

SOUTHSIDE BOOMERS

A DAILY JOURNAL PUBLICATION

Summer 2022

Ringling in Joy

Community handbell choir offers a fun way to make music and friends



Photographer gives back to college // Bob Dylan museum opens in Oklahoma

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ON THE COVER



Erin Gerecke and Darrell Klutey, with Leanna Zimmerman and Karen Sanford in back, ring handbells during a recent practice.

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Make family reunions more meaningful

BY FAMILY FEATURES

During the coming months, families are likely to spend more time together. Reunions that have been postponed during the pandemic will finally take place, and once those long-awaited hugs have been exchanged, everyone can settle in for some overdue catching up.

However, the time many families spent apart over the past couple of years means important conversations may have been put on hold. A family reunion is a perfect opportunity to share stories, reminisce and discover what matters most to the people who matter most to you.

Sitting down with loved ones to talk about their lives can be richly satisfying. Learning about memorable events, favorite activities and valuable lessons they have learned can help bring you closer to loved ones and get to know them in a different way. It can also help you create a meaningful tribute to a loved one when the time comes.

Finding a way to start talking with a loved one may be the most difficult part, but once the conversation starts, it may be hard to stop. Consider these tips from RememberingALife.com, an online resource from the experts at the National Funeral Directors Association (NFDA) to get the conversation started:

START BY SHARING MUTUAL STORIES. If you've taken a vacation together or shared a cherished experience, discuss that first to get the conversation going. If your family member is hesitant, share your own stories first so he or she feels more comfortable.

ASK QUESTIONS. One of the easiest ways to start and maintain a conversation is by asking questions. If

you're not sure what to ask, try inquiring about your loved one's proudest achievement, the best advice received, a favorite memory or greatest inspiration. A visual prompt like a photo album, souvenir or memento can also be a conversation starter. If you're comfortable with the idea, also ask how he or she would like to be remembered when gone.

TAKE NOTES. Either during or after your conversation, make note of the important memories shared. If it won't make your loved one uncomfortable, make an audio recording of your discussion so you can listen again later. These notes and recordings may become treasured heirlooms for future generations.

TREAT YOUR TALK AS A BEGINNING. Use it as a springboard for more conversations, during which you can openly talk about any number of things, from reflecting on the past to planning for the future. Designed to be a fun and easy way to help get the discussion started, NFDA created "Have the Talk of a Lifetime" conversation cards featuring thought-provoking questions. The things you discuss may be helpful when your family must make important decisions about how you wish to remember and honor your loved one after he or she dies.

WHEN THE TIME COMES, MAKE IT MEANINGFUL. These shared conversations may help your family plan a meaningful funeral or life tribute event for your loved one that honors his or her life while giving you, your family and other friends a chance to reminisce and say goodbye. When the time comes, memorialization can be an important step in the journey toward healing.



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Above: Members of Joyful Sound Handbell Choir meet for rehearsal at a Greenwood church. From left: Beth Larner, Lora Lee Curren, Erin Gerecke, Sharon Blades, Joy Whitesell, Dave Baker, Darrell Klutey, Elinor Coffin, Betsy Smith and Karen Sanford. Right: Bells are laid out on a table.



BELLS OF THE BALL

Joyful Sound offers unique musical experience

STORY BY CHERYL FISCUS JENKINS | PHOTOS BY WARRIE DENNIS

They play a mix of tunes from sacred hymns to flashy show pieces, each with a unique personality and technique bringing joyful sounds to listening ears.

Patriotic number “You’re A Grand Old Flag” and religious “This is My Father’s World” are two, along with holiday classics such as “Sleigh Ride” and “The Nutcracker.” For Greenwood resident Joy Whitesell, her favorite is “Boogie Woogie Bugle Boy,” the fast-paced wartime hit that gets her heart pumping and bell ringing hands moving.

“It’s pretty frantic, and it’s a challenging piece” she said. “It lets me go wild.”

The 14 members of Joyful Sound Inc. community handbell choir gather most Monday nights from August through May to practice their repertoire of songs performed at various concerts and festivals throughout

the year. They play at weddings, funerals, churches, nursing homes and corporate events and will also collaborate with other groups from around the world at the 20th International Handbell Symposium in Nashville, Tenn., this August.

The ensemble formed in 1999 as a way to transition traditional handbell choirs from the church into the community. Doing so allowed the group to broaden its musical base from sacred songs to secular hits, which challenged members and developed ringing skills.

“It’s a good mix of music so everybody in the audience can enjoy,” said June Hannah, the group’s founder and director. “It’s come a long way with technique and the music.”

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Joyful Sound's first performance was the October 1999 wedding of original members Lora Lee and Tom Curren of Greenwood. The group played several classics for the big day and continued as the couple walked down the aisle together.

"It does add a new effect to your wedding," said Tom Curren.

