

arts & entertainment

Historical Theatre presents trilogy on America

The Old Glory, a trilogy of plays by American poet Robert Lowell, will be performed at Henzlik Hall Auditorium Thursday and Friday at 7:30 p.m.

UNL's University Studies Historical Theatre Company will present the free performance.

Lowell adapted short stories by Nathaniel Hawthorne and a novella by Herman Melville into *Endecott and the Red Cross*, *My Kinsman, Major Molineux* and *Benito Cereno*. The plays, bonded thematically by the symbol of a flag,

illustrate Lowell's dramatic interpretation of the history of American character.

Endecott and the Red Cross is set in the 1630s in Merry Mount, a colonial settlement in Massachusetts. The puritan colonial governor Endecott arrives to break up the pleasure-loving settlement in the name of the Red Cross flag of England.

My Kinsman, Major Molineux is about a young man's search for his British army kinsman in Boston just before the American Revolution. "Swap your flag and save your soul," a clergyman tells the

youth in the play.

In *Benito Cereno*, American ship captain Amasa Delano visits a Spanish captain, Benito Cereno, as their ships are anchored off Trinidad. But something is amiss Delano notices, in the relationship between Cereno and the African slaves he is supposed to be transporting.

Actors in the trilogy include Mark Hoeger, Art Alexander, Thom and Him Walla and Tom Camp.

The plays are directed by Don Winslow, a 21-year-old teaching assistant for

University Studies. Winslow began his stage career at age 13, and has acted in, written and directed plays for the Historical Theatre Company since its beginning three years ago.

The Old Glory is expected to tour Lincoln High Schools and the state, though plans are not definite. A Nov. 7 performance is scheduled in Bladen, Neb.

The relevance of the trilogy to America's Bicentennial has not gone unrecognized.

"We're giving America a surprise birthday party," Winslow said.

sauces & pickles

Sprout food

By Sharon Johnson

By sprouting beans or seeds you can raise fresh greens year round without sunshine or an inch of soil.

Lentils, mung beans, soybeans and alfalfa sprouts are just a few kinds of nutritional seeds that can be grown. It is important to start with fresh seeds that have not been treated with fungicide. Consequently, it is best to purchase them at a health food store.

The sprouting container must be of non-porous material such as porcelain or glass. A wide-mouthed quart jar works well. Other equipment needed is a cheesecloth or nylon mesh, a rubber band and a bowl.

To begin, place about a tablespoon of seeds in the jar, cover them with water and soak overnight. The next morning, pour the water through the mesh covering, rinse seeds, drain and tip the jar down into a bowl. This allows the water to continue draining while the seeds remain moist without getting too wet.

Place the jar and bowl in a dark place to hasten sprouting. Two or three times daily, rinse the seeds, drain and put the jar back into the bowl.

Alfalfa, lentils and soybeans sprout in four to five days and mung beans in six to eight days. To harvest, simply remove the seeds, rinse and drain in a strainer.

Sprouts, like other greens, are perishable and must be refrigerated in a plastic bag or loosely covered container to be used within a few days. Here are a few possibilities for use:

-Add sprouts to fruit or vegetable salads, sandwiches, soups, stew or casseroles before serving.

-Saute sprouts, green peppers and onions to eat as a vegetable or to add to scrambled eggs.

-Grind sprouts in a grinder or a blender and add as a last ingredient to bread, muffins, pancakes or waffles.

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Documentaries head list

TV Aunt Hannah

Truth is the trend in this week's viewing, highlighted by a re-creation of the 1962 Cuban missile crisis on Sunday.

Aunt Hannah recommends:

Babe (Thursday, Ch. 6 and 10, 8 p.m.) Susan Clark plays Babe Didrikson, the widely-loved athlete who won two gold medals in the 1932 Olympics. Alex Karras takes the part of her wrestler husband to give the story romantic interest.

Souther (Friday, Ch. 7, 7 p.m.) A 1972 film, critically acclaimed for stabbing at the truth without bleeding the heart. Cicely Tyson and Paul Winfield are sharecroppers in the Depression, battling bigotry, poverty and separation.

