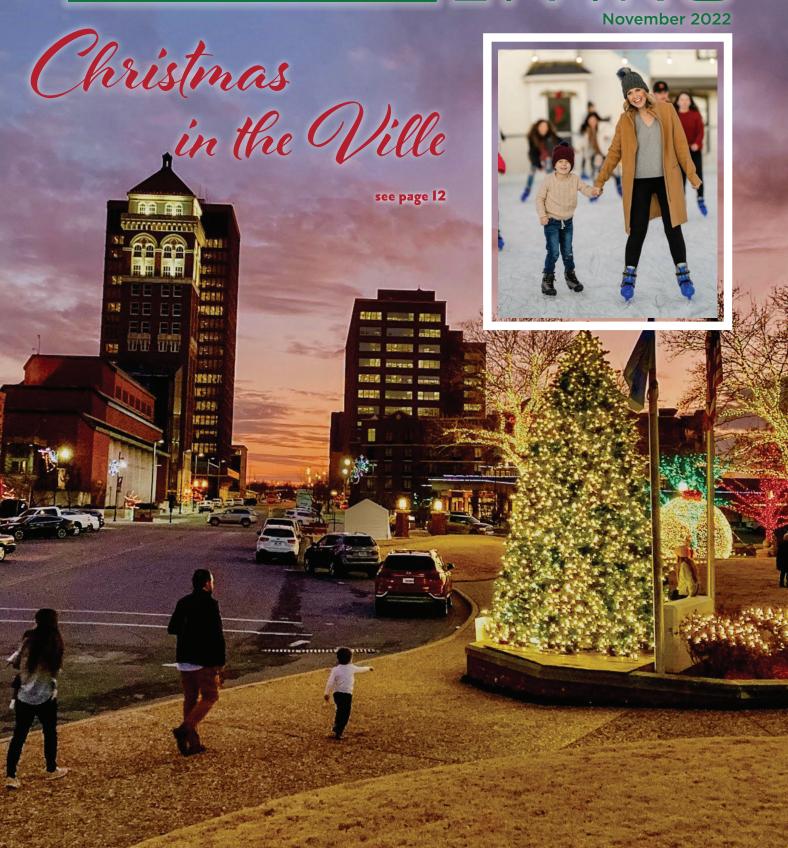
Bartlesville



Black Friday Blowout



Select Firearms Sold at Cost!





Check Out These Great Deals!

Greatly-Discounted Holsters Glock Magazines Ear Muffs

Timber Creek accessories for your AR
9mm training ammo

Coolfire Systems
High-end eye protection
Top Focal kits
and much more!!!



Free Hat or T-Shirt with every firearm purchased!

(While supplies last. All sales final.)

Outdoor Range

Winter Hours: 9 am - 5 pm every day

We have the perfect gifts for the holidays. Gall & let us find one for youl

(918) 534-8758

Bartlesville

Table of Contents

- 4 Ask the Doc...About Enjoying a Pain-Free Holiday Season
- 5 Guns of Glory's Black Friday Blowout
- 8 Living With a Pain in the Neck?
- 10 A Holiday Note for Those Grieving the Loss of Someone They Love
- 12 Christmas in the Ville
- 14 You Don't Have to be a Statistic
- 15 Life Changers
- 16 Tips for Boosting Indoor Air Quality In Your Home
- City Beat: City to Accept Proposals 19 for First Christian Church Building
- Free Leaf Collection Set for Dec. 5-9 19





















Bartlesville

Volume III Issue XI

Graphics Copper Cup Images Bartlesville Living Published by

ENGEL PUBLISHING

Publisher Brian Engel brian@bartlesvilleliving.com

Contributing Writers Deanna Evans, Matt Conley, Kelley Goodall, Kelli Williams design@coppercupimages.com

Contributing Photographers Peg Wilson, Intentional Being LLC, Guns of Glory, Lavers Aesthetics City of Bartlesville

Project Manager Andrea Whitchurch awhitchurch84@gmail.com

Sales Associate Peg S. Wilson peg@bartlesvilleliving.com

About the cover: Christmas in the Ville is one of our most popular downtown events!

Design by Copper Cup Images



Ask the Doc

...About Enjoying a Pain-Free Holiday Season by Deanna Evans



It is difficult to be thankful and to keep a positive attitude when you are suffering from back pain, neck pain, and headaches. Let Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville, help you get back to living pain-free.

Lower back pain, neck pain, and headaches are the most common problems for which people seek chiropractic adjustment, and while Dr. Russell is The Hand and Foot Chiropractor in Bartlesville, he also treats the spine.

"Spinal adjustments help to restore normal body function to improve the nervous system," said Dr. Russell.

