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July 2022

Josh
Brecheen

U.S. Congress



VOTE



Josh Brecheen
A conservative leader
on Tuesday, August 23

**Brecheen Seeks
Open Seat**
see page 9

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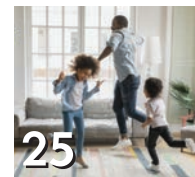
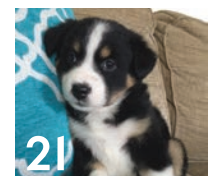
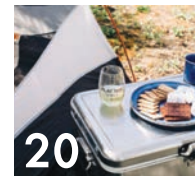
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Concealed Carry

Guns of Glory Offers Courses on a Regular Basis

by Deanna Evans

Guns of Glory aims to help people learn about firearms, safety, and training by providing a variety of classes and opportunities to learn from well-qualified instructors.

Concealed carry classes are offered on a regular basis with award-winning Kai Mitchell as the instructor. Kai is a member of the International Defensive Pistol Association and is ranked as expert in all divisions except revolver. Among his numerous achievements, he has earned Top Gun Award and won first place ESP Sharpshooter in the Stars & Stripes 2016 IDPA Regional competition.

"I am all for self-defense and safety," said Kai. "This is another way for people to exercise their right for self-defense. I'm grateful that Oklahoma has a constitutional carry provision."

A gun-carry license offers legal proof that someone has had training. "I fully support anyone who has a firearm to get some training, even if they do not have any need for the concealed carry license," said Kai.

Upcoming Concealed Carry classes are scheduled for July 23, Aug. 20 and Sept. 10. Oklahoma requires the classes to be 8 hours and each class begins at 8 a.m. and ends at 5 p.m. with a lunch break. The cost is \$80.

There is a limit of 14 people per class, so pre-registration and pre-payment is required. The classes are held at Guns of Glory's indoor shooting range, located at 427 S. Osage Ave., in Dewey.

Kai said participants will need to wear protection for their eyes and ears. In addition, they need to bring a semi-automatic pistol and 50 rounds of factory, new ammunition, as well as pen and paper. The caliber of the ammo must be a 22LR up to 45ACP. "Everything they need for the class is available for rent or purchase at Guns of Glory," said Kai.

The classes are all safety-focused. Participants learn safety rules

and the six fundamentals of marksmanship: stance, grip, sight alignment, trigger control, breathing, and follow through. They will learn the nomenclature, meaning they will be able to name the parts of a revolver. Information on the safe storage of a firearm and the legal aspects of carrying one in Oklahoma. There will be time for questions and to pass the class, participants will have to shoot 50 rounds in a safety qualifier.

In addition to the concealed carry classes, Guns of Glory also offers private and one-on-one training on a walk-in basis from 10 a.m. to 5 p.m. Monday through Friday or by appointment. In addition to Kai, the instructors for those courses are Eric Fuson and Heather Kelley.

Guns of Glory is in the process of being able to offer large-group classes at their outdoor range, which is tentatively scheduled to open in the fall. They will be offering pistol classes, rifle classes, and competition-based classes at that range.

Guns of Glory's owner, Daniel Dawson, will be an instructor for some of the larger classes.

Steel Grace, Guns of Glory's ladies-only membership, meets on Thursdays, at two different class times, either 10 a.m. to noon or 5-7 p.m. Beginners meet on the second and fourth Thursdays of the month and intermediates meet on the first and third Thursdays. Steel Grace classes are headed by Heather Kelley.

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 you can visit them on their website at gogok2a.com.



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Bringing New Life

New Business Offers Cerakote Ceramic Coating Services

by Deanna Evans

Veteran owned and Christ-centered, Boom-Stick Customs in Caney, Kansas opened on June 1.

Owners Robert Hahn and Daniel Dawson saw a need in the community for a gunsmithing and cleaning service and a ceramic coating business.

Daniel owns Guns of Glory, located at 427 S. Osage Ave., in Dewey, and Robert also works there. Guns of Glory serves as a drop-off location for Boom-Stick Customs.

Boom-Stick uses Cerakote, an industry-leading ceramic coating which has numerous applications, from guns, archery, automotive, bicycles, fishing, and fitness equipment.

"The sky is the limit," said Robert, when talking about how Cerakote can be used. "It is a wonderful choice to bring new life into your golf clubs or to have a custom tumbler designed."

For more information on Boom-Stick Customs, please call Robert at 918-766-4336. You can also find them on Facebook at Boom-Stick Customs.

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Your Personal Oasis

5 Ways to Help Your Home Deal with Summer Heat

(BPT) — Summer is here, and people are getting out of the house — hanging by the pool, at the beach, or in parks — to enjoy the warm weather. All that time outside is fun, but you don't want to go back to a hot, stuffy home when you're ready to cool off.

Your home should be your retreat from the summer heat so that you can relax and recharge. Check out these five ways to turn your home into the ultimate oasis to stay cool and comfortable all summer long.



1. Draw the curtains and close the blinds

The simplest way to cool down your home is to close the windows, blinds, and curtains. While you may want to indulge in direct sunlight inside your home, it continues to heat your space. During the sunniest times of the day, keep your curtains drawn or blinds closed to reflect the heat. You can even buy thermal shades or blackout curtains to keep light and heat from sneaking into your cool spaces.

2. Keep your rooms cool with a window air conditioner

Not all homes have central air conditioning, especially older homes and apartments built without ductwork. Luckily, you can still beat the heat by installing window air conditioners. Window air conditioners are easy to install in most windows and quickly cool down the rooms in your home.

