

# Bartlesville

## LIVING

March 2023



The Once & Future Dream at

## On the Rock

see page 7

ALSO INSIDE

Ask the Doc, Veterans Connection,  
Jesus Burger, City Beat & and more!

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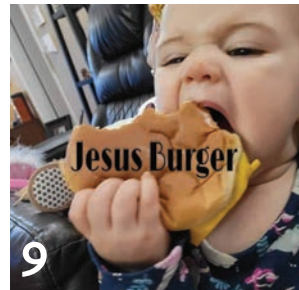
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# Bartlesville

## LIVING

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# How Much Does It Cost?

## Chris Addresses the Most-Asked Question at Lavers Aesthetics



The question we get asked more than any other is, "How much does it cost?" This, by the way, is a very good question. The answer is, "It depends on the results you want to achieve."

The price of products such as dermal fillers, neuromodulators, threads, hyaluronidase, and fat eliminators are usually dependent on the amount of product that is used per treatment. The price of other procedures such as IPL and resurfacing laser treatments are usually dependent on the area that is being treated. The price of these products and treatments also varies by location. At Lavers Aesthetics, we try our best to be competitively-priced while giving our clients the highest quality in products, techniques, and over-all medical care.

So, how do you know how much your desired results are going to cost? That question is best answered by having a free consultation with Chris Lavers to discuss what will be needed to achieve the results you desire. We offer free 30-minute consultations so that all of your questions and concerns can be completely addressed. We want all of our clients to be comfortable with every aspect of their experience with us and to know that we are committed to their satisfaction before, during, and after their appointment.

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.

Services offered at Lavers Aesthetics include IPL laser treatments, thread lifts, as well as injectable neuromodulators, such as Botox and Xeomin, dermal fillers, and non-surgical injectable body contouring. They also have Environ Skin Care products and treatments.

### IPL Laser treatments

IPL laser treatments target skin discoloration, rosacea, melasma, and hyper-pigmentation, as well as acne, scars, broken blood vessels, spider veins, and fine lines and wrinkles. These treatments use multiple waves of light to target and breakdown the unwanted spots in the skin. A handheld device is used to deliver light therapy.

"During the procedure, you may feel what some individuals have described as a feeling similar to an elastic band being 'snapped' on the skin," said Chris. "The length and number of sessions needed will depend on each individual's treatment plan."

### Thread Lifts

Lavers Aesthetics also offers thread lifts to tighten and lift sagging skin. Dissolvable threads provide an alternative way to treat skin laxity on the face and body that has only been

achievable in the past by plastic surgery. The cost is much more affordable, and since there is no downtime, this treatment is perfect for those who do not want to undergo surgery or who have seen little effect from skin tightening treatments.

A thread lift is a procedure that uses temporary sutures to produce a subtle but visible "lift" in the skin. Instead of removing the sagging skin, threads lift the skin, causing it to become smoother and tighter. They also promote collagen formation around the threads, positively influencing the overall condition of the skin. As we age, we produce less and less collagen. This leads to a reduction of skin thickness by 80 percent at the age of 70, but the effects of this process are seen for decades before. Threads are part of an effective regimen to correct the signs of aging.

### Injectable Treatments

As always, Lavers Aesthetics also offers injectable neuromodulators such as Jeuveau, Botox and Xeomin for fine lines and wrinkles; dermal fillers such as Radiesse and Revasse Versa+ for adding volume to the lips, cheeks, tear troughs, chin, and jawline; and non-surgical injectable body contouring for the treatment of double chin or other unwanted deposits of body fat.

### Environ Skin Care

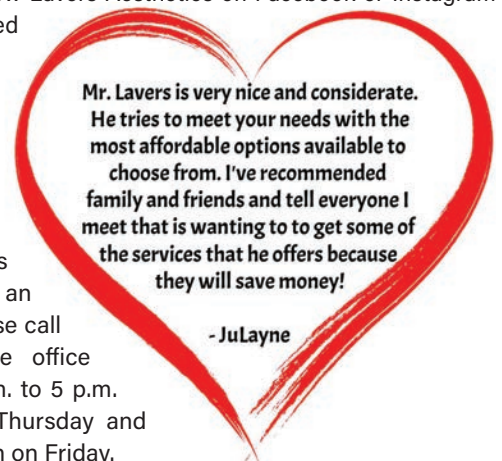
The Environ Vitamin STEP-UP-SYSTEM is a vitamin A skin care system. Environ also offers a chemical and physical sunscreen with antioxidants, according to Environ's website, found at [www.environskin.com](http://www.environskin.com).

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

These treatments alone or together can help to create a more youthful appearance and reduce the signs of aging. All are non-surgical and minimally invasive, providing affordable, convenient, and effective options to achieve desired aesthetic goals with little, if any, downtime.

