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INSIDE:

Guns of Glory, Ask the Doc, Lavers Aesthetics, Regent Bank, Dr. Parchuri, City Beat, and more!

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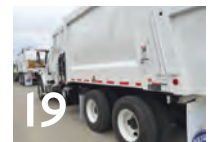
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Table of Contents

- 4 Ask the Doc...About Beating Foot Pain this Holiday Season
- 5 Grab Your Last-Minute Gifts at GoG
- 6 Look and Feel Better with Fillers
- 8 Suffering from Neck Pain?
- 10 Gifts to Give...Those Who are Grieving this Holiday Season
- 12 Regent Bank Names Whitworth New Branch Manager
- 14 End the Year Strong
- 15 Top Design Trends Entering 2023
- 16 Warm Winter Styles for Your Home
- 19 City Beat: City Water Levels Drop; Holiday Sanitation Schedule



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Ask the Doc

...About Beating Foot Pain this Holiday Season

by Deanna Evans



Foot pain is common all throughout the year, but some people seem to develop increasing symptoms during the holidays. Whether it's due to prolonged standing from baking and cooking, decorating the house, or simply due to all the additional hustle and bustle, in any case it certainly can hamper the joy one

may otherwise experience throughout the holidays.

Did you know that 3-out-of-4 people will suffer with foot pain and dysfunction? The American Podiatric Medical Association has estimated that 72% of Americans will have foot pain. There is a solution, however, to that disabling foot pain, and it doesn't have to take a long time to experience relief.

Addressing the root cause and correcting the underlying biomechanical problem that is responsible for your foot condition is extremely important for long-term relief and correction.

Most people do not think of their chiropractor first when it comes to their foot pain. However, don't let that keep you from visiting Dr. Tracy Russell, D.C., The Hand and Foot Chiropractor in Bartlesville, for a chiropractic evaluation for a foot problem. They

take great pride in providing a higher level of care for feet than what you would typically expect from a chiropractor.

There are 26 bones in each foot, which are aligned into four separate arches. These four arches are designed to absorb the shock with each step. However, misalignment of one or more of those 26-foot bones will have a negative impact on the structure and function of the foot. Because of that, the arches don't function nearly as well. These misalignments will often lead to foot pain, stiffness, or dysfunction if they are neglected and left untreated.

The foot adjustment is a gentle process, and it's generally a pleasant experience to have your feet adjusted. Your feet will move and feel better when they are properly aligned.

For more information, call 918-333-3363 to make an appointment with Dr. Russell at Russell Chiropractic Hand & Foot Clinic, located at 2523 SE Washington Blvd. You can schedule online using The Scheduling App, available by scanning the QR code. The ID for the clinic is ADWXLX. Register using the cell phone number on file with the clinic. Hours of operation are 9 a.m. to 12:30 p.m. and 3-5:30 p.m. Monday through Wednesday and 9-11 a.m. on Thursday. The office is closed on Friday, Saturday, and Sunday.



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Grab Your Last-Minute Gifts at GoG

by Matt Conley

With Christmas just a few short days away, do you find yourself stressed out and struggling to find the perfect last-minute gifts? If so, then look no further than Guns of Glory! With gift cards, reduced membership rates, and more, you are sure to find just what you're looking for.

"Not sure what to get for the shooter in your life? Gift cards are a great way to show you care! Whether they use it towards a membership or gear or firearms, they'll love it," said Owner Daniel Dawson. "We have a great inventory, and this holiday we will offer some of our best prices of the year, especially on our indoor and outdoor range memberships. Shooters are also welcome to use their own ammo at our ranges."

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 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.

"Our memberships for the indoor and outdoor ranges cost much less than you would expect and they are good for a full year," said Dawson.

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.

The ProShop continually has new stock arriving and special orders being placed. They carry ammo, firearms, holsters, and various accessories, in addition to their popular gift certificates.

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.



Look & Feel Better with Fillers

Injectable filler is injected into the skin at different depths to help fill in facial wrinkles, provide facial volume, augment facial features, and even give you perfectly plump lips. Most fillers are temporary because they are slowly absorbed by the body. The effect lasts for about one year in most cases.

