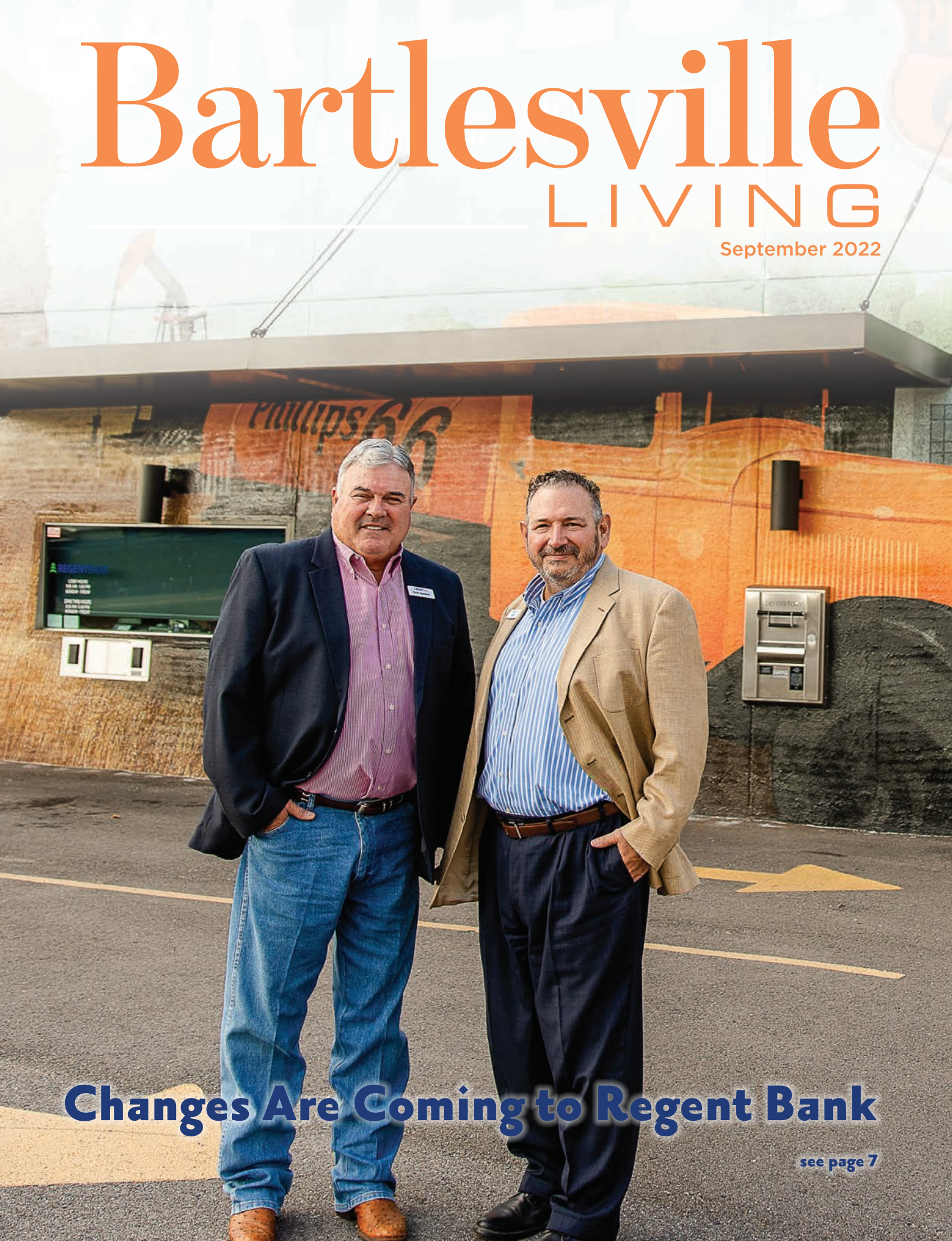


# Bartlesville

## LIVING

September 2022



**Changes Are Coming to Regent Bank**

see page 7



## Holiday Season Coming Up

- Conceal Carry Purse
- Range Bags
- Cleaning Equipment (pistols, rifles, shotguns)
- Mini Safes (home & vehicle)
- Night Sights (self defense pistols)
- Red Dots (optic-ready pistols & rifles)
- Weapon-Mounted Lights
- Gift Cards
- Multiple Brands in Stock



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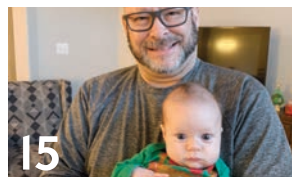
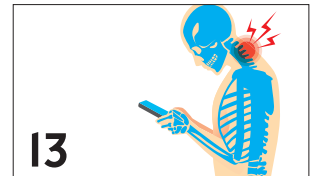
Indoor Range & Pro Shop  
Monday - Saturday | 9-6  
Outdoor Range  
Monday - Saturday 9-7 | Sunday 9-5

# Bartlesville

LIVING

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About the cover:  
Charlie Pilkington has  
been named President  
of Regent Bank.