At your initial visit, Dr. Russell will ask questions about your health history and perform a physical exam, with particular attention to your spine. Chiropractic adjustments focus on alleviating symptoms that affect the musculoskeletal system. This could be to treat aches and pain, muscle stiffness, or chronic conditions. Some people choose to get a chiropractic adjustment if they want an alternative form of treatment that doesn't involve taking prescription medicine.

A chiropractic adjustment is an effective treatment option for all ages, including both children and adults. You may feel and hear a popping or cracking sensations during a chiropractic adjustment. These are gases, like oxygen, nitrogen, and carbon dioxide, releasing from your joints. Gas gets trapped in small cavities of your joints when you move and stretch. While this gas release may be more apparent during a chiropractic adjustment, you experience a similar sound when you crack your knuckles.

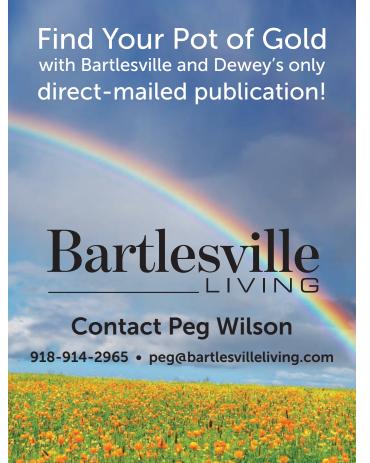
There are several benefits of a chiropractic adjustment. It helps minimize migraines and neck-related headaches. Chiropractic treatments improve your posture and reduce pain while improving range of motion in your spine and other joints. It reduces symptoms of chronic conditions like osteoarthritis and treats minor neck or spine injuries, especially whiplash.

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.









Guns of Glory's Black Friday Blowout

by Matt Conley

Black Friday — arguably the biggest shopping day of the year — is just around the corner, and outdoor & shooting enthusiasts can find just what they're looking for at Guns of Glory!

A select group of firearms will be sold at cost during the big holiday sale, and a free t-shirt or hat will be given away with every firearm purchased, while supplies last. The sale also features greatly discounted holsters, Glock magazines, ear muffs, Timber Creek accessories for your AR, 9mm training ammo, CoolFire systems, high-end eye protection, top focal kits, and much more!

Owner Daniel Dawson said the sale will be huge, and shoppers are sure to find whatever they are looking for. "We have a great inventory, and this sale will have some of our best prices of the year," said Dawson. "We have multiple brands of guns, ammunition, parts kits, and accessories in stock, and we have new stock arriving regularly. Another great gift is our gift cards, so that special someone can find exactly what they want."

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's outdoor range is now operating on its winter hours, and will be open every day 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 and 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 they 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 \$250 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 \$350 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 \$200 and includes all the benefits of the individual membership. Shooters are also welcome to use their own ammo.

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. and 7 p.m. Monday through Saturday, or visit them on the web at gogok2a.com.



HOLIDAY SPECIAL ALL FILLERS...









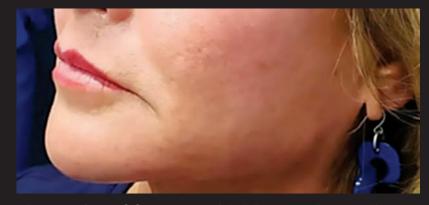
Dermal Fillers

Brow Lines • Crow's Feet • Laugh Lines • Cheek Volume • Marionette Lines • Neck Lines • Forehead Lines • Frown Lines • Bunny Lines • Tear Trough • Jaw Sculpting • Lips Border Lines • Lips Volume

JAWLINE BEFORE

"Aging is a fact of life. Looking your age is not."

— Dr. Howard Murad



JAWLINE AFTER 2 SYRINGES OF 1.5ML RADIESSE DERMAL FILLER

BUY 1 GET 1 HALF OFF!

5120 E FRANK PHILLIPS BLVD 918-876-4470



Living with a Pain in the Neck?

Local Doctor Specializes in Treatments to Help

Neck pain can be caused by an underlying medical condition that needs to be addressed to achieve relief. A neck injury can cause

pain in the shoulder, head, arm, and/or hand. It can also cause pain to radiate into the legs and other areas.

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

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 seven 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 implantto-bone interface. There are no invasive screws, no bone removal for preparation and no additional operative steps. It is a onestep insertion with no drilling or chiseling needed.

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

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

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

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

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

Life shouldn't be a pain in the neck

Disc replacement can help maintain motion!

Our doctors have performed more disc replacements than anyone in Northeast Oklahoma, and may soon have you on the way to relief from spinal pain.