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

Lavers Aesthetics is located at 5120 E. Frank Phillips Blvd. To make an appointment, please call 918-876-4470. The office is open from 9 a.m. to 5 p.m. Monday through Thursday and from 9 a.m. to noon on Friday.



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### Sitting

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-Midrise catch  
-Use of hands/arms to assist with standing



### Stepping up

-Pain going up stairs  
-Pain with loading affected side



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# The Once & Future Dream

## The Crystal Creamery Renovation Nears Completion

On the Rock Ministries is celebrating two milestones in 2023. First, the ministry is celebrating 25 years of serving thousands of Bartlesville area youth through after-school programs and mentoring, and second, April sees the debut of The Rock's eagerly-awaited new property formerly known as the Crystal Creamery.

"In 1997, our youth group was looking for a property to turn into a coffeehouse and skate park. We found this old, abandoned building, the former home of the Crystal Creamery," recalls Ken Dossett, Director of On The Rock Ministries. In its former life, the building was home to a thriving dairy business, delivering milk to customers in the Bartlesville area. In the creamery's heyday, they operated a dozen milk trucks delivering milk, ice cream and dairy products to hundreds of customers. In 1964 the business and building had closed. "I asked the owners if they would consider allowing us to buy this property for \$1," recalled Dossett. "The answer was no, and we went on to find another property across the street just two blocks away, now the home of The Rock."

In the fall of 2020, that very building was unexpectedly donated to On the Rock Ministries. When the property was offered as a possibility, the leaders immediately knew what use it could serve: The Rock's leadership had long held a vision for offering an alternative site for at-risk high school students who weren't successful to find a second chance to get back on track.

The Rock staff found the last 50 years since its closing had been hard on this iconic building. There were holes in the roof collecting snow drifts on the brick floors and asbestos found in the ceiling, tile, and floors. There was no plumbing or electricity. Fifty-two glass windows were missing. Birds had made their homes inside the second floor, and a skunk had found its final



resting place in a corner.

"We had concerns that in the midst of the pandemic it might be unrealistic to expect to raise over a million dollars, but the Lord provided," remembers Ken Dossett. The Lyon Foundation, the Mabee Foundation, the Parsons Foundation, and Diversified Systems Resources have provided much of the funding, as have many community members who have donated or given their time to the project.

At a garage sale that was held at The Creamery, several older residents wanted to peek in and see what the building looked like during the renovation.

"We heard stories of how as children they would come by on Saturdays and get 5 cent scoops of ice cream. One elderly woman told us of how she and her husband came to the creamery for ice cream as a celebration when her husband returned home from World War II," Dossett shared. Hearing those stories has confirmed the value of bringing this building back to life.

For the leaders at The Rock, restoring the Creamery is a symbol of what the Lord wants to do with each one of us. "He loves taking our broken-down, wrecked lives and renovating and restoring our hearts," says Dossett.

The Creamery dream is coming close to fruition. The Center will focus special attention on students who are unable to read at grade level. Research shows there is strong evidence that links illiteracy to juvenile delinquency. "We want to provide a safe environment for students to get the instruction they need to become proficient readers," said Sandy Dossett, a national literacy trainer, who is overseeing The Creamery's Youth Development Center.

The Creamery and Youth Development Center public sneak peek opening is on Saturday, April 15th from 6:00 to 8:00 pm at 515 Frank Phillips Blvd.



# Get Real Ministries



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# Jesus Burger

## Get Real Ministries Changing Lives in Bartlesville

by Matt Conley



Rando and Shiloh Gamble share a deep love of people and a dedication to see change — especially when it comes to the growing drug problem that is sweeping across our city and the entire state. And they can speak of the struggles with drug addiction from a personal standpoint, as both have been drug addicts before discovering Jesus and turning their lives completely around. That led to the founding of Get Real Ministries.

“God can do amazing things, and we see those things in every single one of our services,” said Rando, pastor of Get Real Ministries. “We see healings and restorations, organs healed, even the dead raised after 20 minutes, just to name a few.”

The church is located at 411 W. 14th Street — a location many people would see as a not-so-desirable part of town. But not the Gambles.

“When we chose the location, we knew it was important to simply build trust with the people in the community,” said Rando. “It took a while, but I feel like we have done that. There are so many good people, but also a large influx of people recently released from the county jail that simply need help. In addition to ministering to their souls, we also have a food ministry and a clothing ministry.”

The church also runs Get Real Thrifty, a thrift store on 2nd Street across from Crossing 2nd. It serves as a way the ministry raises money, and provides a weekly change of clothes and food & shower packages for the community’s homeless.