Design by  
Copper Cup Images



# Inspirational Design

## Find Your Perfect One-of-a-Kind Gifts

by Matt Conley

Fall is just around the corner, and that means the holiday season isn't far behind. Don't wait until the last minute and settle for a cookie-cutter Christmas gift — check out Green Country Laser Design for special, one-of-a-kind, custom-made ideas to breathe life into your shopping experience.

Randy Landeis and his wife, Susan, moved to Bartlesville from Denver, Colorado about a year ago. With no ties to the area, how did they find Bartlesville? An online search led them to their new home!

"We had never considered Oklahoma, and had never heard of Bartlesville, but we went online and searched for a place that shared our conservative, religious outlook on life, and Bartlesville kept popping up," said Randy. "Now that we have been here a little while, we love this place."

After finally getting everything set up, dealing with supply shipment delays, and working out all the kinks that come with



opening a new business in a new community, Green Country Laser Design is officially up and running out of the family garage.

"We offer all original designs, for business or personal," said Randy. "We have three lasers for etching on anything from metal to granite to wood. I really love to make inspirational, spiritual designs, but we can make any design known to man. If you can picture it in your mind, I can make it a reality for you."

Randy does all the painting by hand, ensuring that no two designs are ever exactly the same.

"If you can dream it, we can design you something unique and very cool," said Randy. "With Halloween, Thanksgiving and Christmas coming up, we hope people will consider us for their holiday gift ideas."

You can check out their current inventory on their website at [greencountrylaserdesign.com](http://greencountrylaserdesign.com) or call Randy at 918-397-5067 to get him started on making your vision a reality.

- Laser Engraving
- Metal Engraving
- Custom Design
- Personalized Gifts
- Promotional Items
- Home Decor
- Religious
- Sports/School Functions
- Business/Personal
- Vinyl Decals



[greencountrylaserdesign.com](http://greencountrylaserdesign.com) | [sales@greencountrylaser.com](mailto:sales@greencountrylaser.com) | 918-397-5067



# Find the Perfect Gift at Guns of Glory

by Matt Conley

With the holidays fast approaching, now is the perfect time to start your shopping. And Guns of Glory is the perfect place to find something special for the outdoor enthusiast and gun owner.

Guns of Glory offers conceal carry purses; range bags; cleaning equipment for pistols, rifles and shotguns; mini safes for home and vehicles; night sights for self-defense pistols; Red Dots for optic-ready pistols and rifles; weapon-mounted lights; rifle slings; low profile ear muffs for protection; and much more!

Owner Daniel Dawson said another great gift idea for holiday shopping are gift cards. "We do have gift cards, and they are very popular all year, but especially around the holidays," said Dawson. "We have multiple brands of guns, ammunition, parts kits, and accessories in stock, and we have new stock arriving regularly."

The ProShop is open Monday through Saturday, from 9 a.m. until 6 p.m., so stop by today to find the perfect gift and beat the holiday rush!

Guns of Glory also recently opened a new outdoor shooting range, which is open Monday through Saturday from 9 a.m. until 7 p.m. and on Sundays from 9 a.m. until 5 p.m.

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 & outdoor range manager 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.



"Another great gift idea is one of our memberships," said Dawson. "Our memberships for the indoor and outdoor ranges cost much less than you would expect and are good for a full year."

Other membership gift ideas are Steel Grace, Guns of Glory's ladies only membership, which meets on the first and third Thursdays of the month, with six-month memberships beginning at only \$75. Individual membership is \$350 annually and includes the following benefits: No lane fees, 10 percent discount on Pro Shop purchases (excluding firearms, training, and rentals), and wait list priority. Family membership is \$450 annually and provides the same benefits as individual membership. It is applicable to all family members in the immediate household. Those under the age of 18 must be accompanied by an adult member. Hero membership is \$300 and includes all the benefits of the individual membership.

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

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

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

For more information, call 918-534-8758 between the hours of 9 a.m. to 7 p.m. Monday through Saturday, or visit them on the web at [gogok2a.com](http://gogok2a.com).

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# New Regent President Named Pilkington Takes Over New Role in Bartlesville Branch

by Matt Conley



Charlie Pilkington has been named the new president of Regent Bank's Bartlesville branch, replacing Hank Hamilton — but don't expect to notice anything different.

"Everybody in town knows and loves Hank Hamilton and his wife, Virginia, but Hank is staying on; he will still be 'Hank at the Bank,'" said Pilkington, who previously served as vice president/lending. "He wants to spend more time with his

family, but he loves people and will still be helping them here at Regent Bank."

Regent Bank was founded in 1898 in Nowata, and was acquired by Regent Capital Corporation 14 years ago. The bank has grown to seven locations in Oklahoma and Missouri, including Bartlesville, Nowata, Broken Arrow, Tulsa, Oklahoma City, Edmond, and Springfield.

Regent specializes in combining state-of-the-art, online mobile banking tools with a personalized approach, so customers get to know their banker by name.

"This is where Regent Bank excels, because our shareholders are also small business owners and we understand the issues they are facing. We have always supported our clients through thick and thin," said Regent Bank Chairman and CEO Sean Kouplen.