Surgery with Mobi-C®:

- Will replace worn out disc(s)
- May help keep neck movement
- May lessen neck and/or arm pain and any arm tingling.

Potential Mobi-C® post operative risks:

- Pain in the neck, arm, back, shoulder, or head
- The feeling of pins and needles in the arms
- Difficulty swallowing

Learn more about the Mobi-C® Cervical Disc at CervicalDisc.com



SOStulsa.com/dr-kris-parchuri

918-286-3124 • 226 SE DeBell Ave., Bartlesville

Not an actual patient recipient. Results are not 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



A Holiday Note...

For Those Grieving the Loss of Someone They Love

by Kelley Goodall

Dear Grieving Person,



You've lost someone very special and important to you, through death or perhaps a broken relationship. The holidays are almost here, and everything is already completely different than before ... each passing day you know that your loved one won't be here this year to create new memories and share the days ahead with you. Your heart is broken, and my

heart breaks with you.

There are very few, if any, words of sympathy, empathy or consolation for the hollow emptiness, pain, and sorrow you are experiencing from your loss. I am simply so very sorry.

One of the biggest challenges in dealing with the absence of someone core and precious to us during the holiday season is trying to balance oneself with other peoples' joy, happiness, and spirit of celebration.

I understand the thoughts and emotions that stir within as you try to figure out how to cope and function when your heart is heavy and feels like it is sinking in quicksand. For hope and encouragement, I thought it might be helpful to offer some suggestions to support and guide you through your journey.

SUPPORT YOURSELF

The weight of processing your pain alone is lonely and can actually limit your progress. Consider engaging a counselor, grief coach, or a GriefShare recovery support group to guide you, encourage you, and lift you up. Find a specific person or a group of understanding people who 'get' what you are experiencing . . . who care and can walk with you as you work to come into healing.

As a suggestion, there are multiple **Surviving the Holidays GriefShare** seminars in our local region. You can search for one at www.griefshare.org/holidays and learn how to deal with your myriad of thoughts and emotions during the holidays.

Right now, it's about Taking Care of You! In other words, doing some things for your well-being:

- Keep yourself surrounded by those who Love and Care for you.
 Ask for their help and be willing to accept it when they offer.
- Be aware of isolating. Choose to be open to feeling, thus giving yourself permission to cry, release, and grieve expressing your emotions when and as you can.
- Decide who you will spend time with it is A-Okay to be selective and limited.
- Set realistic expectations reduce the number of things you used to do to come into a new balance.
- Do something for someone else it helps keep perspective and balance. You may not be the only person hurting around you.
 Helping another person may guell and ease your own pain.
- Take time to remember your loved one they are totally worth it! Write them a letter telling them how you feel; share some of your past memories with them. Pull out pictures and take a trip down memory lane with them. It is part of your healing journey.

The most important thing to remember is there is no right or wrong way to celebrate the holidays after the death of a loved one. A dear friend shared that her most important lesson in coping was giving herself permission to not do what she had always expected of herself or thought others expected of her because they had always done things a certain way.

Hear this, state it to yourself, and release the unnecessary pressure, "I am NOT REQUIRED...."

Instead, try allowing others to help and support you while you dial back the time and energy you may have placed in previously DOING the holidays a certain way, and so this year . . . simply take it easy.

ALLOW OTHERS TO SUPPORT YOU

I've read and wholeheartedly agree ... 'the holiday season with traditions, celebrations and gatherings with family and friends is a landscape of painful landmines for those struggling with the death of a loved one. Supporting someone who is grieving during the holidays can be the most important gift you give this holiday season.'

You may not want help or support for lots of different reasons. However, I encourage you to let others come alongside for this simple reason, they may have been through the grieving process before and know something you don't know about what is now or ahead. They also may be grieving and helping out because it is their way of processing their own feelings, especially if this is a shared loss.

When my father died, a family friend came over and spent three hours with me, taking every glass and dish out of our cupboards and washing and drying them. Did they need to be cleaned? No. But what an opportunity for us to pass time together. It helped me center myself before making any more decisions, calls, or doing funeral tasks. I am still so grateful for that act of kindness.

There's more that could be said ... perhaps another time.

As I close for now, in the spirit of what I believe and value most, I am asking God to reach out to you to walk with you through this current storm and faithfully comfort and carry you through what seems beyond bearing. I love His promise for you in Psalm 147, verse 3. Hold on to it! "He heals the brokenhearted and binds up their wounds."

The holidays are the celebration of Jesus' birth in expression of God's unfathomable love for us all and His incomprehensible Glory. He came that we might be healed. I pray that truth and peace be experienced most through the journey of loss and grief you are traveling.

