

Dear Abby.....

Loss and heartbreak have been family’s reality of late

By Abigail Van Buren

DEAR ABBY: Over the last few years, my family has faced a lot of loss, especially my mother. In the span of three years, she has lost her parents, my father and my brother. We had a little joy with my son being born. He brought a lot of happiness when everybody was heart-broken.

Right after my brother’s death, we found out we were unexpectedly pregnant again. We thought this would bring more joy for Mom, but we are getting bad news from the doctors, and the baby may not make it to term or survive very long after birth. I’m not sure how to break this news to Mom, and my wife is getting to where we can no longer hide that she’s pregnant.

We are getting a second opinion, but although we are holding out hope, I’m not sure it will change the situation. We know we have to tell Mom something. Any advice on how to tell her without breaking her heart? — WITHHOLDING IN NEW ENGLAND

DEAR WITHHOLDING: My condolences to your mother, who has experienced a lot of loss in recent years. However, she is an adult and deserves to be a full participant in your lives and treated as such. For her sake (and yours), tell her what is going on and give her the chance to be supportive of you. If you do, of course the news will be sad, but she won’t be deprived of the chance to do for you what you have been doing for her.

DEAR ABBY: My son-in-law is

never on time for anything. He’s in charge of driving his young son to elementary school and is consistently late by four or five minutes. He and my daughter have gotten letters reminding them of the importance of being on time. I witness this because we share a home. He was fired from his last job due to lateness.

I am a very punctual person, so his lateness for everything drives me crazy. I have tried to lightheartedly address it, to no avail. My husband and I are retired, and I suggested to my husband that I could offer to take our grandson to school, but my husband says I should stay out of it. How do I cope with this? — PUNCTUAL IN NEW JERSEY

DEAR PUNCTUAL: Your grandson should not have to suffer because of his father’s irresponsibility. It is important that he get to school on time, with no black marks for tardiness on his record. If that means your daughter, you or your husband sees that he gets there in a timely fashion, so be it.

Of course, this does not solve the problem of your son-in-law’s habitual lateness. But perhaps he will learn better habits when word gets around that he can’t punch a clock on time when prospective employers ask for references.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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Roberta Flack, Grammy-winning singer, dies Monday at age 88

NEW YORK (AP) — Roberta Flack, the Grammy-winning singer and pianist whose intimate vocal and musical style on “Killing Me Softly with His Song,” “The First Time Ever I Saw Your Face” and other hits made her one of the top recordings artists of the 1970s and an influential performer long after, died Monday. She was 88.

She died at home surrounded by her family, publicist Elaine Schock said in a statement. Flack announced in 2022 she had ALS, commonly known as Lou Gehrig’s disease, and could no longer sing.

Little known before her early 30s, Flack became an overnight star after Clint Eastwood used “The First Time I Ever Saw Your Face” as the soundtrack for one of cinema’s more memorable and explicit love scenes, between the actor and Donna Mills in his 1971 film *Play Misty for Me*. The hushed, hymn-like ballad, with Flack’s graceful soprano afloat on a bed of soft strings and piano, topped the Billboard pop chart in 1972 and received a Grammy for record of the year. In 1973, she matched both achievements with “Killing Me Softly,” becoming the first artist to win consecutive Grammys for best record.

She was a classically trained pianist discovered in the late 1960s by jazz musician Les McCann, who later wrote that “her voice touched, tapped, trapped, and kicked every emotion I’ve ever known.” Versatile enough to summon the up-tempo gospel passion of Aretha Franklin, Flack often favored a more reflective and measured approach.

For Flack’s many admirers, she was a sophisticated and bold new presence in the music world and in the social movements of the time, her friends including the Rev. Jesse Jackson and Angela Davis, whom Flack visited in prison while Davis faced charges — for which she was acquitted — for murder and kidnapping. Flack sang at the funeral of Jackie Robinson, major league baseball’s first Black player, and was among the many guest performers on the feminist children’s entertainment project created by Marlo Thomas, “Free to Be ... You and Me.”

Apache students named to YSU Fall honor rolls

YOUNGSTOWN, OHIO — Two students from Apache, Okla., have been named to the Fall 2024 honor rolls at Youngstown State University.

On the President’s List is Lindsay Stephens. A Social Work major, she has been named to the list for achieving a perfect 4.0 grade point average in at least 12 semester hours in the Fall Semester 2024.

Named to the Dean’s List is Grace Beil, who is also majoring in Social Work. Students recognized on the dean’s list have earned at least a 3.4 GPA for not less than 12 semester hours of credit in a semester.

Have news for the paper? E-mail it to news@anadarko-news.com or bring by 117 E. Broadway in lovely downtown Anadarko!

Captain America dives in its second box office weekend

NEW YORK (AP) — *Captain America: Brave New World* soared on opening weekend, but crash-landed in its second go-around with audiences. *Brave New World*, the latest sign that the Marvel machine isn’t quite what it used to be, remained No. 1 at the box office in its second frame with \$28.2 million in ticket sales, according to studio estimates Sunday. But after a debut of \$100 million over four days and \$88 million over three days, that meant a steep drop of 68 percent.