"This is the perfect time of year to consider our injectable fillers, such as Revanesse Versa+ or Radiesse, because people want to look their best for all the parties and celebrations around the holidays," says Chris Lavers, PA-C, who owns Lavers Aesthetics along with his wife, Cory. "They also make wonderful Christmas gifts. Through the month of December, we are also offering 20 units of Xeomin for free (a \$240 value) with the purchase of a full syringe of dermal filler."

As always, Lavers Aesthetics offers injectable neuromodulators such as Xeomin, Jeuveau, and Botox for fine lines and wrinkles; dermal fillers such as Revanesse Versa+ and Radiesse 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. Lavers Aesthetics also 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. Services offered at Lavers Aesthetics also include IPL phototherapy treatments, laser skin resurfacing, and thread lifts in addition to the injectable neuromodulators, dermal fillers, and body contouring. They also provide Environ Skin Care products for home treatment.

IPL Phototherapy Treatments

IPL phototherapy treatments target skin discoloration, rosacea, hyperpigmentation, and melasma, as well as acne discoloration, small spider veins, and other small blood vessels around the nose. While not designed for treating fine lines and wrinkles, many patients see improvement for those as well. IPL uses multiple wavelengths of light to target and breakdown the



unwanted spots in the skin, using a handheld device to deliver the light therapy.

"During the procedure, you may feel what some individuals have described as feeling like 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 alternate way to treat skin laxity on the face that has only been achievable in the past by plastic surgery. The cost is

much more affordable, and since there is very little downtime, this treatment may be perfect for those who do not want to undergo surgery or who have seen little effect from other skin tightening treatments.

Environ Skin Care

Environ is an award-winning skin care system designed to maximize therapeutic effectiveness while minimizing side-effects, avoiding alcohol and acid based active ingredients utilized by most other lines. Esther formulations are much better tolerated by the skin, allowing for improved outcomes with less irritation. Their STEP-UP system further reduces side effects while maximizing results.

For a complete list of options or to make an appointment, 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. The office is open from 9 a.m. to 5 p.m. Monday through Thursday and from 9 a.m. to noon on Friday.





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Suffering from Neck Pain?

Let Dr. Parchuri Get You Living Pain Free!

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 & Orthopedic Specialists, Dr. Parchuri expanded his practice last year by opening an office here in Bartlesville.

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

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 both 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 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 him at 918-286-3124.



ARE YOU LIVING WITH NECK PAIN?



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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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Gifts to Give...

Those Who are Grieving this Holiday Season

by Kelley Goodall



'...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.'

Perhaps you are not in the shoes walking through the loss of someone dear or precious to you, but you may know of someone who is. You recognize they are sad and broken, even if they are putting on a brave face. You desire to help them, especially now during the holiday season, but you feel awkward and uncomfortable because you don't know what to say or do. You may have never experienced a significant loss, or you've never been equipped to deal with someone else's intimate pain. So, how do we support those around us who may be experiencing this agony?

The Gift of Connection

As Cinderella (Lily James) said in the 2015 Disney movie, *"Be Kind and take Courage."*

To begin, you can take the initiative to engage the bereaved person positively and proactively. Do not ignore, avoid, or wait for the bereaved person to come to you. Reach out and connect with them instead of waiting around for them to approach you. A phone call, a note of sympathy, encouragement, or "thinking of you" card is a great start. Perhaps a follow-up invitation to a holiday gathering could follow.

If the person does not want to engage, give them space. They may still be numb or in denial. If in a social setting, go ahead, and courageously take the risk and approach and inquire how the person is doing. Do not fear what may be thought of you by bringing up the name, personhood, or a memory of the deceased. Instead, realize the honor you bring to the deceased and those who love that person by respectfully sharing what they meant to you or others. What you have to share about who the lost loved one was and what they contributed to you may be the kindest or even brightest thing anyone or everyone around you hears and helps everyone come into better reconciliation of their loss of the deceased.

The Gift of Helps

Understand that the focus of one's grieving is not necessarily on basics such as eating, drinking, doing tasks. If the grief is fresh, they may be in survival mode and when a glass of water is brought to them, they may thank you, then simply drink it or dismiss it. Give grace. Take no offense, as they may likely be lost in their thoughts and do not even realize their response to you.

Consider fixing a meal and taking it to them in a container that can be frozen and not have to be returned; it feeds and meets a daily need.