The LG dual inverter smart window air conditioner provides exceptional cooling power to keep the summer heat at bay all season long. This window unit provides optimal low noise performance so you can relax in your home comfortably. The energy-efficient air conditioner saves you as much as 15% on energy costs. The four-way air deflection directs air flow where it's needed most, whether that's cooling, dehumidifying or circulating air. You can also control the air conditioner using your phone or smart speaker with the LG ThinQ app.

3. Make your bed with breathable sheets

If you have difficulty falling asleep when you feel hot, it might be time to buy lighter, breathable bed sheets. Linen, cotton, bamboo, and satin sheets help you regulate your body temperature and are soft to the touch. You can sink into your bed at night and enjoy the cooling comfort of these lightweight, breathable materials.



4. Invest in an air purifier

To ensure optimal home comfort, don't forget to invest in your indoor air quality. High temperatures can lead to poor air quality, increasing the amount of pollution that finds its way into your home every time you open a door or window. By investing in a quality air purifier, you will improve air quality, so you can breathe easier and achieve maximum home comfort.

The new LG PuriCare AeroTower air purifying fan delivers exceptional air quality you can customize for any room, setting, and season.

Whether it's your home office, gym, basement, or other common living spaces, the powerful filtration with True HEPA captures 99.97% of fine dust and allergens while providing customizable airflow. Plus, its fan projects purified air to help cool you during warmer seasons. This air purifier has been certified by the Asthma and Allergy Foundation of America (AAFA) as asthma- and allergy-friendly, providing peace of mind so users can breathe easy with purer, cleaner air. The unit features UVnano LED technology that kills 99.9% of bacteria on the fan blades for an added layer of protection. As a bonus, this quiet air purifier features a sleek design that will seamlessly blend with modern or traditional décor while improving your air quality and creating a healthier home.

5. Cook less to cool down

Cooking and baking will quickly heat your home, making it difficult to enjoy your warm meal in a hot dining room. To cut down on how often you need to use your stove or oven, plan meals that require minimal or no cooking, such as salads and sandwiches. If you plan on cooking, try to cook in the morning, the coolest part of the day, and reheat your meals in the microwave. Or opt for using smaller, countertop appliances that won't generate and spread as much heat, like slow cookers or microwave ovens.

One of the best ways to serve up a hot meal without heating your home is to cook outdoors on a grill. Enjoy the sunshine while you grill up some burgers and brats and cool down in your home around the dinner table.



Using these five tips, you can keep cool, escape the heat, and turn your home into a comfortable oasis this summer.

Ask the Doc... About Trigger Finger

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.



There is a direct relationship between repetitive mobile phone use and hand conditions. Hand stress, fatigue, and pain conditions often follow overuse of mobile devices for texting, typing, or gaming.

"Trigger finger most commonly affects the fourth digit, also known as the pointer finger, and is more common in females in their 50s and 60s," said Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville. "This condition can become rather debilitating if left untreated; however, chiropractic adjustments to the upper extremity can make a significant improvement on patients who have developed a trigger finger."

Stenosing tenosynovitis, also known as trigger finger, is a repetitive strain injury that is common in the workplace. It is marked by one finger or thumb that is stuck in a bent position and pops or snaps when straightened. It is caused by an inflamed or irritated flexor tendon. A person with trigger finger may experience several symptoms in one or more fingers or thumb, including the following: pain when straightening or bending the finger, swelling, a tender lump in the palm; the finger or thumb joints have a popping or catching sensation; stiffness; and the impaired tendon may sud-

denly break free, causing the finger to snap straight or feel like it is dislocating.

Metacarpal and phalange adjustments are obviously critical when adjusting these patients, although the best practice is to adjust the entire upper limb. "When I'm adjusting a patient with a trigger finger, I adjust the shoulder first, wrist and hand second, and elbow last," said Dr. Russell. "This is because elbow fixations are largely compensatory misalignments."

The flexor digitorum superficialis is the most common tendon involved with a trigger finger. It originates from two heads, the humeral, and radial heads; therefore, mechanical misalignment of the humerus (shoulder) and forearm (elbow) is often related to changes in finger flexor function and a trigger finger condition, and therefore must be adjusted for optimal response. Chiropractic care can help you avoid the need for surgery or pain medications.

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, 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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Brecheen Seeks Open Seat

Constitutional Conservative Up for Election

Mentored by Tom Coburn and endorsed by Dr. James Dobson, Jim Bridenstine, Dr. Everett Piper, Senator Julie Daniels, and others, Josh Brecheen is a constitutional conservative. Brecheen is seeking the open seat for U.S. Congress in OK-CD2. Regarding this endeavor, Josh has released the following statement:

"Winning elections is meaningless if we lose our nation. For 40 years Republicans have won elections yet refused to truly face our nation's giants. With a \$30 trillion debt crisis, will we continue to sell our children's future for 30 pieces of silver? Given Medicare is insolvent in just four years, Social Security insolvent in 11 years, and every child now owes \$90,000 as their share of the national debt, true leaders must arise. They must be fixated on freedom and not willing to kick the can down the road yet again.

America is desperate for problem solvers who will actually stop waste, fraud and abuse, and not just give meaningless lip service to it. The Constitution and courage beckon Congress to stop doing what is safe and popular and do what is right. I'm not running for Congress, I'm running to reform Congress. We the People must demand virtue in D.C. again. We can restore our nation but only if we elect leaders who practice self-restraint over selfish gain, and value character over careerism. We need promise keepers not power seekers."

Josh is a 4th generation rancher, a committed Christian, a husband, father, and has operated a small heavy equipment and trucking business. Josh grew up learning the value of hard work cleaning horse stalls, breaking colts, and hauling square bales. Josh served as state president of the Oklahoma FFA Association and graduated from OSU. Josh served as a term-limited state Senator and came back to live under the laws of the land, as all citizen legislators should do. Josh was fortunate to serve Sen. Tom Coburn as his Field Representative to Southeastern OK. For additional information about his campaign, please visit www.joshbrecheen.com.

