They might not equal the *joie de vivre* of the ubiquitous Green Converse, but Mikey’s choice of footwear for the fall show screams “PhotoShop Me!”

In New York City, it is disorderly conduct for one man to greet another on the street by placing the end of his thumb against the tip of his nose, at the same time extending and wiggling the fingers of his hand.

**Ponderisms:** Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

---

**A GOOD TIME WAS HAD BY ALL**

Congratulations to the cast and crew of *Meanwhile Back on the Couch*. The show played to 378 appreciative audience members. Special thanks to our advertisers and sponsors. Check out their ads on pages 6, 7 and 8.

More thanks to Sue Sebok and her English class who wrote critiques of our dress rehearsal. See page 5 for a summary of their comments.

**THE CAST**

Gabrielle Wingate ..........AUDRA ANDERSON
Roy Terrigan .................PAUL BRAUN
Charlotte Hennebon ........ AMANDA CUZZO
Victor Karleen ...............MIKE AGUAYO
Penelope Donnelly .......... VERA FRILOUX
Albert Brock .................MIKE NOVAKOVICH
Dorothea Melnick .......... BETTY OWENS
Jingle Jabonski .... ROSE DOORNEWEERD
Robert the Rubber Tree Plant HIMSELF

**PRODUCTION STAFF**

Director ................................... Tianna Ruelas
Set Designer .......................... Anna Kowalczyk
Stage Manager ...................... Angela Martin
Lighting Designer ................. Jeremy Drechny
Costume Designer .............. Lydia Bellamy-Palma
Sound Designer ................... Sandy Zurawicz
Prop Babes ............. Erin & Rose Doorenweerd
Sound Board Operator .......... Tanissa Parks
Light Board Operator .......... Efrem Tutwiler
Set Construction ............... Mike Aguayo,
Audra Anderson, Matthew Baldwin,
Lydia Bellamy-Palma, Paul Braun,
Amanda Cuzzo, Vera Frilouk, Chelly Hagen,
Anne Kowalczyk, Angela Martin, Dave Martin,
Mike Novakovich, Betty Owens, Tanissa Parks,
Fabian Phillips, Efrem Tutwiler, Jim Walters,
Rochelle Walters, Jamel Williams
Lighting Crew .......... Dominic Bellamy-Palma,
Lydia Bellamy-Palma, Tina Drechny
A fresnel lens is easy to recognize from a series of concentric rings on its surface. In addition, most fresnel lenses have a “stipple” etched on the back side, to further soften the beam. The higher the wattage of the fixture, the heavier the fixture weight will be, due to the larger housing and lens diameter required to withstand the extra heat generated by the lamp. We use the 6 inch (500 watts) and the 8 inch (1000 watts), both sizes indicate the diameter of the lens.

A lightweight all purpose lighting fixture, the fresnel produces a soft edged beam. It can be used for colour washes, backlight or key lighting in television studios. They are considerably less expensive than comparable ellipsoidal reflector fixtures, however, they do not have the ability to project a pattern or produce a sharp beam cut-off edge, as does an ellipsoidal fixture.

Using the focus knob, the beam spread is adjustable from spot to flood. The lens and lamp are on one track; moving it closer to the lens creates a wider beam (flood), further from the lens creates a smaller beam (spot). Because they have no shutters built into the unit, a barn door accessory, placed in the gel frame slot, might be used to control unwanted spill.

The Kindig Performing Arts Center uses both Altman brand and Major brand fresnels. The Major Corporation went out of business years ago, but the fresnels are sturdy suckers and more efficient than an equivalent plano-convex lens.

Each autumn, just after anticipation for the Great Pumpkin and just before anticipation for a delicious Thanksgiving, the “SSC Playhouse” hosts a week of fun around an open microphone set upon a bare stage in the SSC cafeteria. From Monday, November 3 to Thursday, November 6, from 10:30am to 1:45pm, the room becomes a club for singers, dancers, actors, acrobats and comics called (drum roll, please)… CAFÉ-FEST.

E-v-e-r-y-o-n-e is welcome, and there is no limit to how often you can perform.