I recall a particular incident in which a dear friend showed up on the fringes of

an unexpected chaotic family event. After people had moved from the living room, he simply went to the closet, grabbed the vacuum, and started it up. He whisked through the house and suddenly that task was no longer a concern. Doing laundry, dishes, tidying up, bringing over a cup of coffee and a pastry are other kind simple acts of consideration to support one who has experienced a shocking loss or occurrence.

Taking the initiative to reach out with small, yet thoughtful, gestures eliminates the need for the grieving person to make decisions that in certain moments may feel overwhelming. Your goal could be to sensitively balance their load. Your care and concern may reflect a compassion that can provide an emotionally and physically safe space. Even if for just a moment.

Helping out, even in the smallest way, is a life value that can engender hope when one may feel all around them is lost and seems absolutely hopeless.

The Gift of Presence

Another friend recently shared a touching story about being present in the midst of grief. An older gentleman had recently lost his wife of many decades. His younger friend came to visit him shortly following the funeral. The friend entered the home and approached the older man with a handshake and a greeting. "It's good to see you." They took seats next to one another. In a matter of moments the younger friend simply placed his hand on his grieving friend's knee. Silence surrounded them and remained for about 30 minutes. After which time the younger man squeezed his dear friend's knee while rising to leave, remarking how good it was to spend some time with him.

Shortly following his departure, the older man's son came by and inquired about the earlier visit. His father stated, "It was a good visit. I look forward to the next one." Just being present could be one of the greatest gifts proffered.

Stocking Stuffers

There are many other insights regarding ways to connect, serve or be present with those one knows who are struggling with grief. Take a look at the National Hospice and Palliative Care Organization and GriefShare as suggestions to prepare you for being supportive. You'll get some wonderful ideas.

Finally, keep in mind the rule for the long haul, which is *"healing takes time."* Developing two characteristics of love which are kindness and patience — 1 Corinthians 13 — will serve everyone through the process.

My hope and prayer for this holiday season is that the gift of love will be shared and received generously and sensitively by all.

Wishing all a Blessed Holiday Celebration! – Kelley



Kelley Goodall, M.A., M.A., CLC is a Pastoral Counselor and Certified Life Coach with **INTENTIONAL BEING, LLC**, which incorporates a custom-blend of counseling and coaching based on each individual seeking to become their best self. Contact her at 918-876-2380 or intentionalbeingok@gmail.com. She resides with her husband, Mike, and cats, TJ and Dakota, in Bartlesville.

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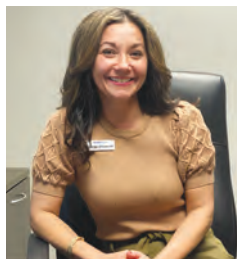
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“Our Purpose: To show God’s love to our employees, clients and communities.”
— Regent Bank CEO Sean Kouplen

Regent Bank Names New Branch Manager Amanda Whitworth Takes Over New Role in Bartlesville

by Matt Conley

Amanda Whitworth, who joined the Regent Bank team in April of this year, has been named the new Branch Manager here in Bartlesville.



"I absolutely love the atmosphere here, and the way our customers are treated," said Whitworth, who was in the banking industry for five years before stepping away. "I had to return to banking because I missed it so much, and I am really looking forward to seeing what all we can do for our customers in the future."

Amanda and her husband, John Whitworth, have a 15-year-old daughter at home. She also has two older stepsons and a stepdaughter that are grown and out of the house. Amanda & John are proud grandparents of one grandson.

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.

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.

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 turned two years old in October of this year, and those two years have been full of wonderful community involvement.

"It is refreshing to see an organization like Regent Bank do so much for the community," said Whitworth. "I know from experience that you don't often see this level of community involvement from other banks, or even many other organizations. I love it!"

Merry Christmas & A Blessed New Year



Thank you for
44 great years!

Please be safe &
drive carefully!





*Merry Christmas
and God Bless!*

from your *Bartlesville Living Magazine* family

End the Year Strong

Top Financial To-Dos to Prepare for 2023

(BPT) — The holidays are a time full of good cheer, but not necessarily so jolly for your bank account. 'Tis the season to stress out your budget, not to mention the anxiety many people have about the increasing cost of living and the ongoing economic uncertainty.

According to the Q4 2022 Country Financial Security Index Report, 1-in-4 Americans are looking for help with navigating today's economic volatility. So how can you set yourself up for financial success now and into the future, especially considering so many unknowns?