Hannah of Greenwood started ringing in middle school and has played the organ and directed choirs for decades — initially at Christ United Methodist Church and eventually at Old Bethel United Methodist Church in Indianapolis, where she was music director and organist before retiring. She has served on the national board for Handbell Musicians of America and as Indiana state chairman and event planner for Handbell Musicians of America Area 5.

Joyful Sound has many original members and began on a shoestring budget with borrowed music and homemade costumes. Grants and donations helped finance the expensive bells and chimes. People were very generous, Hannah said, which is why the group provides free-will offering public concerts and holds private performances for a minimal fee.

"This is our way of giving back to the community," she said.

Many ringers will go to the international symposium this summer. At a recent

Monday evening practice, the group rehearsed songs "Friend of Mine" and "This is My Father's World" to be played at the event.

"Friend of Mine" is an intricate piece often played with many more individuals and added instrumentation, members said. For Tom Curren, it was a more frustrating number, which comes with learning difficult songs. Bell ringing is both relaxing and exhausting, he said, depending upon the level of music being played. But mastering the song offers many rewards for ringers and the audience.

"It's playing a huge instrument as a team," he said. "If one person is missing, the instrument is not complete."

Veteran member Beth Larner of Indianapolis started ringing bells in her church decades ago and enjoys playing at retirement homes, where individuals might not normally come out for a public performance.

Newcomer Betsy Smith of Greenwood joined Joyful Sound this year after taking 30 years off from playing. She loves making so many sounds with one instrument and has learned various techniques from other members.

"Playing with a group that has been around for a long time is intimidating," she said. "It's very challenging. This is a really good group."

The organization has toured throughout Kentucky holding weekend performances at churches and will be the opening concert at Handbell Musicians of America Area 5 festival in northern Indiana next spring. Joyful Sound members, ages 22 to late 70s, travel from throughout the area to rehearse in Greenwood.

Auditions consist of attending three rehearsals and making sure weekly practices and frequent concert commitments are doable for busy personal schedules. Hannah looks for experienced ringers and people who get along well with the existing group.

“You have to work as a team,” she said. “You’re sharing bells and sharing music. You have to be able to get along. That is really important to me.”

Current group members have much camaraderie and a sense of humor as they joke with each



Left: Curt Harris and Tom Curren prepare equipment during rehearsal. Above: Sharon Blades and Joy Whitesell ring their bells.

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other from across the room. The performance provides a physical and mental workout with swift and precise page turning, grabbing needed bells and chimes, jumping to another instrument and reading music.

Christmas is the busiest season with many December holiday concerts. Last winter, Hannah appreciated support from members as her husband of 44 years, Jim, had been hospitalized and eventually passed away in March. At rehearsal, she directs the ringers with knowledge and enthusiasm but becomes tearful remembering how much her spouse helped with the group and how ringers rallied around her with empathy in her time of need.

“Joyful Sound kept me going in December,” she said. “It was a distraction from the hospital.”

The group has CDs available and events posted on its website at www.joyfulsound.info



Left: Karen Sanford holds the handbells. Above: Leanna Zimmerman and Beth Larner rehearse a song.



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Lens on Life

After longtime photography career,
Phil Smith appreciates the details

STORY BY GREG SEITER | PHOTOS BY MARK FREELAND

Retired photographer Phil Smith made a career out of physically documenting life events, but personal experiences have helped the 69-year-old learn to see and embrace things his camera was never able to capture.

Smith, born in Terre Haute but a Franklin resident for most of his life, attended Ball State University as a journalism major and public relations minor while maintaining a childhood interest in photography.

“Ball State was just far enough away from home that mom wouldn’t come unannounced,” he said. “But the school really trained me in the right way.”

After college, he initially worked as a Yellow Pages salesman and even spent time working as a restaurant manager in Muncie.

“Eventually, I decided to retire from the real world and become a chimney sweep in Tennessee,” he said.

That’s when life took a dramatic turn.

“I was cleaning a church flue and all of a sudden, I didn’t feel well. Something was wrong. That’s when I had my very first heart operation. They replaced my aortic valve.

“After that, I was in a wheelchair for three-and-a-half weeks but as a result of that experience, I adopted a new theme for myself: In the face of adversity, we shall prevail.”

Smith returned to Indiana and following his recovery, spent time working for Tranter Industries before eventually deciding to open his own photography business in Franklin.

“I wanted to help people in town with their wedding and commercial needs and I thought photography would be a good way to do that,” he said. “Plus, I loved to travel and I knew photography would really tap into the creative spirit in me.”

However, as would be expected, there were challenges to overcome as he launched a business initially called Photo Arts that would later evolve into Phil Smith Photography.

“Back then, I had to build my own lights,” he said. “There were some struggles but it was wonderful.”

Smith’s 31-year photography career took him to every state except Hawaii and exposed him to a variety of professional industries including education and insurance.

