

## PLAYS

# "Standing on Ceremony" presents gay marriage issue emotionally, compassionately

CONTINUED FROM PAGE 1

This message rings clear, considering the current statewide turmoil over an amendment which seeks to outlaw gay marriage and domestic partnership recognition. The amendment would make North Carolina the last state in the South to do so.

"Art has long been important to politics," said Associate Professor of Political Science Maria Rosales. "When it comes to the representations of marginalized people, art can be even more important since discrimination depends in part on creating marginalized people as less human. Something like a theater production can counter those images and concepts."

In fact, representatives from Equality NC were present at the Guilford showing, spreading awareness about the upcoming May 8 vote on the amendment.

"All these plays were written to convince people that gay marriage should be legal," said first-year Ian Sweet, an actor in the plays. "Each of these plays provides a perspective that encourages that."

Indeed, the portrayal of perspectives was the key force which fueled these plays from start to finish. The production commenced with a play about two men writing their civil partnership vows in order to highlight their limited relationship rights, which traditional marriage vows do not accurately convey.

"The plays took a two-pronged approach in their portrayal of gay marriage," said junior and Pride member Taylor Seitz. "They presented the unfair difficulty and discrimination that

LGBT couples face when trying to get married, and show that, on the inside, gay relationships aren't really that different from straight relationships."

"Standing on Ceremony" also chronicles a hysterical and über-liberal mother's inflated relationship hopes for her gay son. It incites contemplation on a couple's worries over their



Sophomore **Connor Bayne**, junior **Elizabeth Fistel**, sophomore **Billy Millman**, and first-year **Ian Sweet** (L-R) perform in "Standing on Ceremony: the Gay Marriage Plays."

son's sexuality and pursuit of a partner. Furthermore, it relates a heart-wrenching story about a 45-year relationship cut short after a tragedy on the night of their "official" marriage ceremony. These are just a few of the, at times, sidesplitting and, other times, emotionally shocking plays.

"To a lot of people, there's gay marriage and there's straight marriage," said Sweet. "This play kind of throws in your face a lot of that. It's just marriage, and a gay couple isn't going to go through an entirely different experience just because they're gay."

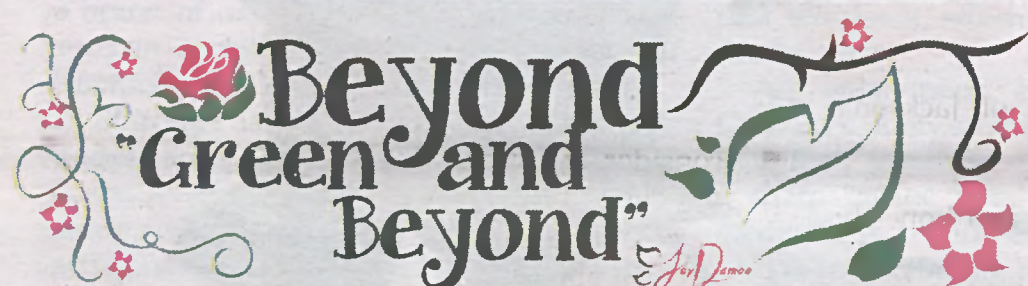
When asked what she hopes the audience took away from the plays, junior Lizzie Fistel, who acted in the plays, commented, "Just a better understanding of the subject ... It's not something we always think about or at least have the opportunity to understand necessarily, because we are so often outside of that perspective."

The climax of the production came during "London Mosquitoes," a monologue in the form of a moving eulogy, which transformed the audience into funeral attendees privy to a man's poignant recounting of his deceased partner's life.

After such a heart-rending experience, there was no doubt of the power this play held for the audience.

As for Hammond's perspective, he says, "It's both good art and serious subject matter that demands attention."

And what better way to demand attention than through art? The Guilford College production of "Standing on Ceremony" undoubtedly grabbed attention, holding it long after the play's conclusion.



## Non-traditional diets give Thanksgiving a sustainable flavor

By Sarah Welch  
STAFF WRITER

Mm-mm. Thanksgiving is right around the corner, and we all know what that means: plenty of delicious food.

However, not everyone is going to the chain grocery store and placing Butterball turkeys, Sara Lee pies and canned cranberry sauce in their carts. Environmentally-conscious eaters know that local, unprocessed foods are better for the planet. Local foods reduce fuel emissions and global warming, they preserve genetic diversity in plants, and they preserve open space.