Birth and Death of a Star (Saturday, Ch. 12, 8:30 p.m.) No, not Judy Garland. This documents, with special effects, the growth of a space-type star, from dust cloud to black hole.

The Missiles of October (Sunday, Ch. 7, 8 p.m.) President John Kennedy, his cabinet and generals take on Soviet Premier Khrushchev. The free world is at stake. Excellent makeup, fine script and good acting give this performance a spooky verisimilitude. William Devane plays JFK.

Last Grave at Dinbassa (Monday, Ch. 12, 7 p.m.) A documentary on what it's like to be black and

live in South Africa. Supporting its claim to truth is the fact that the film had to be smuggled out of that country.

You're A Good Sport, Charlie Brown (Tuesday, Ch. 10, 7:30 p.m.) Snoopy as the Masked Marvel steals the show again as Charles Schulz's *Peanuts* characters enter a motocross.

Play It As It Lays (Tuesday, Ch. 6, 10:30 p.m.) Anthony Perkins and Tuesday Weld star in this 1972 film based on Joan Didion's novel. Self-centered film director neglects his wife.

High Noon (Cable TV, Ch. 9; Sunday, 2 p.m.; Monday, 1 a.m., 11 p.m.; Tuesday 9 p.m.; Wednesday, 7 p.m.) Classic 1952 Western starring Gary Cooper. Sheriff opts for courage.

The King and I (Cable TV, Ch. 9; Sunday, 9 p.m.; Monday, 7 p.m.; Wednesday, 2 p.m.) Rodgers and Hammerstein musical from 1956 with Yul Brynner and Lieborah Kerr. A school teacher and her children meet the King of Siam, so they sing together.

Special note on the picture-less air waves: three programs from radio's "Golden Age" return Sunday evening, Oct. 26. Station KLMS (1480 am) will air "The Green Hornet," "Gunsmoke" and "The Shadow" from 9 to 10:30 p.m. every other week. This series will alternate with the telephone talk show "Feedback."

Nightfall

Remedies for one too many

By K. Alice Betts

Your head feels like an over-inflated balloon, your mouth is as dry as the Sahara and your stomach as violent as the American battlefields.

You are suffering the symptoms of over-indulgence, one too many beers, one too many martinis or one too many martini-beer combinations.

The aftermath seems unbearably long, your pounding head mercilessly counting the seconds to a doubtful recovery. Few escape the morning-after anguish. Despite vast amounts of medical research, the cure has not yet been discovered. Abstinence perhaps. However this solution is unrealistic and preventive, rather than relieving.

After speaking to several victims of the hang-over blues, I found a few near-remedies that lessen the painful remembrance of "last night."

The Night Before:

-Never combine large amounts of beer with large amounts of hard liquor. Never combine large amounts of hard liquor or beer with wine.

-Don't eat Mexican or Italian cuisine while inebriated. Instead eat bland foods like Cream of Wheat, oatmeal and milk-toast.

-Don't drink through a straw. The additional air ingested will cause extra

"gas" pains.

-Use water as a mix instead of carbonated beverages, orange and tomato juice or beer.

-If physically or mentally possible, take an aspirin with a glass of warm milk before retiring.

The Morning After:

-Brush your teeth.

-Don't smoke.

-Call your friends and apologize for obnoxious behavior.

-Take a very hot bath.

-Take a very cold shower.

-Don't lay down for your headache. Sit to avoid excessive blood flow in your brain vessels, consequently reducing alcoholic blood flow in your maimed brain.

-Take two buffered aspirin or, better yet, take Bromoseltzer or Alkaseltzer with aspirin.

-Don't eat Mexican or Italian cuisine while recovering. Eat bland foods such as Cream of Wheat, oatmeal and milk-toast.

-Drink water, water, water and more water—nothing else.

The whys and hows of these different remedies are not completely understood or medically substantiated. Proceed at your own risk. Although some may be adverse, others have been tried and tested with moderate amounts of success.