



SCENE SETTING

Horror play encores

Odeum Theater Company will have more performances of "Neighborhood 3: Requisition of Doom" on Thursday through Saturday at the Nightingale Theater, 1416 E. Fourth St.

The dark, social satire of teens obsessed with an on-line video game filled with zombies resembling their families was at the Tulsa Performing Arts Center last weekend. The run was so successful, the group decided to extend it.

Tickets are \$10, and show times are 8 p.m. For more, call 633-8666 or go to tulsaworld.com/nightingale.



Actor Whit Hanna in "Neighborhood 3: Requisition of Doom."

JAMES GIBBARD/Tulsa World

Rally in the alley

The Shops of Yorktown Alley on the east side of Utica Square will have their "Spring Rally" on Saturday.

The event includes the Loops yarn store, the Lolly Garden children's boutique, the Flirt women's boutique and Margo's Gifts.

At Loops, Lolly Garden and Flirt, if you spend \$50, you'll receive a \$5 gift card. Spend \$100, you'll be eligible to win a shopping party for yourself and friends.

Margo's, which is celebrating its 75th year, will offer 10 percent off all purchases.

And if you bring your receipt from purchases at any of these stores that Saturday to Polo Grill, you'll receive a free mimosa.

For more information, call these shops or simply pop in to see what they have new for spring.

Osage County picked

The March/April issue of Oklahoma Today magazine is all about Osage County.

The cover story, "June: Osage County," is written by Teresa Miller, the executive director of the Oklahoma Center for Poets and Writers.

The issue includes a pictorial spread of Osage County through four seasons.

Oklahoma Today is available for \$4.95 in bookstores and magazine racks.

Flavors of spring

A cooking class at the Boston Deli is more than instruction. It's a meal.

Learn to make the flavors of spring, tasting each course along the way.

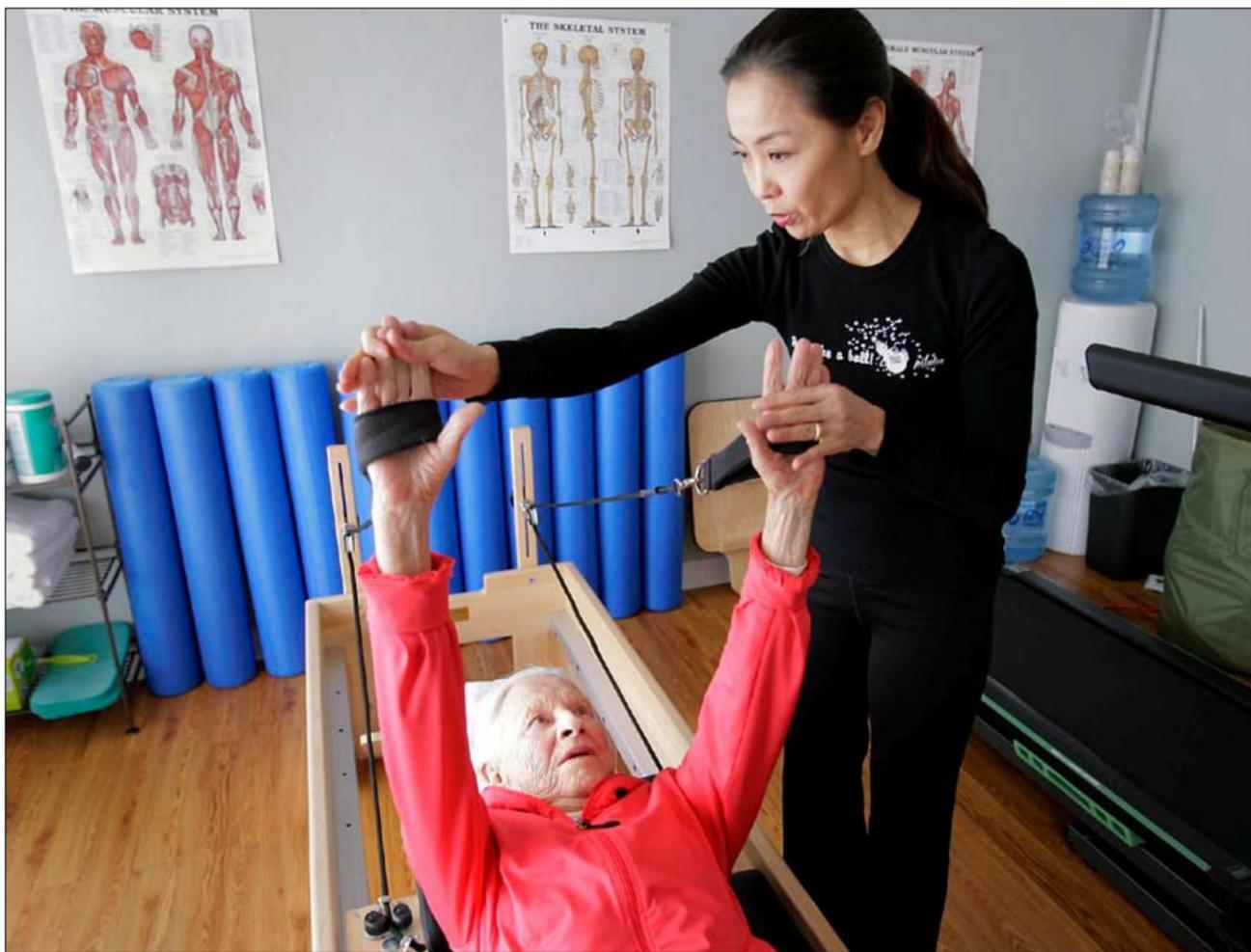
The class takes place March 29 at 6231 E. 61st St. The cost is \$45 per person or \$80 per couple.