The church has services at 10:30 a.m. on Sunday, 6:30 p.m. on Wednesday, and 6 p.m. on Saturday.

Many people in town have seen the cool logo with the catchy name — Jesus Burger. That is one of the programs of Get Real Ministries that is anything but just cool and catchy.

“You just have to be there to experience it,” said Shiloh. “When so many people walk in the door, they so often have just a look of surprise. Drug dealers, mules, users, recovered addicts — everybody just all together serving the lord and feeling the presence of God. It’s just an old warehouse, but people feel comfortable and so many lives are changed there.”



Every 3rd Saturday, this couple pours love into the lives of the addicted and afflicted. Hundreds make their way to Jesus Burger, where they provide clothing and share stories of overcoming addictions. They extend the Gospel, perform baptisms, and have live music — all while sharing the love of Jesus along with a burger and a side of love and compassion.

This month’s Jesus Burger marks the Seventh Annual March Against Meth/Fentanyl, which will be held at Unity Square at 1 p.m. on March 18. And it is an event that people in the community can’t afford not to get involved in, said Rando.

“I have seen six fentanyl deaths of people we know right here in just a very short time this year,” said Rando. “We are hoping to bring in different ministries and resources for the event and make people aware that we have a very real drug problem in this city. People who are strung out already know about the problem, and we need to make people that can offer resources and help aware of the situation.”

A lot of people need to know where to go to get clean and sober, and desperately need help. Events like this month’s march can show that there are people in this community who truly love and care about people on drugs, and are reaching out a helping hand to them.



# Partnering With the Pros

## How to Get Your Lawn Ready for the Spring

(BPT) - If you enjoy time at home these days, you're not alone. According to TruGreen's new survey conducted in collaboration with OnePoll, 69% of Americans spend more time at home than two years ago. And because homeowners enjoy being at home, it's no surprise home improvement remains a priority, with lawns as a top investment in both time and money.



While lawns are valuable to homeowners, so is their time. Rather than tackling lawn maintenance, homeowners would rather be with family and friends (49%), doing outdoor activities (36%) or reading a book (33%).

But with spring around the corner and warmer weather approaching, now is the first - and best time for homeowners to prepare their lawns for the season ahead. Homeowners should partner with a professional for their lawn care this season so you can spend more time doing things you love - while still achieving the lawn of your dreams. TruGreen®, the nation's leading lawn care provider, breaks down tasks you can do, and those better left to professionals to save time and money.

### What to tackle as the homeowner

Here are the top items to have on your spring lawn maintenance checklist:

- \* Prep your lawn mower for a fresh first cut. After a long winter, your lawnmower needs some love to work at its best. Clean or replace the air filter, change the oil, sharpen the blades and check the spark plug. Once your mower is ready, the first cut is critical to remove dead blades of grass from the past season to wake up the lawn. Always mow grass at the correct height, making sure you don't cut over a third of its height during any single mowing. Most grass types should be kept at least three inches tall, as longer, thicker turf helps combat weeds and conserve water in the soil.

- \* Clear debris to allow your lawn to breathe. As temperatures climb, you may discover your lawn is covered in fallen leaves, sticks and other debris. If you don't remove this debris, your lawn could get smothered and develop unsightly patches, since your lawn and its roots would be prevented from accessing sunlight, air, water and nutrients needed to thrive. Clearing debris also helps professional lawn services be more effective.

- \* Quench your lawn's thirst. Every lawn requires a healthy amount of high-quality H<sub>2</sub>O. While some will come from rainfall,

during drier months you may need to use your garden hose or sprinkler system. Aim for about one inch of water per week. An easy way to measure is by spreading a few empty tuna cans across your lawn as you water. When they're full, that's an inch.

### When to call in the pros

The spring season brings new beginnings and memories with loved ones outdoors. Partnering with the pros

for your lawn maintenance lets you maximize your time, so you can do what you love without compromising your outdoor space.

"Research shows 68% of Americans trust and hire professionals for home improvement tasks, and with the winter blues behind us, don't miss out on this critical season to nurture your dream lawn," said Brian Feldman, director of technical operations at TruGreen. "Whether it's clearing weeds or providing a boost of nutrients to your lawn, partnering with a professional service can help ensure you're on track for a healthy, green lawn all year."

### Let the experienced professionals help, here are three tasks better left to the pros:

- \* Tackling weeds before they attack your lawn. No one wants a lawn covered in weeds. Preventive treatments are vital to help fend off annual weeds before they start growing. Starting your lawn care at the right time and under the correct conditions - such as temperature and humidity - is crucial to prevent weeds from germinating, so consult a professional to identify when to start treatments.

