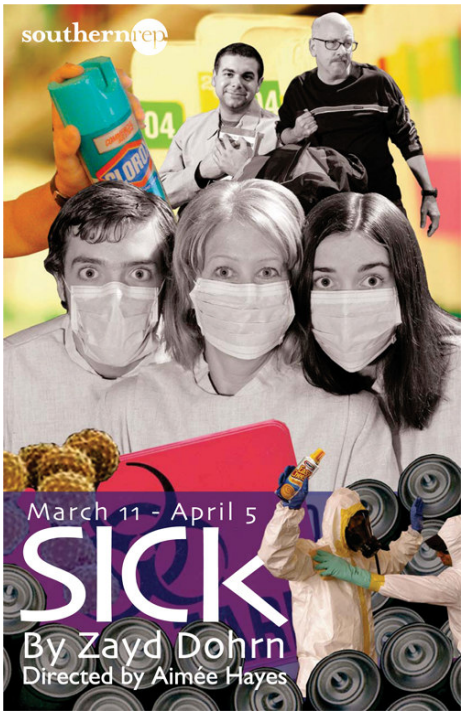
STUDENT MATINEE
STUDY GUIDE



BENCHMARKS

The study guide and activities will enable you to utilize the following Benchmarks adopted in the 2004 Louisiana Arts Content Standards by the Louisiana Department of Education for grades 9-12.

AESTHETIC PERCEPTION

- TH-AP-H3 Explain the significance of collaboration and evaluate group dynamics in creating, performing, and observing theatre.
- TH-AP-H4 Compare and contrast multiple possibilities and options available for artistic expression in theatre arts.
- TH-AP-H5 Analyze and explain the impact of theatrical works and dramatic performances on intellect and emotions.
- TH-AP-H6 Examine intuitive reactions and articulate personal attitudes toward theatre and other dramatic works.

HISTORICAL AND CULTURAL PERSPECTIVE

- TH-HP-H5 Investigate and assess roles, careers, and career opportunities in theatre arts.

CRITICAL ANALYSIS

- TH-CA-H2 Analyze emotional and social dimensions of characterization and explain character transformations and relationships.
- TH-CA-H3 Construct social meaning from dramatic works with reference to theme, purpose, point of view, and current issues.

ROLES & CAREERS

Use the listings below to discuss the different roles and careers in the theatre industry and how they apply here at Southern Rep on the production of *SICK*.

The cast of "Sick" in a publicity photo. Photo by John Barrois.

Cast

Maxine ..... *Liann Pattison
Sidney ..... Bob Edes, Jr.
Jim ..... Sean Glazebrook
Sarah ..... Jessica Lewis
Davey ..... Andrew Farrier

ARTISTIC STAFF

Playwright ..... Zayd Dorhn
Director ..... Aimée Hayes

Scenic Design ..... James K. Faerron
Lighting Design ..... Drew Yerys
Costume Design ..... Kelly James-Penot
Sound Design ..... Eric Shim
Props Master ..... Sarah Z. Singleton*

Production Stage Manager ..... *Sarah Z. Singleton
Assistance Stage Manager ..... Lauren Guillot
Run Crew ..... Kevin Penouilh

PRODUCTION STAFF

Technical Director ..... Philip Cramer
Master Electrician ..... Diane Baas
Set Carpenters ..... James Bartelle
Austin Riotte
Scenic Painter ..... Max Bernardi
SIG Collaborator ..... Lonnie Schaffer
Green Project Collaborator ..... Angie Green

SOUTHERN REP STAFF

Artistic Director ..... Aimée Hayes
Managing Director
& Artistic Associate ..... Julie Hamberg
Literary Manager ..... Brian Sands
Arts Education Director/PSM ..... Sarah Z. Singleton
Management Associate ..... Marisa Morton
Graphic Designer ..... Colleen Gowland
Photographer ..... John Barrois
Web Designer ..... Daniel Olmstead
of Pursued by Bear

* Member Actors' Equity Association

SICK AS A GREEN PRODUCTION

Discuss the 'Green Movement' in society today and how & why Southern Rep has gone 'Green' with *SICK*.