The menu will consist of hickory-roasted bone-in pork loin filled with brandied dried fruit with creole mustard, sweet potato gratin with sweet balsamic onion and chipotle cream, collards with apples and tiramisu soaked in bourbon coffee sauce.

To reserve a spot, call 492-4745.

'(Rose is) an inspiration to all age groups to get up, get out of the house, and see how much better you can feel and move.'

BAI LAN



Caroline "Rosie" Rose, 93, works out on a Pilates machine with the help of her instructor, Bai Lan. MICHAEL WYKE/Tulsa World

AGE DEFIANCE

Pilates keeps older woman fit

BY MATT GLEASON
World Scene Writer

Caroline Rose always loved calisthenics in school, even when the other girls hated it. But this is the same girl who played baseball, field hockey, soccer, basketball and, really, anything else that got her body moving hard and fast.

Although time, and osteoporosis, eventually slowed her headlong pace, the Tulsa woman, now 93, still pushes her body to remember its schoolgirl ways.

Twice a week, Rose often drives herself from her apartment building — where she's known as a sharp mah-jongg player — to Bai Lan's midtown Pilates studio at

1748 South Harvard Ave.

Inside, Lan, a former National Ballet of China and Tulsa Ballet ballerina, spends 30 minutes helping Rose defy her age — and then some — on machines that look like torture devices but turn back a body's clock no matter how long it's been running.

"Pilates doesn't discriminate," Lan said. "At any age, you can start it." Pilates emphasizes strengthening core muscles with resistance training and stretching.

Rose, who is a retired Grimes Elementary School teacher, got her start with Lan not long after her 90th birthday.

At the time, Rose's aching back left her unable to even finish brushing her teeth in the morn-

ing. Still, the schoolgirl who ran faster and played harder was inside her aging frame — and it wouldn't let her give up.

Rose couldn't sprint across the soccer field or slide headfirst into second, but she could join her daughter, Emily Renberg, at Lan's Pilates studio.

Renberg, 63 and also a retired teacher, found her way to Lan after her own daughter, Heather Hale, recommended Pilates as a way to combat Renberg's osteopenia, which often leads to osteoporosis.

Lan helped Renberg in so many ways that she told Rose, "You're not too old to learn some new tricks." After all, as Renberg said: "Mother's always game for anything. Trust me."

About a year later, the benefits of Pilates were evident.

Rose said, "The minute I started here, I started getting better, and (my back) doesn't bother me any more."

Pilates chased away Rose's back pain, but then Rose lost her balance and fell last year, leaving her with a broken right ankle that required surgery and a steel rod. Then she cracked her right hip.

It was all enough to push another person to leave Pilates behind, but Rose kept on with help from Lan and recovered fully.

Lan said Rose is "very, very inspirational for students at my studio. ... Everybody says, 'We want to be like her.'"

Just imagine a younger client of Lan's making an excuse not to give 100 percent when Rosie, as Lan calls her, is giving that and more.