- \* Fertilizing your outdoor space. During winter, lawns stay in a hibernating state. Come springtime, they wake up with an appetite, so give your lawn a boost of nutrients with an initial dose of fertilizer. A lawn care professional can ensure this treatment occurs at the best time and in the right amount to bring out the best in your lawn, trees and shrubs.

- \* Tailoring a plan for pesky weeds. Despite your best preventative efforts in the spring, annoying weeds may still pop up. When this happens, a specialist can tailor a post-emergent solution specifically for your outdoor space.

Questions about recovering your lawn after being dormant all winter? Visit [TruGreen.com](http://TruGreen.com) to ensure your lawn is on track for a healthy spring season.

# Tourney Raises Funds for Veterans

A local charity that benefits area veterans is holding a fundraiser golf tournament in May. The Veterans Connection Organization Golf Tournament will be held on May 5, at the Adams Municipal Golf Club, 5801 Tuxedo Blvd., Bartlesville.

Proceeds will benefit both the Veterans Connection Organization and the LTJG Jo Allyn Lowe Scholarship Fund. The Scholarship is for veterans, servicemembers, and their families.

The golf tournament will begin with registration at 10:30 a.m. Lunch and the ceremony will be held at 11:30 a.m. and the shotgun start will begin at 1 p.m. Individuals may pay \$125 each, or enter a team for 500. Cost includes the green fee, cart, range balls, lunch, and prizes. Mulligans may be purchased at four for \$20 and are limited to four per person.

Veterans Connection Organization's Founder Sharon "Lynn" Reese serves as the veteran rally point leader. Her mission is to help veterans as they transition back to civilian life.

Operation Connect Leader (OCL) is a program that leverages the power of relationship and military culture through mentor programs to bring our heroes home. Through a two-day



**Veterans Connection**  
Organization

mentorship boot camp, veteran mentors are trained and equipped with the tools necessary to support veterans in navigating the journey home.

Each OCL team is trained to help identify resources consistent with transitional challenges veterans may face and recruit providers into the Oklahoma Veteran Connections network.

Additionally, Operation Connect Leader will also provide connection and support for veterans who are participating in Veterans Treatment Courts or battling with homelessness.

Operation Connect Leader builds "relational bridges home" for the healthy transition and community integration of our veterans from active duty and/or reintegration from homelessness and/or incarceration. Carry the mission, together!

Veterans Connection Organization, One-Resource Office for Veterans is located at 6105 SE Nowata Rd. For more information on the event and/or sponsorship opportunities, please call Sharon at 405-323-6139 or 918-766-9116 or email them at sreesee@vcobville.com or vcobville@gmail.com.

The title sponsor for the event is the Jo Allyn Lowe Family.

## 5 Crazy Pet Accidents of 2022 ... And How to Safeguard Your Pet in 2023



(BPT) — Even the most vigilant pet parents have to contend with pet emergencies. Check out some of the most astonishing pet accidents of 2022 — and some tips about how you can help avoid these in 2023.

▪ **Digesting something dangerous:** A 2-year-old Bichon mix ate a sugar-free apple cobbler made with xylitol, which is dangerous for dogs. At first, she seemed all right but began vomiting the next day and declined rapidly. When she arrived at the emergency hospital, her prognosis was very poor. However, after eight days of supportive care, she fully recovered and survived!

▪ **Common household concerns:** A 9-month-old kitten hid in a large comforter unbeknownst to his pet parent, who had set it to dry on high heat. The kitten was stuck in the dryer for 10 minutes before they heard him yelping for help. They immediately rushed him to the emergency vet, and he was kept at the hospital overnight for observation. Luckily for the kitten, there did not appear to be any lasting damage from his eventful trip in the dryer, and he was discharged the next day.

▪ **Lingering liquids:** A 2-month-old Shih Tzu puppy was caught by his owners licking some Children's Motrin that spilled on the couch over nine hours earlier in the day. The puppy seemed fine at first, but then he started to vomit. The Pet Poison Hotline advised taking the pet to the emergency hospital. He was hospitalized and monitored for four days, but the puppy recovered and appeared to have no long-term damage from the incident.

▪ **Unfortunate falls:** An 8-year-old Pit Bull jumped off a couch and suddenly became paralyzed in her hind end. Her pet parents rushed her to the vet, who diagnosed her with Intervertebral Disc Disease. After receiving surgery to fix her disc herniation, she recovered well and regained motor function.

▪ **Toys that become treacherous:** A 7-month-old Standard Poodle was vomiting, lethargic and appeared uncomfortable for two days. A physical exam revealed he was dehydrated, and radiographs showed a foreign object trapped in his stomach. He was transferred to the surgical unit to remove the foreign object, which turned out to be a squeaker toy. He was kept overnight for observation before being sent home to recover with his family.

