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LIVING

August 2022



**If Your Computer Guy
Doesn't Have a Beard...**

Cabala Consolidated
see page 6



**Opening
September 1!**

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- ◆ Outdoor Range Only \$150 (regularly \$200)
- ◆ Gift Cards Available at Indoor Range



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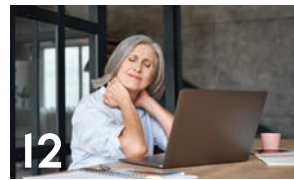
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Bartlesville

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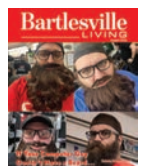
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Consolidated, your
tech-savvy, wild & wacky
computer guys.

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Frix for Congress

The Republican primary runoff election of U.S. House Oklahoma District 2 will be held on Aug. 23.



Like President Trump, Congressional candidate Avery Frix is committed to rebuilding America with our values.

A businessman and builder, Frix said, "Put me in the fight for America. I will do the tough work. I grew up turning dirt with my dad and granddad on weekends and holidays. I've been in the trenches, fighting for conservative causes.

"Everything that Biden and Pelosi are destroying — all the work that President Trump did — must be rebuilt," he added.

Elected to the Oklahoma State House in 2016, Avery has a history of authoring pro-Trump and pro-life legislation. He is a strong conservative who has proven he will fight to keep America first. "My values are simple: Faith, family, freedom, and firearms — in that order. I'm young and fearless, and I don't owe anyone a thing," Avery said. "As your Congressman, I will fight tirelessly alongside President Trump. Together, we can rebuild America the right way."

Among his goals in Congress, Avery cites outlawing abortion, stopping the federal government's "assault" on assault weapons,

supporting law enforcement, battling the national crime wave, banning critical race theory, rebuilding schools and curriculum to honor our nation and its history, achieving energy independence, protecting elections, and addressing the hyper-inflation that is ravaging hard-working American families.

Avery serves as the chair of the Transportation Committee.

A fourth-generation resident of the 2nd Congressional district, Avery comes from a long line of builders, dating back to his great-grandfather, who started Frix Construction in 1940. In addition to his work in the family business, Avery is also the owner of Oxford Productions, a tourism and facility management company.

Avery is a graduate of Muskogee High School and the University of Oklahoma. He is married to Haley, also a business owner and the proprietor of Broadway Market in downtown Muskogee.

Avery has spent many of his days in Bartlesville knocking on doors and meeting with Bartlesville residents. He is committed to representing Bartlesville as our next Congressman. A long-time supporter of the NRA, Avery enjoys hunting quail and spending time outdoors. He is also a board member of Muskogee Habitat for Humanity.

To get involved in the campaign to elect Avery Frix to Congress, volunteer your time or put a sign in your yard, contact P.O. Box 1149, Muskogee, OK 74402.

Ask the Doc ...About Treating Ganglion Cysts

by Deanna Evans



Chiropractic care provides an amazing remedy for so many different types of health conditions. One hand condition that you may have heard of is a ganglion cyst.

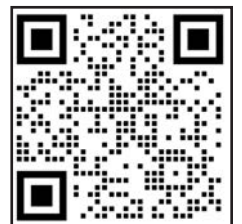
"Through specific chiropractic wrist and hand adjustments, we are able to change the biomechanics of the wrist, allowing the ganglion cyst to resolve in many cases," said Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville. "We will talk in more detail below about this uncomfortable and often painful hand condition and why it responds to chiropractic wrist and hand care."

Typically found on the tendons or joints of your wrist or hand, a ganglion cyst is a fluid-filled noncancerous lump that can seemingly appear out of nowhere. You might notice a bump on your wrist joint that looks like a tiny balloon, and oftentimes is soft and mobile. Ganglion cysts can become uncomfortable, tender and painful. They grow out of the tissue surrounding the joint, such as the ligament, joint lining, or tendon sheath. Inside the cyst lies a thick and slippery fluid similar to the fluid that lubricates joints. They can quickly appear, disappear, and change sizes. The shape

of a ganglion cyst largely depends on the amount of activity and repetitive hand use.

One commonality with most ganglion cysts is that they are normally related to an increase in joint stress or improper biomechanics. It is common with repetitive or strenuous hand use. Ganglion cysts are one of the many hand conditions that can be helped through specific, gentle, chiropractic wrist and hand adjustments. "When we work on a patient's hand applying gentle and safe adjusting procedures, the motion will improve, joint stress will diminish, and pain patterns will begin to disappear," said Dr. Russell.