“I had a passion for commercial work and I really enjoyed experimenting with light filtration and composition,” he said. “I shot quite a bit for an insurance trade magazine and traveled frequently for them.”

But Smith seemed to embrace nature-related photography, in particular.

“For a long time, I would go out on my own and travel to different spots so I could take environmental photographs,” he said. “In fact, I’d say some of my most memorable work has been capturing all the different colors in sunrises. Being there in a spot to witness all that magic come to life is special.

“Even something as simple as being close enough to a blade of grass in

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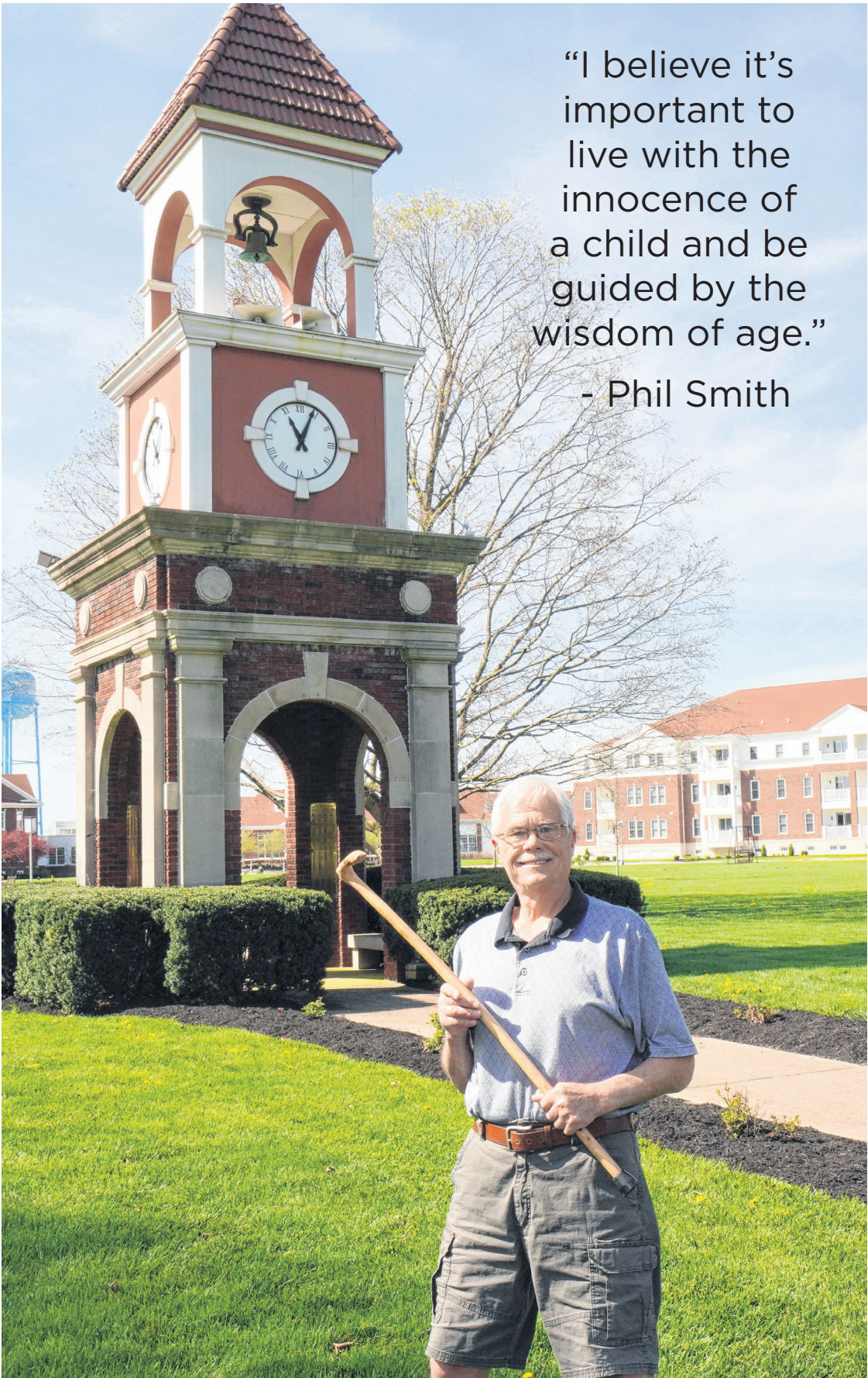


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“I believe it’s important to live with the innocence of a child and be guided by the wisdom of age.”

- Phil Smith

Smith visits Franklin College, one of his longtime clients. He is holding one of the walking canes he makes.

order to see the beads of early morning dew is amazing.

“That’s my favorite type of photography.”

But Smith, who has served as a wedding officiant for more than 15 years, also developed a passion for Franklin College that afforded him the opportunity to work in a freelance capacity while shooting various events there during a 26-year span. He even once lived in the house where the college’s Napolitan Student Center now stands.