Community leaders supporting Josh Brecheen:

Pastor Joe and Dawn Colaw, Bob and Gale Kane, Roger and Angela Box, Joe and Sheryl Kaufman, Mike and Paula Dunlap, Tyler and Amanda Vaclaw, Elizabeth and Todd Cone, Dallas and Chandra Hindman, Jess and Ashley Kane, Wes and Cynthia Hadsell, Jim and Peggy Dau, Dan and Kadilyn Hourigan, and others.

What conservative leaders are saying about Josh Brecheen:

"Josh BRECHEEN is the type of courageous conservative we need in Congress. As a state senator he proved he could be trusted, standing firm against federal overreach and opposing leadership from both parties when they tried to raise taxes. I am confi-



dent Josh is a man of integrity, and I am proud to endorse him for the U.S. House. He has my support, and I hope you will support him as well."

— Jim Bridenstine, former Congressman and Trump NASA Administrator

"If you want a man with integrity, courage and conviction in Washington, you must vote for Josh Brecheen. He's the mirror reflection of his mentor, the late Senator Tom Coburn. Brecheen is the best because he learned from the best."

— Dr. Everett Piper, Former President, Oklahoma Wesleyan University

"Josh Brecheen is a man of highest integrity. His standard of truth is based on godly values and principles. The same core values and principles our founding fathers built this great nation on. Our nation needs men of courage and commitment like Josh Brecheen

right now."

— Senator Marty Quinn (and former OKCD2 candidate)

"Josh is the true conservative choice in Oklahoma's 2nd congressional race to represent this God-blessed-constitutional-republic. To have a true America-first agenda, we must have leaders willing to put themselves second to convenience, fame, and politics as usual. Josh will

serve with integrity and consistency, upholding the constitution and biblical values, and has the record to prove it from his self-term-limited time in the State Senate. Josh Brecheen is the real deal, a brother, a friend, and a constitutionalist. Josh has my formal endorsement and full support. Join us in sending a constitutional conservative to Washington DC."

— Representative John Bennett (former OKCD2 candidate)

"Josh is a strong conservative who will support legislation which bolsters the institution of the family. During his tenure in the Oklahoma Senate, he was unwaveringly pro-life and can be a voice for the unborn. Josh is also a man of principles, character, ethics, and integrity. For years, I have joined millions of people across America in praying that God would raise-up leaders to restore this great nation. I'm excited that Josh answered that call and has stepped up to offer his services to the people of Oklahoma. As a private individual, I am honored to endorse Josh Brecheen for Congress, and pray that his election will be the start of a new generation of leaders who will return this nation to the constitutional principles upon which it was founded."

— Dr. James Dobson (Founder of Focus on the Family)

Also endorsed by:

Carolyn Coburn, wife of Senator Tom Coburn, M.D.; Councilman Wes Nofire; Representative David Derby, and others.



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Summer Skin Care

Lavers Helps Your Skin Beat the Heat

by Deanna Evans

Lavers Aesthetics knows that summer sun can add years to your skin, but they offer an arsenal of things to beat aging. "The demand for non-surgical treatments in medical aesthetics continues to evolve," said Chris Lavers, PA-C, who owns Lavers Aesthetics along with his wife, Cory. "We stay up to date on the latest treatments and technologies."

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.

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.

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 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. "The length and number of sessions needed will depend on each individual's treatment plan."

Environ Skin Care

Starting with the creation of Environ in 1990, a year later Environ introduced the world to the first vitamin A skin care system – the Environ Vitamin STEP-UP-SYSTEM. In 1992 Environ added "the world's first chemical and physical sunscreen with antioxidants," according to Environ's website, www.environskincare.com.


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 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."

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.

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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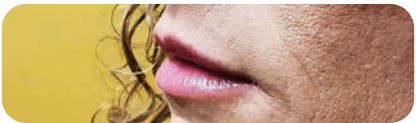
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Answers for a Healthier Back

Spine Surgeon Offers Insight on Protecting Spinal Health

by Deanna Evans

Dr. Kris Parchuri, a spinal surgeon with offices in Bartlesville and Tulsa, is passionate about helping people protect their spinal health. He wants to help educate people about reducing or eliminating pain and restoring a healthy back.

The following Q & A session with Dr. Parchuri offers some insight from his perspective:

Q: What is the key to preventing spinal injuries?

A: "The key to treatment of spinal injuries is prevention," said Dr. Parchuri. "Not only is it important to maintain good core strength, but it is imperative to always use proper lifting technique. Neck and back injuries can occur regardless of our age, so we need to be smart about the risk we take with activities."

Q: What should I do if I'm experiencing back pain?

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

Q: What type of medical professional can help evaluate you for a spinal injury?

A: "There are many health care providers that can offer the initial evaluation and work up," he said. "These include your primary care, chiropractor, or a physical therapist. These individuals will usually offer conservative options, non-surgical, prior to making a referral."

Q: If I'm referred to a spinal surgeon, does that mean I will definitely have surgery?

A: "Many people are scared or anxious to visit with a spine surgeon, because they believe the surgeon will want to operate. Unfortunately, this is a myth perpetuated by non-facts," Dr. Parchuri said. "Most surgeons will only recommend surgery when it is absolutely needed and when all other non-surgical options have failed. Typically, in my practice, less than 10 percent of the patients I see on a weekly basis end up needing surgery."

Q: After I have spine surgery, will my career be over?