Incredible talents have been discovered at CAFÉ-FEST... cast members of past shows, students in past and present classes... Are you a secret songwriter? Try it out on us. Dancer? Work it out in front of us. Actor working on an audition piece? Send it out to us. Wanna start a band? Strum it out to us.
HELPFUL HINTS & TRICKY TIPS

Place a dryer sheet in your pocket. It will keep the mosquitoes away.
To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn’t hurt the plant and the squirrels won’t come near it.
To get something out of a heat register or under the fridge, add an empty paper towel roll or empty gift wrap roll to your vacuum hose. It can be bent or flattened to get in narrow openings.

You may be arrested for vagrancy if you do not have at least one dollar on your person.
It is a felony offense to eavesdrop on your own conversation.
You must contact the people before entering the city in an automobile.
The English language is not to be spoken.
Law forbids eating in a place that is on fire.
It is an offense to feed whiskey to a dog.
It is legal to protest naked in front of city hall as long as you are under seventeen years of age and have legal permits.
It is illegal to give lighted cigars to dogs, cats, and other domesticated animals kept as pets.

A jumper cable walks into a bar, the bartender says, “I’ll serve you but don’t start anything!”

A bumble bee, if dropped into a jar, will never see the means for escape at the top and will persist in trying to find some way out through the bottom or the sides until it dies.

HELPFUL HINTS & TRICKY TIPS

Peel a banana from the bottom and you won’t have to pick the ‘stringy things’ off. That’s how the primates do it. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mould.

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
To really make scrambled eggs or omelettes rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
For a cool brownie treat, make brownies as directed. Melt Andes mints in double boiler and pour over warm brownies. Let set for a wonderful minty frosting.
Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

Left-over Snickers bars from Halloween make a delicious dessert. Simply chop them up with a food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes. Serve alone or with vanilla ice cream. Yummm!
To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Use newspaper to control weed growth. Start by working nutrients into the soil and then put in your plants. Wet newspapers, then layer them around the plants, overlapping them as you go. Cover the newspapers with mulch. Weeds will get through some gardening plastic, but they will not get through wet newspapers.
Use a wet cotton ball or Q-tip to pick up the small shards of glass you can’t see easily.

Peles shelled out and went to God.

He is not here, there’s only the pod.

Lies the body of Jonathan Pease.

Under the sod and under the trees,
Nantucket, Massachusetts:
On a grave from the 1880s in her go.

But the skin of the thing that made
Done to death by a banana.

Here lies the body of our Anna,
Falls, Vermont:
Anna Hopewell’s grave in Enosburg.
Fiddle went out of tune.

Done to death by a banana.

In a cemetery in Hartscombe, England:
In a cemetery in Hartscombe, England:
On the 22nd of June, Jonathan Fiddle went out of tune.

Penny.

Dig 6 feet deep and thou wilt find a
Wimborne, England, cemetery:
John Penny’s epitaph in the
Reader, if cash thou art in want of any,
In honour of stupid people…

* RatRagStaff@yahoo.com *
I monitor this email daily and will respond to all. – Ro

IN HONOUR OF STUPID PEOPLE…

At a good-bye luncheon for an old and dear co-worker who was leaving the company due to “downsizing,” our manager commented cheerfully, “This was fun. We should do this more often.” Not another word was spoken. We all just looked at each other with that deer-in-the-headlights stare. This was a lunch at Texas Instruments.

I Believe…

…that sometimes when I am angry, I have the right to be angry, but that doesn’t give me the right to be cruel.

John Penny’s epitaph in the Wimborne, England, cemetery:

Reader, if cash thou art in want of any,

Dig 6 feet deep and thou wilt find a Penny.

In a cemetery in Hartscombe, England:

On the 22nd of June, Jonathan Fiddle went out of tune.

Anna Hopewell’s grave in Enosburg Falls, Vermont:

Here lies the body of our Anna,
Done to death by a banana.

It wasn’t the fruit that laid her low,
But the skin of the thing that made her go.

On a grave from the 1880s in Nantucket, Massachusetts:

Under the sod and under the trees,
Lies the body of Jonathan Pease.

He is not here, there’s only the pod.
Pease shelled out and went to God.

More Fun With Tombstones

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Use a wet cotton ball or Q-tip to pick up the small shards of glass you can’t see easily.
A 10 year old mattress weighs double what it did when it was new, because of the debris which is absorbed through the years. That debris includes dust mites, their droppings and dead, decaying bodies, mold, millions of dead skin cells, dandruff, animal and human hair, secretions, excretions, lint pollen, dust, soil, sand and a lot of perspiration.