The Anthony Mackie-led *Captain America* installment has been slammed by critics, and audiences also have graded it poorly, with a “B-” CinemaScore.

The biggest new release of the weekend was Oz Perkins’ *The Monkey*, the director’s follow-up to his 2024 horror hit, *Longlegs*. Adapted from a Stephen King short story, *The Monkey* opened with \$14.2 million for Neon, the second-best debut for the indie distributor. The best? *Longlegs*, which launched with \$22.4 million.

The Monkey, starring Tatiana Maslany and Theo James, revolves around an old monkey toy found in an attic. Reviews have been good, though audiences were less impressed, giving it a C+ CinemaScore. Horror films, though, typically grade low.

Lionsgate’s *The Unbreakable Boy* opened with a paltry \$2.5 million in 1,687 theaters. The Christian-themed Jon Gunn-directed film starring Zachary Levi and Meghann Fahy, is about parents who learn their son is autistic and has brittle bone disease.

Paddington in Peru, the third installment of the marmalade-mad bear, fell to third place in its second weekend. It grossed \$6.5 million in 3,890 locations, bringing its two-week total to \$25.2 million. *Paddington in Peru* has been most popular overseas, where it’s collected \$125 million thus far.

- Ne Zha 2*, the animated Chinese juggernaut, took in \$3.1 million from 800 theaters in its second weekend. In China, the sequel has grossed \$1.7 billion this month, setting numerous box-office records. Those totals put *Ne Zha 2* past *Inside Out 2* (\$1.66 billion) as the highest grossing animated film ever.
- This list factors in the estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Comscore.
1. *Captain America: Brave New World*, \$28.2 million.
 2. *The Monkey*, \$14.2 million.
 3. *Paddington in Peru*, \$6.5 million.
 4. *Dog Man*, \$5.9 million.
 5. *Ne Zha 2*, \$3.1 million.
 6. *Heart Eyes*, \$2.9 million.
 7. *Mufasa: The Lion King*, \$2.5 million.
 8. *The Unbreakable Boy*, \$2.5 million.
 9. *Chhaava*, \$1.5 million.
 10. *One of Them Days*, \$1.4 million.

Jennifer Lopez, Ben Affleck officially divorced and single

LOS ANGELES (AP) — Jennifer Lopez and Ben Affleck are officially divorced and single. A Los Angeles judge approved their divorce settlement last month, and declared that it would take effect on Friday, six months after she filed to end their marriage. Lopez has now dropped Affleck from her legal name. The former couple reached the settlement through mediation in September. The superstar couple first dated in the early 2000s before breaking up. They eventually reunited and married in 2022. The couple said in court filings that they separated in 2023. Most of the financial details of their split were kept private.

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Skin microbiome becomes disrupted with too-frequent bathing

By EVE GLAZIER, M.D., and ELIZABETH KO, M.D.

DEAR DOCTORS: I saw where a doctor wrote a book about what happened to his skin when he stopped bathing for a few years. He said our skin has a microbiome, and he wanted to learn more about it. Is that the same thing as the gut microbiome? What does taking a bath have to do with it?

DEAR READER: You’re referring to an unusual and fascinating multiyear experiment conducted by Dr. James Hamblin, a physician with a specialty in public health. A lecturer at the Yale School of Public Health, Hamblin became curious about how daily showers and baths, along with the array of skin lotions and potions people use, affect the skin microbiome. His five-year quest to learn more involved giving up the daily soap-and-hot water showers that are the standard in the United States today, and the use of all personal-care products.

Needless to say, this unusual self-experiment generated headlines. And although they suggested Hamblin abstained from all personal hygiene, that’s not exactly true. Hamblin writes that he continued to regularly wash his hands with soap to protect against viral and bacterial pathogens, and he followed basic hygiene practices by rinsing off with water. He admits a certain amount of body odor was involved, but says it wasn’t too off-putting. He also writes about beneficial changes to his skin that resulted from these new bathing practices. He said his skin became more supple and less oily, and that he experienced fewer flares of eczema, a form of chronic skin inflammation.

At the crux of all this, as you



point out, is the human skin microbiome. That is the collection of bacteria, viruses, fungi and microscopic creatures living on the exterior surface of our bodies. Research shows they contribute to the health of our skin and our bodies. And, yes, this is the same basic principle involved in the gut microbiome.

It turns out that each person hosts a unique array of skin microbes, and that these core colonies are formed by the time we are toddlers. They feed on oils and other secretions emitted by the skin and the dead skin cells that slough off as new skin is formed. The skin is a tough environment. It’s not surprising that the soaps, chemicals and abrasives routinely used in bathing

can have a direct and immediate effect on the skin microbiome, and perhaps have an adverse effect on its natural balance.

A daily bath or shower has become a given in our culture. For many people, it is the standard of proper hygiene. But historians tell us daily bathing became possible, and then increasingly common, with the advent of modern plumbing at the turn of the 20th century.

