



Theatre of Life players. See them, along with Oslund and Co. Dance of Eugene, Sunday, May 1, 7:30 pm, at the Community Center for the Performing Arts.

Theatre of Life: What Is It?

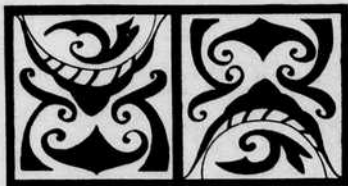
by Director, DK Taylor

I have been asked repeatedly, "What is it you do exactly?" and I have been hard pressed to answer. Theatre/movement improvisation is a very wily form and, while as a director and teacher I have much to say to my students about how to stay in the moment, how to drop the extra baggage of the judge inside and how to fly into an image, still the techniques stubbornly resist the limitations of analytic definition. And so, I attempt here to dance around a process which is so basic to all of our lives that we hardly see it. That is, the moment. Here it is. There it went. And where were we? As performers, the commitment is to discipline the lazy mind to return to the focus, to let the body speak without telling it and to trust that this grueling process will lead to a theatre that will grip both performer and spectator in the same instant. I suppose you could call it Truth. When it rises up it seems to hit you on the head like a frying pan. There's no mistaking it.

Theatre of Life. It's compelling to do it. It's compelling to watch it. Very often watching it makes you want to do it. But

what is it? It is a cluster of techniques, many I have learned from my teacher Ruth Zaporah, that bring us closer to ourselves, so close that perhaps we transcend the self we cling to so fiercely, and suddenly we are able to speak or act straight from the heart and to the heart. By staying with ourselves, the face, the gesture, the words, the contact with another, we are relieved of the burden of ourselves. Does it make sense? We make expression a gift. Nothing is held back. We are following another course. Not the usual course of the mind and yet the process is very ordinary. Perhaps we are paying homage to ordinariness.

You might understand it better if you could see it. Theatre of Life will be performing at the WOW Hall on the same bill with Oslund and Co./Dance of Eugene Sunday night, May 1, at 7:30 pm. Oslund and Co./Dance of Eugene will be performing from White Truck. Theatre of Life is made up of Yvonne Donisi, Sage Glenn, Paul Now, Laura Philips, and Dinah A. Urell. Admission is \$4.



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Garden Plan

In the frenzy of preparing the soil, starting and buying the plants and with all the other work that we do in making a garden, little time if any is spent on planning. Certainly planting what you can and when you can will fill a garden space. The results will be more or less satisfactory, but who needs thirty broccoli and the same number of cabbage etc. while finding that we planted too little of the peas and carrots.

The way out of this problem is to have a garden plan. It can be as simple as the number and variety of plants or it can be drawn to scale with every plant labeled. The idea is to sit down and figure out what and how much to grow. A lot of this information is self generated; what and how much of what do you like to eat, how often, how much to put away. If you can answer the above questions, then that is your garden plan. The extension office can provide you with a pamphlet on the all American garden, complete with layout, yields, etc. This is a good starting point that you can modify from one year to the next.

The herb garden suffers from not having such readily available information. The following is my recommendation for the herb garden. My own tastes enter into this; you may not want pesto to last all year in the freezer. I find it a necessity.

Basil—versatile herb, excellent with tomato dishes, omelettes and for making pesto. I find that 100 plants is not excessive for my home use.

Chervil—one of the ingredients in fines herbes, used with chicken, veal, omelettes, green salads and spinach. Vital for Bearnaise sauce. 3 plants.

Chives—combine with cheese or egg dishes, sour cream over baked potatoes. 3 pots of chives will spread to grow with your increased use of this herb.

Horseradish—best used fresh. Two of these plants grown for their roots should suffice.

Lovage—hardy perennial, can be used like angelica, or substituted for celery. One to two plants.

Sweet Marjoram and Oregano—similar in culture and use. Pizza couldn't be made without these herbs. Use in sausage, stews, tomato dishes, omelettes, cream cheeses, with all the cabbage family and green beans. Because Sweet Marjoram is a tender perennial you need to bring it indoors or risk losing the plants. Plant up to six for fresh and drying.

Parsley—both triple curled and Italian type. One of the most versatile herbs, flavorful and used to blend the flavor of other herbs, six plants.

Rosemary—used for poultry seasoning, on peas, spinach or pizza. One to two plants, beautiful and evergreen.

Sage—best known of American seasonings, use for fatty meats like pork and sausage, also duck, goose and rabbit. Also with cheese and chowders. No comparison with fresh and dried. Evergreen, two plants.