Kelley Goodall, M.A., M.A., CLC is a Pastoral Counselor and certified Life Coach; having also served as a Chaplain and Grief & Loss counselor and group facilitator. Please contact her for assistance in grief and loss, life transitions, and other care and counseling through Intentional Being, LLC, 918-876-2380 or intentionalbeingok@gmail.com.

Bump up your Savings.

Take control and bump your rate one time if rates increase.

17
Month
Bump
CD

3.30 %PY1

(918) 907-3580

www.regent.bank

¹APY=Annual percentage yield. Rate effective as of 09/21/2022; subject to change. CD is eligible for a one-time rate increase to Regent Bank's current 18 Month CD Rate during the duration of the CD at the holder's discretion. Other rates & terms available. \$25,000 deposit required to open this account. A penalty will be imposed for early withdrawal of CD products & fees could reduce earnings on the account.



The bank that believes in you.









PRESENTED WITH







Throughout the month-long festival, residents and visitors can skate on real ice at the historic train depot, stop in to watch a nostalgic Christmas movie in the park while sipping hot cocoa, play family lawn games, or take a carriage ride throughout downtown Bartlesville while taking in all the beautiful lights and decorations. Other activities include Anna, Elsa, and Santa sightings, Santa letter station and mailbox, photo ops, lighted 12-foot walk through ornament, and a lighted 28-foot Christmas tree.

Christmas in the Ville is a gift to the community from the Bartlesville Chamber of Commerce along with local businesses that have teamed up together to make it possible to have a real-life Hallmark scene right here in beautiful downtown Bartlesville. Christmas is the Ville brings over 50,000 people to downtown, where they will be sure to visit and shop our local stores while eating in our local restaurants.

918-336-8708 www.bartlesvillechristmas.com FB@ BartlesvilleChristmasintheVille

Opening Night

Friday, Dec. 2 5:30-9PM

Tree & Park Lighting
Outdoor Ice Rink
Food Trucks
Frozen Princesses
Downtown Merchant Crawl
Movies in the Park
Carriage Rides
Tot Train Rides
Presents with Perspective
Pictures with Santa!

Public Hours Dec. 3-19

Friday Family Skate 3:30-6pm

Dec. 9 & 16 (children 10 & under w/ adult)

Fridays 6-9pm

Sat. & Sun. 1-9pm

Dec. 19 - Jan. 2
Daily 1-9pm

Dec. 24 - 1-5pm Closed Christmas Day

Admission to the rink is \$12 per person and includes skates and unlimited time.

www.bartlesvillechristmas.com







You Don't have to be a Statistic

November is Long Term Care Awareness month. If you're like me, for various reasons, your brain begins to be easily distracted



when someone starts talking numbers and statistics. But it's hard to deny real numbers. It's important to know that over 70% of seniors over 65 will need specialized care for about 2 1/2 years!

Healthcare costs are only going up. The average cost of a private room at a skilled nursing facility is nearly \$112,000/year and growing.

Read on. Medicare pays only the first 20 days of skilled care (nursing home only) but doesn't pay for intermediate or custodial care. And, Medicare charges you a copay of over \$194 a day from day 21 to day 100. That's nearly \$16,000 out of your pocket. Daily Nursing Facility coverage will pay benefits for ALL levels of facility care. Mark Crain, Benefit Advisor with AMBA, Association Member Benefits Advisors, can show you the best options to fit your needs and your budget.

"You can plan now for the level of care and comfort you deserve in case of an accident or illness that requires assistance and care during recovery," said Crain. "Not interested in Nursing Facility Care? No problem. We have Home Health Benefits available as well that will pay you on top of any other coverages. At AMBA, you have choices."

Whether you are working or retired, it's important to consider the cost of health care and how an unexpected accident or illness could impact you and your family's finances.



Finish the year strong! Do you want to protect your retirement investments? Did you lose hard-earned money in your investments because they were in the stock market? Unfortunately, projections show that market losses will continue to get worse before they get better. We can help stop the crack in your nest egg. Let Crain show how you can protect a portion of your investments with an excellent wealth management product that has upside potential with NO downside market risk. In addition, you can receive Tax-Deferred growth on your longterm gains, which means all interest earned is compounding taxfree until it's withdrawn. That's what we like to call, "a win/win!"

Call Mark Crain at 918-978-2897 to schedule a free consultation appointment today and get protection for your future!