“I covered a lot of what was going on at Franklin College. I documented people and how things work and I gained a true appreciation for people in biology and pre-med ... their potential to heal the world or feed the world,” he said. “Those areas became endeared to me.”

So much so in fact that Smith recently designated Franklin College as a \$500,000 estate recipient for the purpose of establishing the Phil Smith Engaged Learning Fund.

“I want to provide an opportunity for students and faculty to learn more about their chosen profession beyond the classroom,” Smith said. “It gives me great pleasure knowing they will have the opportunity to learn from a variety of people, places and cultures in order to broaden their knowledge on the topics they are studying. Knowledge is powerful and the only thing that can’t be taken away from you.

“I decided I didn’t want to have money go to several different things.”

Multiple heart surgeries, back problems and the progression of neuropathy have all taken their toll on Smith, now a retiree and Masonic Home resident. In fact, his mobility challenges force him to rely heavily on a roller walker, cane and electric wheelchair.

“My body is slowly but surely going to hell,” he said. “But I have a balcony over a creek at my apartment and from there, I can watch animals interact.”

Being forced to slow down has also helped Smith see things he never took time to notice before.

“I don’t have the ability to walk but I can now spend time in an area that before, when I was busy, I would have walked right past,” he said. “I can really take time to look at things up close.”

As a result, Smith has gained an appreciation for macro photography, taking extreme close-up shots of small subjects.

His physical limitations have also inspired him to make walking canes.

“I like getting out into the woods, finding raw product and filing it down,” he said. “I probably have about 35 canes. Once in a while, I give one away but I really just do it for fun because it makes me feel good.

“I figure someday after I’m gone, all the photographs and canes I have can be used to benefit others, maybe through a group like the Elks Club.”

Smith has even recently taken up straw bale gardening.

“I can’t really hoe and shovel in a garden but I’ve treated hay bales and created areas in them where I can grow stuff,” he said. “I planted potatoes the other day and I even have lettuce on top.”

In spite of his struggles, Smith embraces life now perhaps more so than he ever did before.

“I believe it’s important to live with the innocence of a child and be guided by the wisdom of age,” he said.

A lazy way to keep trim and fit

Many people live a charmed life, whether they realize it or not. Unfortunately, some have a bad case of “FOMO.” That is, “fear of missing out.” However, humans need proper maintenance from time to time. We wear out from age, abuse, and neglect.

If I had a dollar every time I heard someone say “When I reach age 65 and get on Medicare, I am going to have ___ fixed,” I’d be a wealthy woman. Astonishingly, Medicare insurance is one of the best things they created for elders. The next best thing is the Part D drug plans. We need to remember the blessings that come from aging.

In our youth we endured many scrapes, bumps and bruises. We lived so cavalierly and didn’t worry about a thing. As the decades pile up, so do the conditions that slow us down. Even as young parents, we thought we knew it all. Boy, thinking back, we sure would have done a few things differently while raising our families.

In recent years, resorts, big water parks and even city pools have begun installing “lazy rivers.” For those who don’t know, that is a winding narrow swimming pool meandering in a loop. The water is about chest high. (I know, it depends on how tall you are.) They provide floatation devices like inner tubes.

For the older set, many parks departments open their swimming pool lazy river section every weekday morning at 9 but without the floaties. The seniors “walk with” the flow. Apparently eight circuits equal a mile, but no one knows for sure. Energetic walkers go against the flow of the water. That’s more difficult than it looks, bless their hearts.

It is amazing how buoyant our bodies are when we have a few extra pounds. In fact, I could walk backwards, lift my feet up, and



Phyllis Bex has been a resident of Johnson county since 1973, making her home in Greenwood. She can be reached at pbex49@gmail.com.

could float down the lazy river if I wanted. No paddling. But I need the action of “walking” for my exercise. Even my knees even appreciate the workout.

Realistically, this is a fantastic way to get full-body workout without load bearing joints feeling the burden. Plus, we enjoy fresh air and get a suntan. Often a nap in the afternoon after a good lazy river workout is required. Give it a try if you get the chance.

People might be too inhibited to go to the pool, but don’t be. Everyone has the scars of life, and the purpose is to exercise. We are our own worst critics. The beauty is, we meet friends and family to walk and talk with. The time flies while walking and we solve all the world’s problems in a couple of hours.

At 11 a.m., the pool opens for everyone. That is when all the tubes get released into the lazy river along with swarms of children. Some seniors continue to float in the river but most get out of the way of the energetic youngsters.

Besides our bodies, everything needs

maintenance. We need dependable transportation to get to the pool, work, school and run errands. With that comes the responsibility of upkeep. First, the car needs gas to run. Unless your car is electric, then you need to plug in at night.

Long ago when we first had automobiles, my Grandpa Charles wondered, “Would it hurt to run the car without any gasoline?” Of course, he was joking.

