022

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# **Taking Aim at Helping** Guns of Glory Provides Fun-Filled Environment

### by Deanna Evans

Guns of Glory Owner Daniel Dawson aims to provide a funfilled, family-friendly environment for people to train and practice their skills with firearms.

"We are pro-family, pro-Christ, pro-law enforcement, and pro-military here at Guns of Glory," said Daniel, who has surrounded himself with well-qualified, passionate instructors who have those same goals in mind.

Instructor Eric Fuson, an International Defensive Pistol Association (IDPA) national championship winner, said he is happy to be a part of the Guns of Glory team.

"I'm really excited to be doing what I truly love — one-on-one sales and training with my customers," said Eric. "Recreational shooting and training are fun for the whole family."

Eric has more than 20 years of experience in the firearms industry in sales and customer service. He has achieved many high rankings in competition and has been a professional firearms instructor since 2004. He is classified by IDPA as a Distinguished Master, because he has "made a great personal commitment to reaching the very highest levels of skill and proficiency with a handgun," according to IDPA. To reach this level a competitor must have spent considerable time and effort at refining their abilities. As such, the requirements for being inducted into this classification are very stringent.



more than a dozen in the United States Practical Shooting Association (USPSA).

"I am a passionate outdoorsman, hunter, and fisherman, and have also been active in archery, primitive arms, and shotgun competitions over the years," said Eric.

He has held armorer's certificates for Glock, Smith and Wesson, Remington, and Colt (1911 and AR15).

Eric has two primary firearms that he uses. The first is the CQB Elite in 9mm and .45 with adjustable rear sight, fiber optic front, 30LPI checkering under the trigger guard, and a standard speed chute magazine well. The second is a custom-built STI 2011 with all Wilson Combat parts in .40 cal fixed sights fiber optic.

Guns of Glory offers several ways to shoot at their indoor range. They have just introduced their brand-new punch cards for either six- or 12-lane passes, that can be shared with whomever the purchaser chooses and have no expiration date. These cards also bring great savings. The six-punch card gives you one free trip, while the twelve-punch card gives you three.

Single-day passes and annual memberships are offered 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.

Guns of Glory's outdoor range will be opening in the summer.

Steel Grace, Guns of Glory's ladies only membership, meets on the first and third Thursdays of the month, with six-month memberships beginning at only \$75.

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 membership is \$450 annually and provides 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.

The ProShop continually has new stock arriving and special orders being placed. They carry ammo, firearms, holsters and various accessories. Gift certificates are available.

Guns of Glory offers both private and group classes for various types of firearms and skill levels. Check out the complete list of courses on Facebook, at Guns of Glory, Oklahoma or even better, stop by and see them! Guns of Glory Proshop and Indoor Range is located at 427 S. Osage Ave., 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.

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# **Lavers Offering Environ Products**

### by Deanna Evans

Lavers Aesthetics is proud to offer Environ Skin Care products to their clients to help them achieve and maintain healthy, beautiful skin. Environ Skin Care products, an innovative step-up system for vitamin A, are top of the line in the industry and received the 2021 Aesthetic Everything Award for Top Medical Skin Care Line of the Decade.

Environ was founded in 1990 by Dr. Des Fernandes, a prominent Cape Town plastic surgeon and pioneer in microneedling. As the founder & scientific director of Environ Skin Care, he was the first person in the world to introduce vitamin A in high effective doses. Dr. Fernandes realized that cosmetics had to contain adequate amounts of vitamin A, vitamin C and other antioxidants, along with peptides and growth factors if it intended to help protect skin from the ravages of increasing UV irradiation and the stresses of modern-day life. He created the step-up system, which consists of increasing strengths of vitamins A, C, antioxidants, peptides, hyaluronic acid, growth factors, and botanical nutrients in their formulations. This established Environ<sup>®</sup> as a leader in skin care.

In addition to Environ, Lavers Aesthetics offers a wide 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.

"We truly care about you and will work hard to help you achieve your aesthetic goals," said co-owner Cory Lavers. "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."

Services offered at Lavers Aesthetics include IPL laser treatments, thread lifts, injectable neuromodulators such as Jeuveau 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 and 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 co-owner Chris Lavers. "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 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.



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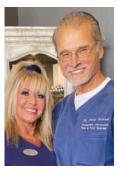


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# Ask the Doc... About Dealing with Pain in Your Feet

### 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:



### Is Plantar fasciitis slowing you down?

Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville, has years of experience and success in relieving pain and restoring healthy function for thousands of feet.