All of these accidents - while they may seem somewhat crazy - could have happened to any pet owner. To help avoid having an incident like this in 2023, here are a few tips for pet parents from MetLife Pet Insurance:

1. Prioritize your pet's health just as you would for a human family member. Avoid leaving harmful foods and liquids within your pets' reach, and watch out for potential choking hazards in your home.
2. Stay active, even in the cold months.
3. Invest in your pet's well-being. To learn more and protect your pets in the coming year, visit [MetLifePetInsurance.com](https://www.metlifepetinsurance.com).



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# Home Improvement Season

## 3 Things Homeowners Should Do At the Start of Spring

(BPT) — Spring is the perfect season for home improvement, as it presents many opportunities for first-time homebuyers and experienced homeowners to be more thorough when it comes to maintenance. As the weather warms up, you'll find plenty of indoor and outdoor projects that can improve the functionality of your home and boost its curb appeal — while also avoiding unpleasant surprises.

"Many homeowners perform spring cleaning tasks to freshen up and declutter their homes, but it's also crucial to tackle important maintenance tasks," said Viviane Essex, merchant at The Home Depot. "For most people, their home is their biggest investment. The Home Depot's Home Services can help homeowners with routine repairs and installation projects that provide comfort, safety and most importantly, peace of mind."

Don't know where to start? The Home Depot's Home Services has provided a helpful spring maintenance checklist. Here are three items you can check off your to-do list to make sure your home's internal systems and external features run smoothly.

### 1. Schedule seasonal maintenance on your HVAC system

Your heating, ventilation and air conditioning (HVAC) system is crucial to keeping your home cozy in the winter and cool during the summer. Most systems have a lifetime of 10 to 20 years, and efficiency can drastically decrease as your equipment gets older.

If your HVAC system is working harder and not performing as well as it should, it may be time to replace it. Book a consultation with a certified professional who can inspect your existing system, make recommendations, and give you an estimate for a new system. Not only will it help improve your home's air quality, but it will also keep your family comfortable all season long.

### 2. Maintain, repair or replace your water heater

Water is used throughout your entire home, from showering and bathing to cooking and watering your lawn. To ensure you are using quality water, you'll need to inspect, replace, and repair your water heater.

Make sure to check "inspecting your water heater" off your spring cleaning list. Keep an eye out for any water buildup around your water heater, water-quality issues, or small plastic pieces from your fixtures that can affect your water supply.



Also, look out for changes in water temperature or temperature duration, a broken pilot light, noise in your unit or pipes, or the smell of gas around your water heater. If you notice any of these signs, your water heater may be failing and need to be repaired or replaced.

### 3. Spruce up the outside of your home

The exterior of your home is just as important to inspect and repair as the interior. Your windows are an especially visible part of your home that need careful attention.

During winter, you may feel drafts or frequently see condensation on your windows. As the seasons change, you may notice cracking or peeling around window exteriors. These are signs that it may be time to replace your windows.

This spring, book a window replacement. Windows should be inspected by a licensed professional every 20-25 years to see if they need to be replaced. No matter what windows you choose, a new high-quality window with thick, insulated glass is more energy efficient than older single-pane windows. Best of all, new windows can also improve your home's appearance.

Another external item to inspect this spring is your garage door. You may not think your garage door needs regular maintenance, but just like a car, it needs regular tune-ups. Small issues can quickly turn expensive down the line. Also, some garage door problems can pose a safety hazard and cause serious injury.

Depending on the age and condition of your garage door, it may be time to replace it. Replacing your garage door can improve the look of your home and increase its market value.

Finally, consider installing a new fence around your property. Fences provide privacy and security. They can help keep children and pets safe inside your yard, while also keeping out unwanted animals and trespassers. This decorative element also provides protection around an outdoor space, like a pool or garden.

For all your indoor and outdoor spring-cleaning projects, you can find help at The Home Depot's Home Services. Their installers can help you choose the material and style that best fits your property and needs.

All certified service providers are local, licensed, insured and background checked. To learn more and book appointments to spruce up your home this spring, visit [HomeDepot.com/Services](https://www.homedepot.com/Services).



# Senior Health

## 5 Things to Know About Eye Health as You Age

(BPT) — As you age, it's perfectly normal to notice changes in your body. You may not be able to move as fast or hear as well. Age also increases your risk of developing wet age-related macular degeneration (AMD), a leading cause of blindness in seniors. It is always important to learn more about ways you can protect your vision and keep your eyes healthy. Read on for the five facts you need to know about AMD.

### 1. AMD is the #1 cause of vision loss in seniors

AMD is the leading cause of vision loss and blindness for those over 65 in America, according to the Centers for Disease Control and Prevention. In the U.S., 20 million people are currently living with AMD. The advanced form of the disease may cause foggy or blurred central vision, which is crucial for reading and driving.