We all know autos must have regular oil and other fluids checked and changed. However, are we faithful to task? One thing I know, if there is black smoke rolling out of your tail pipe, you might have a problem.

After a long drive or a night drive in the country, a lot of bugs commit suicide on the front of my car and windshield. An application of Windex or Fabuloso works wonders to get rid of the bugs.

On the farm, our machinery broke down often in need of maintenance. I remember how often we used the grease gun by attaching it to the fittings on the equipment. I enjoyed pumping the gun until grease came squirting out the other side.

Unfortunately, improper use of any equipment can cause malfunction and failure. If you are like me, the last thing I usually do in most situations is read the owner’s manual.

Whether we are talking about our bodies or anything else — we need to take care. As many people say, “It’s hard to get my biscuits and gravy to come out even.” We have an expiration date for sure. I, for one, wish to live as fully as possible my whole life long, and I know you do too.

Enjoy the lazy river, walking or however you choose to keep trim and fit. Just keep moving this season.

3 tips to maintain brain health

BY FAMILY FEATURES | PHOTO BY GETTY IMAGES

Many people are fearful of developing Alzheimer's disease, especially those with a family history of the condition. Researchers are investigating innovative treatments for Alzheimer's and other dementias, but no cure exists right now.

There are steps people can take, however, to help maintain and support their brain health. These activities often help with physical and emotional health and are generally positive habits to foster, especially as people age. In fact, a report from "The Lancet" found the risk of dementia is lower among people who adhere to these healthy habits:

GET PHYSICAL

According to Harvard Medical School, exercise keeps the brain healthy by helping release chemicals that support the development of new nerve cells and connections between brain cells. Exercise also

improves mental health, blood pressure and the regulation of blood sugar, all of which can impact the development of cognitive diseases like Alzheimer's and other dementias. Staying physically active can become more difficult if someone's health declines, but doctors and other medical providers can share ways to maintain physical activity even if mobility is limited.

ALZHEIMER'S FACTS

More than 1 in 9 people ages 65 and older has Alzheimer's disease, according to the Alzheimer's Association.

Black adults are twice as likely to develop Alzheimer's compared to white adults, according to the National Institute on Aging.

Hispanic or Latino adults are 1.5 times as likely to develop Alzheimer's compared to white adults, according to the Alzheimer's Association.

According to the Alzheimer's Association, 1 in 3 seniors dies with dementia.

have cognitively demanding jobs (like accountants or math teachers) or who engage in cognitively stimulating activities (like learning a second language or how to play a musical instrument) may be at lower risk for developing cognitive decline and dementia,

KEEP YOUR BRAIN ACTIVE

Engaging in mentally stimulating activities may help keep the brain fit and potentially stave off dementia or other types of cognitive decline. For example, people who



according to Harvard Medical School. Activities like these and more can also decrease feelings of depression, isolation and loneliness, which occur more frequently as people age and are also associated with an increased risk for developing dementia, according to the National Institute on Aging.

TRACK YOUR BRAIN HEALTH

One way to detect changes in brain health is to track memory and other thinking skill performance over time. Detecting changes in memory is critical to slowing the progression of Alzheimer's, which can begin 15-20 years before the onset of obvious symptoms. Some changes in mood or memory that may raise red flags are often noticed by other people, not by the individual experiencing the changes, making it important for older adults who live alone or who do not have large social circles to track their own brain health.

One option for tracking brain health is the Alzheimer Prevention Trials (APT) Webstudy, funded by the National Institutes of Health, which monitors an individual's brain health through regular online memory testing that can be completed anywhere, anytime from a computer, laptop or tablet. Participants take no-cost, online memory tests quarterly that are automatically shared with researchers who track results over time. If changes in memory are detected, and a participant is close enough to a study site, he or she may be invited to an in-person evaluation and, if appropriate, given the option to join an Alzheimer's clinical trial.

While researchers are working to advance treatments and find a cure for Alzheimer's, it's important that people practice healthy brain habits and monitor their brain health as they age to detect any changes in memory as early as possible. Without a cure, taking preventive measures and maintaining a healthy lifestyle are the best defenses against the disease.

Find more information at [APTwebstudy.org](https://www.aptwebstudy.org).

What women need to know about stroke risks

BY FAMILY FEATURES | PHOTO BY GETTY IMAGES

It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke Association, a division of the American Heart Association:

MONITOR BLOOD PRESSURE

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care

professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

TAKE CARE OF YOUR MENTAL HEALTH

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top sources of stress are money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being. Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

LEARN THE WARNING SIGNS

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death. Learn how to spot a stroke F.A.S.T:

Face drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."

*Time to call 911 - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Talk to your doctor about ways to improve your well-being and help prevent stroke. Find more wellness tips at stroke.org.