A: "The examples I use to explain to my patients the healing potential after spine surgery are two well known athletes, Peyton Manning and Tiger Woods. Peyton Manning had neck surgery and went on to win a Super Bowl. Tiger Woods had multiple back surgeries and is still a successful golfer. Also, technology has dramatically changed in that fusions are quickly becoming a thing of the past," Dr. Parchuri said. "My practice is one of the leaders in performing artificial disk replacements of the cervical and lumbar spine. This allows for a much faster recovery and essentially no loss of motion."

More about Dr. Kris 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 and Bartlesville spinal surgery. He is committed, dedicated, and specializes in orthopedic spine surgery and pain management. He 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.

Dr. Parchuri specializes in bringing the best possible procedure and treatment to every patient by connecting with them on a personal and professional level. He 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.

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

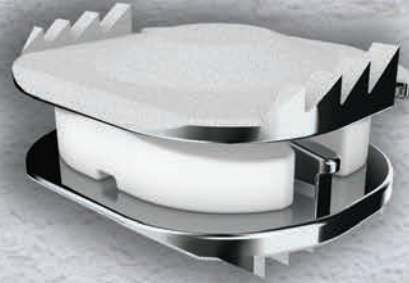
Dr. Parchuri and his team have the advanced clinical training and education to ensure that you receive the best care for your pain. "We focus on more than just the problem," he said. "We focus on each patient as a whole and as an individual, giving you the attention you need and deserve to start moving forward in your life."

Dr. Parchuri's offices, Spine & Orthopedic Specialists, are located at 226 SE DeBell Ave., Bartlesville, and 8165 S. Mingo Rd., Ste. 201, Tulsa. To schedule a consultation, call 918-286-3124 or online at www.sostulsa.com/dr-kris-parchuri/.

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Buttercup Market

Featuring Florals, Home Décor & More!

by Deanna Evans

Local resident Tracie Newcomb started with a dream of owning her own home décor/gift shop and worked hard to make it happen.

"Ever since my children were young, I always wanted my own store," said Tracie. "After my kids graduated from high school, I decided the time was right to make it happen." She opened Buttercup Market in October 2018 in her former location near Jude's, then in the spring of this year moved the business to downtown Bartlesville, located at 216 SE Frank Phillips Blvd.

Buttercup Market not only features home décor, but it also carries a wide selection of gifts and florals. "We offer a variety of home décor collections, vintage treasures and we have a fresh floral market, as well," said Tracie. "We do our best at Buttercup Market to meet your every gifting need or want."

The store keeps grab-and-go florals in stock, so you can pop in and grab something, or they are happy to make something custom for you. ... And they deliver, too.

On July 16, Buttercup Market is joining with other downtown businesses and Moxie on 2nd in celebrating Moxie's 5th anniversary with a sidewalk sale.

Buttercup Market is warm and inviting with items in a wide variety of price ranges and styles.

"I try to keep in mind all age ranges, which I affectionately refer to as decades," she said. "I try to carry something for my 20-somethings, my 30-somethings, and on up. I'm over 50 and I know we all have different tastes and styles. I'm old-fashioned and prefer the country French cottage style. And there are also things that are considered classic and timeless, like jewelry and candles."



Buttercup Market carries specialty candles, including soy-based, clean-ingredient candles, which are clean burning.

Buttercup Market is located at 216 SE Frank Phillips Blvd., in downtown Bartlesville. The store is open from 10 a.m. to 5:30 p.m. Monday through Friday, and 10 a.m. to 4 p.m. Saturday. For more information, please call Tracie or Katie at 918-876-0194.

**Downtown Sidewalk Sale
Saturday, July 16**

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- Pillows

Sidewalk Sale
Saturday, July 16
8 a.m. - 4 p.m.

Along with other participating businesses

ButtercupMarket
 Buttercup_Market

Featuring Wind & Willow

1st Tranche of GO Bonds Closes



Funds are from 2020 Election

City Beat
Your city, your news

by Kelli Williams



The City is set to receive the first tranche of General Obligation Bond funds approved by voters in August 2020. Sale of the bonds occurred in May and are scheduled to close on Wednesday, City Manager Mike Bailey said this week.

"This is another demonstration of just how long it can take after voters approve funding for the money to actually become available," Bailey said. "Bartlesville voters approved this in August of 2020 and we are just now receiving the funding."

Of the total \$16.4 million issue, the first tranche of \$9.5 million will be issued this week. The remaining \$6.4 million will be issued next year.

Projects and equipment scheduled for this tranche of funding include:

Bridge rehabilitation for Tuxedo Boulevard over Caney River — \$1.2 million

This project involves the twin bridges on Tuxedo Boulevard over the Caney River. The bridge for westbound traffic is in need of a deck rehabilitation/reconstruction and replacement of beam bearings. Preventative maintenance work, including patching the beams, piers and pier caps, will also be done to the eastbound traffic bridge while the project is underway. The project is set to begin next spring or early summer.

Bridge rehabilitation for Sunset Boulevard over Butler Creek — \$1 million

Temporary patching has been done to the existing bridge on Sunset Boulevard over Butler Creek until more extensive repairs can be made. This project includes a full rehabilitation and deck reconstruction in addition to maintenance work on the piers and pier caps.

Delaware asphalt mill and overlay — \$525,000

Includes a mill and overlay of Delaware from Fifth Street to Hillcrest Drive. Construction is set to begin this summer or fall.

Pickleball courts — \$450,000

Includes the construction of four pickleball courts in Johnstone Park near the Richard Kane YMCA. The courts will serve as tennis courts as well. Construction is likely next summer or fall.

Lighting for Robinwood soccer fields — \$350,000

Twelve of the 16 lights salvaged from the Price Fields Renovation Project will be installed at the soccer fields late this summer or early fall. The remaining four lights will be moved to the City Skate Park, 2200 S.E. Adams Blvd.