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 this 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.



Outdoor Range Opens Sep. 1

Guns of Glory Will Have Both Indoor & Outdoor Ranges

by Deanna Evans

Guns of Glory's eagerly anticipated outdoor range is opening September 1.

The outdoor range can be used by members only, and in celebration of its opening Guns of Glory is offering a special membership price. From now until the end of the year annual memberships for the family to the outdoor range are \$150. Membership offers you and your household complete range access during business hours.

"Recreational shooting and training are fun for the whole family," said Eric Fuson, an instructor and team member of Guns of Glory.

Guns of Glory also has an indoor firing range and ProShop at 427 S. Osage Ave., in Dewey. For those who are already members of Guns of Glory's indoor range, an outdoor range membership is an additional \$100.

Guns of Glory's outdoor range is located at 402647 US Highway 60 in rural Bartlesville. It offers a variety of amenities, including a ProShop, where members can purchase targets, eye and ear protection, ammunition, and cleaning supplies. There are indoor restrooms, as well.

"There are a multitude of steel targets members can use there for no extra charge," Eric said.

Aside from being in the great outdoors, there are other differences between the indoor range and outdoor one. The scope, size and range of the facilities vary. "The indoor range is 25 yards and designed primarily for handgun usage," said Eric.

The outdoor range has three sections. One of the sections has three multi-purpose 50-yard bays for rifle, pistol, and tactical shotgun use. The second section has six handgun bays capable of holding multiple shooters per bay. The last section is a 300-yard rifle range.

Shooting competitions will be hosted there, as well as firearms training and pistol and rimfire competitions.

Owner Daniel Dawson plans to offer, and serve as the instructor, for some of the larger group classes at their outdoor range. In addition, they will be offering pistol classes, rifle classes, and competition-based classes at the outdoor range.

Before September 1, outdoor range memberships can be purchased at Guns of Glory's ProShop in Dewey. After Sept. 1, outdoor range memberships can be purchased at the outdoor range.



Training is a big part of both of Guns of Glory's ranges, both the indoors and outdoors.

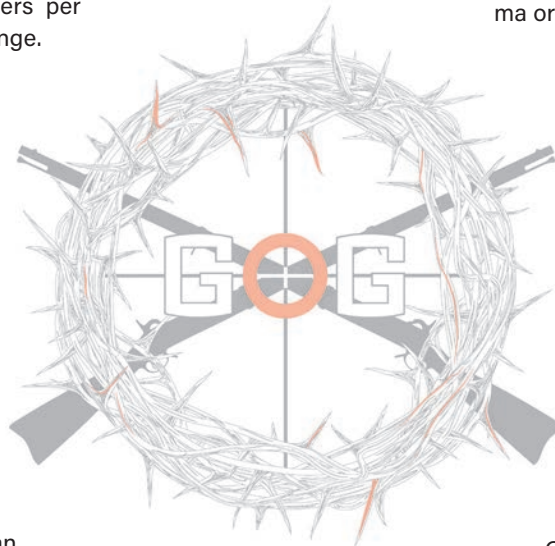
"We are able to schedule around individuals' needs for firearms training," said Fuson. "We can offer flexibility."

Guns of Glory hosts 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 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 Eric Fuson, the instructors for those courses are Kai Mitchell and Heather Kelley.

For more information on Guns of Glory's Indoor and Outdoor Ranges, 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.

For more information about Guns of Glory, call 918-534-8758 or visit the website at www.gogok2a.com.



Your Computer Guy...

Should Have a Beard!

by Deanna Evans

Happy Birthday, James Brown!

James' friends and fellow technology wizards of Cabala Consolidated surprised him this month with a birthday celebration, donning beards and black-rimmed glasses, touting the phrase, "If your computer guy doesn't have a beard..."

This great group of guys truly enjoy having a bit of fun while working toward one main goal ... to help people.

The veteran-owned business gives owners James Brown, Aaron Forth, James Manios, and Connor Crichton the opportunity to build a respectable company.

"Technology is our specialty, sort of like we are wizards with computers being our magic," said James. "We focused our lives studying and gaining knowledge in technology, and some people tell us we work miracles or magic with computers."

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, Cabala Consolidated specialize in affordable technology and products that are built just for you. From custom gaming computer builds to hardware upgrades and computer repair, Cabala Consolidated is focused on treating people right and are technology wizards waiting to help service computers for both homes and businesses.