Having more than \$1.2 billion in total assets, Regent Bank continues to strive, winning many awards, including the American Bankers Association's Central United States Community Bank of the Year, the American Institute of Banking's Extraordinary Banking Award, Inc. Magazine's Best Places to Work in 2018

and 2019, and it was honored by Oklahoma Magazine and the Tulsa World newspaper as one of the Best of the Best Banks in Oklahoma.

Pilkington has been with Regent Bank for five years, including the last two in Bartlesville. And he cherishes that time here in Bartlesville.

"My great-great-grandfather moved to Bartlesville in 1905," said Pilkington. "He worked as a mason, and was responsible for many of the sidewalks and streets in town. My family has a link to Bartlesville that dates back generations."

Pilkington also loves that he works for a faith-based bank, one with a mission of spreading God's love to the community, employees, and customers.

"We have daily devotionals at 8:17 each morning, we started the popular Faith in Business series, and banking is free for non-profits here at Regent" said Pilkington. "We believe non-profits are doing God's work, so we want to do everything we can to help them."

Kouplen said Regent fits well in Bartlesville because the community values their brand of personalized service and community support. For non-profits, Regent offers excellent rates and no fees. Earlier this year, the bank gave away \$50,000 to area non-profits as part of an effort to offset lost revenue during the Covid-19 emergency.

Regent Bank's Bartlesville branch turns two years old in October of this year, and those two years have been full of wonderful community involvement.

"I love how involved Regent Bank is in its local communities," said Pilkington. "Our employees serve on local boards, are involved in local activities, and we even regularly fix hot dogs for our police officers and firefighters."

# End-of-Summer Skin Care

## Now is the Perfect Time for IPL Laser Treatments



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.

Chris also stressed that right now is the perfect time for IPL Laser Treatments, as summer is winding down and there is much less damaging sunlight.

### 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.

### 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.

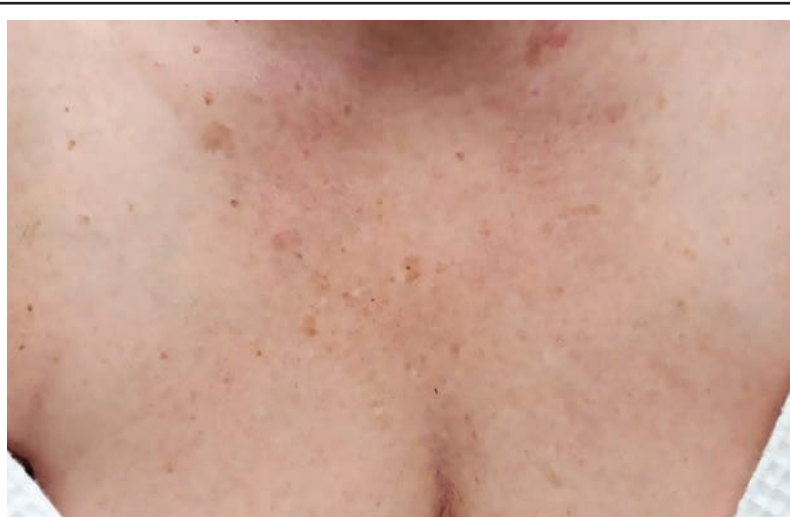
### Environ Skin Care

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, [www.environskincare.com](http://www.environskincare.com).

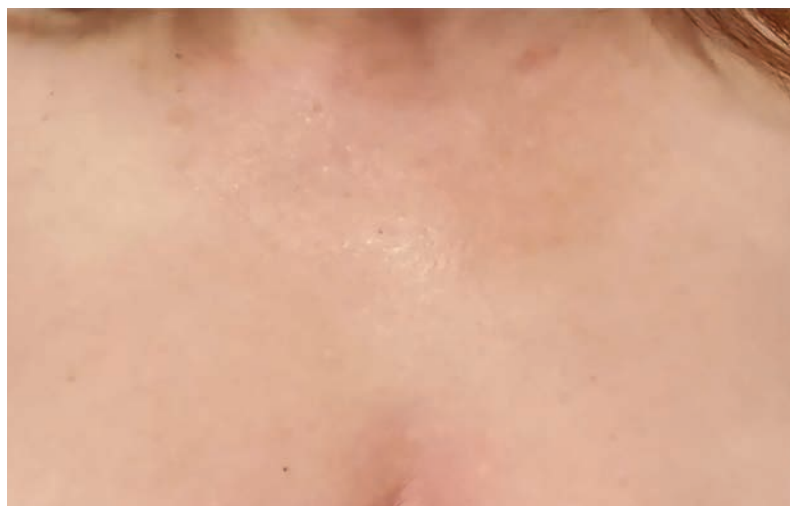
For a complete list of treatment options, please call their office at 918-876-4470. Follow Lavers Aesthetics on Facebook or Instagram to stay informed about their specials and new treatments.

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.



BEFORE



AFTER



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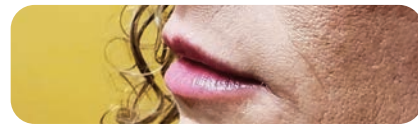
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BEFORE



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# Delivering Hope

## The Cottage Offers Vital Pregnancy Services to Women

A local non-profit organization is helping mothers and babies by providing critical pregnancy and maternity services to those in need.