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Chef-worthy summer classics

BY FAMILY FEATURES

W Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts and burger lovers alike can show off their summer cooking skills with these recipes for Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries and Fried Lobster Po Boy Cheeseburgers from Omaha Steaks Executive Chef David Rose. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries while savory lobster is combined with all-American burgers.

For seafood connoisseurs, Grilled Shrimp Tostadas with Guacamole and Pico de Gallo offer an easy way to add shrimp to the menu. Just fire up the grill and allow seared seafood to mingle with fresh, homemade toppings for a light summertime bite.

Find more summer favorites at OmahaSteaks.com/Summer.

Fried Lobster Po Boy Cheeseburgers

Servings: 2

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Pimento Remoulade:

1/2 cup mayonnaise
1 1/2 tablespoons minced pimentos
1 tablespoon Dijon mustard
1 tablespoon minced bread and butter pickles
1 pepperoncino, seeded and minced
1/4 teaspoon smoked paprika
1/4 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper
1 tablespoon freshly squeezed lemon juice
3 dashes hot sauce
Kosher salt, to taste

Fried Lobster Tails:

Vegetable oil, for frying
1/2 cup all-purpose flour
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
1/4 teaspoon garlic powder
1/4 teaspoon smoked paprika
1 large egg
1 tablespoon water
2 dashes hot sauce
1/4 cup potato chips, finely blended in food processor
1/3 cup panko breadcrumbs
1 tablespoon minced flat leaf Italian parsley
2 Omaha Steaks Cold Water Lobster Tails (5 ounces each)

Cheeseburgers:

1 pound Omaha Steaks Premium Ground Beef
Salt, to taste
Freshly ground black pepper, to taste
2 tablespoons unsalted butter, at room temperature
2 brioche buns
2 slices yellow cheddar cheese
3 leaves romaine lettuce, shredded

- To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well-incorporated. Season with salt, to taste.
- To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan, about 1/2-inch deep.



In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well-incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well-incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second and potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden-brown and cooked through. Close grill lid between flipping.

- To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2-pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut-side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese.

Remove patties from grill to clean plate. Place buns cut-sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired amount of remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

Grilled Shrimp Tostadas with Guacamole & Pico de Gallo

Servings: 4

Pico de Gallo:

3/4 cup Roma tomatoes, diced into 1/4-inch pieces
3 tablespoons white onion, diced into 1/4-inch pieces
1 tablespoon fresh cilantro, chopped fine
1 teaspoon jalapeno, minced fine, with seeds
1 teaspoon fresh lime juice
1/2 teaspoon sea salt

Guacamole:

2 medium avocados, peeled, seeded and chopped into 1/2-inch pieces
1 tablespoon fresh lime juice
1/4 cup pico de gallo
1 tablespoon fresh garlic, minced
1 tablespoon olive oil
1/2 teaspoon jalapeno, minced
1/2 teaspoon sea salt

Shrimp Tostadas:

12 ounces Omaha Steaks Wild Argentinian Red Shrimp, thawed
2 tablespoons olive oil
1 teaspoon chili powder
1/2 teaspoon cumin
1 teaspoon salt
1 cup canned refried pinto beans or refried black beans
4 tostada flats
1 cup shredded romaine lettuce
1 cup guacamole
1 cup pico de gallo
2 tablespoons shredded Cotija cheese
4 cilantro sprigs
4 lime wedges

● To make pico de gallo: In bowl, mix tomatoes, onion, cilantro, jalapeno, lime juice and salt. Cover



and refrigerate until ready to use.

● To make guacamole: In bowl, mix avocados, lime juice, 1/4 cup pico de gallo, garlic, olive oil, jalapeno and salt. Cover and refrigerate until ready to use.

● To make shrimp tostadas: In bowl, combine shrimp, olive oil, chili powder, cumin and salt. Marinate in refrigerator at least 15 minutes or up to 2 hours.

Preheat grill to medium-high heat. Clean and season grill grates. Grill shrimp 2-3 minutes per side until lightly charred and opaque.

Heat refried beans and spread 2 tablespoons beans on each tostada flat.

Spread shredded romaine lettuce on top of beans followed by guacamole and remaining pico de gallo.

Top each tostada with 3-4 grilled shrimp and sprinkle with Cotija cheese. Garnish each tostada with one cilantro sprig and one lime wedge.