Local youth Devon Smith used to suffer

from a condition called plantar fasciitis. In fact, at the age of 8, Devon could hardly walk and was facing the prospect of having surgery. After receiving treatment from Dr. Russell, Devon no longer has pain. His future is bright, and now, as a junior at Copan High School, Devon is looking at getting a college scholarship to play baseball.

Plantar fasciitis refers to a chronic local inflammation of the thick band of tissue stretching underneath the sole (plantar fascia) that attaches to the heel. Most of the time, it is caused by a recurring strain injury to the ligament of the sole.

"Plantar fasciitis is one of the most common orthopedic complaints, because your plantar fascia ligament experiences a lot of wear and tear," said Dr. Russell. "It affects millions of Americans and it can be very painful and debilitating."

If foot pain is disrupting your daily life, then Dr. Russell is ready to assist you. "Our chiropractic clinic offers unique expertise on treating many different foot conditions," he said.

On the bottom of your foot there is a strong, elastic ligament that spans from your heel bone all the way to your five toes. That ligamentous tissue is known as the plantar fascia.

There are 26 bones in each foot. These 26 bones are arranged into four arches, two lengthwise and two widthwise. When you stand and walk the plantar fascia provides support and gives flexibility to the arches of the foot. "Activities such as prolonged standing, walking or running on rough, uneven terrain or up/down hill, and even pregnancy can cause the foot bones to lose their healthy alignment," said Dr. Russell. "When the 26 bones of the foot become misaligned this will cause a twisting force or abnormal stress to the plantar fascia."

The added stress may cause the plantar fascia to become overstretched and irritated, and its fibers can even tear. This condition is known as plantar fasciitis. It can produce mild to moderate pain and it commonly becomes severe and disabling when left untreated.

"Chiropractic adjustments to the 26 foot bones is very helpful in relieving stress from the plantar fascia and other parts of the foot,"



said Dr. Russell. "Patients who suffer with plantar fasciitis usually respond very well to our treatment."

According to the American Podiatric Medical Association, 72 percent of people will suffer from significant foot pain during their lifetime. "There is a huge need for chiropractic foot care," said Dr. Russell. "Our chiropractic clinic is amongst the top in the nation for providing

foot adjustments and foot care. If you know someone who suffers from foot pain, we thank you for helping us help them through your thoughtful referral."

Plantar fasciitis commonly causes stabbing pain that usually occurs with your first steps in the morning. As you get up and move, the pain normally decreases, but it might return after long periods of standing or when you stand up after sitting.

There are several methods Dr. Russell

may use to treat plantar fasciitis. He can adjust your ankles, feet, knees, hips, and spine to alleviate pressure on the bottom of your feet, reducing foot pain and promoting healing. Dr. Russell can help you to undertake specific stretches, exercises, and movements to assist you in relieving pain and aches. These stretches mitigate inflammation at the bottom of your feet, helping to treat plantar fasciitis.

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. "My focus is to help people regain normal movement in their extremities and to relieve any pain and discomfort they may be experiencing," said Russell. "We work closely with physical therapists, medical physicians and massage therapists to help our patients reach their health and wellness potential."

He is a seasoned professional who keeps on the cutting edge of new and innovative procedures and offers a full spectrum of chiropractic care for all ages.

For more information, call 918-333-3363 to make an appointment with Dr. Russell at Russell Chiropractic Hand & Foot Clinic, located at 2523 SE Washington Blvd. You can schedule online using The Scheduling App. evoil

ing The Scheduling App, available by scanning the QR code. The ID for the clinic is ADWXLX. Register using the cell phone number on file with the clinic. Hours of operation are 9 a.m. to 12:30 p.m. and 3-5:30 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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# Living with a Pain in the Neck? Local Doctor Specializes in Treatment to Help

### by Deanna Evans

Dr. Kris Parchuri and his team of medical professionals are passionate and committed to helping people live pain free. In addition to his Tulsa office, Spine and Orthopedic Specialists, Dr. Parchuri expanded his practice last year by opening an office in Bartlesville.

Neck pain can be from an underlying medical cause that needs to be addressed. A neck injury can cause pain in the shoulder, head, arm, and/or hand. It can also cause pain into the legs and other areas.

Dr. Parchuri's 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 are suffering from pain or a spinal injury, Dr. Parchuri provides a variety of treatments and proce-



The center of rotation at each level of the cervical spine is variable and constantly changing. Mobi-C was designed to adapt to the instantaneous axis of rotation through its self-adjusting mobile core. It is designed to aid in motion similar to natural cervical spine motion. It moves with the spine.