They are available by appointment only, which can be made online at www.cabalaconsolidated.com or by emailing them at info@cabalaconsolidated.com.

They also offer Tech Tips on their website. The newest tip is "The Hype About Fiber Is Real," and informs visitors on fiber-optics. Cabala is 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.

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

They are a monthly service provider and have many satisfied customers.



"We are the offsite IT, so people are able to outsource so they don't have to staff 24/7," said Brown. "We offer 24/7 computer maintenance and troubleshooting for our contract clients."

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

For computer repair, they do virus removal, upgrades, replace hard drives, speed up computers and other various repairs.

They can upgrade parts and resolve issues on Apple computer devices and laptops. Running out of storage? Cabala Consolidated can upgrade storage, memory, and replace charging ports on most models.

Cabala Consolidated offers help via remote connection, and they can install drivers, update software, and resolve other issues.

"We repair laptops, too, from overheating to system upgrades, to noisy fans and even broken laptop screens," said Brown.

Touchscreens not working? No problem.

Hard drive too small? They can install a larger hard drive and make it look like it did before the upgrade. They can even recover data from most broken laptops.

A new location is coming soon. While the business has hours of operation, it is important to book an appointment by going online at www.cabalaconsolidated.com or by emailing them at info@cabalaconsolidated.com. 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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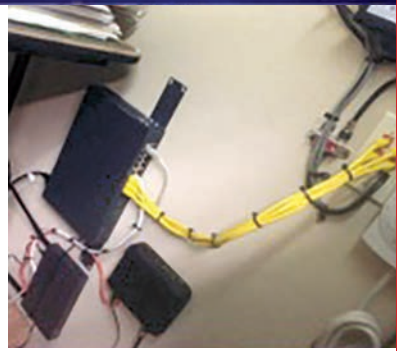
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Equipping Those Who Are Called

by Deanna Evans

Happy Hill Church, near Ramona, saw a need for a Bible college to help with ministry preparation and personal enrichment, and decided to do something about it.

The church's vision grew into pioneering Lionscrest Bible College, which is offered through, and based out of, Happy Hill Church during the months of August through May. As a comprehensive and hands-on college, Lionscrest provides the opportunity for students to receive ministry training and accredited courses designed for ministry preparation and for personal enrichment.

"Our program is designed for ministry preparation, personal growth, and discipleship," said Rev. Jack Richey, the lead pastor of Happy Hill Church, and President of Lionscrest Bible College. "We have students coming from churches locally and in other states, both independent and denominational, to attend Lionscrest. It has been exciting to see the students' growth and progress."

Happy Hill is part of the denomination called The Church of God of Apostolic Faith, and Richey said Lionscrest Bible College is helping to fill a need for their own denomination to train and equip people for the ministry. However, Lionscrest isn't just about its own denomination or local church, but training and equipping believers of all ages, walks of life, churches, and ministries.



Dr. Alicia Tinsley serves as the Director for Lionscrest, which opened in the fall of 2017. Lionscrest provides a ministry development and discipleship program for students from high school through adult. It is a two or three-year program, with the third year offering classes as well as a focus on internship and shadowing in ministry. Classes are held from 6-8:30 p.m. Mondays and from 9 a.m.-3 p.m. Tuesdays and Thursdays.

Lionscrest has partnered with Global University out of Springfield, Missouri for some of their coursework, but also offer classes they developed on their own. Lionscrest believes that leadership is not a title or position, but it is an influence that is developed through a process. Each year students will complete 16-17 classes in their studies. A brief overview of some classes would include the following:

- First year students study the Book of Acts, the Gospels, a survey of the Old Testament, and the prison Epistles. They are taught about prayer and worship, effective leadership, grace and begin ministerial internship. They also learn about preaching in the contemporary world, and numerous other classes.
- Second year students complete a survey of the New Testament, the Book of Romans, and the Pentateuch. They receive an introduction to theology, foundations of faith and apologetics. Students also learn of gifts as they study Ephesians, Romans and 1 Corinthians, and more.
- Third year students focus on pastoral and church leadership ministry. They study the Corinthian Correspondence, geography of the Holy Land and "A Servant's Guide to Biblical Counseling."

Each May all students, part-time and full-time, will go through a graduation ceremony and receive certificates of completion for their respective studies. "It is a really nice ceremony designed to honor and celebrate the students and their achievements," said Pastor Richey.