Johnstone Park ring roads, roundabout, access drives and angled parking — \$275,000

Includes the construction of a roundabout near the entrance of the Johnstone Park playground (east of Kiddie Park) at the ex-



isting T intersection and improvements to the ring road circling the playground, as well as the park's access drives. Existing gravel parking inside the park will be upgraded as well. Construction is set for summer of 2023.

Sooner Park parking lot, ring road and access drives — \$450,000

Includes new parking lots at Sooner Park, including the parking lot at Sooner Pool, and repairs to the existing ring road circling Sooner Pool and the area north of it. Construction is underway at Sooner Pool; construction on the remaining parking lots and ring road will likely begin summer 2023.

Jo Allyn Lowe Park parking lots — \$85,000

Upgrades the parking lot on the east side of the park to a paved parking lot rather than gravel and rehabilitation of the parking lot on the west side of the park. Construction is set for next summer.

Douglass Park shelter — \$80,000

Includes construction of an open-sided steel shelter at Douglass Park similar to those that have recently been constructed at Civitan Park and Sooner Park. Construction is set for next spring.

Lyon Park access drive and parking — \$12,000

Includes improvements to the parking lot and access drive. This will be included with the other park parking lot projects and will likely begin next summer.

95-foot ladder truck for the fire department — \$1.2 million

This truck is on-order with a 21-24 month delay due to supply chain issues.

Emergency communications infrastructure — \$2 million

Includes the installation of a new emergency communication system for the police department. No targeted completion date has been set for this project.

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Utility Rate Increases in Effect



July 1 Increases Affect Water & Trash

City Beat
Your city, your news

by Kelli Williams



Utility rate increases approved during the budget process for Fiscal Year 2022-23 went into effect on July 1. City utility customers can expect to see the new rates reflected on their next bill. Chief Financial Officer/City Clerk Jason Muninger fills us in on the details in today's Director's Cut.

First, how were rate increases determined and why is the City implementing them?

The rate increases are the result of a comprehensive water, wastewater and sanitation rate study conducted in Fiscal Year 2020-21, which included recommendations for new rates sufficient to support the operations of the system and capital fees to support mandatory improvements to the system.

The new rates were effective for customers within and outside the city limits and were phased in over a five-year period. The City Council adopted the first year of the five-year rate structure effective on July 1, 2021, and later adopted a slightly modified version of the rate structure for years two through five of the plan. We're at year two now.

Exactly which rates will increase and by how much?

It essentially breaks down like this:

Water Rates

- Water base rates will not increase
- Water incremental rates will decrease by about 3.3 percent
- Water capital investment fees increase by about 42 percent

Wastewater Rates

- Wastewater base rates will increase by about 8 percent
- Wastewater incremental rates increase by about 5.7 percent
- Wastewater capital investment fees will increase by about 27.6 percent

Sanitation Rates

- Sanitation cart rates will increase by about 5.8 percent
- Sanitation commercial rates will increase by about 10 percent

What does that mean for the average customer?

The new water rates result in a 2.6 percent increase, wastewater a 12.9 percent increase, and sanitation a 5.8 percent increase. Overall, the new rates will result in a 7.5 percent increase for the average customer.

Can you explain the portion of the bill that will look as though a customer has been charged twice? This has come up in the past and can be very confusing.

It can be. Basically, because the City's utility billing cycle includes readings taken in June, the charges will be listed prior to July 1 as well as after July 1. This will have the appearance on the bill that the customer has been double-charged, because they will see two lines of 'water meter base charge,' and two lines of 'sewer meter base charge,' in addition to the sewer charge and waste water investment fee.



But that is not the case; it's just breaking down the charges prior to the rate increases and after the rate increases went into effect.

Why are these increases necessary?

In some cases, such as the increases in sanitation services, these increases are needed to fund the program's operation and maintenance at the level of services currently provided. In others, such as water and waste water, the revenue that these increases generate are needed to fund capital infrastructure necessary to meet future demand and Oklahoma Department of Environmental Quality regulations.

For instance, based on the current rates alone, the following improvements are needed:

- Renovation of the Chickasaw Waste Water Treatment Plant — \$45 million
- Improvements to the Caney River Wastewater Pump Corridor — \$20 million
- Automated Water Meter Infrastructure Replacement — \$7.5 million
- Improvements to the city wastewater collection system — \$3.7 million
- Improvements to the water distribution system — \$3.3 million
- Replacement of equipment (pumps, motors, controllers) at the Water Treatment Plant — \$1 million
- Water reuse system — \$8.2 million (paid partially through grants)

These capital improvements will be funded using low-interest loans from the Oklahoma Water Resources Board. Those loans will be repaid using revenue generated by utility rates over the next several years.

For more information, contact the Utility Billing Office at 918.338.4224.

Next-Level Camping

3 Tips for an Elevated Outdoor Getaway

(BPT) — Summer is here, which means it's time to start planning your outdoor adventures for the season. Whether you're experienced in outdoor recreation or learning how to camp for the first time, you can start this summer off right by thinking of ways to elevate your next trip into the wilderness. Check out these three tips to create a glamorous outdoor getaway you and others can enjoy together.

1. Dress up your site

Decor isn't just for your home! Whether you have a tent, trailer, cabin, yurt, or van, a few fun touches can add comfort and style to your site. Purchase some battery-powered string lights and hang them inside your tent or camper to create soft, warm lighting as you turn in for the night.

You can dress up your outdoor spaces by layering colored or patterned tablecloths on the picnic bench, laying down an outdoor rug for extra seating and using a pretty tray to keep items together and out of the way, on your table. You can also use string lights around your picnic area to create a whimsical atmosphere.