The word “Cappuccino” is the result of several derivations the original of which began in the 16th century. Espresso has 1/3 of the caffeine as a regular cup of coffee.

Bread is delivered fresh to the grocery stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different twist tie or plastic tab closure. They are Monday = Blue, Tuesday = Green, Thursday = Red, Friday = White and Saturday = Yellow. So if today was Thursday, you would want a Red twist tie in order to insure that you are buying the freshest bread.

The colours go alphabetically, Blue, Green, Red, White and Yellow, Monday through Saturday so it is easy to remember.

Hand washing is a simple habit - one that requires minimal training and no special equipment. Yet it’s one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer; a cleanser that doesn’t require water. Do you know the benefits of good hand hygiene and when and how to wash your hands properly?

Infectious diseases commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu is much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the seventh leading cause of death among Americans.

Proper Hand Washing With Soap And Water:
Follow these instructions for washing with soap and water:
• Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
• Rub your hands vigorously together for at least 15 seconds.
• Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
• Rinse well.
• Dry your hands with a clean or disposable towelettes, use a towel to turn off the faucet.

To Use An Alcohol-Based Hand Sanitizer:
• Apply about 1/2 tsp of the product to the palm of your hand.
• Rub your hands together, covering all surfaces of your hands, until they’re dry.

If your hands are visibly dirty, however, wash with soap and water rather than a sanitizer.

Ellie Sez: To hell with all this hand washing! Eat some dirt, fer cry eye and build up a resistance to germs!
CLOSERLY-GUARDED TRADE SECRETS

In 2004, McDonald’s acknowledged that they had lost the recipe for the Big Mac special sauce. As it turns out, McDonald’s changed the original special sauce recipe to cut costs and lost the original. When a returning exec wanted to return to the original special sauce, no one could find the recipe. The exec remembered the name of the California company that supplied the sauce 36 years ago. They still had the sauce in their record books, and McDonald’s was able to recover the recipe.

Only two KFC executives know the finger-lickin’ recipe of 11 herbs and spices. A third executive knows the combination to the safe where the handwritten recipe resides. Less than a handful of KFC employees know the identities of the three executives, who are not allowed to travel together on the same plane or in the same car for security reasons. After being locked in a safe for 68 years, Colonel Harland Sanders’ handwritten recipe was temporarily relocated to a secret-secure location as KFC modernizes its safekeeping. It was transported in an armored car and high-security motorcade.

According to many, the formula for Coke is the most famous trade secret. When Coke, at the end of the 19th century, decided not to patent its formula, it did so for one reason: to keep it secret, forever. In May 2006, a Coke employee and two others were charged with stealing and trying to sell guarded Coke secrets to Pepsi. Pepsi notified Coke of the breach and the FBI was called in.

The formula for WD-40 is locked in a bank vault and has only ever been taken out of the vault twice – once when they changed banks and once on the CEO’s 50th birthday. The CEO rode into Times Square on the back of a horse in a suit of armor with a concentrated form in three locations – San Diego, Sydney and London – and then sends it to aerosol manufacturing partners.

Steve Ettinger, the author of “Twinkie, Deconstructed,” counted 39 ingredients in the popular treat, and contrary to popular belief, they do not last forever. But a Twinkie can last weeks, maybe even months. According to Ettinger, when doing the research for his book, Interstate Bakeries Corporation, the company that makes Twinkies, didn’t exactly cooperate with his research.

Every year, SSC instructor Sue Sebok offers the services of her English class as a preview audience for the fall show. Her class gets the opportunity to fulfill the drama component of the course, we get the benefit of feedback from an audience before we open. The feedback is very useful to the director, because she gets information that provides a different perspective. A win-win proposition and we thank Sue for her support of the theatre program!

Below are the questions and a summary of what the class had to say.

1. Can you hear the actors and understand what they are saying? Is their speech clear? Which actor(s) could you hear the best? Which of actor(s), if any, did you have difficulty hearing or understanding?

   Overall the actors were heard clearly, there were some that had difficulty at times where there was a lot of action on stage.