~ NOTE: AMBA is endorsed by the Oklahoma Retired Educators Association and the Oklahoma Public Employees Association. ~



Contact Mark Crain | 918-978-2897 | mark.crain@amba.info

Life Changers

Meet 5 PTSD Service Dogs Changing the Lives of Veterans

(BPT) — Did you know that roughly 3.5 million military veterans suffer from posttraumatic stress disorder (PTSD)? PTSD can severely affect a veteran's life, but there is hope for those who are impacted. Research shows that veterans with properly-trained service dogs show lower symptoms of PTSD, reduced depression, and increased social participation compared to those who utilize more traditional clinical care for PTSD alone. However, only 1% of those in need who seek a service dog receive one each year.



Purina® Dog Chow® is on a mission to ensure more veterans in need can experience the life-changing benefits that PTSD service dogs provide.

This year, to highlight and celebrate the remarkable impact these dogs have on the daily lives of veterans, Dog Chow launched its first-ever Visible Impact Award in partnership with the Association of Service Dog Providers for Military Veterans.

Meet the five service dog finalists who are making life better for their veterans:

1. Bjorn

After U.S. Army Veteran Derek left his third inpatient treatment for attempted suicide, he knew he needed help to treat his complex PTSD. Everything changed when he met his service dog Bjorn, who helps him break out of negative thought spirals by interrupting flashbacks and thoughts of self-harm.

At night, Bjorn sleeps with or on top of Derek to help him sleep and wakes him if he's experiencing night terrors. "I have pushed myself farther than I have in a long time," said Derek. "I do so because I know that Bjorn will never quit on me. So, I can't quit on myself."

2. Ivy

U.S. Army Veteran Todd was on the brink of ending his life when a well-timed conversation with a fellow veteran inspired him to apply for a service dog to manage his PTSD. Ivy, a Great Pyrenees service dog, was the companion he needed. "Ivy has given me a second chance at life," said Todd. "I now cherish every minute of every day since the day I chose not to leave this earth."

Ivy can smell changes in Todd's body chemistry when he gets hypervigilant, angry, or anxious in crowded social situations. She quickly moves to bring him back to the present by interrupting his train of thought. When entering a room, Ivy will survey the environment, alleviating the feeling of threat before Todd enters a space, and if there is something in the room that could make Todd uncomfortable, Ivy will block him from entering.

3. Liberty

After an explosive went off under his Humvee outside Kirkuk, Iraq, Army Veteran Carlos's life changed forever. Ten years after the incident, Carlos had trouble leaving his home and managing his PTSD symptoms. Since receiving his service dog, Liberty, Carlos has been able to enjoy everyday life again.

If Carlos is sitting down when he experiences anxiety, Liberty will perform deep pressure therapy by laying her two front legs and head down on Carlos's lap until he

releases her. Because of Liberty, Carlos was able to overcome his anxieties and attend a Los Angeles Dodgers game. Liberty kept Carlos calm as they stood on the field and received a standing ovation from over 50,000 people.

4. Raphael

Constant panic and anxiety attacks made life a daily struggle for U.S. Air Force Veteran Bernard. Even on medication, Bernard's PTSD caused him to become withdrawn and depressed, making simple tasks intolerable. His life changed when Raphael, an eight-week-old English cream golden retriever, "picked" him as his forever person.

Like other PTSD service dogs, Raphael performs a "standing hug" to give Bernard compression therapy when he begins to experience an anxiety or panic attack. This hugging happens for a couple of minutes and works to place Bernard's focus on Raphael instead of the anxiety trigger. Additionally, Raphael's ability to create a protective buffer in public spaces has allowed Bernard to reenter society and do things like go to the grocery store and travel.

5. Trigger

After U.S. Navy Veteran Rebekah returned from service in 2011, she could not go out in public on her own. Luckily, her service dog, a rescued boxer mix named Trigger, helped reduce her PTSD symptoms.

When out in public, Trigger always remains by Rebekah's side, standing between her legs and decreasing her hypervigilance. Trigger inspired Rebekah to start her own business, which works to support other veterans struggling with PTSD and raises awareness of the fact that 22 veterans commit suicide every day. Thanks to Trigger, Rebekah is now able to speak to large crowds about her experience and how her service dog has changed her life.

To learn more about these veterans, their service dogs, and how you can support Dog Chow's mission, visit their website at DogChow.com/Service.

Tips for Boosting Indoor Air Quality

(BPT) — The arrival of autumn is a good time for homeowners to replace batteries in their smoke detectors and carbon monoxide alarms. And as winter approaches, it's also a good time to make sure that a home's heating comfort system is in good working order and ready to support indoor air quality.

Given that Americans, on average, spend 90% of their time indoors, the air inside a home should not be taken for granted. As October is Indoor Air Quality Month, the following tips can help support indoor air quality, while also helping to boost comfort and conserve energy bills.