THE "GREEN" LIST

Southern Rep committed to being 75% "green" on this production of SICK, as well as increase our usage of the 3 R's – Recycle, Reuse and Renew – throughout the theatre. With the help of The Green Project, Strike It Green (SIG), and Whole Foods Market, we feel we made it! Here's how we managed it:

Set:
CHAIRS: two, purchased from Craigslist . COUCH: reused from Southern Rep stock . FLATS: 60% from Southern Rep stock . FLOORING: unused building materials from SIG . GLASS COFFEE TABLE: purchased used from Craigslist . GLASS STEREO TABLE: SIG/recycled from film set, "Saints and Sinners" . LAUNDRY HAMPER: borrowed from Props Master . MEDICAL CART: SIG/recycled from doctor's office . OTTOMAN: reused from Southern Rep stock . STEREO: SIG/salvaged from a house . TABLE FOR HAND SANITIZER: borrowed from Director . THROW: borrowed from Props Master

Props:
100% Biodegradable Naked Twist SPONGE: donated by Whole Foods . 100% Biodegradable TWIST CLOTH made from 82% bamboo & 18% corn: donated by Whole Foods . 100% Pure Vegetable GLYCERIN FOR BLOOD recipe: donated by Whole Foods . 100% Recycled, Unbleached Seventh Generation PAPER TOWELS: donated by Whole Foods . BIOKLEEN: environmentally friendly cleaning solution . BLACK DUFFLE: donated by Whole Foods . Brita FILTER PITCHER: SIG/on loan from house . BUG SPRAY: reused from Southern Rep Supplies . COTTON LAUNDRY BAGS: SIG/renewed from hotels in China . Earth Science Clarifying FACIAL WASH for Davey to clean blood: donated by Whole Foods . MEDICAL SUPPLIES: reused from Southern Rep Stock & borrowed from our friends in the medical community . MEDICAL SUPPLIES: borrowed from Tulane Theatre Department & SIG/recycled . from 'I love you Phillip Morris' movie set . MOTHBALLS: constructed of wood so as not to expose the cast to real toxic mothballs . Organic Cotton Green DISHCLOTH: donated by Whole Foods . Organic Cotton White CLEANING RAGS: donated by Whole Foods . Organic Lavender HAND SANITIZER: donated by Whole Foods . OXYGEN TANK & NOSE PIECE: borrowed from Sandy & Elliot Reisin via SIG . PAPERBACK "Earl of Rochester": purchased used from Amazon.com . RED DUFFLE: reused from Southern Rep stock . SARAH'S 'KIT': borrowed from Whole Foods . Sarah's POETRY BOOK: borrowed from Director . SOFA PILLOWS: borrowed from Shauna Rappold & Frankie Panno . SQUASH RACQUET CASES: purchased Used from Blooming Deals Thrift Store . SQUASH RACQUETS: SIG . Sydney's HYGIENE ITEMS (shampoo, conditioner & soap), DUFFLE STUFFING: donated by Whole Foods . Sydney's PROFESSOR CLOTHES, DUFFLE STUFFING: reused from Southern Rep stock . THROAT TUBE & SALINE SYRINGE: reused from Southern Rep stock . WATER GLASS: reused from Southern Rep stock . WIPER FLUID BOTTLE: borrowed from Director . WIPER FLUID: Water based non-toxic recipe .

