

HANGOVER CURES

There's no patron saint of hangovers, but if there were, March 18 would be his day of celebration.

Don't struggle through the day after St. Patrick's Day. Instead, try one of these hangover cures and try to make it to class showered and on time.

HAIR OF THE DOG

One cure for a hangover takes the "hair of the dog that bit you" idea literally. The Hair of the Dog cocktail is claimed to be a kickin' hangover-helper. The cocktail includes a splash of alcohol, hot sauce and citrus.

While it sounds like an unlikely combination, the alcohol is supposed to distract your body from the old alcohol in its system. The citrus and hot sauce are meant to help an unsettled stomach. As with all beverages containing alcohol, this should only be made and consumed by someone of at least 21 years of age.

Hair of the Dog recipe:

- 6 oz gin
- 1/2 oz fresh lemon juice
- 2-3 dashes Tabasco sauce
- slice of chili pepper

Drink up!
SOURCE: COCKTAILS.ABOUT.COM

BLOODY MARY

The Bloody Mary is another classic hangover remedy. The drink contains a small amount of vodka, which supposedly helps your body as it readjusts to sobriety. The other traditional ingredients like tomato juice and a celery stalk contain vitamins. Tequila can also be used in the place of vodka to make a Bloody Maria.

So if you got too friendly with Jose last night, it's best to make friends with Maria in the morning. Since this beverage contains alcohol, you must be at least 21 years of age to make or drink it. For an alcohol-free version, follow the same recipe, minus the vodka to make a Virgin Mary.

Bloody Mary recipe:

- 3 oz tomato juice
- 1 1/2 oz vodka
- 1/2 oz lemon juice
- 1 dash of Worcestershire sauce
- celery salt
- ground pepper
- hot pepper sauce to taste
- celery stalk or pickle spear for garnish
- lemon or lime wedge for garnish

Enjoy!
SOURCE: COCKTAILS.ABOUT.COM

In 1970, BoarsHead became a year-round theater company and held winter productions in a converted church in Grand Ledge. The theater found its current home in 1975 in Lansing's Center for the Arts in downtown Lansing.

FACES + PLACES

HELLO, MY NAME IS

Simon Hanover

Handball is a tradition in mechanical engineering freshman Simon Hanover's family.

"My uncle played handball for 20 years," Hanover said. "He played, my dad played, my grandpa played. They all started at the same age I did." Handball is a game in which players hit a ball against a wall with their hands. The sport is a relatively new hobby for Hanover who has been on the MSU Handball Team for six months. Hanover was a singles national champion in Division II of the 2009 U.S. Handball Association National Collegiate Championships. It was his first tournament.

"I tried (handball) and liked it ever since. It's a pretty easy sport to pick up, so if you're an athlete, it's easy to play," Hanover said. "I just want people to see that you can pick it up for fun... I didn't make it to college for soccer or hockey, but I do this."

— Compiled by Abaries Farhad, photo by Gabrielle Moore/The State News



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Wednesday

Actors at local theater work together to ensure success for one another



PHOTOS BY GABRIELLE MOORE/THE STATE NEWS

(From left) Paul Riopelle, Marc Moritz, Ellen Campbell and Janine Novenske Smith perform a song mocking the Broadway musical "Les Misérables" during a rehearsal Sunday of the musical "Forbidden Broadway" at the BoarsHead Theater, 425 S. Grand Ave., in Lansing.

Behind the curtain at BoarsHead

By Julie Baker
THE STATE NEWS

In more than 40 years since it was founded, BoarsHead Theater has become a community staple. Actors know the theater, directors know the theater and local theater patrons know the theater. "Everyone is connected and that's part of being part of the fraternity of performing arts, theater, music. We basically like to look out for each other," said John Dale Smith, executive director of BoarsHead, 425 S. Grand Ave., in Lansing. "We all want everyone to succeed and it's great fun... if you can do something that's your passion and know that it affects people in some way, some significant way, you've got to do it."

The theater's roots

BoarsHead Theater was founded as a summer stock company in 1966 by John Peakes and Richard Thomson. At the time, it was located in large barn in Fitzgerald Park in Grand Ledge. The name BoarsHead was adopted because it was the original intention to present at least one Shakespearean production each season — a goal the theater found to be too ambitious because of the number of high-caliber actors and costumes needed for Shakespearean productions.

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Smith said the building the theater now calls home was once a car dealership. "It was never built to be a theater... so where the shop is, where we build our sets, was where there were three bays for car repair," he said. "Where the theater is, of course they ended up having to build that up for seating, because it wasn't like that when it was a real car dealership."

The theater has seating for 250 people. BoarsHead also is Michigan's oldest professional theater, which means the actors, directors and designers are paid, Smith said. This differs from community theaters, which are low budget and everyone does it for the sake of doing community theater. While these theaters are a valuable part of the community, Smith said having professionals has guaranteed that the quality of the shows has remained consistent over the years. Many of the actors in the productions are members of the Actors' Equity Association, a labor



Laura Bidas, Gordon Phelthelplace and Katie Doyle watch a rehearsal of "Forbidden Broadway" at the BoarsHead Theater, 425 S. Grand Ave., in Lansing, on Sunday. Phelthelplace is the lighting designer and Doyle is the stage manager of the production.

Origins of the name

When it was originally formed, BoarsHead Theater had the plan to present at least one Shakespearean production each season. After three seasons, organizers realized finding the high caliber actors and costumes needed was not practical, but the name BoarsHead stuck.

In regards to Shakespeare, the name BoarsHead comes from: The BoarsHead Tavern where Falstaff and Prince Hal hung out in Henry IV.

The family crest for Richard III was a Boar.

Richard Burbage, who was the actor for whom Shakespeare wrote the roles of Hamlet, King Lear, Macbeth, Richard III and many others, had a boar's head for his family crest.

union representing American actors and stage managers, although local actors get cast in shows as well.

A sense of community

Prior to when Smith came on board as director of development in fall 2007, he had attended a few productions at BoarsHead. He also had interacted with many of the people associated with the theater when he was in charge of the performing arts department at Lansing Community College.

"Lansing's kind of a small world when it comes to theater, and everyone tries to help everyone out if they need help," he said.

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