Two women's dream of helping mothers and babies and establishing a residential maternity home has become a reality ... The Cottage is turning five years old this year, and has now helped more than 600 women in Bartlesville.

Founders Juli Merciez, RN, BSN, MPC and Becky Thompson, RN, Ph.D., started working and developing their vision for The Cottage back in 2002. The Cottage has been in operation since February 2016. It has three areas of focus: A mobile unit to provide free pregnancy tests and ultrasounds, a residential home, and training/clinic assisting women in securing resources for pregnancy, parenting or adoption, post-abortion support, education completion, and life skills development.

The Cottage helps women pursue their education, develop parenting and life skills, and engage in their community.

"In the past year, we have seen the number of women who need our help double," said Executive Director Lana Smith. "There is a tremendous need in our community for the services we offer, and we just want all the women out there who are struggling in these tough times that we are here to help them."

The non-profit 501(c)3 organization serves pregnant women at their point of need. The mobile unit and local clinic offers free pregnancy testing and ultrasounds to encourage women to embrace their baby growing inside.

"We believe healthy mom, healthy baby; happy mom, happy baby," said Smith. "We serve Washington, Osage and now Nowata counties, and have really made a focus on getting out and helping women in some of these smaller communities."

All of the residents in the residential maternity home work an individual plan focusing on healthy mom/baby, life skills, and education. They choose to work on their education, job, or volunteer 20 hours a week and set goals for their achievements each week. Over 62 percent of clients have not graduated from high school, so completing their GED is the first goal set. Graduation from the maternity home secures independent living,



a job, and ability to provide a safe and secure living environment for themselves and their children.

"Our clients are entering school, finishing their GED, completing technical training, and now a couple are in college," said Smith. "It is a story of lives changed. Amazing! We are guided by the love of Jesus and give hope to all those we serve."

They have collaborated with Ray of Hope Advocacy Center, Birthright of Bartlesville, Samaritan Counseling & Growth Center, Grand Lake Mental Health Center, Youth and Family Services of Washington County, and Delaware Child Development Center. In addition, Osage Nation WIC partners with The

Cottage, providing nutrition and events like farmers markets and breastfeeding resources. "We have served more than 600 women since we started as just a conversation," said Thompson. "We have housed and served 42 at the residential home"

"The women here have to work or go to school, and we certainly advocate for education over employment," said Smith. "It is just such a blessing to see the difference we are making in these women's lives."

The Cottage's financial sustainability comes from grants and private donations. "The Cottage relies heavily on the generosity of people from our community," said Smith. "Every contribution goes toward our clients, working their individual plans to feel like they are successful, loved, cared for, and part of our family. We accept new or like-new baby items, maternity clothes, or essential items to set up an initial household. We are always in need of volunteer time, diapers and wipes, cleaning supplies, and female personal hygiene items. We will put every item to good use."

On Saturday, October 8 at 6:30 p.m., The Cottage will host its annual Black & White Party at the Johnstone-Sayre event center. Dinner, client testimonies, casino royale entertainment, and an amazing time are in store, and all for a great cause. "Our Black & White Party is our biggest fundraiser of the year," said Smith. "We invite everyone to come out and have a great time while helping us help so many women." For additional information on The Cottage or to donate, visit [www.cottageforlife.com](http://www.cottageforlife.com), send an email to [info.cottagelife@gmail.com](mailto:info.cottagelife@gmail.com), call 918-214-8854 or stop by 307 South Seneca Avenue, in Bartlesville.