Southwest Steaks with Creamy Peppercorn Sauce & Parmesan-Herb Fries

Servings: 2

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Southwest Steak Rub:

1 tablespoon kosher salt
1 teaspoon black pepper
1 teaspoon dried thyme leaves
1 teaspoon smoked paprika
1/2 teaspoon ancho chili powder
1/2 teaspoon ground chipotle pepper
1/2 teaspoon garlic powder
1/2 teaspoon cumin

Parmesan-Herb Fries:

1 package (16 ounces) Omaha Steaks Steakhouse Fries
1/2 cup Parmesan cheese, freshly grated
1 tablespoon fresh thyme leaves, minced
1 tablespoon fresh rosemary leaves, minced
1 tablespoon fresh Italian parsley, minced

New York Strip Steaks:

2 Omaha Steaks Butcher's Cut New York Strips
Southwest steak rub
1/4 cup grapeseed oil
2 ounces unsalted butter, cold

Peppercorn Cream Sauce:

1/2 cup brandy
3/4 cup beef stock
1/2 cup heavy cream
2 teaspoons peppercorn medley, coarsely cracked
Salt and pepper, to taste

● To make Southwest steak rub: In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

● To make Parmesan-herb fries: Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

Remove fries from oven and toss with Parmesan herbs.

● To make New York strip steaks: Season steaks generously with Southwest steak rub on both sides.

In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare doneness.



Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

● To make peppercorn cream sauce: Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.



Steven Jenkins, director of the Bob Dylan Center and archive, stands in front of the archive wall in Tulsa, Okla. The center offers an immersive film experience, performance space, a studio where visitors can play producer and “mix” different elements of instrumentation in Dylan’s songs and a curated tour where people can take a musical journey through the stages of his career.

HOW DOES IT F-E-E-E-E-L?

Bob Dylan museum opens in Tulsa

STORY BY DAVID BAUDER/ASSOCIATED PRESS | PHOTOS BY SUE OGRICKI/ASSOCIATED PRESS

Elvis Costello, Patti Smith and Mavis Staples were among the dignitaries in Tulsa, Oklahoma in early May, for the opening of the Bob Dylan Center, the museum and archive celebrating the Nobel laureate’s work.

Dylan himself wasn’t among them, but the center’s subject and namesake has an open invitation to come anytime, although his absence seems perfectly in character, said Steven Jenkins, the center’s director. Oddly, Dylan was just in Tulsa three weeks before for a date on his concert tour, sandwiched in between Oklahoma City and Little Rock, Arkansas. He didn’t ask for a look around.

“I don’t want to put words in his mouth,” Jenkins said. “I can only guess at his reasoning. Maybe he would find it embarrassing.”

It’s certainly unusual for a living figure — Dylan turned 81 on May 24 — to have a museum devoted to him, but such is the shadow he has cast over popular music since his emergence in the early 1960s. He’s still working, performing onstage in a show devoted primarily to his most recent material.

And he’s still pushing the envelope. “Murder Most Foul,” Dylan’s nearly 17-minute rumination on the Kennedy assassination and celebrity, is as quietly stunning

as “Like a Rolling Stone” was nearly a half-century ago, even if he’s no longer at the center of popular culture.

The center offers an immersive film experience, performance space, a studio where visitors can play producer and “mix” different elements of instrumentation in Dylan’s songs and a curated tour where people can take a musical journey through the stages of his career. The archive has more than 100,000 items, many accessed only by scholars through appointment.

Museum creators said they wanted to build an experience both for casual visitors who might not know much of Dylan’s work and for the truly fanatical — the skimmers, the swimmers and the divers, said designer Alan Maskin of the firm Olson Kundig.

The museum hopes to celebrate the creative process in general. The opening included an exhibit of the work of photographer Jerry Schatzberg, whose 1965 image of Dylan is emblazoned on the building’s three-story facade.

Since Dylan’s still creating, “we’re going to continue to play catch-up” with him, Jenkins said.

So for a figure who was born and raised in Minnesota, came of musical age in New York and now lives in California, how does a museum devoted to his life’s work end up in Oklahoma?

He’s never seemed the nostalgic type, but Dylan recognized early that his work could have historical interest and value, Jenkins said. Together with his team, he put aside boxes full of artifacts, including photos, rare recordings and handwritten lyrics that show how his songs went through revisions and rewrites.

With use of those lyrics, two of the displays focus on how the songs “Jokerman” and “Tangled Up in Blue” took shape — the latter with lyrics so elastic that Dylan was still changing verses after the song had been released.

Dylan sold his archive in 2016 to the Tulsa-based George Kaiser Family Foundation,

which also operates the Woody Guthrie Center — a museum that celebrates one of Dylan’s musical heroes and is only steps away from the new Dylan center.

Dylan likes the Guthrie museum, and also appreciates Tulsa’s rich holdings of Native American art, Jenkins said. Much of that is on display at another new facility, the Gilcrease Museum, which is also the world’s largest holding of art of the American West.

“I think it’s going to be a true tourist draw to Tulsa for all the right reasons,” said Tulsa Mayor G. T. Bynum. “This is one of the great musicians in the history of humankind and everyone who wants to study his career and see the evolution of his talent will be drawn to it.”

Bynum hopes that it also encourages others who may someday want to put their archives on display, and make Tulsa a center for the study of modern American music.

Dylan designed and built a 16-foot-high metal sculpture that is displayed

at the entrance to the museum. Otherwise, he had nothing to do with the museum’s design and declined, through a spokesman, to offer a comment about the opening.