### 2. AMD progresses in stages

There are two forms of AMD: Dry and wet. Dry AMD accounts for 85% to 90% of all cases. About 10% to 15% of people develop wet AMD. Wet AMD can result in sudden and severe central vision loss, and may cause permanent blindness if left untreated.

### 3. There are AMD symptoms - but they may not always be noticeable

In its early stages, AMD may not cause any noticeable symptoms. Because AMD typically starts in just one eye, you may not notice any significant change in your vision.

If you experience blurred vision and have difficulty doing detailed work, sewing or reading fine print, you may have AMD. Blind spots may develop in the middle of your field of vision, and it may become hard for you to distinguish colors. Lines and edges may start to appear wavy - a hallmark for wet AMD.

### 4. There are multiple AMD risk factors besides age

While age is the main risk factor for AMD, there are others. Women tend to have a greater risk of developing AMD than men. White patients are more likely to lose vision from AMD than Black



and Asian patients. You're at higher risk of developing AMD if you're a smoker, obese, or have a family history of the disease.

### 5. Early diagnoses and treatment are key

There is good news: AMD-related vision loss can be significantly slowed if diagnosed and treated early on.

The best thing you can do for your eyes is to get regular eye exams. Make it a habit of regularly visiting your eye doctor so they can track any changes to your vision over time to keep your eyes as healthy as possible as you age.

Be on the lookout for any signs and symptoms of AMD. If you've already noticed vision changes, talk with your health care provider and get your eyes examined as soon as possible.

Your sight is so much more than just vision — it's how you experience life, remain independent and connect with others. Help preserve it by staying on top of your eye health. To learn more about AMD, visit [gene.com](http://gene.com).

# Ask the Doc

## ...About Chiropractic Relief for Carpal Tunnel

by Deanna Evans



Carpal Tunnel Syndrome is one of the most expensive of all work-related injuries, costing an average of about \$30,000 in medical bills and lost productivity. Dr. Tracy Russell, D.C., The Hand and Foot chiropractor in Bartlesville, is trained to treat CTS and many other painful conditions of the extremities.

Carpal Tunnel pain can be quite severe and disabling. Certain occupations tend to be associated with CTS more than others, such as manual labor jobs (assembly-line / manufacturing, sewing, finishing, cleaning, meatpacking, and food processing and packing occupations). Jobs that involve heavy computer work, playing a musical instrument, and waiting tables can also increase an individual's risk for CTS, as can certain medical conditions such as diabetes, obesity, pregnancy, the use of birth control pills, inflammatory arthritis, and hypothyroidism.

"CTS is caused by a pinch to the median nerve that runs down the arm from the neck, through shoulder, elbow, and wrist," said Dr. Russell. The pinch can occur in one or more of these locations making it important to obtain a complete evaluation including the neck and upper arm - not just the wrist. There are a total of 9 tendons, ligaments, and blood vessels jammed into

the tight confines of the carpal tunnel formed by 8 small carpal bones and the transverse carpal ligament that serves as the "roof" of the tunnel.

Symptoms include burning, tingling, aching, and/or numbness primarily into the 2nd to 4th fingers and at times, the thumb. Some sufferers develop weakness in their grip, making it hard to open jars, turn stubborn doorknobs, or hold on to a newspaper or steering wheel. "Chiropractic adjustments is a natural, non-invasive alternative to surgery for the treatment of carpal tunnel syndrome," said Dr. Russell. "Spinal, as well as hand and arm adjustments, will help to restore normal body function to improve the nervous system."

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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# Bartlesville LIVING

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# 5 Attainable Goals for 2023

(BPT) - Some goals aren't attainable or sustainable for your life. Instead of making lofty promises that are unachievable, start with modest changes that you can accomplish and build upon in years to come. Not sure where to start? Check out these five achievable goals.

## 1. Learn or resume a hobby

If you don't have a hobby or have let it go by the wayside, dedicate some time to doing something you enjoy. Hobbies aren't just activities we do for fun. They can have huge mental and physical health benefits.

According to VeryWell Mind, enjoyable activities can help you reduce stress, lower blood pressure and combat depression. You don't have to engage in your hobbies every day to reap the benefits. One study showed that engaging in a physical leisure activity for 20 minutes a week helped people feel less fatigued.

Whether you get back into knitting or playing guitar or pick up a new hobby like painting or ballroom dancing, you're carving out time for yourself that can take your mind off the stresses of everyday life.

## 2. Move your body

This year, make it a goal to get your body moving. That doesn't mean you have to exercise every day for hours at a time. According to the Centers for Disease Control and Prevention, adults need 150 minutes of moderate-intensity activity each week. That may sound like a lot, but it breaks down to 30 minutes a day, five days a week.