Fortunately, there are some important steps everyone can take to help them have a jolly holiday season and a financially healthy 2023. You can end the year financially stronger with these helpful tips from Scott Jensen at COUNTRY Financial:

Check your financial pulse

The close of the calendar year is a worthwhile time to pause and reassess where you're at in your financial journey. There are lots of reasons to stop, take your financial pulse and figure out if there's a course correction needed before the year comes to a close. Some time-sensitive questions to ask yourself include:

- What is an appropriate budget to set for the holidays?
- Is there money in your flexible spending account that needs to be used?
- Do you have medical needs that must take place before a new deductible period starts?

Look for gaps

It's important to make sure you're protected from the curveballs life can throw, like a large unexpected expense. Now is a good time to check on your insurance coverages to see if there are any gaps.

First, review your insurance products such as home, auto and life. If you had significant life changes such as a marriage, new baby, divorce, made improvements to your home or are planning a major purchase such as a vehicle or property, schedule a meeting with your insurance agent to make sure you're covered now and to help you plan for future insurance needs.

Don't forget to look for gaps in your financial goals, too. A financial professional can learn about your goals and help you make adjustments so you're on the right track.

Enlist the help of a Financial Professional

If you don't already have one, consider how a financial professional can help you keep a clear vision with a solid plan for the new year. According to the COUNTRY Financial Security Index:

- Only 23% of Americans have a financial advisor, yet those who do feel better about their finances, including higher levels of financial

security (80% compared to 53% among those who do not have a planner).

- People with a financial planner have more confidence in their ability to pay their debts (96% compared to 76% among those who do not have a planner).
- Those who have a financial planner are more likely to set aside money for savings or investments (71% compared to 51% of those who do not have a planner).

Don't wait to change the course of your financial future. Now is the ideal time to assess where you are, change where you've strayed and make corrections for a bright 2023 and beyond.

COUNTRY Financial® is the marketing name for the COUNTRY Financial family of affiliated companies (collectively, COUNTRY), which include COUNTRY Life Insurance Company®, COUNTRY Mutual Insurance Company®, and their respective subsidiaries, located in Bloomington, Illinois.



Top 5 Interior Design Trends Entering 2023

(BPT) - Think your space is ready for a new look in the new year, but don't know where to start? A Delta Faucet product designer shares her timeless kitchen and bathroom trends she's seeing in real customers' homes for a fresh look in 2023 that will last for years to come.

The top five home design trends for 2023 are leaning into the innovative, personal, unique, and lasting," said Maris Park Borris, Delta Faucet industrial designer. "To create your own new experiences in the home, here are five trend predictions for 2023 to start incorporating in your own space.

1. Embrace natural tones and materials

Natural and organic materials bring an airiness to a room while also being timeless and long-lasting. Rather than bold, bright colors, natural warm tones will be popping up more and more in the kitchen and bathroom.

"Natural materials are acting as showcase materials - from concrete to stones, woods, porcelain, tile and crystal," says Park Borris. "We are finding a lot of these natural materials are timeless in influencing mood and design."

2. Create beautiful, gallery-like spaces

You love your things, so why not display them? 2023 will ring in luxe, gallery-like spaces. Think of a standalone tub as a statement piece or open shelving in a kitchen as a way to display your favorite items that normally would be hidden away.

"And allow luxury to go beyond aesthetics and create comfort for all your senses," says Park Borris. "In 2023, free yourself to make rooms experiential, not just functional."

3. Make a statement (wall)

A statement wall can completely shift the design of a room quite easily. A floral wall in the bathroom or a tropical print behind the sink can bring life and personality to the space.

"Anything with patterns, either vintage-looking or modern, can shift design intent and complete a room," says Park Borris. "I see a lot of mural wallpapers too — they can be quite transformative and can really seal a design."



4. Make your space work harder

You may not be in a position to upgrade to a larger space, but 2023 trends will bring more options to utilize what you have. Don't see a kitchen as just a kitchen; maybe adding a small desk in an unused corner makes it a work-from-home kitchen.

"A lot of people are not looking for more space, per se, but looking for better-organized spaces that work harder with split functionality," says Park Borris. "We've expected so much of our homes recently and that thought is not going away."

5. Be authentic and break the rules

It's your space — it should be a reflection of you. Throw design rules out the window and create a truly authentic space you love. "I believe people will continue to make their spaces their own," says Park Borris. "There aren't as many rules of design as there used to be. I believe the things that evoke personal emotion will always be in style and our spaces will evolve as our styles do."