Pastor Richey's parents were pastoring Happy Hill Church when he was born. After planting and leading other churches throughout America and serving globally, Pastor Richey became the lead pastor of Happy Hill Church in 2013. With a passion for Jesus and people, you will often see him visiting with others, helping unlock the God-given gifts they possess.

Dr. Tinsley serves as Happy Hill's administrative pastor, as well as the director of Lionscrest Bible College. She has been a member of Happy Hill's leadership team for 26 years. During her years at Happy Hill, she has served in multiple areas, including cleaning, children, youth, and teaching. Continuing education is a strong part of her life today. She received her Doctor of Divinity in 2008. Dr. Tinsley has a love for students of all ages and desires for them to develop a passion for Jesus that allows them to rise above their circumstances and fulfill their identity in Christ.

For pricing and more information, please contact Dr. Alicia Tinsley or Rev. Jack Richey at 918-536-5555.

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Just for Your Skin

Lavers Providing Safe, High-Quality Care Since 2001

by Deanna Evans

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.

"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."

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. They also have Environ Skin Care products and treatments.

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

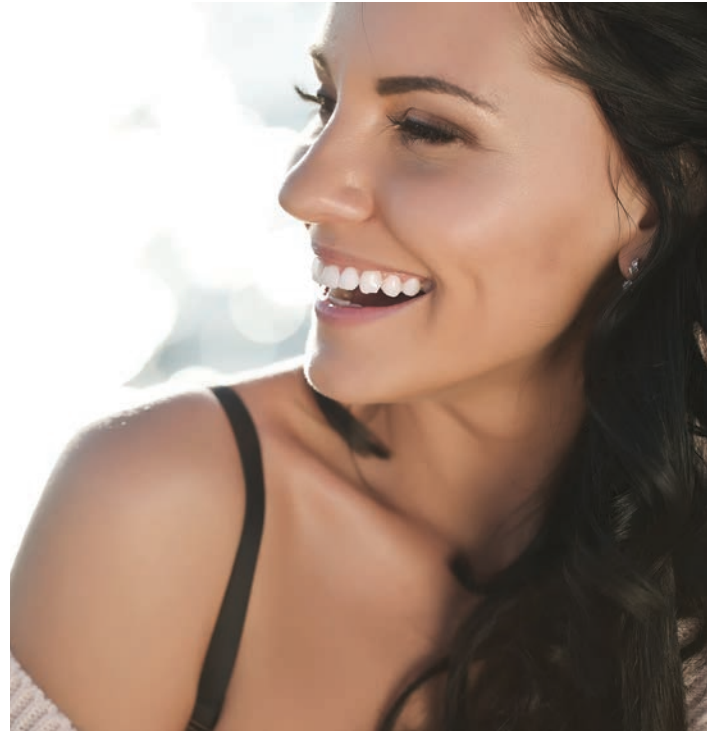
Thread Lifts

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.

Environ Skin Care

The Environ Vitamin STEP-UP-SYSTEM is a vitamin A skin care system. Environ also offers a chemical and physical sunscreen with antioxidants, according to Environ's website, found at www.environskincare.com.

Other innovative Environ products include the Cool Peel Technology system, Ionzyme and a "made-to-order" vitamin A skin care regime. Environ's founder, Dr. Des Fernandes, pioneered skin needling or collagen induction therapy in 1996. He later patented the Ionzyme DF Machine, a low frequency sonophoresis and iontophoresis facial machine.

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 their 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.

 (918) 876-4470

 5120 E Frank Phillips Blvd

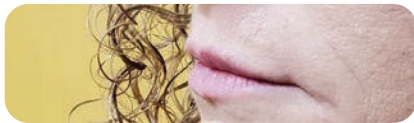


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Advanced Treatment Options

Dr. Parchuri Passionate about Helping People

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, Dr. Parchuri expanded his practice last year by opening Spine and Orthopedic Specialists in Bartlesville.

Neck pain can be caused by 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 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 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 7 years, for the two-level cervical disc replacement. Mobi-C had fewer subsequent surgeries after 84 months.

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.

Mobi-C's core is designed to create low stress at the implant to bone interface. There are no invasive screws, no bone removal for preparation and no additional operative steps. It is a one-step insertion with no drilling or chiseling needed.

If you are suffering from chronic or acute pain, you need the area's leading medical professional in 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.

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," Dr. Parchuri 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/>.

ARE YOU LIVING WITH NECK PAIN?



