



Heller on hold

The delayed relocation of Heller Theatre to Henthorne Park has taken it out of TATE Award contention.

D6



Brooks and Obama on 'Leno'

Garth Brooks will join President Barack Obama on his historic visit to **"The Tonight Show With Jay Leno"** at 10:35 p.m. Thursday on NBC, channel 2, cable 9. Appearing on the talk show as president is a first for Obama. Brooks, who lives just outside of Tulsa with wife, Trisha Yearwood, will be marking his 21st appearance on the show. It's not the first time Brooks and Obama have appeared together. Brooks was among the musical performers at the opening celebration of the presidential inauguration in January.

fitness guinea pig

BY CARY ASPINWALL

WORKOUT

"Pilates For Beginners" with Kristin McGee.

WHAT IT IS

A workout DVD featuring two 10-minute segments and two 20-minute segments of basic Pilates moves.

WHERE YOU CAN GET IT

Amazon.com, Acaciacatalog.com.

IT'S BEST FOR

Those who've done a Pilates class or two and can catch themselves pulling their neck in bad ways or dropping out of a proper C-curve (signature Pilates move that involves scooping in the abs and curving the spine).

GEAR NEEDED

Exercise mat.

DEGREE OF DIFFICULTY



on a scale of 1 to 4 sneakers

DEGREE OF FUN



on a scale of 1 to 4 sneakers

FITNESS GUINEA PIG SAYS

Everyone's looking for ways to save money these days, and Pilates lessons can be pricey. FGP has forked over large checks for quality Pilates classes, which net results like nobody's business — but can drain your bank account quickly.

However much as she loves saving money, she's not been a fan of many at-home Pilates DVDs or programs because there is no instructor in the room to make sure you're doing these complicated moves correctly. And in Pilates, proper form is everything.

But if you're a good listener or have taken a Pilates class or two before, Kristin McGee's workout for beginners may be worth purchasing. Her step-by-step method is solid and she's good about pointing out the pitfalls of certain moves. For the money, it's a great basic Pilates primer. And if seeing McGee's fabulous physique (she teaches yoga AND Pilates) doesn't motivate you to put away the Girl Scout cookies and devote more time to your core, what will?

Seriously, FGP may be using this DVD every day in hopes of getting her arms and midsection to look more like McGee's. As soon as she finishes the box of Samoas hiding in her desk.

Is there a workout or exercise you want the Fitness Guinea Pig to try first? Send suggestions to cary.aspinwall@tulsaworld.com or call 581-8477.



Kristin McGee leads Pilates for Beginners on her new DVD workout.



David Skaggs plays with his Labrador retrievers, Toby (left), Sophie, and Martin. Toby is taking Martin's place as a service dog, and Sophie trained as a service dog but did not graduate. SHERRY BROWN / Tulsa World

Dog goes above and beyond

Proof that dog is man's best friend

BY MATT GLEASON

World Scene Writer

David Skaggs saw black. Nothing but. Minutes before ...

David rolled across a hospital parking lot. Drizzle fell. His electric wheelchair sped through darkness. Must have been doing 8 to 10 mph. David's service dog, Martin, ran alongside.

David didn't see the metal chain strung across two parking-lot posts. Instead, he tasted it. Metal chain and human teeth met. The chain pulled out eight front teeth. It ripped off David's bottom lip.

Just a man in a wheelchair hurtling to the asphalt.

David Skaggs saw black. Nothing but. "My god, I'm blind," the Bixby man thought to himself minutes after visiting his brother-in-law in the Tulsa hospital.

David was wrong. He could see. This is what he saw: the side of Martin, his black Labrador retriever.

Martin could open doors, flip on lights and pick up dropped items. He learned all that, and more, from the Tulsa-based Therapeutics Service Dogs of Oklahoma. But there's no training for what had happened in a dark parking lot in January 2001.

For more

Therapeutics Staffing. **D2**

Staying at his side

Martin improvised. He laid down to let his black fur soak up David's red blood and warm David's cold body.

Soon, David's wife, June, and a friend, arrived on the scene. So did an ambulance. "Somebody is going to have to get this dog away from him," a male EMT demanded, "because we're going to have to start suctioning out his mouth and throat, or he's going to drown in his own blood."

June prodded Martin to move. Martin gave in. But when David was rolled on his

SEE **DOGS D2**

The race

David Skaggs and his faithful Therapeutics service dog, Toby, will attend the fourth annual K9K Road Race on Saturday.

The event benefits Therapeutics Service Dogs of Oklahoma, a nonprofit which has 17 dogs in training and about 35 to 40 dogs in service statewide.

Skaggs will cheer on the racers, and answer plenty of questions about Toby — including "Can I pet him?"