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Warm Winter Styles for Your Home

(BPT) - As days get shorter, temperatures fall and we begin to spend more time indoors, many of us are looking for ways to make our homes more snug and cozy. After all, the winter months can be much easier to withstand when our homes become havens of warmth, calm, and comfort. With that in mind, here are five key decor elements that can go a long way toward making your home seem luxuriously warm and inviting — for both residents and guests.

Soft and luxurious textiles

The upholstery, drapes, curtains, linens, bedding and throws you pick can have a major impact on comfort levels. It may be worth spending more to purchase high-end textiles with high thread counts. One hundred percent cotton, bamboo, or silk often feels best against the skin, but some luxury brands also use synthetic blends to their advantage.

Rich-looking hardwood floors

Hardwood floors offer unparalleled warmth and beauty to any home regardless of its architecture and design style. Thanks to technology, engineered hardwood flooring now offers the extra protection needed to keep them gorgeous even under duress. LL Flooring's Era Collection line of engineered hardwood flooring, for example, is three times more impact- and scratch-resistant than traditional white oak hardwood flooring. These floors are even water-resistant, built with cutting-edge 5G locking technology to help stand up to winter's toughest effects. What's more, this collection features ultra-wide, ultra-long planks in stylish European oak.

Peaceful atmospheric lighting

Our natural human circadian rhythms dictate that warm yellowish-white light (as opposed to cooler blue light) helps us relax and unwind. In general, light bulbs marked "soft white" or "warm white" will warm up any room. Lighting experts recommend using ceiling and non-symmetric wall lights to create the most comforting settings, but firelight and candlelight can also add a relaxing ambiance.

Comfortable furniture

Plenty of manufacturers create furniture that's stylish but not particularly comfortable. If your pieces fit that description, you may wish to exchange them for styles that allow you to come in from the cold, settle in and fully relax. Perhaps it's time to invest in a new pillow-top mattress, a cushy sectional couch that can seat your entire family around the TV or dining room chairs comfortable enough for game-playing and lingering conversations.

Warm color schemes

Because warm colors such as reds, yellows, oranges and yellow-greens tend to remind us of sun, sand, and heat, they can make us perceive rooms as warmer and cozier. You may wish to boost that phenomenon by painting one or more of your rooms in those colors, or by choosing a neutral, subtly tinted tone in one of those shades. Many decorators suggest balancing the effect of intensely warm colors with accents in cooler hues.

Ask about availability at our other properties, too!



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FEATURED PROPERTY



1223 N CREEK AVE, DEWEY
Brick home with 24' x 40' Metal Workshop on 4 Lots. 2 Living Areas, 2 Large bedrooms, 1.5 baths.....\$149,000



700 N SHAWNEE AVE, DEWEY
2 beds, 1 bath. Everything New, Large Corner Lot.....\$129,000



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 Garage, Storm Cellar. Property includes 2 lots.....\$25,000

RENTALS AVAILABLE

- 1714 McKinley | 3 bedrooms, 2 bath, 2-car garage..... *Deposit/Rent: \$1,400*
- 5509 Harvard | 3 bedrooms, 2 bath, 2 living areas, 2-car garage..... *Deposit/Rent: \$1,100*
- 408 Meadowlark | 3 bedrooms, 1.5 baths..... *Deposit/Rent: \$1,000*
- 410 S. Seneca Ave. | 2 bedroom, 1 bath apartment, water & gas paid. *Deposit/Rent: \$800*
- 940 N. Ross, Dewey | 2 bedroom, 2 bath apartment, water paid..... *Deposit/Rent: \$750*
- 812 E 4th St. | Just remodeled. New appliances. 1 bedroom, 1 bath, water paid. 3 apartments ready to rent. *Deposit/Rent: \$700*
- 113 W. 13th St. | 2 bedroom, 1 bath..... *Deposit/Rent: \$700*

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918-335-7193



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918-214-3036



Adam Wood
918-805-1278



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918-271-2159
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CORNER LOT!

5706 Parkhill Place • Bartlesville
4/2/2 • \$279,900
Barbara Hopper • 918-335-7202



STUNNING VIEWS!

3715 E Mountain Road • Bartlesville
4/2.5 • 4.83 Acres • \$189,000
Brian Saltzman • 918-214-3053



NEW LISTING!