2. Add some campfire pairings

A great glass of wine can pair perfectly with camping fare. Whether you're enjoying some salty snacks, grilling hotdogs over

the campfire, or making s'mores, pairing wine with your food can make a good meal a great one.

"Nature and luxury aren't mutually exclusive," said Flat Top Hills consulting winemaker Angelina Mondavi, member of the fourth generation of the winemaking family. "In fact, wine pairs well with relaxing outside, and can really complement favorite camping fare. Pack a few bottles of your favorite wines with you and you can have a sip of home in the great outdoors. I love to bring a bottle of our Buttery Chardonnay or Rosé to put in a cold flowing creek to cool down, so when I return from a day of fly fishing the bottle is perfectly chilled and ready to be enjoyed by the campfire."

Flat Top Hills wines are designed to elevate everyday occasions. They are approachable, high-quality, fruit-forward, and made to easily match any meal.

3. Stock your camp kitchen

At home, you have easy access to everything you need to make a meal. When planning your outdoor getaway, make a list of utensils, tools and gadgets you might need on your trip.

Consider purchasing a camping stove and coffee percolator so you can enjoy a cup before building your campfire and cooking breakfast. If you enjoy a morning smoothie, find a battery-powered blender to stash in your camp kitchen items.

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A Healthy Head Start

Expert Tips for a Healthy Puppy or Kitten

(BPT) — Getting a new pet is like bringing home a new member of the family. Anticipation, excitement and joy are just a few of the many emotions you may feel when you bring home a new puppy or kitten. The first year of a puppy and kitten's life is a busy developmental period, both physically and mentally. There is growth, behavioral and nutritional milestones to expect and plan for. Although it feels wonderful to welcome your new companion home, you will likely have various questions and concerns, especially about the nutritional needs of your growing pet.

Purina veterinarian Dr. Callie Harris, D.V.M., and Purina senior pet behavior expert, Dr. Annie Valuska, Ph.D., offer their tips and expertise for how you can help set the foundation for your pet's healthy future.

Early nutritional insight

By weeks six to eight, your kitten or puppy should get all their nutritional requirements from food. To ensure your new addition gets the needed daily nutrition for their age, select pet food specifically for puppies or kittens. This variation of pet food has a different nutrient profile specifically crafted to support development compared to adult pet food.

According to Purina pet nutritionists, it's important to make sure you feed your puppy or kitten food that is balanced with essential nutrients, such as:

- **DHA** - An omega fatty acid to help support brain and vision development
- **Antioxidants** - Help support developing immune systems
- **Calcium and phosphorus** - Helps support teeth and bones
- **Protein** - High-quality protein helps support growing muscles

Most dogs and cats are considered puppies and kittens until they reach 12 months of age, so don't switch to adult food too early. For dogs, small-breed dogs will physically develop faster than large breeds. Breeds that weigh 50 pounds or more can take up to 18 months to reach maturity and should eat a large-breed puppy food. Be sure to always talk to your vet if you have questions.

"Factoring in your puppy's breed size is important to consider when choosing a puppy food," said Harris. "Large breed puppies have a higher risk of developing joint problems as adults. Feeding them a large breed-specific puppy food can help support joint health and mobility into adulthood. Small breed puppies have smaller mouths, so they may prefer the smaller kibble found in small-breed specific puppy formulas."

Unlike puppies, breed isn't a factor when choosing kitten food. However, Purina nutritionists recommend feeding kittens a combination of wet and dry food.

"In feeding your kitten a varied diet of wet and dry food, you are helping them develop their palate," said Harris. "The more variety in your kitten's diet, the more adaptable they will become to diet changes as they age."



Establishing a feeding routine

Puppies: Typically, for the first six months, you should give your puppy their daily caloric requirement split into three equal-sized meals. Establish a feeding routine by feeding them the same amount of food at the same times each day. Doing this helps keep their digestive system regular, which can make housetraining easier.

Kittens: Keeping in mind their daily calorie needs, it is important to establish a healthy feeding schedule for your kitten. Cats are creatures of habit, so be sure to feed your kitten at the same time and place each day. Decide early on whether you plan to feed your kitten once, twice or three times a day and stick to the routine for consistency.

Preventative care and socializing

Beyond nutritional needs, it's important to make sure your puppy and kitten receive their core vaccines, deworming against common parasites, and begin receiving preventative care during their first year.

In addition to preventative care, socialization is an integral part of development for your pet. To make sure your puppy or kitten is comfortable around other people and pets, socialization should start early.

"After receiving their core vaccines and preventative care, your puppy or kitten should be safely exposed to many people, places and experiences to help their behavioral development," said Valuska. "Early socialization can help your pet grow into a confident, well-mannered adult."

With the right information, nutrition and care, you can help set the foundation for a healthy future for your pet. For more information on Purina's recommended puppy and kitten formulas, general tips and more, visit [Purina.com/Healthy-Start](https://www.purina.com/Healthy-Start).





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Barbecue on a Budget

5 Tips to Save Money When Grilling

(BPT) — If you're one of the 70% of all households in the U.S. to own a grill or smoker, you're probably looking forward to summer cookouts and barbecues! However, with the rising cost of food, your backyard get-togethers might cost more than in previous years.

You don't have to skimp on your meats and vegetables to have an affordable grilled meal. The Hearth, Patio & Barbecue Association (HPBA) reminds backyard chefs that they can still have a fun cookout without overheating their wallets.

According to grilling authority Steven Raichlen, here are five timely tips for grilling on a budget this summer.