Take it slow if you're new to working out or it's been a while since you've exercised. You can even break up 30 minutes of daily activity into smaller chunks. For example, you can do 10 minutes of brisk walking or aerobic exercises three times a day or 15 minutes twice a day. By breaking up your movement goal into smaller chunks, you can naturally find breaks throughout your day to get moving.

## 3. Invest in your health

If you want to live a long healthy life, you need to invest in your health. Nicole Avena, Ph.D., Associate Professor of Neuroscience, Mount Sinai School of Medicine and Author of *Why Diets Fail*, says, "In addition to a healthy and balanced diet and getting an adequate amount of exercise, it's important to cover all your

bases like adding daily vitamins to your health regimen. Each person's dietary needs will vary slightly. While most people can get enough from diet alone, others may need to take a supplement, and nowadays, there are many vitamin options for men and women of all ages."

To ensure that you receive essential nutrients, consider taking a daily multivitamin like vitafusion MultiVites which is an excellent source of 12 vitamins and minerals. Offering a selection of multivitamin gummies to support the consumer's unique needs, vitafusion is America's #1 adult gummy vitamin brand and the only gummy vitamin brand with a fusion of natural fruit flavors. To learn more, visit [vitafusion.com](http://vitafusion.com).

## 4. Mindfulness

You've probably heard about mindfulness, but do you know what it is and its benefits? Simply put, mindfulness is being aware and fully present in your body, mind and environment. According to the National Institutes of Health, practicing mindfulness can have several positive impacts on your health and well-being, including reducing anxiety and depression, lowering blood pressure and improving sleep.

A popular way to practice mindfulness is meditation, but it's not the only way. You can practice breathing or grounding exercises, go on a walk or take stock of how your body is feeling in the present moment. Mindfulness practices can be short or long, but to start, you can carve out five minutes a day in the morning or at night to get in touch with your awareness.

## 5. Improve your finances

According to the American Psychological Association (APA), 72% of adults report feeling stressed about money at least some of the time. While there isn't a one-size-fits-all plan for improving your financial well-being, there are simple ways to assess your finances and target areas for improvement.

For one month, track all your income and expenses. You can do this by using an expense sheet, or you can download an app to make things easier. Once you know where your money is coming from and where it's going, you can identify areas where you could be spending less and saving more and set financial goals.

Small changes can add up quickly and turn into life-long habits. Using these five tips, you can invest in yourself now and for years to come.

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Keeli Hand-Droege  
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Barbara Hopper  
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918-214-3053



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918-335-7193



Kim Taylor  
918-214-3036



Adam Wood  
918-805-1278



Brooke Goforth  
918-271-2159  
Broker/Manager

### RESIDENTIAL

2209 Deerfield Place	Bartlesville	4/3&2/3	\$750,000	Janette Roark	918-907-1327
20647 N 4020 Road	Bartlesville		PENDING	Carolyn Bolding	918-327-1133
2815 Stonewall Drive	Bartlesville		PENDING	Keeli Droege	918-697-8509
1909 Saturn Court	Bartlesville	4/3/2	\$439,000	Carolyn Bolding	918-327-1133
2130 Skyline Drive	Bartlesville		SOLD!	Amos Radlinger	918-766-2361
1115 S Dewey Avenue	Bartlesville	4/4.5/1	\$349,900	Amos Radlinger	918-230-0864
1455 Valley Road	Bartlesville		PENDING	Carolyn Bolding	918-327-1133
4821 Barlow Drive	Bartlesville	4/2/2	\$259,000	Kim Taylor	918-214-3036
925 Sandstone Drive	Bartlesville	4/2.5/2	\$244,900	Amos Radlinger	918-766-2361
5706 Parkhill Place	Bartlesville		PENDING	Barbara Hopper	918-335-7202
1800 Polaris Drive	Bartlesville	4/3/2	\$225,000	Janette Roark	918-907-1327
601 N Spruce Ave	Bartlesville		SOLD!	Cheryl Fregin	918-440-0040
1401 SW Keeler Ave	Bartlesville	3/2.5/2	\$145,000	Joshua Igo-Schueler	918-914-0256
3102 Sheridan Road	Bartlesville		SOLD!	Carolyn Bolding	918-327-1133
304 NE Park Hill	Bartlesville		SOLD!	Amos Radlinger	918-766-2361
2106 Dewey Place	Bartlesville	3/1.5/1	\$107,500	Carolyn Bolding	918-327-1133
3715 E Mountain Road	Bartlesville		PENDING	Brian Saltzman	918-214-3053
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
516 E 12th street	Bartlesville		PENDING	Charlene Bejcek	918-440-4763
130 N Theodore Ave	Bartlesville	2/1/2	\$45,000	Barbara Hopper	918-335-7202
1509 SW Elm Ave	Bartlesville	3/1/1/1	\$32,900	Charlene Bejcek	918-440-4763