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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 spe-

dures. 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 two-level 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. The FDA has determined that the Mobi-C disc replacement is better than fusion after seven years, for the two-level cervical disc replacement. Mobi-C had fewer subsequent surgeries after 84 months. cializes 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.

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 the attention you need and deserve to start moving forward in your life."

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

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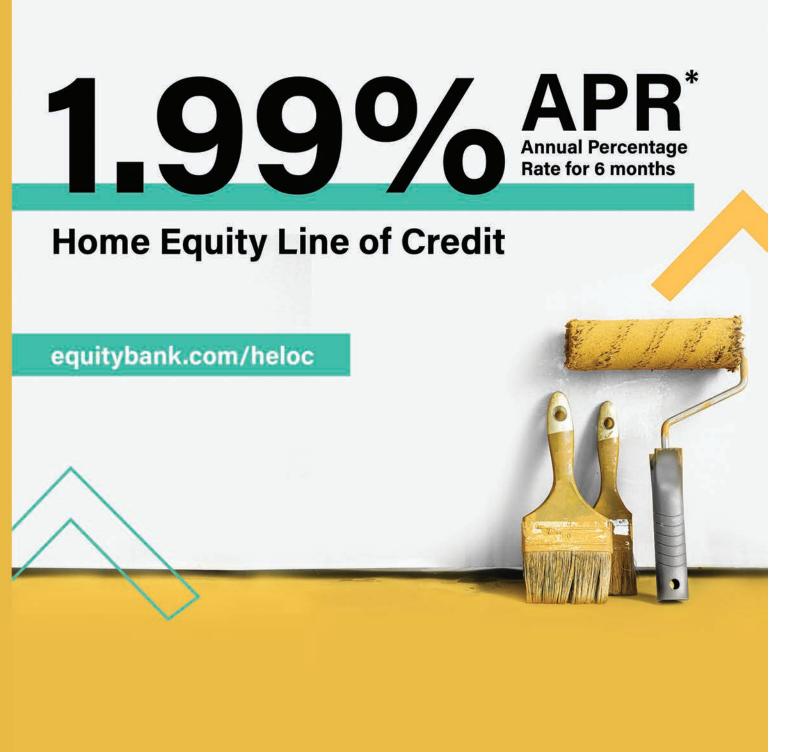
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# **Family Recognized as Heroes**



# After Saving Woman's Life City Beat Your city, your news

### by Kelli Williams



Bartlesville Firefighter Chad Marshall, his wife, Ana; and their son, Creed; were recognized earlier this month for their heroic actions that helped save the life of their rural Osage County neighbor during a dog attack on April 18.

Off duty at the time, Chad and Ana, who

is a pediatric nurse practitioner in Owasso, rushed to help the woman, with Ana covering the woman's body with her own while Chad fought the dog off of them.

Two other Good Samaritans stopped to help, with one man calling 911, and a woman positioning her vehicle between the victim and the dogs, which by then had abandoned the attack and fled.

The victim was hospitalized with serious injuries and both Chad and Ana were bitten multiple times. They were treated at a local after-hours clinic.



# **2020 G.O. Bonds Set for Sale \$9Million Tranche to Fund Several Projects**

Completion of the City's 2021-22 audit has paved the way for the first issuance of \$16.4 million General Obligation Bond approved by voters in August 2020.

The City Council on Monday approved a resolution relating to the issuance of G.O. Bonds to provide \$9.5 million in funding for projects approved in the election. The remaining \$6.4 million will be issued next year.

"Completion of the City's 2021-22 Fiscal Year audit has allowed us to issue these bonds this fiscal year and ensures that we can keep our tax levy where it needs to be, so we appreciate the team effort it took to get this accomplished," said City Manager Mike Bailey.

Sale of the bonds is set for May 23 with closing scheduled for June 29, at which time the City will receive the funds.



### Projects and equipment scheduled for this tranche of funding include:

- Tuxedo Bridge rehabilitation
- Yale asphalt rebuild
- Delaware asphalt mill and overlay
- Clear Creek asphalt mill and overlay
- Pickleball courts
- Lighting for Robinwood soccer fields

- Johnstone Park ring roads, roundabout, access drives, and angled parking
- Sooner Park parking lot, ring road, and access drives
- Jo Allyn Lowe Park parking lots, Douglass Park shelter
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# Honor: A Lifestyle

### by Curt Landry Ministries

Annually in the USA, millions of people celebrate Mother's Day and Father's Day by honoring the mothers and fathers around them. However, honor is a principle not only meant for holidays, but for every day of the year. In God's Word, the command to honor parents is given repeatedly — the decreed blessing of it being a long life. Honor, to parents, to others, and to the Lord, is meant to be a part of our lifestyle, a deeply engrained habit and pattern.