1. Use cheaper cuts of beef

Buying meats and other proteins for your cookout doesn't have to be expensive. While rib-eye and strip steaks are popular, "You might start with well-marbled cuts from the beefy-tasting chuck, such as flat-iron steaks and petite filets, or steaks cut from the sirloin, like filet of sirloin," Raichlen shared with HPBA. "Even though their per pound price is substantially lower, these lesser-known steaks deliver a richly satisfying experience when grilled over live-fire."

2. Look for chicken and seafood alternatives

If you're grilling poultry, "substitute chicken thighs, legs or leg quarters for breasts," Raichlen suggested. Turkey is often a bar-



gain, especially during prime grilling season." For pork, try grilling spareribs or country-style ribs instead of baby backs or smoke-roast budget-friendly pork chops or pork tenderloins. Cook less expensive fish, too. "Grill mackerel, sardines, and kingfish instead of tuna or halibut — they're less expensive and better for you!" he said.

3. Host a grilling potluck

Just because you're hosting a party doesn't mean you have to be solely responsible for feeding everyone. Turn

your backyard barbecue into a potluck and ask everyone to bring something to share. Your guests don't even have to cook anything. Invite them to bring their own meat so they can mingle while you grill it up for lunch or dinner.

Hosting a grilling potluck saves you money and with everyone bringing something, you'll likely have more variety than if you had planned the menu on your own.

4. Go heavy on the sides

While meats may be the star of the show at any cookout, there are only so many burgers and hot dogs one can eat. Plan to make some affordable sides like baked potatoes, coleslaw, and salads to accompany your steaks and brats.

This is another area you can ask guests to chip in. If your friends or family members have signature side dishes they're known for, ask them to bring these dishes to your next cookout.

5. Get creative with veggies

No barbecue is complete without some grilled vegetables, especially onions. "From a grill master's point of view, onions are one of the cheapest and most versatile veggies that pair well with most meats," Raichlen said. "Use half an onion and impale it on the grill to oil the grill grate. You can also puree onions and use the juice as a marinade, a flavor-boosting technique used by grill masters throughout Central Asia." Get creative and see what this humble root vegetable can do for your grilled dishes.

Another idea is to blend ground meats with legumes, mushrooms, and other vegetables. Blending vegetables with ground meats extends the meat you have on hand and enhances the flavor of whatever you're making.

Using these five tips, you'll be ready to host a great backyard cookout without spending a fortune. For more grilling tips and inspiration, visit WhyIGrill.org.





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Kathlene Blevins
918-440-1859



Carolyn Bolding
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918-327-3137



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Barbara Hopper
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12336 E 39th Street	Union	4/2/2	\$200,000	Amos Radlinger	918-766-2361
610 E 5th Street	Dewey	PENDING		Barbara Hopper	918-335-7202
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S.E. Price Rd	Bartlesville	50 Ac	\$1,575,000	Janette Roark	918-907-1327
SE Barnett	Bartlesville	71.38 Ac	PENDING	Max Lutke	918-914-3813
N Hwy 75	Dewey	8.97	\$450,000	Max Lutke	918-914-3813
2708 Road	Bartlesville	80 AC	\$350,000	Carolyn Bolding	918-327-1133
N 3973 Drive	Dewey	5 Ac	\$83,900	Sydney Nichols	918-397-4505
N 3973 Drive	Bartlesville	25ac	250,000	Sydney Nichols	918-397-4505
Deerfield Addition II	Bartlesville	15 Lots	\$40-69K ea	Janette Roark	918-907-1327
2112 Turtle Creek	Bartlesville	1 Lot	\$60,000	Janette Roark	918-907-1327
Southport Drive	Bartlesville	9.18 ac	\$137,750	Janette Roark	918-907-1327
Southport Drive	Bartlesville	.40 Ac	\$39,500	Janette Roark	918-907-1327
S Wyandotte Ave	Bartlesville	3 Res. Lots	\$30K ea	Janette Roark	918-907-1327
Southport Loop	Bartlesville	Res. Lot	\$14,750	Janette Roark	918-907-1327
Admiral Court	Bartlesville	2 lots	\$9,500 each	Amos Radlinger	918-766-2361
515 Shawnee Avenue	Bartlesville	Res. Lot	\$7,000	Carolyn Bolding	918-327-1133

COMMERCIAL PROPERTIES

221 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000	Janette Roark	918-907-1327
2710 SE Washington Blvd	Bartlesville	1.02 Ac	\$299,000	Carolyn Bolding	918-327-1133
204 S Chickasaw Ave	Bartlesville	Business	PENDING	Barbara Hopper	918-335-7202
312 Osage Avenue	Bartlesville	Mixed use	\$130,000	Amos Radlinger	918-766-2361
217 S Choctaw Ave	Bartlesville	Multi-Use	\$105,000	Barbara Hopper	918-335-7202
2882 SE Washington Blvd	Bartlesville	.29 Ac	\$80,000	Carolyn Bolding	918-327-1133
814 S Willow Street	So Coffeyville	Rest	PENDING	Cindy Folk	918-559-9905
1114 W Hensley Blvd	Bartlesville	Mixed use	\$65,000	Barbara Hopper	918-335-7202

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Knocking Down Barriers

Helpful Tips for First-Time Homebuyers

(BPT) — Owning a home has long been an aspiration for many people across America, and one of the most effective ways to build generational wealth. Yet, due to the effects of the ongoing COVID-19 pandemic, rising interest rates, and housing affordability concerns — including the lack of affordable housing supply — homeownership may seem out of reach for many first-time buyers.

In addition, the United States continues to combat the legacy of decades of discriminatory housing policies and practices, which have contributed to a major homeownership gap and disparities in socioeconomic well-being among historically underserved consumers and communities. Currently, the rate of black homeownership is 30 percentage points lower than for white households — and is as high as it's been in the past 50 years, according to the U.S. Census Bureau.