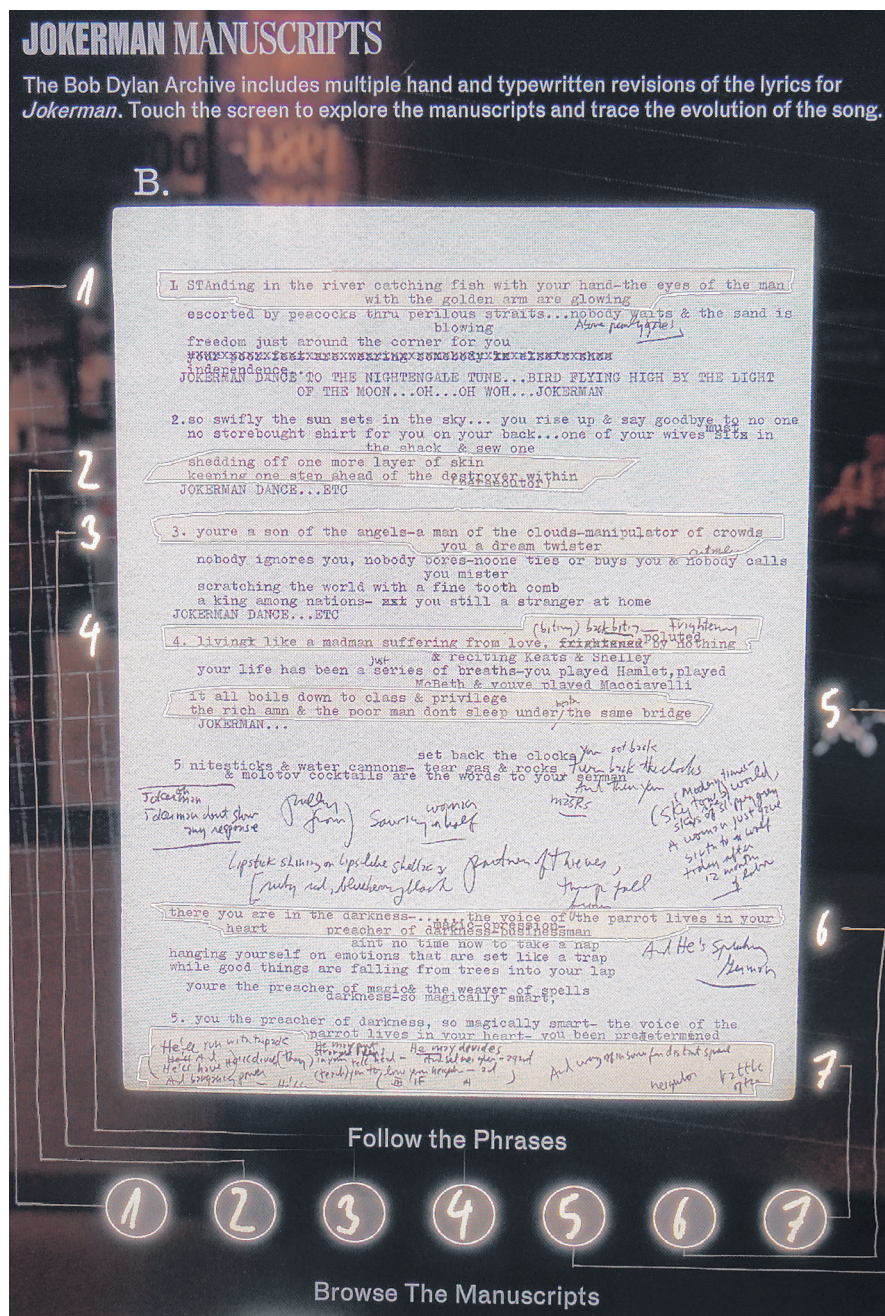
“If Bob were telling us what we could or couldn’t do, it would have felt like a vanity project, in a way,” Maskin said. “It was a tremendous relief not to have to satisfy Bob Dylan.”

Still, it’s safe to assume the lines of communication are open if necessary: Jenkins, the center’s director, is the brother of Larry Jenkins, Dylan’s long-time media representative.

The Bob Dylan Center opened to the public on May 10.

Maskin has no expectation that Dylan will ever see the designer’s work. Still, he indulges himself in a fantasy of a slow summer day, a security guard dozing in the corner, and someone slipping in wearing black jeans, sunglasses and a familiar mop of hair to wander among the displays.

“To be honest, I don’t think that’s going to happen,” he said. “I think he’s interested in the work he’s doing, and not the work he’s done.”



Far left: A mailbag with cards and letters from fans following Bob Dylan’s 1966 motorcycle accident is on display at the museum. Above: A manuscript for “Jokerman” is viewed in an interactive display. Left: A tour jacket from 1978.



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