Costumes
CLOTH SHOPPING BAGS: used by designer to reduce plastic to landfills . JIM'S JEWELRY: borrowed from actor . Natural Eco Friendly COTTON APRON: purchased from Plucky Tree . OTHER COSTUME PIECES: reused clothing procured from resale shops . SPRAY BOTTLE for Guy's "Sweaty" Look: made from recycled milk bottles, purchased from K-Mart . Tom's SHOES (brand): four pair, donated by Whole Foods Market . TUNICS: constructed from eco friendly fabric, purchased from Joann's Fabric

SICK AS A GREEN PRODUCTION:

TURNING N.O. GREEN: City calls for work on thousands of homes

Sunday, January 18, 2009 By Rebecca Mowbray, Business writer

http://www.nola.com/business/index.ssf/2009/01/some_say_new_orleans_is_poised.html

The Energy Smart plan passed by the New Orleans City Council last year would outfit approximately 300 homes annually with solar technology like the panels being installed above. Local programs like Energy Smart

From appointing a scientist focused on climate change to lead the Department of Energy to looking at green jobs as a key component of an economic stimulus package, it's clear that President-elect Barack Obama's approach to energy issues will be quite different from his predecessors'.

Obama, who will take office Tuesday as the nation's 44th president, hopes to create five million jobs by investing $150 billion over the next decade in developing clean energy. He hopes to train workers to weatherize one million homes a year to use electricity more efficiently, create requirements for increasing the amount of the nation's electricity that comes from renewable sources, and implement an economy-wide cap and trade program to reduce greenhouse gas emissions, which are linked to global warming.

Those working on environmental, electricity and economic development issues say New Orleans is poised to benefit -- and probably get some money for initiatives that are already in the works.

New Orleans City Councilwoman Shelley Midura, who leads the body's utility committee, is optimistic that the city can get stimulus money to support the Energy Smart plan, a communitywide effort passed last year without full funding.

"We have the Energy Smart plan ready to go. Hopefully we can get some of the green stimulus dollars," she said.

Midura said New Orleans can help Obama meet his goal of insulating homes, because her plan calls for weatherizing 2,500 homes per year. It would outfit another 300 per year with solar technology.

She said Energy Smart will stimulate demand for green products like solar panels and insulation, giving the city a tool to get industries that produce environmentally friendly building materials to move here. She also would like to create a "green zone" where federal incentives would be used to spur economic development for the city.

"We have a vision for how we can create a green economy in New Orleans," she said. "For a change, we're not playing catch-up."

Like Midura, the Alliance for Affordable Energy says investing in so-called green jobs would be productive for the city because it would benefit workers of all skill levels, since jobs would range from weatherizing homes and installing solar panels to developing new environmentally friendly technologies.

The alliance started a 14-week workforce training program last summer in concert with other nonprofits to train young people who have gotten into legal trouble to do energy-efficient home renovations. That program would be expanded with the support of the new administration.

The group also says the incoming administration's interest in a creating renewable portfolio standard -- meaning the federal government could require that 25 percent of U.S. electricity come from sources like wind, solar, biomass or hydropower -- will help it in pushing a similar initiative at the state level to create a market for investing in renewable power sources. The Public Service Commission agreed to study the concept last week.

"We'll be in a better position if we pass these policies now rather than being forced to do so at the federal level," said Christian Roselund, communications director for the alliance.

Entergy Corp. opposes mandatory requirements on use of renewable energy sources, because the Gulf South does not have good options for renewable power the way states with hydropower do, it says. The company would be forced to buy renewable power from other sources, and the extra costs would have to be passed on to customers.

But aside from that, Brent Dorsey, director of corporate environmental programs at Entergy, said the company believes it's poised to benefit from the Obama administration's interest in energy and the environment.

Entergy, which capped its emissions in 2000 and has been working on reducing them ever since, has been pushing for a national "cap and trade" program, meaning that the government would set limits on how much pollutants companies can emit, and if they can't reach those goals through their own pollution control programs, they can purchase credits from more efficient companies that don't need them. The idea is to create an economic incentive for companies to become more energy efficient.

The utility, the city's only Fortune 500 company, believes that its investors would win under such a scenario because its fuel mix is cleaner than other utilities. Entergy generates half its electricity from nuclear power, 30 percent from natural gas and only 20 percent from coal, meaning that emissions are lower than the utility industry has a whole, which generates half of its power from coal, 30 percent from nuclear and the rest from other sources.