*the* COTTAGE  
**BLACK || WHITE**  
*party*

PLEASE JOIN US FOR AN EVENING OF  
CELEBRATION & CASINO ROYALE ENTERTAINMENT

**SATURDAY**  
*October 8, 2022*

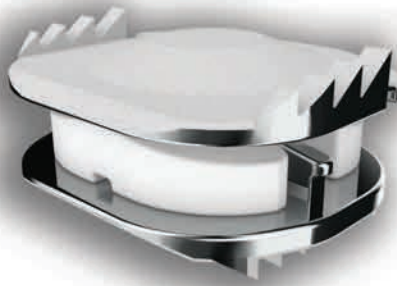
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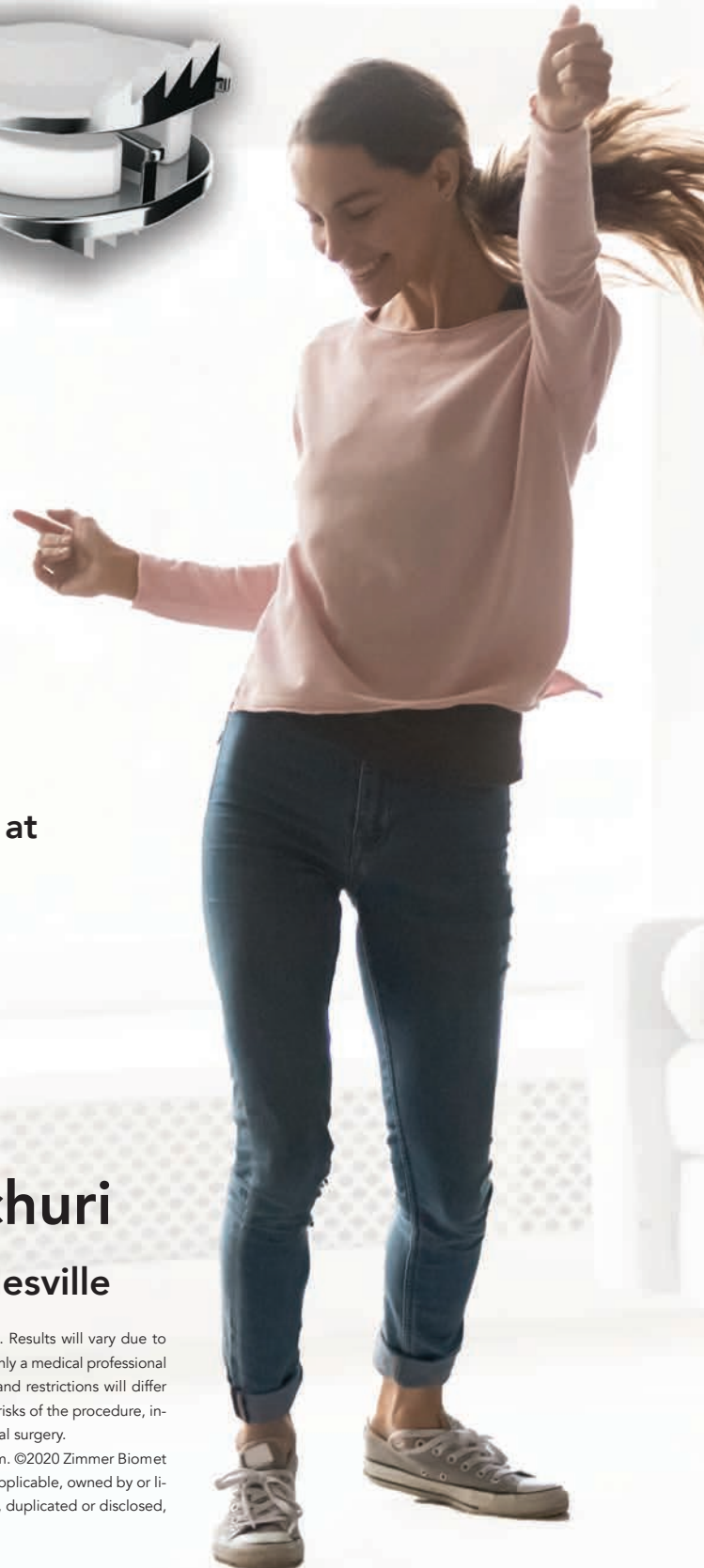
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For additional information or to find a surgeon near you, visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com) or [www.cervicaldisc.com](http://www.cervicaldisc.com). ©2020 Zimmer Biomet Spine, Inc. All content herein is protected by copyright,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



# Get Relief from Neck Pain

## Dr. Parchuri Specializes in Spine Surgery & Pain Management

by Deanna Evans

If you are suffering from chronic or acute pain, you need the leading medical professional in Bartlesville and Tulsa spinal surgery. Dr. Kris Parchuri, with Spine and Orthopedic Specialists, specializes in orthopedic spine surgery and pain management. Let him help you reclaim your life.

If you have been experiencing persistent neck pain, it can be from an underlying medical cause that needs to be addressed. There are several problems that can cause neck pain. In addition, 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, as well.

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

With offices in both Bartlesville and Tulsa, Dr. Parchuri is committed and dedicated to putting you on the road to recovery.

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.