Not an actual patient recipient. Results are not necessarily typical, indicative, or representative of all recipient patients. Results will vary due to health, weight, activity and other variables. Not all patients are candidates for this product and/or procedure. Only a medical professional can determine the treatment appropriate for your specific condition. Appropriate post-operative activities and restrictions will differ from patient to patient. Talk to your surgeon about whether cervical disc replacement is right for you and the risks of the procedure, including the risk of implant wear, infection, loosening, breakage or failure, any of which could require additional surgery.

For additional information or to find a surgeon near you, visit www.zimmerbiomet.com or 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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SOSTulsa.com/dr-kris-parchuri

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Intentional Being!



Intentional Being, LLC is a Christian-based life coaching and pastoral counseling service providing biblically centered guidance to individuals, couples, and families seeking treatment for the purpose of mental, emotional, relational, and spiritual health and well-being.

I am Kelley Goodall and a Pastoral Counselor and Life Coach. I am often asked, "What is the difference between these two roles and the forms of treatment?"

The Counselor

Pastoral Counseling is a form of therapy for individuals, couples, and families who seek support and the opportunity to discuss their problems and concerns in a spiritual context.

It is the integration of theological training with various levels of psychological understanding to build a biblical foundation and framework for attending to clients' life questions and issues resulting in healing, change, and growth.

In a Gallup poll, 1,000 people were asked about the context in which they would seek counseling. Of those polled, 66% said they would prefer counseling from a person who represented their spiritual values. 81% said they wanted their own spiritual values, respected, and integrated into the counseling process.

It is clear that the concept of spiritual guidance is not a new one and seems it may be a strong preference over clinical therapy.

Pastoral counseling is about soul — mind, will, emotions and spirit care. It attends to issues from the past and present, while presenting precepts to engage in one's future.

Its focal scope ranges from personal identity, life challenges, crises, and seeking spiritual guidance to the unknown, unresolved, and unpredictable. It provides knowledge, understanding, discernment through the lens of wisdom with the goal being freedom, healing, restoration, and new life.

We are designed by a grand Creator; defined as unique — i.e., no two individuals or lives being alike, and the greatest blessing is that God has divined us as His own!

He has made man in His image, according to His likeness — Genesis 1:26. So, how sensible is it to seek guidance and direction from the foundational perspective from which we have been made to be and become! It is another component of pastoral counseling, which is not just dealing with the drama and trauma of life. It is also about helping people discover themselves as God made them to be.

It made enough sense to me that I sought pastoral counseling for myself many years ago! My discovery was the importance of seeking, engaging in, and remaining intentional in my endeavors.

How? I kept facing myself and circumstances and with God's help and that of others, took risks that required faith to gain the healing I needed. Through my pastoral counseling experiences, I became better equipped to deal with life as the refinement of my beliefs and values were being forged by God's principles, promises, and precepts. This empowered me with increased confidence in God and of myself because I acknowledged my position in Him.

The Life Coach

As I studied, learned, and integrated the knowledge and insights that I needed to be able to assist people, I discovered there were lots of folks who were not necessarily plagued by their circumstances or struggling to cope through trauma or a crisis. They had a good base of self-understanding; however, they were floundering in their concept of self-direction.

They had come to personal cross-roads, asking, "What am I supposed to be doing with my life?" followed by, "How do I get there from here?" Some had clearly determined their desires, hopes, and dreams, but did not know how to execute putting a plan together or activate it into fruition or they were fighting within themselves to get motivated to do anything at all about them. They were dissatisfied, discouraged, and disgruntled and needed a boost to step into their future!

Enter . . . *Life Coach!*

Thirty-plus years ago, the term 'Life Coaching' was not commonly used, nor necessarily known or accepted. But its roots — as a come along-side guidance approach — have settled in, and this style is finding its place in our world culture.

A Life Coach works alongside people who are relatively healthy and functional in their present state of life while pondering, "There's got to be *more* than just *this* to life!

A coach helps the person draw forth what is inherently tucked within. The coach listens and helps to unpack and decompartmentalize their interests, desires, and dreams. They discern and identify the possibilities to then guide the individual in setting goals and developing a plan to accomplish moving themselves forward to their full potential!

Both modalities — pastoral counseling and life coaching — can be transformative. Here, they have been defined as two completely separate therapeutics. However, as I have discovered, they can sometimes become blended treatments. I have often experienced while counseling, that a client's expressed desire or goal can naturally lead right into a life coaching style approach. Or while coaching a person, some unresolved hurt or past issue pops up that we consider if, how, or when to address it.