- Change the furnace air filter: Not only will changing the filter monthly or as directed by the manufacturer reduce stress on HVAC equipment, but a dirty filter may also increase a home's energy bill and lessen indoor air quality.
- **Don't overlook the attic**: An average home loses about 20% to 30% of the air that moves through the duct system due to leaks, holes, and poorly connected ducts. In addition to allowing air moving through the ducts to escape, these gaps can reduce energy efficiency and lead to higher energy bills. Such breaches can allow dust and particulates in the attic to infiltrate and circulate throughout the home.
- Care for the air: Regular service of a home's HVAC equipment can help detect problems that may reduce indoor air quality. An Owens Corning AirCare™ contractor can inspect a home's attic using tools that may suggest a problem with indoor air quality.

For example, thermal imaging technology allows the contractor to visually show the homeowner where energy is being lost and areas where pollutants or contaminants may be entering ductwork.

- Assure attic ventilation: Ventilation supports the flow of air into and out of the attic space. Balanced intake and outtake vents in the attic along with proper air sealing support effective moisture management throughout the home.
- Manage moisture: Activities in the home like cooking and showering can raise humidity levels in the home. Turning on cooking vents and bathroom vents helps draw moisture out of a home's conditioned space. Beyond creating potential conditions for mold or mildew to grow, allowing moisture to sit on metal surfaces such as ductwork and other HVAC equipment can cause them to rust and corrode.
- Insulate unconditioned spaces: The North American Insulation Manufacturers Association has reported that 90% of homes are under-insulated, wasting money, energy, and decreasing comfort. Adequate levels of insulation can contribute to a more comfortable indoor environment.
- Stay alert to signs of a potential problem: Several clues can suggest that a home's ductwork may be reducing indoor air quality. Signs of a problem may include musty smells, mold or mildew around vents, condensation on HVAC equipment, hot or cold spots throughout the home, and an increase in dust in the indoor environment.





Bartlesville, OK

918-333-4647



SHARON FOUTS 918-231-2052

FEATURED PROPERTY





208 BRADLEY PLACE
Brick Home with 3 beds, 1 bath,
Living/Dining combo, Hardwood floors, 1 car Att. Garage,
Central Heat & Air.......\$82,000





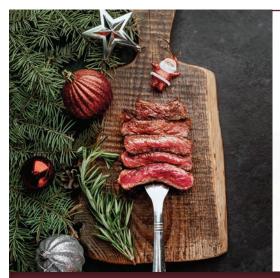
107 S CHEYENNE 3 bedrooms, 1 bath. Detached

3 bedrooms, 1 bath. Detached Garage, Storm Cellar. Property includes 2 lots......\$25,000

RENTALS AVAILABLE

1714 McKinley 3 bedrooms, 2 bath, 2-car garage	Deposit/Rent: \$1,500
408 Meadowlark 3 bedrooms, 1.5 baths	Deposit/Rent: \$1,100
812 E 4th St. Just remodeled. New appliances. 1 bedroom, 1 bath, water paid. 3 apartments ready to rent	.Deposit/Rent: \$700
404 S Seneca Ave. 1 bedroom, 1 bath, apartment. Water and gas paid	.Deposit/Rent: \$700

USING ELECTRONIC LOCKBOXES FOR YOUR SAFETY



AMERICAN HERITAGE BEEF



Don't Stress Over Your Gift List Give the Gift of Beef!

Producer Owned • Pasture Raised • Grain Finished Bundles, Gift Cards & Custom Gift Baskets

Visit us at these locations!

Nowata 19974 NS 411 Rd • 918.273.2333 Bartlesville 505 E 3rd Street • 918.337.9229

email: info@ahbeefco.com
We're also online at www.ahbeefco.com 🕤 🕲

Let us help you figure out the perfect gift!

LIVE IT UP

in a home of your own!

Ready to make your move? Whether you're purchasing, refinancing, building or making improvements, we're here to get you there.



Get prequalified at **BartlesvilleMortgages.com!**



CHINOWTH&COHEN LIST SHOW SO

REALTORS_®

WE HAVE BUYERS WAITING FOR THEIR NEW DREAM HOME!