2. How is the “pace” (timing) of the show? Does it seem too fast or too slow?

   The pace of the show was deemed “perfect”, “good” and one person thought the show should have moved faster. Generally the students liked the pace of the show.

3. What is the purpose of the scene between Victor and Albert?

   This question was asked to see if the audience understood why Albert was there. Most of the students did understand this point. The whole meeting of Albert and Victor sets up the rest of the entire plot. Albert is the process server trying to get to Dr. Terrigan. Albert is using Victor to get to Dr. Terrigan. Some students did not even answer the question, a few got the point of the meeting, and some missed the point entirely.

4. If you were not told where the play takes place, would you know that it’s set in a Park Ave., New York apartment?

   Most of the students thought the set was a nice upscale Condo/Office Suite Combo. Some did not realize it was on Park Ave in New York until it was mentioned in the show.

5. Was the entire set used in this play? Do you think that there were parts of the set that could have been utilized more or less?

   All of the students thought that the set was utilized properly and there were no under used parts.

6. Can you see everyone clearly on stage? Is the lighting suitable for what is happening on stage?

   Yes. The lighting was nice and everyone was seen on stage clearly. One student thought the lighting was too bright.

7. Who was your favorite character? Why?

   All of the actors were mentioned as the student’s favorites. The most popular were Mrs. Melnick, Victor and Charlotte.

8. Which scene was your favorite? Why?

   The most popular scene was the Mrs. Melnick’s first scene when she tries to seduce Victor.

9. Did you like the ending of the play?

   All of the students liked the end of the play. “Unexpected”, “very interesting”, “great break from the norm”, “cute twist at the end” were some of the responses from the students. Although there was one student did not like the ending. This is what he had to say: “No. I would have liked for the play to end in such that Victor changed his habits. Marry and change his lifestyle.”

LETTER TO THE EDITORS

You can’t fool me. It’s Lydia behind the them big gigantic eyeballs!!!! Her sniffer gave her away!!! (Lydia: are you sure you aren’t part Eye-talian?) — Christine Anne Mary Frances Fraüline Shunko Roth

Dear CAMFFSR: Marone a mia! As a matter of fact, Lydia IS part Eye-talian. She even knows more Eye-talian swear words than we do! Hmpf! — Ed (aka Alexis Jean Anne Mary Frances Frauline Shunko)
Break a leg to the Cast, Crew and Director of *Meanwhile Back on the Couch*

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**Vera, You’re INCredible!!**

Love,
Hanke and Kathy
TO THE CAST & CREW OF "MEANWHILE BACK ON THE COUCH..."

BREAK-A-LEG!!!

Love Dominic & Lydia Bellamy-Palma

GOOD WORK EVERYONE!

WANDER WITH THE SPIRITS GHOST TOUR

October 26, 2008 from 12-5pm

PLEASE JOIN US FOR A HANDS-ON GUIDED TOUR INTO THE PARANORMAL

Your hosts: Dominic & Lydia Bellamy-Palma

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Call Witchy Wearables at 708-399-1313 for Information and Reservations

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Break-A-Leg to the Cast & Crew of "Meanwhile Back on the Couch"

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Field Representative
Phone: 708.476.6489
PROrich@woodmen.com

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Become a Woodmen!

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audra_anderson@sbcglobal.net 708-212-8605

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What’s it all about, Alfie? Is it just for the moment we live?
What’s it all about, when you sort it out, Alfie?
Are we meant to take more than we give, or are we meant to be kind?
And, if only fools are kind, Alfie, then I guess it is wise to be cruel...
But, if life belongs only to the strong, Alfie, What do you make on an old Golden Rule...?
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- Relaxer & Style: $55

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Call for more information or appointments. Walk-ins welcome.

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Leon J. Witkowski III, DDS
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Mokena, Illinois 60448
(708) 479–9888

We Wish You the Best of Luck!

SUPPORT OUR ADVERTISERS!
IT'S THE AMERICAN WAY!

Let’s all go to the Lobby to get Ourselves a Treat!

The delightful delectables at the concessions stand were baked by MRS. BRAUN
Thank you Mrs. B for the tasty treats!

To the Cast, Crew and Director:

Wishing you all a great show and good times!!

Good Luck Ooops! We mean

BREAK-A-LEG!!!
The Staff of Kampf, Trainor and Associates