Being intentional, taking risks, and stepping out in faith sets the platform for dealing with the past, present and future. By intentionally seeking guidance and counsel to identify, face and deal with past or recent hurts, a person can begin to heal and come into freedom, well-being, and wholeness.

Life enhancement and intrinsic fulfillment occurs when we pro-actively choose to take steps perpetuating self-discovery and improvement. It feeds our souls and spirits to keep us growing and contributes to becoming all God has created, called, and purposed for us to be and do.

If Pastoral Counseling or Life Coaching is something you would like to explore for yourself, let's connect!

~ Kelley Goodall, M.A., M.A., CLC is a Pastoral Counselor having trained through Talbot School of Theology at BIOLA University and a certified Life Coach through and member of AACC & IBCC. She resides with her husband, Mike, and their two foster cats, TJ and Dakota, in Bartlesville.

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Joy is Important

Choose Joy and Rejoice in the Lord

by Curt Landry Ministries



Joy is often tied to words such as, happiness, pleasure, gladness, etc. Yet, true joy is more than simple happiness. It is not subject to circumstance ... in fact, in many ways, joy is a choice. One that each of us must make.

Choosing Joy:

As strange as it may sound given the culture of today, joy does not depend on possessions, occupation, or circumstances. We may not be able to change every aspect of our lives to be picture perfect, but we can create a firm foundation for joy. Joy that can pull us through every high and low of life.

So where can this joy be found? Well, the answer lies in God.

"... Do not sorrow, for the joy of the Lord is your strength."

— Nehemiah 8:10

God is good. And in His great love for us He has given access to the "joy of the Lord" that is tied to Him and not our shifting world, emotions, or circumstances.

This joy of the Lord provides us with strength, is one of the Fruits of the Spirit found in Galatians 5, and serves as a sort of supernatural medicine. We can even say that...

The joy of the Lord is power packed, rich in nourishment for the soul, and protects users from contagions such as fear, gossip, and more! It is also free; Jesus bought and paid for this joy, eternal life, and freedom... now and through eternity! The question is, how do we accept this joy?

Accepting Joy:

"And my soul shall be joyful in the Lord; it shall rejoice in His salvation."

— Psalm 35:9

To choose this joy we must first accept God. To follow Him and His ways; loving Him as He loves us. Once we do this, we experience the joy of our salvation. This choice provides us with our first taste of the joy of the Lord, however, there are things we can do to not only maintain this joy but build on it.

Seven ways to promote joy include:

- Choosing to think on things above; to focus on God
- Spending time in God's Word

- Building a relationship with God; God desires us not to be far off, but near to Him
- Honoring God in praise and worship
- Having fellowship with Believers
- Being watchful of what we say
- Observing the Sabbath and other days of God's calendar

Though these are only a few of the things we can do to promote joy, they demonstrate that God, our outlook, and our habits and patterns play far bigger roles in true joy than anything else is able. Just try one of these examples and you will find that joy has room to grow!

"Rejoice in the Lord always. Again, I will say, rejoice!"

— Philippians 4:4

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.



House of David
22500 South Hwy. 125
Fairland, OK 74343
www.HouseofDavid.com

City Water Supply in Good Shape



Lake Water Levels Above 95%

City Beat
Your city, your news

by Kelli Williams



Bartlesville water supply remains “very good” despite high temperatures for days on end and very little rain over the past two months, Water Utilities Director Terry Lauritsen said this week.

“Right now we’re averaging 11 million gallons a day in water consumption and our water levels are at 97 percent, so we’re really in good shape for our water storage and what we have available to us,” Lauritsen said. “So despite the fact that we are in a so-called ‘micro-drought,’ we are in very good shape.”

The City’s primary sources of water supply are the U.S. Army Corps of Engineers-owned Hulah Lake, the City-owned Hudson Lake, and the Caney River.

“Hulah is technically our main source of water, but we pipe that water to Hudson Lake and take it from there,” Lauritsen said. “To put it into perspective, Hulah Lake has 7 billion gallons of water available for City of Bartlesville water supply, compared to 800 million gallons at Hudson Lake.” Lauritsen said the City has a drought contingency plan, but there are no indications that any measures will need to be implemented anytime soon.

“The plan outlines certain actions to be taken as lake levels recede,” he said. “For instance, if levels fall to 70-80 percent, we would ramp up our public education and information campaign to make sure everyone understands how they can help conserve water. We would begin to look at implementing restrictions at levels below 70 percent, and move to fairly restrictive measures at less than 50-60 percent.”