Lan said: "She inspires those around her with her discipline, consistency, and sweet nature. She has overcome a broken ankle, a broken hip, chronic back pain, and other difficulties that would prevent most from continuing these disciplines, yet she does."

"She is a living testament to the value of these disciplines, and an inspiration to all age groups to get up, get out of the house and see how much better you can feel and move."

During a recent Pilates session, Renberg sat nearby while her mother used an intimidating-looking piece of Pilates equipment called the trapeze.

Renberg said that "what amazes me" is that Lan puts her mother through the same Pilates exercises as Renberg has, just with fewer repetitions.

Now the only medicine Rose takes is for her osteoporosis.

Rose's doctor supports her active lifestyle, which includes exercise in her apartment building's gym.

Renberg acknowledged that her mother "has been blessed with really good genes," but then she pointed to her temple and quoted Lan: "Up here, you decide you're old."

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fitness guinea pig

WORKOUT

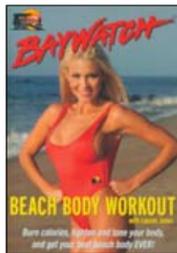
Baywatch beach body workout with Lauren Jones.

WHAT IT IS

A DVD workout that promises to get you ready for the infamous skimpy red bathing suits of "Baywatch."

WHERE YOU CAN GET IT

\$15 at Amazon.com



IT'S BEST FOR

Those who are perhaps more interested in the "talent photo session" bonus feature.

DEGREE OF FUN

(on a scale of 1 to 4 sneakers)

DEGREE OF DIFFICULTY

(on a scale of 1 to 4 sneakers)

FITNESS GUINEA PIG SAYS

What exactly made it so difficult to take this workout seriously?

Was it the bonus feature including

cheeky still photos of the three "lifeguards" who lead the exercises?

Or the "sun safety tips," which turned out to be one female lifeguard rubbing sunscreen on the other and giggling (and then a pizza boy shows up. FGP is not even kidding?)

No, it was definitely the part where, after much lame running in place and simple arm and leg exercises, instructor Lauren Jones says: "Just imagine how happy that drowning victim is going to be when we save their lives. And we'll look cute doing it!"

The workout DVD is not so much about getting in actual lifeguard shape as it is toning your booty (which Jones talks

about a lot) and jiggling for the cameras.

This was released long after "Baywatch" was canceled, and seems as if it's unabashedly intended for personal entertainment than fitness. Curiously, none of the people leading this workout had anything to do with the TV show.

So if it's not about the internationally beloved TV cheesefest, and it's not about a challenging workout — what is this DVD about? The answer wears skimpy red bathing suits, and if anyone was actually drowning, would be more useful as a flotation device than a lifeguard.

Send workout suggestions to cary.aspinwall@tulsaworld.com or call 581-8477.

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WHERE YOU CAN READ ABOUT FOOD, MOVIES, MUSIC, THE ARTS, TELEVISION, STYLE, FITNESS, FAMILY, BOOKS, TRAVEL AND MORE.

They'd LIKE to thank the Academy: Tulsa's BOK Center has been nominated for a venue of the year award by the Academy of Country Music, the venue announced. The BOK Center is up against Meadowbrook U.S. Cellular Pavilion in Gilford, N.H.; the Sommet Center in Nashville; the Sprint Center in Kansas City; and the Time Warner Cable Music Pavilion in Raleigh, N.C. To be considered for this award, the venue must have bought or promoted at least five country concerts during the previous year.

'Good evening': By all accounts, Eric Clapton was his old, stylish self — and more. It was a lean performance (about 90 minutes) full of career highlights and a few surprises. To read two reviews and see a slide show, go to tulsaworld.com/scene.



Clapton at the BOK.

'Idol' takes ill: "American Idol" producers have yet to announce what they'll do if contestant Crystal Bowersox is too sick to perform Wednesday evening. Bowersox, an early favorite among judges and fans, was hospitalized early Tuesday for an undisclosed illness. Producers switched the show's order this week so the 10 male semifinalists performed Tuesday evening and the 10 female semifinalists will perform Wednesday night. But if Bowersox is still in the hospital, then what? Comment at tulsaworld.com/idolmoments.



"Idol" hopeful Crystal Bowersox was hospitalized on Tuesday for an undisclosed illness.