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

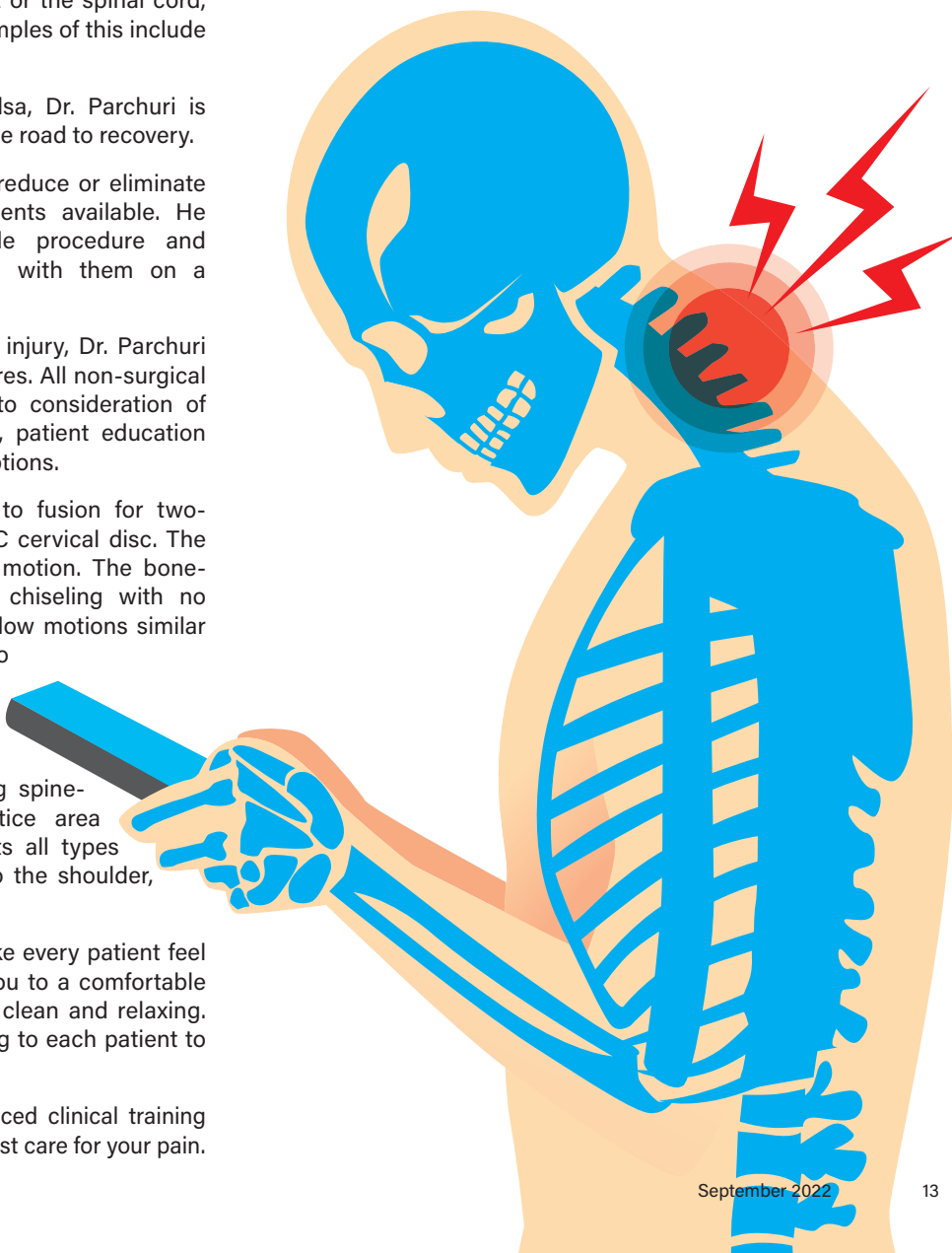
"Our number-one goal as a staff is to make every patient feel at home," said Dr. Parchuri. "We welcome you to a comfortable environment and medical office that is both clean and relaxing. Our professional staff prides itself on listening to each patient to ensure they receive the correct treatment."

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

Dr. Parchuri is a proud graduate of Kansas City University of Medicine and Biosciences College of Osteopathic Medicine. He completed his orthopedic residency in Tulsa at Oklahoma State University Medical Center, followed by a spine fellowship at Texas Back Institute in Plano, Texas.

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

At the office of Dr. Parchuri, he and his team of medical professionals are ready to help you get your life back today. Take back what is yours — contact the office of Dr. Kris Parchuri. To schedule a consultation, call 918-286-3124 or contact them online at <https://sostulsa.com/dr-kris-parchuri>.