At his confirmation hearing last week, energy secretary nominee Steven Chu said he supports the development of new nuclear power plants because they don't emit greenhouse gases when they operate. He expressed support for expanding a government loan guarantee program to facilitate the development of new nuclear facilities and is open to the idea of reprocessing nuclear fuel, or reusing spent fuel in a reactor instead of disposing of it.

While the alliance opposes the development of new nuclear plants, Entergy, which is working on getting licensed to build two new reactors at plants in Mississippi and Louisiana, could be poised to benefit.

"We also think that Obama's consideration for green jobs could include nuclear," Dorsey said.

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GERMS

Discuss germs as an important issue in society today and as a dominant theme in SICK. Are you a germ-o-phobe or a dust collector?

BABIES KNOW: A LITTLE DIRT IS GOOD FOR YOU

The New York Times

Personal Health: January 27, 2009 By Jane E. Brody

http://www.nytimes.com/2009/01/27/health/27brod.html

Ask mothers why babies are constantly picking things up from the floor or ground and putting them in their mouths, and chances are they'll say that it's instinctive — that that's how babies explore the world. But why the mouth, when sight, hearing, touch and even scent are far better at identifying things?

When my young sons were exploring the streets of Brooklyn, I couldn't help but wonder how good crushed rock or dried dog droppings could taste when delicious mashed potatoes were routinely rejected.

Since all instinctive behaviors have an evolutionary advantage or they would not have been retained for millions of years, chances are that this one too has helped us survive as a species. And, indeed, accumulating evidence strongly suggests that eating dirt is good for you.

In studies of what is called the hygiene hypothesis, researchers are concluding that organisms like the millions of bacteria, viruses and especially worms that enter the body along with "dirt" spur the development of a healthy immune system. Several continuing studies suggest that worms may help to redirect an immune system that has gone awry and resulted in autoimmune disorders, allergies and asthma.

These studies, along with epidemiological observations, seem to explain why immune system disorders like multiple sclerosis, Type I diabetes, inflammatory bowel disease, asthma and allergies have risen significantly in the United States and other developed countries.

Training the Immune System

"What a child is doing when he puts things in his mouth is allowing his immune response to explore his environment," Mary Ruebush, a microbiology and immunology instructor, wrote in her new book, "Why Dirt Is Good" (Kaplan). "Not only does this allow for 'practice' of immune responses, which will be necessary for protection, but it also plays a critical role in teaching the immature immune response what is best ignored."

One leading researcher, Dr. Joel V. Weinstock, the director of gastroenterology and hepatology at Tufts Medical Center in Boston, said in an interview that the immune system at birth "is like an unprogrammed computer. It needs instruction."

He said that public health measures like cleaning up contaminated water and food have saved the lives of countless children, but they "also eliminated exposure to many organisms that are probably good for us."

"Children raised in an ultraclean environment," he added, "are not being exposed to organisms that help them develop appropriate immune regulatory circuits."

Studies he has conducted with Dr. David Elliott, a gastroenterologist and immunologist at the University of Iowa, indicate that intestinal worms, which have been all but eliminated in developed countries, are "likely to be the biggest player" in regulating the immune system to respond appropriately, Dr. Elliott said in an interview. He added that bacterial and viral infections seem to influence the immune system in the same way, but not as forcefully.

Most worms are harmless, especially in well-nourished people, Dr. Weinstock said.

"There are very few diseases that people get from worms," he said. "Humans have adapted to the presence of most of them."

Worms for Health

In studies in mice, Dr. Weinstock and Dr. Elliott have used worms to both prevent and reverse autoimmune disease. Dr. Elliott said that in Argentina, researchers found that patients with multiple sclerosis who were infected with the human whipworm had milder cases and fewer flare-ups of their disease over a period of four and a half years. At the University of Wisconsin, Madison, Dr. John Fleming, a neurologist, is testing whether the pig whipworm can temper the effects of multiple sclerosis.