While it isn’t necessary to go the no-showers extreme that Hamblin did, you can make small adjustments to help preserve your skin microbiome. Don’t over-wash, which removes oils needed to feed your microbe friends. The overuse of abrasives can literally strip beneficial microbial colonies from the skin. You can also protect your skin from within by eating a balanced diet, staying hydrated and getting regular exercise.

Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o Media Relations, UCLA Health, 924 Westwood Blvd., Suite 350, Los Angeles, CA, 90095.

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Carpenter Square Theatre presents the play Silent Sky

OKLAHOMA CITY — Carpenter Square Theatre proudly presents *Silent Sky*, a moving and thought-provoking play by Lauren Gunderson, running Feb. 28 through March 16 at the theatre, located at 1009 W Reno in Oklahoma City.

Hailed as “sheer magic” by the *San Francisco Chronicle* and “heavenly” by the *Atlanta Journal-Constitution*, *Silent Sky* tells the true story of 19th-century astronomer Henrietta Leavitt, whose groundbreaking work changed the way we understand the universe—despite the societal barriers placed upon women in science.

As Henrietta begins her work at the Harvard Observatory, she joins a group of women “computers,” charting the stars for a male astronomer who dismisses their theories. Balancing her passion for discovery with family obligations and the possibility of love, Henrietta’s journey shines a light on the struggles and triumphs of women whose contributions were overlooked — until now.

PERFORMANCE SCHEDULE:

- Friday, Feb. 28 & Saturday, March 1, 8 PM
- Thursday, March 6 – 7:30 PM (\$15 tickets Thursday only)
- Friday and Saturday, March 7 & 8, 8 PM
- Sunday, March 9 – 2 PM (Reservations particularly recommended)
- Thursday, March 13 – 7:30 PM (\$15 tickets Thursday only)
- Friday and Saturday, Marcy 14 & 15, 8 PM
- Sunday, March 16 – 2 PM (Reservations particularly recommended)

Get your tickets today! Adult tickets are \$30. Purchase online at carpentersquare.com; or by phone, 405-232-6500 (Box office hours are Tuesday-Friday, 1-6 PM)

Don’t miss this inspiring and beautifully crafted play about the women who changed the stars!



A HOMEMADE onion dip can be the star of your next party or movie night. (Photo by Lynda Balslev for TasteFood)

TasteFood

By LYNDA BALSLEV

It’s time for a dip

Whether you’re watching a big game or having friends over for a bowl of chili, there’s nothing like a casual finger-licking appetizer you can swipe a chip through. It’s time to make a dip.

This creamy, oniony dip is not the packaged additive- and salt-loaded instant dip filled with dehydrated onions. Rather, it’s entirely made from scratch. Loaded with three types of freshly cooked onions, it’s a veritable allium extravaganza bound together with cream cheese and gobs of Greek yogurt to lighten it up. The tartness of the yogurt and a squirt of lemon juice balance the rich sweetness of the squidgy onions, which, naturally, makes it easier to keep on swiping and eating.

This dip begs for a hefty or crinkle-cut chip to scoop and carry a generous heap to your mouth. If you’re feeling virtuous, celery and carrot sticks are equally tasty and sturdy vessels. When possible, make this dish one day in advance of serving to allow the flavors to meld. The dip can be stored in the refrigerator for up to four days.

TRIPLE ONION DIP
Active Time: 30 minutes
Total Time: 30 minutes
plus cooling and refrigerating time
Yield: Makes about 1 3/4 cups

1 tablespoon unsalted butter
1 large yellow onion, chopped
2 large shallots, chopped
2 scallions, white and green parts

divided, thinly sliced
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
Kosher salt
1/4 cup cream cheese, softened
1 cup whole-milk Greek yogurt (or sour cream)
1/2 teaspoon Worcestershire sauce
1 tablespoon fresh lemon juice
Freshly ground black pepper

Melt the butter in a skillet over medium heat. Add the onions, shallots and white scallions. Saute over medium heat until the onions soften, about 5 minutes. Stir in the garlic powder, cayenne and 1/2 teaspoon salt. Reduce the heat to medium-low and continue to cook until the onions are golden, about 25 minutes more, stirring occasionally. Remove from the heat and cool to room temperature.

Whisk the cream cheese until light, then whisk in the yogurt, Worcestershire sauce and lemon juice. Stir in the onions and 1/4 teaspoon freshly ground black pepper. Taste for seasoning and add more salt and black pepper if desired.

Refrigerate the dip for at least 2 hours to allow the flavors to develop. When ready to serve, transfer to a serving bowl and garnish with the green scallions (or chopped chives). Serve with potato chips and crudites.

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Public Meeting Notice: Bullfrog Wind Project

Tuesday March 11th, 2025 | 4:30-7:30 p.m.

Bullfrog Wind, LLC will hold a Public Open House on Tuesday March 11th, from 4:30-7:30 in the Binger-Oney High School Gym to discuss the Bullfrog Wind project and answer questions from the public.

The proposed wind energy project will be located in Caddo County, OK and will have a generating capacity of approximately 230 MW. (This notice is provided pursuant to 17 Okla. Stat. 160.21 and 165 OAC 35-45-4(t))

bullfrogwind.com

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