When: Saturday at Mohawk Park Race Day Schedule

7:30 a.m.: on-site registration

9 a.m.: race start

9:05 a.m.: fun-run start

10:30 a.m.: awards ceremony

For more information, call 270-4226, or visit tulsaworld.com/therapeutics Race volunteers are still needed. To volunteer, call 270-4226.

PRIME-TIME TOP 20

ASSOCIATED PRESS

Here are the prime-time viewership numbers compiled by Nielsen Media Research for March 9-15. Listings include the week's ranking, with viewership for the week and season-to-date rankings in parentheses. An "X" in parentheses denotes a one-time-only presentation.

- (1) "American Idol" (Tuesday), Fox, 25.77 million viewers.
- (1) "American Idol" (Wednesday), Fox, 25.55 million viewers.
- (3) "Dancing With the Stars," ABC, 22.83 million viewers.
- (4) "CSI: Crime Scene Investigation," CBS, 17.13 million viewers.
- (9) "Desperate Housewives," ABC, 14.6 million viewers.
- (11) "Criminal Minds," CBS, 14.34 million viewers.
- (8) "The Mentalist," CBS, 14.32 million viewers.
- (14) "CSI: Miami," CBS, 14.22 million viewers.
- (9) "Grey's Anatomy," ABC, 13.64 million viewers.
- (16) "CSI: NY," CBS, 13.63 million viewers.
- (6) "NCIS," CBS, 13.52 million viewers.
- (11) "Two and a Half Men," CBS, 13.44 million viewers.
- (21) "Cold Case," CBS, 13.02 million viewers.
- (10) "60 Minutes," CBS, 12.87 million viewers.
- (16) "Survivor: Tocantins," CBS, 12.82 million viewers.
- (18) "House," Fox, 12.38 million viewers.
- (23) "Eleventh Hour," CBS, 11.61 million viewers.
- (18) "24," Fox, 11.37 million viewers.
- (21) "Lie to Me," Fox, 11.25 million viewers.
- (39) "Law and Order: Special Victim's Unit," NBC, 11.07 million viewers.

'Dark horse' contestant eliminated from 'Idol'

BY CARY ASPINWALL

World Scene Writer

In the first shocker of the season on "American Idol," Alexis Grace was sent home Wednesday night.

The 21-year-old from Memphis, Tenn., got the lowest number of audience votes this week — and despite weeks of solid performances, she didn't impress the judges enough for them to "save" her.

The judges' save is a new feature this season. Judges have a one-time pass to void audience votes and keep someone for another week if they vote unanimously to use it.

Grace sang "Jolene" again Wednesday, but the judges said she didn't do enough to merit the save.

Although Grace had pitch problems with Dolly Parton's "Jolene," her elimination was somewhat shocking because judges had called her a possible "dark horse" for this season, and Simon Cowell once compared her to first-season winner Kelly Clarkson.

Her previous performances of "Never Loved a Man" and "Dirty Diana" were largely praised by judges, but Cowell called her take on the Parton classic "forgettable."

It landed her in the bottom three with Michael Sarver and Allison Ira-

heta. Both Sarver and Iraheta made the top 10 cut, which means they will be part of this summer's "American Idol" concert tour.

This week's theme was songs by Grand Ole Opry members, and Checotah native Carrie Underwood performed a duet with Randy Travis on Wednesday's results show.

Next week's theme will be Motown, and the top 10 will perform Wednesday, with results on Thursday, because President Barack Obama will have a prime-time TV news conference Tuesday.



Alexis Grace performs in front of the judges on "American Idol." She was sent home. RAY MICKSHAW/FOX

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BILLY COLLINS

U.S. Poet Laureate (2001-2003)

April 2, 2009 at 7:30 p.m.

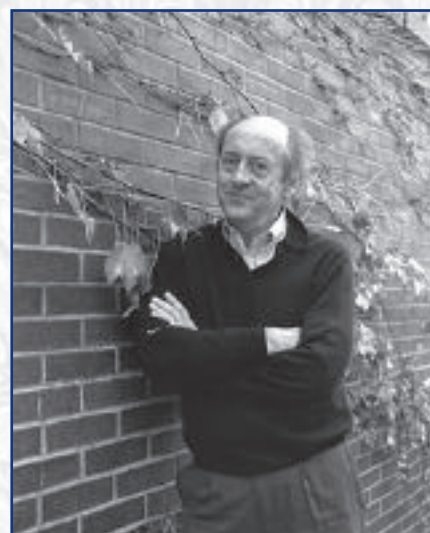
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Billy Collins is a modern day Robert Frost who uses plain language to augment ordinary subjects and everyday life to literary significance. Collins uses humor and wit to lead readers into a more serious place, a kind of journey from the familiar to the unexpected, sometimes tender, and often profound.

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