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1463 Valley Road	Bartlesville	3/2/2	\$259,000	Cheryl Fregin	918-440-0040	SE Barnett	Bartlesville	71.38 Ac	<b>SOLD!</b>	Max Lutke	918-914-3813
1143 Meadow Lane	Bartlesville		PENDING	Cheryl Fregin	918-440-0040	N Hwy 75	Dewey	8.97	\$450,000	Max Lutke	918-914-3813
4223 Tuxedo blvd	Bartlesville	4/2/4	\$215,900	Kim Tate-Conner	918-335-7193	2708 Road	Bartlesville	80 AC	\$350,000	Carolyn Bolding	918-327-1133
1012 Hazel Court	Bartlesville		<b>SOLD!</b>	Kim Taylor	918-214-3036	N 3973 Drive	Dewey		PENDING	Sydney Nichols	918-397-4505
1714 S Osage Avenue	Bartlesville		<b>SOLD!</b>	Brian Saltzman	918-214-3053	N 3973 Drive	Bartlesville	25ac	250,000	Sydney Nichols	918-397-4505
1505 Melmart Drive	Bartlesville		PENDING	Kim Taylor	918-214-3036	Deerfield Addition II	Bartlesville	13 Lots	\$40-69K ea	Janette Roark	918-907-1327
2000 S Dewey Avenue	Bartlesville		PENDING	Barbara Hopper	918-335-7202	2112 Turtle Creek	Bartlesville	1 Lot	PENDING	Janette Roark	918-907-1327
4203 Tuxedo blvd	Bartlesville	3/2/1	\$159,900	Kim Tate-Conner	918-335-7193	Southport Drive	Bartlesville	9.18 ac	\$137,750	Janette Roark	918-907-1327
814 S Osage Avenue	Bartlesville	3/2/2	\$155,000	Amos Radlinger	918-766-2361	Southport Drive	Bartlesville	.40 Ac	\$39,500	Janette Roark	918-907-1327
1321 Rockdale Rd	Bartlesville		PENDING	Josh Igo-Schueler	918-914-0256	S Wyandotte Ave	Bartlesville	3 Res. Lots	\$30K ea	Janette Roark	918-907-1327
1839 Putnam Drive	Bartlesville	4/2.5/2	\$189,000	Carolyn Bolding	918-327-1133	Southport Loop	Bartlesville	Res. Lot	\$14,750	Janette Roark	918-907-1327
246 Meadowlark Ave	Bartlesville		PENDING	Barbara Hopper	918-335-7202	Admiral Court	Bartlesville	2 lots	\$9,500 each	Amos Radlinger	918-766-2361
4733 Kentucky Street	Bartlesville		<b>SOLD!</b>	Barbara Hopper	918-335-7202	515 Shawnee Avenue	Bartlesville	Res. Lot	PENDING	Carolyn Bolding	918-327-1133
4901 Brookline Drive	Bartlesville	3/1.5	\$145,000	Cindy Folk	918-559-9905	<b>COMMERCIAL PROPERTIES</b>					
501 S Wyandotte Ave	Bartlesville	3/1/1	\$128,000	Cheryl Fregin	918-440-0040	21 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000	Janette Roark	918-907-1327
1522 Colorado	Bartlesville		<b>SOLD!</b>	Kim Tate-Conner	918-335-7193	1000 E 14th Street	Dewey	Mixed Use	\$699,000	Lutke/Bolding	918-327-1133
808 SW Jennings	Bartlesville		PENDING	Amos Radlinger	918-766-2361	16582 Hwy 123	Dewey	Mixed use	\$349,000	Barbara Hopper	918-335-7202
1200 SW Jennings	Bartlesville		PENDING	Amos Radlinger	918-766-2361	2710 SE Washington Blvd	Bartlesville	1.02 Ac	\$299,000	Carolyn Bolding	918-327-1133
528 S Shawnee Ave	Bartlesville	4/3.5/2	\$39,900	Barbara Hopper	918-335-7202	2339 Nowata Place	Bartlesville	Business	PENDING	Brian Saltzman	918-214-3053
241 NE Debell Ave	Bartlesville		<b>SOLD!</b>	Barbara Hopper	918-335-7202	204 S Chickasaw Ave	Bartlesville	Business	PENDING	Barbara Hopper	918-335-7202
<b>SURROUNDING AREAS</b>						312 Osage Avenue	Bartlesville	Mixed use	PENDING	Amos Radlinger	918-766-2361
3426 E 184th Street	Collinsville	5/3.5/3	\$659,000	Barbara Hopper	918-335-7202	217 S Choctaw Ave	Bartlesville	Multi-Use	\$105,000	Barbara Hopper	918-335-7202
2523 S Owasso Ave	Tulsa	3/2.5/2	\$685,000	Andrew Gordon	918-230-0864	2882 SE Washington Blvd	Bartlesville	.29 Ac	\$80,000	Carolyn Bolding	918-327-1133
22 Longacre Dr	Caney Valley	4/3.5/2	\$498,000	Keeli Droege	918-697-8509	814 S Willow Street	So Coffeyville	Rest	PENDING	Cindy Folk	918-559-9905
15185 EW Couty Rd 8	Ok/ Union	4/2.5/2	\$360,000	Cindy Folk	918-559-9905	1114 W Hensley Blvd	Bartlesville	Mixed use	\$59,900	Barbara Hopper	918-335-7202

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# Open Enrollment Coming Up for Seniors

by Matt Conley



Seniors, if you haven't already, expect to start being inundated with commercials, mail, and ads for Medicare Advantage Plans. But Mark Crain, an advisor with Association Members Benefits Advisors, wants our area seniors to know they have options when it comes to supplemental insurance.

"Unlike Medicare Advantage Plans, which are more like an HMO where you don't always get to choose your doctor or care facility, our Medicare supplement plans let you choose," said Crain. "Along with our Medicare supplement plan, we also offer coverage for cancer, heart, stroke, home health, and nursing facility. We understand that supplemental insurance isn't one-size-fits-all."

AMBA offers an alternative to Medicare Advantage Plans, and provides a benefit review to cater coverage to each individual senior to fit their needs.

You can call Mark Crain at 918-978-2897 or send him an email at [mark.crain@amba.info](mailto:mark.crain@amba.info) to set up a no-obligation consultation. Let Crain and AMBA provide you with peace of mind as you prepare for open enrollment.

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# Ask the Doc

## ...About Treating Thumb Pain

by Deanna Evans



The thumb joint, where it connects to the wrist, is one of the most common joints to become arthritic. This joint is known as the first carpometacarpal joint, or CMC joint.

Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville, is trained to provide specific chiropractic adjustments to the small wrist and hand bones to restore healthy alignment and function to the irritated, degenerative joints. "In addition to pain relief, patients often experience increased strength, range of motion, and greater ability to grip objects for longer periods of time without pain and fatigue," said Dr. Russell. "Arthritic thumb pain and dysfunction can be helped through chiropractic care. If you know someone who is dealing with thumb pain, we recommend a chiropractic evaluation to determine if there is a solution that can provide relief and restore healthy function to their hand."