228 NE Avondale Ave • Bartlesville
3/1/01 • \$109,000
Kim Tate-Connor • 918-335-7193

RESIDENTIAL

2209 Deerfield Place	Bartlesville	4/3&2/3	\$750,000	Janette Roark	918-907-1327
605 Kenwood	Bartlesville	5/4.5/2	\$530,000	Kim Taylor	918-214-3036
6801 Tuxedo Blvd	Bartlesville	3/1	\$399,900	Kim-Tate-Connor	918-335-7193
2130 Skyline Drive	Bartlesville	5/3.5/2	\$375,000	Amos Radlinger	918-766-2361
5706 Parkhill Place	Bartlesville	4/2/2	\$279,900	Barbara Hopper	918-335-7202
1800 Polaris Drive	Bartlesville	4/3/2	\$250,000	Janette Roark	918-907-1327
5436 Bow Drive	Bartlesville		SOLD!	Barbara Hopper	918-335-7202
4750 Sunview Place	Bartlesville		PENDING	Keeli Droege	918-697-8509
113 Elmhurst Ct	Bartlesville		PENDING	Sydney Nichols	918-397-4505
3715 E Mountain Road	Bartlesville	4/2.5	\$189,000	Brian Saltzman	918-214-3053
907 Kenwood Road	Bartlesville		SOLD!	Carolyn Bolding	918-327-1133
3725 Velma Drive	Bartlesville		SOLD!	Amos Radlinger	918-766-2361
4203 Tuxedo blvd	Bartlesville	3/2/1	\$149,900	Kim Tate-Connor	918-335-7193
814 S Osage Avenue	Bartlesville		SOLD!	Amos Radlinger	918-766-2361
1927 Dewey Avenue	Bartlesville		PENDING	Keeli Droege	918-697-8509
228 NE Avondale Ave	Bartlesville	3/1/1	\$109,000	Kim Tate-Connor	918-335-7193
534 E 12th Street	Bartlesville	3/1/1	\$86,000	Joshua Igo-Schueler	918-914-0256
5281 Nowata Rd #Q101	Bartlesville		PENDING	Carolyn Bolding	918-327-1133
237 N Cheyenne Ave	Bartlesville	3/2/1	\$59,000	Carolyn Bolding	918-327-1133
130 N Theodore Ave	Bartlesville	2/1/2	\$57,500	Barbara Hopper	918-335-7202
1014 SW Jennings Ave	Bartlesville	4/1/2	\$49,900	Charlene Bejcek	918-440-4763

SURROUNDING AREAS

253 Hazel Blvd	Tulsa	4/4.5/2	\$1,650,000	Andrew Gordon	918-230-0864
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	\$670,000	Andrew Gordon	918-230-0864
15185 EW Couty Rd 8	Ok/ Union	4/2.5/2	\$349,000	Cindy Folk	918-559-9905

417 N Downing Ave	Dewey				
116 S Shawnee Ave	Dewey	4/1.5	\$109,000	SOLD!	Kim Taylor 918-214-3036
200 S Delaware St	Dewey			PENDING	Carolyn Bolding 918-327-1133
					Charlene Bejcek 918-440-4763

RESIDENTIAL LOTS & VACANT LAND

S.E. Price Rd	Bartlesville	50 Ac	\$1,575,000	Janette Roark	918-907-1327
N HWY 75	Bartlesville	48.30 ac	\$499,000	Lutke Bolding	918-327-1133
2708 Road	Bartlesville	80 AC	SOLD!	Carolyn Bolding	918-327-1133
N. 137th E Ave	Collinsville	7.58 AC	\$250,000	Cheryl Fregin	918-440-0040
Deerfield Addition II	Bartlesville	13 Lots	\$40-55K ea	Janette Roark	918-907-1327
Southport Drive	Bartlesville	9 Ac	\$137,500	Janette Roark	918-907-1327
2700 Rd	Caney Valley	1.97 ac lot	\$125,000	Cheryl Fregin	918-440-0040
2700 Rd	Caney Valley	2.01 ac lot	\$110,000	Cheryl Fregin	918-440-0040
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
211 & 213 SW Santa Fe	Bartlesville	2 Res. lots	\$18K ea	Kim Taylor	918-214-3036
Southport Loop	Bartlesville	Res. Lot	\$14,750	Janette Roark	918-907-1327
239 N Cheyenne	Bartlesville	Res. Lot	\$10,000	Carolyn Bolding	918-327-1133