Many Guilford community members and Greensboro residents follow "alternative" diets, such as vegetarian or high protein diets, that you might suspect would make Thanksgiving complicated. It may come as a surprise that individuals who choose these alternative diets do not encounter many obstacles.

"Being a vegetarian has not taken any joy away from Thanksgiving," first-year Michael Caswell said.

Caswell has been a vegetarian for

seven years. His diet consists mainly of vegetables, beans and pasta, and he tries to eat local foods. His main reason for being a vegetarian is that he believes the treatment that animals receive in the meat industry is morally wrong.

Of course, vegetarians do not eat the Thanksgiving turkey, but they do indulge in many of the same dishes that meat-eaters do.

"At first it was strange because, in the South, a lot of the side dishes are made with meat," said Caswell. "A lot of the dishes use beef broth, (but) my mom and grandma use vegetable broth instead. ... And my mom buys me a tofurkey every year."

While Caswell is a vegetarian for animal rights and environmental reasons, High Point resident Dara McMillan took her health into consideration when she began eating a vegan raw foods diet.

"Raw foods make me feel good and they give me energy," said McMillan.

Foods can be heated up to 110 degrees in a raw foods diet, so a dehydrator is used in many of the recipes. A blender or food processor is essential to making tasty raw foods,

especially Thanksgiving dishes.

"Instead of cranberry sauce from a can, you can blend fresh cranberries, oranges and walnuts in a food processor," said McMillan. She also relies on salads and enjoys a variation on apple pie, consisting of a nut-and-date crust with raw apples, spices and sweetener for the filling.

Preparing a completely raw and vegan Thanksgiving feast is time-consuming, explained McMillan, but the foods are a delectable alternative to a cooked Thanksgiving meal.

Like Caswell and McMillan, sophomore Solomon Weiner tries not to eat processed foods. Weiner follows a diet based on research by Dr. Weston Price. Price found that when cultures incorporated processed foods into their diets, an increase in modern diseases arose in that population.

"I eat most meat, a lot of eggs, fruits and vegetables, unpasteurized dairy products and fermented foods, and I avoid vegetable oils," Weiner said. "I cook in animal fat, olive oil, or butter instead."

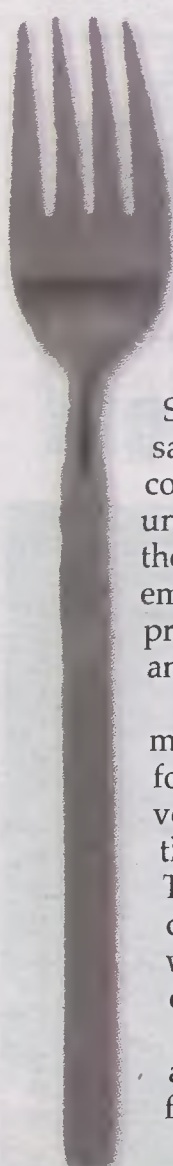
Weiner follows this diet for health, ethical, environmental and economical reasons. He loves to cook, and since

he does not eat processed foods, he has peace of mind because he knows what is in his food.

Most of the food Weiner purchases is bought locally and through the farmers in the area. Weiner eats traditional Thanksgiving dishes such as turkey and sweet potatoes, but he prepares the food from scratch, and the Thanksgiving turkey is local and has had the freedom to roam the farm.

"I love Thanksgiving," said Weiner. "The food aspect makes it one of my favorite holidays."

Caswell, McMillan and Weiner's Thanksgivings rely on local foods that are friendly to the earth, and you too can savor an eco-friendly Thanksgiving dinner. Check out the box below to learn more.



### Vegetarian and vegan

[www.vegetariantimes.com](http://www.vegetariantimes.com)

An array of vegetarian recipes, articles in support of vegetarianism, and a "starter kit" article.

[www.vegkitchen.com](http://www.vegkitchen.com)

More vegan-focused, with vegan and vegetarian recipes and nutrition-related articles.

## Resources for an eco-friendly Thanksgiving

### Local foods

[www.slowfoodpiedmont.org](http://www.slowfoodpiedmont.org)

Lists restaurants that use local foods, farms, farmer markets, and events supporting local foods.

### Weston Price

[www.westonprice.org](http://www.westonprice.org)

Hosts articles explaining and supporting the high-protein Weston Price diet.

### Raw foods

[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

Includes recipes, a how-to for starting a raw foods diet, and the benefits of eating raw foods.

[www.groups.yahoo.com/group/triadrawfoodspotluckgroup](http://www.groups.yahoo.com/group/triadrawfoodspotluckgroup)

Online group to organize the local raw food potluck event that happens monthly.