Because the thumb has such a broad range of motion, it receives the heaviest workload of all the hand joints. We use our thumbs to grip and hold most objects, and the thumb is always opposing the four fingers. Therefore, when you grasp an object, the thumb is required to exert the same force alone as all four of your other fingers do together. With sustained gripping of an

object, the thumb tends to become fatigued before the fingers. This fatiguing effect may cause the thumb to work less efficiently.

Over time, the joint will lose its healthy alignment where the thumb connects to the wrist. This misalignment will irritate the CMC joint and cause the cartilage surfaces to become worn. This wearing of the cartilage is referred to as degenerative joint disease or osteoarthritis. When two bones become misaligned relative to each other, the joint at which they connect becomes irritated and inflamed due to abnormal motion at the joint. The cartilage surfaces begin to wear unevenly and become thinner and abnormal over time. This process is one of the underlying causes of the degenerative process.

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.



# American Heritage

by Matt Conley

American Heritage Beef Company, formerly McFerron Quality Meats, in Nowata is giving area residents the opportunity to enjoy fresh, high-quality beef — at an affordable price.

Owners Shane and Sherri Goemmer both come from a long line of beef producers. Shane is a 5th generation rancher who grew up in Southern Colorado. Sherri is a 4th generation rancher who grew up in Northern Arizona.

“We raise and own the cattle we process and then sell as retail. Our beef is high quality and an affordable price — and we know where it comes from,” said Sherri, the majority owner. “We butcher for local and regional ranchers and farmers. We specialize in beef only. That’s what we know and like.”

The two of them met in Tucson at the University of Arizona. Together they have raised 3 kids with the same passion for agriculture and the cowboy way of life that was instilled in them from their parents and the beef producers that came before them. Through American Heritage Beef, Shane and Sherri hope to bring the same high quality beef to you that has fed their family for generations.

“We are proud to employ local staff who share our commitment for high quality, affordable beef,” said Sherri. “We help support local events like different sports, rodeos, FFA, and more. We are proud of where we live and the people we call our friends and neighbors.”



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4748 Baylor Drive	3 bedrooms, 2 bath, 2-car garage.....	Deposit/Rent: \$1,250
6719 Abbey Road	2 bedrooms, 2 bath duplex.....	Deposit/Rent: \$1,150
Rural Nowata	Outside City Limits. 3 bedrooms, 1 bath, Brick Home.....	Deposit/Rent: \$1,100
420 Lindenwood Dr	Just Remodeled. 3 bedrooms, 1 bath, 1 car attached garage.....	Deposit/Rent: \$875
1859 S Armstrong	3 bedrooms, 1 bath.....	Deposit/Rent: \$800
946 N Ross, Dewey	2 bedrooms, 2 bath.....	Deposit/Rent: \$750
1315 Wyandotte, Dewey	2 bedrooms, 1 bath, great room. Detached garage.....	Deposit/Rent: \$750
1003 W 13th St.	2 bedrooms, 1 bath. Attached garage.....	Deposit/Rent: \$700
812 E 4th St.	Just remodeled. New appliances. 1 bedroom, 1 bath, water paid. 3 apartments ready to rent.....	Deposit/Rent: \$700

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# What Inheritance Will We Leave?

## We Leave Behind Something for Future Generations

by Curt Landry Ministries

### What is Inheritance?

According to most dictionaries, inheritance means "something that is or may be inherited."

In the world inheritance is generally seen in monetary terms, but that is only a small part of what inheritance can be. In fact, someone without a penny can leave an inheritance — one requiring no paperwork or other legal formality. This is because inheritance can consist of character, values, faith, aid, etc. — the result of our actions and choices.

### Do We Have an Inheritance?

Not many people would turn down an inheritance of a billion dollars. The recipient of such an inheritance might give a large portion away, but few would ultimately refuse it. And yet, too often the inheritance God has provided, which is of far greater value, is turned down. That is the inheritance of salvation, freedom, provision, protection, and family.

The rejection of this inheritance is a sad thing. Not only for those who reject it, but also for God. Because the Lord greatly loves all His creation and desires that none should perish (see 2 Peter 3:9.)

*"If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!"* — Matthew 7:11

God treats us as beloved children rather than as what we deserve. And like any good father, God wants us to be blessed and growing into the best individuals we can be; but as all children, we have a choice. To choose the good that is put before us, or the bad.

It is a precious gift to be able to choose. Yet, God wants all of us to choose life rather than death ... to accept His provided inheritance. To be restored!

### An Inheritance that Lasts:

Just as we are able to receive an inheritance, we can also give an inheritance; sharing of the inheritance God has provided

us most importantly. This sharing of inheritance can include a variety of things ranging from salvation to the gifts and talents God has placed in us, to hope, to building up communities and families, and beyond!

Yes, we can leave behind physical things like property, finances, etc., and this is often a part of our unique legacy. However, the best legacy we can leave is the result of a life led by the Spirit... one that produces good fruit (see Matthew 12:33). That lets others see the Light!

*"A good man leaves an inheritance to his children's children, but the wealth of the sinner is stored up for the righteous."*

— Proverbs 13:22

It is time for us to be intentional with the inheritance we leave for future generations. In our character. In our faith. In our communities. And all of us can do it. One choice at a time.

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](http://www.HouseofDavid.com) to discover how you can get involved and grow in your relationship with Christ.

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



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