If going before a principle, a judge, even the leader of a nation, there is a protocol of honor that usually occurs. Sometimes this honor does not come from respect, but instead from a place of fear. However, we are not meant to have a lifestyle of honor based on fear ... but on love and a desire to do what is right, no matter what we may be feeling in a certain moment.

### Jesus' Example:

Did you know that Jesus reiterated the importance of scripture by telling of God's command to honor mother and father? Yes, He also reminds us elsewhere of the requirement for us to love Him above all others, but He Himself told us that we are to honor our parents ... and Jesus demonstrated this through His own actions.

All through Jesus' life, everything He did was to honor His Father. He listened to His Father, doing and saying nothing unless His Father did. However, while Jesus gave honor first and foremost to His Heavenly Father, He also knew that He was to give the woman who bore Him honor. John 19 provides an amazing example of this, for even while on the cross suffering, Jesus obeyed the commandment to honor mother and father.

"Near the cross of Jesus stood his mother... When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said... 'Woman, here is your son,' and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home."

- John 19:25-27

Jesus honored his mother by providing her with a new son to take care of her ... not telling His Father, "it is finished," until He

had also done this. Jesus was bearing all our sin and infirmity as He honored His mother, suffering pain and preparing to take back what we had lost, and yet, He chose a lifestyle of honor! A lifestyle that continued after Jesus' resurrection and is seen to this day.

### A Lifestyle:

Just as Jesus honored His Heavenly Father and earthly mother, we are meant to honor our Heavenly Father and parents on earth. It is meant to be a lifestyle. A habit and pattern that changes our character for the better.

"'Honor your father and mother' — which is the first commandment with a promise — 'so that it may go well with you and that you may enjoy long life on the earth."" — Ephesians 6:2-3

Honor is a choice. We do not always want to accept this lifestyle; yet, as with all acts of Godly obedience, it is worth it.

Are you looking for a place to help you understand your purpose and empower your faith? Be a part of the family at House of David. Visit www.HouseofDavid.com to discover how you can get involved and grow in your relationship with Christ.

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

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(BPT) — The sun is shining, a warm breeze is blowing, and you're itching to get outside. You finally step out the door, and what do you see? A vast, empty space with untapped potential. When it comes to designing your backyard staycation station for the summer, you want to make a BIG statement. After all, this is the place where you can be the hostess with the mostest, ready to mix up some margs at a moment's notice, or mingle late into the night by firelight. Patio and outdoor spaces can be tricky to style and decorate, which is why Big Lots has created a step-bystep guide to deck out your backyard this summer.

### Step 1: Maximize value and comfort

The foundation of any space is furniture. Determining which outdoor furniture to purchase is as simple as viewing it as an extension of your living space. Think about how it will be used and how many people will use it. Create different vignettes and focus on "moments" you want to create in your space. Perhaps you want a cozy little spot for a fire pit. Or maybe you're planning on hosting a neighborhood potluck around a massive outdoor dining table. Catching some poolside rays will require some lounge chairs with, of course, a side table to hold your vacation drinks. Gazebos, sofas, tables, chairs, swings, and matching coolers are all important pieces to consider when designing your space. And because this furniture will be outside and exposed to the elements, don't forget to look for items that are trendy AND affordable.

### Step 2: Light up your night

To fully maximize use of your outdoor space, you'll next need to focus on lighting. And if you've ever wondered to yourself: am I fancy enough for an outdoor chandelier? The answer is yes. You can also try mixing and matching candle-lit statement lanterns to give chill vibes to all who come by. Another option would be to create a focal point with a fire pit, which comes in all forms these days — from grand outdoor fireplaces to smokeless metal drums and classy table centerpieces. If you want to set the mood while keeping the bugs away, hang up some string lights and the bugs will fly high as you lie low.

### Step 3: Delight in the details

Now we've arrived at the really fun part — decorating your new space. Some of the top trends in backyard accent décor themes right now include bohemian, farmhouse, coastal, and mid-century. Regardless of the theme you choose, one of the first elements that will tie your space together is an outdoor rug. The brighter the pattern, the better! Since this will live outside, we're looking for big patterns and splashes of color to hide big splashes of dirt. Once you've got your theme and your color scheme, work in some oversized planters, stylish accent pillows, a scalloped umbrella, durable dining ware, and even some low-maintenance but impressive faux plants for the finishing touch.

Be a "Backyard BIGionaire" this year and feel like a million bucks while hunting for the best deal at your neighborhood Big Lots or on biglots.com.