918-440-4763



Carolyn Bolding 918-327-1133



Jonathan Bolding 918-327-3137



Denton Brown 620-205-8895



McKayla Church 918-730-1847



Cheryl Fregin 918-440-0040



Cindy Folk 918-559-9905



Andrew Gordon 918-230-0864



Keeli Hand-Droege 918-697-8509



Barbara Hoppe 918-335-7202



918-914-0256



918-914-3813



918-397-4505

4/3&2/3

5/4.5/2

3/1

3/2/2

4/2/2

3/2/2

3/2/1

3/2/2

4/2.5/2

3/1/1

2/2.5

3/2/1



Amos Radlinger 918-766-2361



Janette Roark 918-907-1327



Brian Saltzmar 918-214-3053





Kim Taylor 918-214-3036



918-805-1278



Brooke Snyde 918-271-2159







RESIDENTIAL

2200 Daniel J. Dl.	Daullan
2209 Deerfield Place	Bartlesville
605 Kenwood	Bartlesville
6801 Tuxedo Blvd	Bartlesville
2130 Skyline Drive	Bartlesville
5406 Nottingham	Bartlesville
4711 Sunview Place	Bartlesville
1463 Valley Road	Bartlesville
1904 Glynnwood Dr	Bartlesville
5402 Apsen Avenue	Bartlesville
4750 Sunview Place	Bartlesville
2553 Evergreen Drive	Bartlesville
113 Elmhurst Ct	Bartlesville
907 Kenwood Road	Bartlesville
4223 Tuxedo blvd	Bartlesville
2000 S Dewey Ave	Bartlesville
3725 Velma Drive	Bartlesville
4203 Tuxedo blvd	Bartlesville
814 S Osage Avenue	Bartleville
1927 Dewey Avenue	Bartlesville
1321 Rockdale Rd	Bartlesville
1839 Putnam Drive	Bartlesville
331 Boston Ave	Bartlesville
534 E 12th Street	Bartlesville
2094 Southview	Bartlesville
5281 Nowata Rd #Q101	Bartlesville
808 SW Jennings	Bartlesville
237 N Cheyenne Ave	Bartlesville
524 S Shawnee Ave	Bartlesville
SURROUN	IDING
253 Hazel Blvd	Tulsa

\$750.000 Janette Roark 918-907-1327 918-214-3036 530.000 Kim Taylor \$399,900 Kim-Tate-Conner 918-335-7193 Amos Radlinger 918-766-2361 PENDING Carolyn Bolding 918-327-1133 OLD! Kim Taylor 918-214-3036 OLD! Chervl Fregin 918-440-0040 Keeli Droege 918-697-8509 Cheryl Fregin 918440-0040 Keeli Droege 918-697-8509 Carolyn Bolding 918-327-1133 \$225.000 \$209,900 Sydney Nichols 918-397-4505 \$209,000 Carolyn Bolding 918-327-1133 Kim Tate-Conner 918-335-7193 **PENDING** Barbara Hopper 918-335-7202 **PENDING PENDING** Amos Radlinger 918-766-2361 \$159.900 Kim Tate-Conner 918-335-7193 \$149,900 Amos Radlinger 918-766-2361 \$124,000 Keeli Droege 918-697-8509 OLD! Josh Igo-Schueler918-914-0256 Carolyn Bolding 918-327-1133 **PENDING** Barbara Hopper 918-335-7202 \$90.000 Joshua Igo-Schueler 918–914–0256 Barbara Hopper 918-335-7202 PENDING \$84,000 Carolyn Bolding 918-327-1133 Amos Radlinger 918-766-2361 Carolyn Bolding 918-327-1133 \$59,000 OLD! Barbara Hopper 918-335-7202 4/4.5/2 \$1,650,000 Andrew Gordon918-230-0864

3426 E 184th Street Collinsville 5/3.5/3 3/2.5/2 2523 S Owasso Ave Tulsa 22 Longacre Dr Caney Valley 4/3.5/2 15185 EW Couty Rd 8 Ok/Union 4/2.5/2 140 N Wyandotte Ave Dewey 417 N Downing Ave 1/1/2 Dewey 200 S Delaware St Dewey 3/1/1 RESIDENTIAL LOTS S.E. Price Rd Bartlesville 2708 Road Bartlesville **N 3973 Drive** Dewey N. 137th E Ave Collinsville Deerfield Addition II Bartlesville Southport Drive Bartlesville Southport Drive Bartlesville S Wyandotte Ave Southport Loop 239 N Cheyenne

50 Ac 80 AC 25 Ac 7.58 AC 13 Lots \$40-55K ea 9 Ac .40 Ac Bartlesville 3 Res. Lots 211 & 213 SW Santa Fe Bartlesville 2 Res. lots Bartlesville Res. Lot Bartlesville Res. Lot

\$659.000 Barbara Hopper 918-335-7202 \$679,000 Andrew Gordon 918-230-0864 \$498,000 Keeli Droege 918-697-8509 \$360,000 Cindy Folk 918-559-9905 Barbara Hopper 918-335-7202 PENDING \$125,000 918-214-3036 Kim Taylor \$69.900 Charlene Beicek 918-440-4763 & VACANT LAND \$1,575,000 Janette Roark 918-907-1327 **PENDING** \$250,000 \$250.000