The City is also working to implement its Water Reuse System, which should be online next year.

Lauritsen said while there are no concerns at this time, it’s always good to conserve water when possible.

Popeye’s Not Coming

Well, it’s official. Popeye’s restaurant will not be coming to Bartlesville — at least not in the foreseeable future. SmitCo Eateries Inc., a franchisee of the popular restaurant chain, confirmed Wednesday that property intended for the Bartlesville restaurant is under contract with Watershed Car Wash. Construction and equipment delays in the company’s upper Midwest projects, among other factors have been cited.

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1839 S Armstrong | 3 bedrooms, 1 bath..... *Deposit/Rent: \$850*
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Keeli Hand-Droege
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Barbara Hopper
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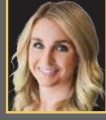
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Sydney Nichols
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Amos Radlinger
918-766-2361



Janette Roark
918-907-1327



Brian Saltzman
918-214-3053



Kim Tate-Connor
918-335-7193



Kim Taylor
918-214-3036



Brooke Snyder
918-271-2159
Broker/Manager



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4/3&2/3 • \$750,000
Janette Roark • 918-907--1327



1143 Meadow Lane • Bartlesville
3/2.5/2 • \$239,000
Cheryl Fregin • 918-440-0040



2000 S Dewey Avenue • Bartlesville
4/2/2 • \$179,000
Barbara Hopper • 918-335-7202

RESIDENTIAL

2209 Deerfield Place	Bartlesville	4/3&2/3	\$750,000	Janette Roark	918-907--1327
950 SE Greystone Ave	Bartlesville		PENDING	Barbara Hopper	918-335-7202
6801 Tuxedo Blvd	Bartlesville	3/1	\$599,000	Kim-Tate-Conner	918-335-7193
1801 Glynnwood Drive	Bartlesville		PENDING	Brian Saltzman	918-214-3053
318 Rachel Lane	Bartlesville		PENDING	Barbara Hopper	918-335-7202
1143 Meadow Lane	Bartlesville	3/2.5/2	\$239,000	Cheryl Fregin	918-440-0040
4223 Tuxedo Blvd	Bartlesville	4/2/4	\$219,900	Kim Tate-Conner	918-335-7193
1012 Hazel Court	Bartlesville		PENDING	Kim Taylor	918-214-3036
1714 S Osage Avenue	Bartlesville	4/2/1	\$209,900	Brian Saltzman	918-214-3053
1505 Melmart Drive	Bartlesville		PENDING	Kim Taylor	918-214-3036
2000 S Dewey Avenue	Bartlesville	4/2/2	\$179,000	Barbara Hopper	918-335-7202
4203 Tuxedo Blvd	Bartlesville	3/2/1	\$169,900	Kim Tate-Conner	918-335-7193
1839 Putnam Drive	Bartlesville		PENDING	Carolyn Bolding	918-327-1133
246 Meadowlark Ave	Bartlesville	3/2/2	\$158,000	Barbara Hopper	918-335-7202
4733 Kentucky Street	Bartlesville		PENDING	Barbara Hopper	918-335-7202
4901 Brookline Drive	Bartlesville		PENDING	Cindy Folk	918-559-9905
501 S Wyandotte Ave	Bartlesville	3/1/1	\$128,000	Cheryl Fregin	918-440-0040
1522 Colorado	Bartlesville	3/1/1	\$112,000	Kim Tate-Conner	918-335-7193
808 SW Jennings	Bartlesville	2/1	\$60,000	Amos Radlinger	918-766-2361
1200 SW Jennings	Bartlesville	3/1/1	\$45,000	Amos Radlinger	918-766-2361
241 NE Debell Ave	Bartlesville		PENDING	Barbara Hopper	918-335-7202

SURROUNDING AREAS

3426 E 184th Street	Collinsville	5/3.5/3	\$659,000	Barbara Hopper	918-335-7202
2523 S Owasso Ave	Tulsa	3/2.5/2	\$685,000	Andrew Gordon	918-230-0864
15185 EW Couty Rd 8	Ok/ Union	4/2.5/2	\$360,000	Cindy Folk	918-559-9905
21147 Hwy 169	Nowata	2/1/2	\$210,000	Cindy Folk	918-559-9905
12336 E 39th Street	Union		PENDING	Amos Radlinger	918-766-2361
610 E 5th Street	Dewey		SOLD!	Barbara Hopper	918-335-7202
939 N Ross Ave #2	Dewey	2/1/2	\$47,500	Carolyn Bolding	918-327-1133

RESIDENTIAL LOTS & VACANT LAND

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
1000 E 14th Street	Dewey	Mixed Use	\$699,000	Lutke/Bolding	918-327-1133
2710 SE Washington Blvd	Bartlesville	1.02 Ac	\$299,000	Carolyn Bolding	918-327-1133
2339 Nowata Place	Bartlesville	Business	\$270,000	Brian Saltzman	918-214-3053
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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Selling Your Home?