COMMERCIAL PROPERTIES

396050 W 2900 Road	Caney Valley	MHP	\$1,775,000	Kim Taylor	918-214-3036
221 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000	Janette Roark	918-907-1327
1000 E 14th Street	Dewey	Mixed Use	\$600,000	Lutke/Bolding	918-327-1133
115 S Choctaw Ave	Bartlesville	Mixed Use	\$379,000	Carolyn Bolding	918-327-1133
16582 Hwy 123	Dewey	Mixed Use	\$349,000	Barbara Hopper	918-335-7202
4605 Nowata Road	Bartlesville	Mixed use	\$300,000	Carolyn Bolding	918-327-1133
2339 Nowata Place	Bartlesville	Business	SOLD!	Brian Saltzman	918-214-3053
1114 W Hensley Blvd	Bartlesville	Mixed Use	\$59,900	Barbara Hopper	918-335-7202

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City Water Supply Levels Drop



Customers Asked to Use Less Water

City Beat
Your city, your news

by Kelli Williams



Drought conditions across the region have local water supply levels dropping below a comfortable level, prompting City staff to encourage Bartlesville residents to conserve wherever possible.

Water Utilities Director Terry Lauritsen said earlier this month that levels are at 69 percent of the City's available water supply, which puts the area just barely into Stage Two of the City's Drought Contingency Plan, developed in 2002.

Lauritsen said the City's overall water supply is currently at 69 percent, including Hulah Lake, Copan Lake, Hudson Lake and the Caney River. However, with the Caney River pump station temporarily out of commission due to an ongoing renovation, usable levels are at 60 percent.

"Since the Caney River pump station is offline, this removes the Caney River and Copan Lake, and we're at 60 percent for the Hulah and Hudson lakes portion," he said. Lauritsen said parts to complete the pump station renovation should arrive in February 2023, and the

station should be operational in April 2023.

"In our drought contingency plan, most of the water restrictions at the 60-70 percent level are geared around limiting outside watering, filling swimming pools and other non-essential water use," Lauritsen said. "However, because it is wintertime and this is basically in effect already, we are going to focus on public education and outreach to let people know where we are and ask that they conserve water the best they can. Little things that we can all do every day add up and can make a big difference"



Holiday Sanitation & Recycling Schedule

Most City offices will be closed Dec. 23, Dec. 26, and Jan. 2 (2023) to allow employees to enjoy time with their loved ones during the Christmas and New Year's holidays.

There will be trash collection on Dec. 23 as normally scheduled for Friday routes, as sanitation department employees will take their floating holiday on another day. However, there will be no trash collection on Monday, Dec. 26, or Monday, Jan. 2 due to the holidays. Monday trash routes will be serviced on Wednesday of each week instead.

The City Recycle Center, which is normally open on Mondays, Wednesdays and Fridays, will be open on Friday, Dec. 23 and Dec. 31. It will be closed Monday, Dec. 26 and Jan. 2.

Recycling Events Set Through 2022

The City of Bartlesville recycling drop-off center is hosting buyback events to collect plastic bottles and aluminum cans every day the center is open through the end of the year, spokespersons for Replenish said this week.

Replenish is a California-based company that manages the City's recycling program in addition to several other recycle drop-off host sites in Bartlesville.

The City Recycle Center is open on Mondays, Wednesdays and Fridays, excluding holidays. The center will be closed on Monday, Dec. 26.

To download the Replenish app, scan the QR code. For more information, contact Replenish.



What

Bring your bottles and cans to earn money from everyday items that usually end up in the landfill.

The following will be paid:

- Aluminum Cans: \$0.40/pound
- PET #1 Containers (water/soda bottles): \$0.10/pound

Be sure to keep the aluminum and plastic in separate bags. To get paid for your materials, please download the Replenish app before arriving. Cashless payment based on the weight of materials will be sent to your Replenish account and can then be transferred to your bank account at your convenience.

Why

These materials are desperately needed by brands to make new products. It's good for you and good for the planet!

When

12 p.m.-3 p.m. every day the center is open now through the end of the year. The City Recycle Center is open Mondays, Wednesdays and Fridays, excluding holidays. (The center will be closed Dec. 26 and Jan. 2, 2023).