Carolyn Bolding 918-327-1133 Sydney Nichols 918-397-4505 Cheryl Fregin 918-440-0040 918-907-1327 Janette Roark \$137,500 Janette Roark 918-907-1327 \$39.500 Janette Roark 918-907-1327 \$30K ea Janette Roark 918-907-1327 \$18.000 918-214-3036 Kim Taylor \$14,750 Janette Roark 918-907-1327 \$10,000 Carolyn Bolding 918-327-1133

COMMERCIAL PROPERTI

396050 W 2900 Road	Caney Valle	y MHP	\$1,775,000
221 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000
1000 E 14th Street	Dewey	Mixed Use	\$699,000
115 S Choctaw Ave	Bartlesville	Mixed Use	\$399,000
16582 Hwy 123	Dewey	Mixed Use	\$349,000
4605 Nowata Road	Bartlesville	Mixed use	\$300,000
2339 Nowata Place	Bartlesville	Business	SOLD.
204 S Chickasaw Ave	Bartlesville	Business	PENDING
217 S Choctaw Ave	Bartlesville	Multi-Use	\$105,000
1114 W Hensley Blvd	Bartlesville	Mixed Use	\$59,900

918-214-3036 Kim Taylor Janette Roark 918-907-1327 Lutke/Bolding 918-327-1133 Carolyn Bolding 918-327-1133 Barbara Hopper 918-335-7202 Carolyn Bolding 918-327-1133 Brian Saltzman 918-214-3053 Barbara Hopper 918-335-7202 Barbara Hopper 918-335-7202 Barbara Hopper 918-335-7202

BARTLESVILLE'S LOCALLY OWNED REAL ESTATE COMPANY

WWW.CCBARTLESVILLE.COM 918-333-2222 2321 SE NOWATA PL. SUITE A • BARTLESVILLE

City to Accept Proposals for FCC



First Christian Church Building Update

City Beat Your city, your news

by Kelli Williams



Location, location, location. Said to be the three most important things to consider when buying property, it's also the driving force behind potential growth in the City's cultural center — the Tower Center Arts District.

The district includes the Unity Square Park area, flanked by The Center to the

east and Price Tower and Bartlesville Public Library to the north and west — and the former First Christian Church building to the northeast.

The FCC building, located at 520 S. Osage Ave., has been on the City's radar for some time, with the City Council recently hearing the results of a feasibility study done to determine whether the building would be appropriate for a small to midsized conference center. (The verdict: It would cost too much money.) FCC had offered to donate the building to the City to use as a conference center, but with that idea all but shot down, the group has said it will consider other uses.

This has the City asking the public to submit any plans they might have for the facility.

"We've issued an RFP (Request For Proposal) in connection with the building in hopes of receiving ideas/plans from companies, individuals, or groups to submit their ideas/plans regarding possible uses for the facility that we might not even have thought of," said City Manager Mike Bailey. "Once we've received those responses, we'll present them to the City Council for their feedback and further direction."



Bailey said the City will contribute up to \$2 million to the renovation of the facility pending passage of the next General Obligation Bond.

The RFP requires the tenant agree to a "triple net lease" that covers utilities, operations, insurance, and maintenance of the facility. The successful tenant must also agree to a lease term that matches the repayment term of General Obligation Bonds that will be used to renovate the building.

"We believe that this approach will allow the City to explore options for the facility that preserve it for current and future uses while offsetting the City's financial obligation to maintain the facility," Bailey said.

If a proposed use is approved by the City Council and the council elects to proceed with acquiring the building, the City will enter into a lease agreement with FCC pending passage of G.O. Bond funds to assist with the renovation of the facility. Once those funds are secured, FCC would donate the building to the City.

Free Leaf Collection Scheduled for December 5-9

The City will hold its next free residential yard debris collection the week of December 5-9, Public Works Director Keith Henry announced earlier this month.

The event is typically held twice each year, in the spring and fall, to help Bartlesville solid waste utility customers dispose of dead leaves and other yard debris for no extra cost.

The collection is for the following items only:

- Leaves
- Grass
- Lawn clippings
- Limbs and branches, if cut in lengths no longer than four feet and bundled (may not exceed 50 pounds)

During this week only, yard debris bags will not require yard waste stickers, and clear or colored bags are allowed. The collection is for private residences only; no commercial collections will be made. There is no limit on the number of bags a resident can



put out for the collection. Extra bags or items of household refuse outside the cart must have the red refuse sticker attached.

For more information, contact the Solid Waste Department at 918.338.4130.