In Gambia, the eradication of worms in some villages led to children's having increased skin reactions to allergens, Dr. Elliott said. And pig whipworms, which reside only briefly in the human intestinal tract, have had "good effects" in treating the inflammatory bowel diseases, Crohn's disease and ulcerative colitis, he said.

How may worms affect the immune system? Dr. Elliott explained that immune regulation is now known to be more complex than scientists thought when the hygiene hypothesis was first introduced by a British epidemiologist, David P. Strachan, in 1989. Dr. Strachan noted an association between large family size and reduced rates of asthma and allergies. Immunologists now recognize a four-point response system of helper T cells: Th 1, Th 2, Th 17 and regulatory T cells. Th 1 inhibits Th 2 and Th 17; Th 2 inhibits Th 1 and Th 17; and regulatory T cells inhibit all three, Dr. Elliott said.

"A lot of inflammatory diseases — multiple sclerosis, Crohn's disease, ulcerative colitis and asthma — are due to the activity of Th 17," he explained. "If you infect mice with worms, Th 17 drops dramatically, and the activity of regulatory T cells is augmented."

In answer to the question, "Are we too clean?" Dr. Elliott said: "Dirtiness comes with a price. But cleanliness comes with a price, too. We're not proposing a return to the germ-filled environment of the 1850s. But if we properly understand how organisms in the environment protect us, maybe we can give a vaccine or mimic their effects with some innocuous stimulus."

Wash in Moderation

Dr. Ruebush, the "Why Dirt Is Good" author, does not suggest a return to filth, either. But she correctly points out that bacteria are everywhere: on us, in us and all around us. Most of these micro-organisms cause no problem, and many, like the ones that normally live in the digestive tract and produce life-sustaining nutrients, are essential to good health.

"The typical human probably harbors some 90 trillion microbes," she wrote. "The very fact that you have so many microbes of so many different kinds is what keeps you healthy most of the time."

Dr. Ruebush deplores the current fetish for the hundreds of antibacterial products that convey a false sense of security and may actually foster the development of antibiotic-resistant, disease-causing bacteria. Plain soap and water are all that are needed to become clean, she noted.

"I certainly recommend washing your hands after using the bathroom, before eating, after changing a diaper, before and after handling food," and whenever they're visibly soiled, she wrote. When no running water is available and cleaning hands is essential, she suggests an alcohol-based hand sanitizer.

Dr. Weinstock goes even further. "Children should be allowed to go barefoot in the dirt, play in the dirt, and not have to wash their hands when they come in to eat," he said. He and Dr. Elliott pointed out that children who grow up on farms and are frequently exposed to worms and other organisms from farm animals are much less likely to develop allergies and autoimmune diseases.

Also helpful, he said, is to "let kids have two dogs and a cat," which will expose them to intestinal worms that can promote a healthy immune system.

SICK . INTELLECTUAL & EMOTIONAL RESPONSE

- Was this a successful production to you? Why or why not?
- What thoughts did this production provoke in you?
- Relating to themes in the play, have any of your options been changed as a result of experiencing SICK?
- What emotions did you experience while watching this production and what was successful in achieving that effect on you?

SICK . THE STORY & CHARACTERS

- Were any elements of the production unclear to you?
- Discuss the characters of the play in terms of what they want and what challenges they face:
  - Jim the visitor
  - Sydney the father
  - Maxine the mother
  - Sarah the daughter
  - Davey the son
- What characters experienced change throughout the play?
- What character relationships were altered during the play?
- If you were cast in this play, how would your interpretation of the role be different?
- What character do you identify most with?

SICK . DESIGN

- Discuss how elements of each design area were successful and/or unsuccessful and what you would have done differently if given the chance:
  - Scenic
  - Props
  - Costumes
  - Lights
  - Sound

SICK: PROCESS

- Discuss the importance of collaboration in theatre and how it applies to the acting and design processes of SICK.