5 Helpful Tips for Attracting Buyers

(BPT) — Preparing your home for sale may start with ideas for staging the house or spackling and painting over nail holes, however, it also requires a considerable amount of planning and organization. Before opening your home to tours, either virtual or in person, be aware of what buyers might notice.

“Getting your home ready for sale may seem like an overwhelming task, but it’s important to make your home as attractive as possible,” said Bonnie Lee, vice president of property claims at Mercury Insurance. “Not only does it give a favorable first impression, but it also shows that the home was well maintained and cared for. Most buyers expect to tour and eventually purchase a clean, well-cared for home.”

Walk through each room of your home and take note of what needs to be cleaned, repaired, or replaced.

Eliminate clutter

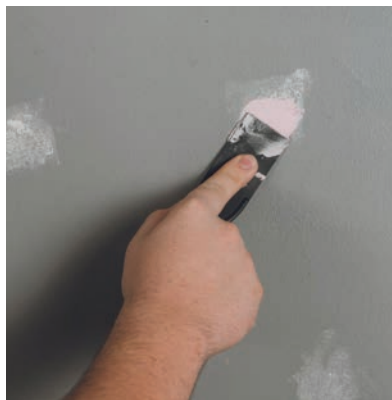
For many homeowners, the beginning of the home-selling process is the chance to clear out any unwanted items. Take this time to throw away, donate, or sell items that are no longer purposeful. Remember that potential buyers are likely to open closet doors and built-in cabinet drawers to determine the amount of storage space available, meaning you won’t be able to simply store unwanted items in a closet. Buyers want to visualize themselves and their belongings within the living space, so depersonalize and remove any large visual distractions such as large, distinct artwork or family photos.

Bulkier items such as furniture can change the perceived size of a room. Make sure buyers are able to walk around living spaces without bumping into furniture. If you don’t plan to take certain large items with you, check if your local municipality will pick them up.

Deep clean your home

Before scheduling tours of your home, do a deep clean, especially in areas like the kitchen and bathrooms. Home buyers are savvy and can detect when candles or air fresheners are being used to mask unpleasant scents of a home.

“A home that hasn’t been cleaned can be perceived as needing a lot of work or has underlying serious problems like water or structural damage,” Lee said. “Keeping your home clean will boost that ever-important first impression and maximize the selling cost.”



Make small repairs

Wear and tear from everyday living is normal. However, fixing these small repairs before listing your home might be a slight inconvenience for you, but might be seen as part of a larger, underlying issue to a potential buyer. Thoroughly go through each room of your home and touch up any dings on baseboards



or doors. Make any minor repairs like filling in and repainting any holes left in the walls from hanging items. Check for leaking faucets or running toilets and replace any worn or damaged caulking around sinks, showers, bathtubs, or windows.

Curb appeal

Your home’s exterior is the first thing buyers see as they approach the house. Trim any trees or shrubs outside of your property, especially along walkways, for a well-manicured look. Inspect any trees around your home to make sure they aren’t scraping shingles off of your roof or blocking gutters. Keep walkways and driveways free of clutter such as gardening tools or children’s toys. Replace or repair any damaged screens or windows and make sure that any house numbers are visible.

“A well-maintained outdoor area that has been properly cared for is not only aesthetically pleasing, but can also be a reflection of how well the home was cared for overall,” Lee said.

Get a CLUE

A Comprehensive Loss Underwriting Exchange (CLUE) report provides a detailed history of any insurance claims that may have been filed on the house within the last seven years. While this report is extremely useful to buyers, it can be equally important to sellers.

“Sellers whose homes have had no insurance claims within the last seven years can use a CLUE report as a selling tool. It gives potential buyers the assurance that they are not buying a home with a history of problems and increases a seller’s chance of selling their home quickly,” Lee said.

Under the federal Fair Credit Reporting Act, you can request a copy of your CLUE report from LexisNexis by calling 1-866-312-8076 or by visiting consumer.risk.lexisnexis.com.