### SURROUNDING AREAS

253 Hazel Blvd	Tulsa		PENDING	Andrew Gordon	918-230-0864
396891 W 1300 Road	Dewey	2/2/2	\$469,000	Kim Taylor	918-214-3036
39663 W 1200 Road	Dewey	3/2/2	\$450,000	Kim Taylor	918-214-3036
15185 EW Couty Rd 8	Ok/ Union		SOLD!	Cindy Folk	918-559-9905
806 S Broad Street	Nowata	3/2/1	\$119,900	Charlene Bejcek	918-440-4763
116 S Shawnee Ave	Dewey		SOLD!	Carolyn Bolding	918-327-1133



### 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
N. 137th E Ave	Collinsville	7.58 AC	\$250,000	Cheryl Fregin	918-440-0040
Deerfield Addition II	Bartlesville	10 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	PENDING	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	PENDING	Janette Roark	918-907-1327

### 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
4605 Nowata Road	Bartlesville	Mixed use	\$300,000	Carolyn Bolding	918-327-1133
1114 W Hensley Blvd	Bartlesville	Mixed Use	\$59,900	Barbara Hopper	918-335-7202

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# Declining Lake Levels Continue



## Conservation Needed to Avoid Restrictions

City Beat  
Your city, your news

by Kelli Williams



Recent rains have helped a little but not enough to pull the region from drought conditions plaguing the area in recent months, City Water Utilities Director Terry Lauritsen said earlier this month.

"Every little bit of rain we get helps, of course, but a lot more will be required to reverse the declining numbers we're seeing in our overall water supply," Lauritsen said.

And that rain is needed in a specific area that actually has little to do with Bartlesville. "While we do utilize water from the City-owned Hudson Lake and the Caney River, our primary water supply source is Hulah Lake," Lauritsen said. "We pump water from Hulah Lake into Hudson Lake, and then we take the water from there into our water treatment plant and distribute it to our customers. The watershed for Hulah Lake is actually in Southeast Kansas, and they've been under extreme drought conditions for the past eight months. So that's really where we need it to rain the most."

Until that happens, conservation is still needed, he said. "Our overall water supply is currently at 65 percent and has declined nearly every week since we started alerting the public to this issue in December 2022," Lauritsen said. "Normally, at this time of year, we are looking at an overall supply of 90 percent or more. So that gives you an idea of how serious this could become if we don't see rain in that area in the near future."

While the situation is not yet critical, it could become that way quickly, he said. "I would say if we don't receive significant rainfall in the Hulah Lake watershed in the next 30 days, we could be

looking at asking the City Council to implement more restrictive measures to help prolong the water supply we have," he said.

Those measures could include restrictions on outdoor watering and other excessive use, as well as water rate increases intended to slow use until drought conditions have lifted. Lauritsen said average water consumption has fluctuated a bit since the public awareness campaign began last year, but it was higher last week than at any point since the beginning of the year.

"Our average water consumption last week was 4.73 mgd (million gallons of water per day)," he said. "The lowest we've seen since the campaign began was 4.17 percent, and that was last week. Typical consumption for this time of year is 4-5 mgd. We really need to be at that lower end and are asking all of our water customers to help"

"We want the public to understand where we are and what is needed to ensure that we have water for our basic needs in the foreseeable future," he said, citing simple measures that could have a significant impact. "Just taking shorter showers and turning the water off when it's not being used can make a big difference. If everyone would just do a little, it could have a huge impact on our water availability, especially as we enter warmer, dryer months," he said.



## Operation Clean House

Operation Clean House — the free, countywide event for Washington County residents to dispose of hazardous household and automotive goods without harming the environment or endangering human health — will be held this year on Earth Day, April 22.

The annual hazardous waste disposal and recycling event has been held locally for more than 30 years. Each year the event enables the safe disposal of more than 10,000 pounds of hazardous waste from the community for free. OCH was historically held on Earth Day but was rescheduled or cancelled in recent years due to the pandemic. The event returns to its Earth Day roots this year, scheduled from 8 a.m. to 2 p.m. on April 22 at two locations: the Phillips 66 downtown parking lot and the District 2 Washington County barn in Dewey.

## Free Yard Debris Collection Set for May 8-12

The City will hold its next free residential yard debris collection the week of May 8-12, Public Works Director Keith Henry said last 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.

Bartlesville residents can put their bagged yard debris or bundled tree limbs at their normal trash collection point on their normal trash day during the collection week, and City crews will come by and pick them up that day. 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 the collection 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.