“The path to affordable quality rental housing and equitable access to sustainable homeownership has never been equally accessible to all due to a legacy of discrimination in housing and the mortgage finance system in America,” said Katrina Jones, Fannie Mae’s Vice President of Racial Equity Strategy and Impact. “This is compounded by entrenched obstacles that perpetuate housing inequity, such as insufficient credit, a lack of savings for upfront security deposits or down payments to purchase a first home, and misinformation about the homebuying process.”

Now, through its Equitable Housing Finance Plan, Fannie Mae is helping to address these inequities with new solutions for renters, prospective homebuyers, and homeowners in three key areas:

- **Housing preparation:** Helping Black consumers prepare early for sustainable homeownership and access to affordable, quality rental housing through credit building and financial education.
- **Buying or renting:** Removing unnecessary obstacles Black consumers face as they shop for, rent, or purchase their first home.
- **Moving in and maintaining:** Enhancing sustainable housing so that renters and homeowners can withstand disruptions or temporary hardships and remain stably housed.

Education Empowers Everyone

For many, the homebuying process seems complex and it's difficult to know where to start. No matter where consumers are on their housing journey, homeownership education can help aspiring homebuyers feel prepared and empowered rather than overwhelmed. Fannie Mae’s HomeView is a free, online, comprehensive, and easy-to-follow education course that helps consumers navigate the homebuying process.

Available in both English and Spanish, HomeView breaks down the homebuying process into seven simple steps and addresses common myths and misinformation, including answering questions many first-time homebuyers have. Users also have access to checklists, financial calculators, and other free tools and information, which they can use anytime, as often as they want.

HomeView also meets the homeownership education requirement needed to qualify for many mortgage loans, including low down payment loans. Those who complete the course can earn



a certificate of completion to share with their lender to meet that requirement.

“I encourage people who are considering buying a home to start the education process early and have that certificate ready to share with their lender to help them qualify for certain low down payment mortgage products. You can do this while you’re also working on building your credit, saving for a down payment, and other activities that HomeView recommends as you prepare for homeownership,” said Jones.

Credit Building for Renters

During the HomeView course, users learn that credit history is an important factor for determining mortgage qualification. However, 20% of the U.S. population has little to no established credit history - a group in which Black and Latino consumers are disproportionately represented.

In fact, Black consumers identified insufficient credit as their single biggest obstacle to getting a mortgage and did so at a much higher rate than white consumers (29% to 18%), according to a National Housing Survey study from Fannie Mae.

While credit history is a key element in evaluating a borrower’s ability to make a mortgage payment, fewer than 10% of renters today have their monthly rent payments reported to the credit bureaus, putting many prospective first-time homebuyers at a competitive disadvantage. Some organizations are recognizing this problem and taking steps to include rent payment histories in their credit evaluation process.

For example, Fannie Mae launched a new feature last year that allows mortgage applicants who have paid rent for at least 12 months to use that payment history to help lenders qualify them for a mortgage loan, even if those positive payments do not appear on their credit report. This helps to remove a barrier for first-time homebuyers and increases equitable access to homeownership opportunities for consumers with limited credit histories.

“For aspiring homebuyers, responsibility counts, reliability counts, and now rent counts. A solid rent payment history can open the door to homeownership for first-time homebuyers,” Jones said.

Ask your lender if they offer this option or visit [FannieMae.com/MakeRentCount](https://www.fanniemae.com/MakeRentCount) to find a list of lenders near you who consider rent payment history in their mortgage qualification process.



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Look Up!

by Curt Landry Ministries



When things go wrong, life gets hectic, or we simply do not know what to do ... we easily can lose sight of what is important. Even what is real.

Fear, anxiety, doubt, and confusion are like a cloud or haze that do not allow us to see what is right before our eyes. It can drag us down into a pit with no way out. Yet, it does not have to be that way. We have a way out!

So how are we able to escape this pit?

We have to shift our focus. We have to look up at the hope found in God; trusting Him to lead us through everything that is weighing us down or holding us back. Yes, there are things we may need to do, be it physically or emotionally, but ultimately, it is the Lord who is in charge. It is He who can see past our confusion and find the answer to our condition — real or imagined.

"... 'This is the word of the Lord to Zerubbabel: "Not by might nor by power, but by My Spirit," says the Lord of hosts."

—Zechariah 4:6

How We Get Off-Kilter:

While circumstances can propel us deeper down paths of fear, anxiety, doubt, and confusion, it is frequently made possible by our looking in the wrong place to overcome; expecting a self-fix.

When we endeavor to do everything ourselves, we can easily feel as if negative circumstances grow rather than shrink. We need to realize that it is God's Spirit and God's Spirit living in us that allows us to overcome and thrive, not our strength.

Changing Our Focus:

Viewing circumstances through the lens of, "How am I going to fix this?" essentially puts us as a sort of king or god above oth-

ers and even above God Himself. Interestingly, it is rarely done maliciously. In fact, it is often because we view ourselves through a false lens, failing to see our true worth, purpose, and calling. It may be innocently done, but it is dangerous. Because this false lens can cause us to see ourselves as not being worthy of help or even as being a failure if we need help at all—this same outlook can spread to how we view everything.

Such false views do not allow full understanding of the love God has for us, the value and worth He has placed upon us, or His goodness and desire to help. So how do we shift away from confusion to knowing God's goodness? The key is to change our focus. To look not at our circumstances, but to LOOK UP at the God who loves us. The God who is far bigger than any of the giants we face! Once we realize God's love for us and His ability to lead us through any situation, truth opens up. Hope arises. And what once appeared overwhelming is no longer.

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.



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