Savories—winter savory leaves used in stews, stuffings, and meat loaves. Summer savory more delicate flavor, green bean salad, horseradish sauce, lentil soup and deviled eggs. Two each.

Sorrel—another of my favorites, used straight in salads or mixed with other greens. Has a lemon taste, can be used to make sauces or the famous French Sorrel soup. 4 to 6 plants.

French Tarragon—has flavor of anise, must be true french strain, made from cuttings, not seed. Too pungent for soups, good with everything else. Eggs, mushroom, tomatoes, sweet breads, tartare and mustard sauces, fish or chicken. Essential in Bearnaise sauce. Two plants.

Thymes—used with poultry, mutton, veal, pork and rabbit with creole and gumbo dishes. Put in brown sauces, with pickled beets and tomatoes, in fat fish stews, stuffings and most vegetables, always found in stocks. Three plants.

There are many more herbs used for cooking. These are the most common and easiest to use.

Any herb gardening question can be addressed to John Karlik, c/o Sweetwater Nursery, 83036 N. Weiss, Creswell, OR 97426.

—John Karlik

Saturday

Concert Music

The Oregon Mozart Players will present a concert of chamber music with works by Rossini, Mozart and Beethoven. Richard Long is the soloist in Mozart's Bassoon Concerto in B-flat Major. 7:30 pm in the Soren Theatre, HPCA. 687-5000. \$6 general, \$4 students. Wheelchair accessible.

The Eugene Gleemen Sing at the Hult Center! 57th Annual Concert of this 60-member all-male chorus, with special guests the U of O Brass Ensemble. 8 pm. Silva Concert Hall, 687-5000. \$5 all seats, proceeds to Kiwanis and Rotary Clubs. Wheelchair accessible.

Concert of East European Folk Music, see Shrovetide Festival listing for details.

Theatre

Look Back in Anger, continues at the U of O Arena Theatre, 8 pm. See 4/28 listing for details.

The Selfish Giant, see Children's listing for details.

On the Edge continues at the Brass Rail. See 4/28 for details.

Art

McKenzie Artist Guild Show and Sale at the Springfield Mall. 726-1567 for information.

Ceramic Showcase 83 continues in Portland. See 4/29 listing for details.

Opening reception for Eugene artist Michael Harris' one-man show of recent paintings and monoprints at Artworks, Ltd., 291 E 5th Ave, 6-10 pm.

Radio

KWAX 91.1 FM presents: Featured Work, Bach's Suite No. 5 in G Minor, 10 am; Beatrice Foods/Lyric Opera of Chicago, Offenbach's "Les Contes d'Hoffman," 10:30; The Empire Strikes Back, 6 pm; and Nightfall, tales to chill your inner sanctuary, 6:30 pm.

KEED 1450 Am features: The Legend-maker Program, focusing on Ronnie Milsap, 9 am; and Live from Gilley's, presenting Dottie West, 11:03 pm.

The Beatles: The Days in Their Life, Part 7, 6-9 pm, KPNW 1120 AM.

Events

Rhododendron Show today and tomorrow at Valley River Center. Call 683-5511 for information.

Krypton Dynamics Volume I, a dazzling laser art show combining laser light choreography and original electronic music. 7:30 and 9 pm, WISTEC, 2300 Centennial Blvd, 484-9027.

Benefit Dinner for Medical Aid for El Salvador, sponsored by the Committee in Solidarity with the Central American People and Clergy and Laity Concerned, 6-9 pm at the Keystone Cafe, 395 W 5th. \$3.50-\$6.00.

Torchlight March to Usher in May First. The Revolutionary Communist Youth Brigade in the spirit of an Internationalist May 1st presents the theme: Down with US/USSR War Preparations. Bring your own internationalist banners and messages, 11 pm at 13th & Kincaid.

Workshops/Classes

A workshop on hardy garden flowers such as baby's breath, calliopsis and scarlet nasturtiums, including a slide show and free seeds and starts, is offered through Eugene Parks & Recreation, 10 am-4 pm, at the River House, 301 N Adams. 687-5329, \$4.50.

Reframing Workshop with Susan Marcus, certified Neuro-linguistic Programmer. "Reframing" means shifting content or context to see or feel different about something in life. 9:30-5:30, 4915 West Hillside, Eugene. \$25. 345-0551.

Successful Weight Management for Women: yogic psychology and techniques for a radiant mind/body. Bring a lunch, please. 10 am-4 pm, 3635 Hilyard. 686-0432.

A Writer's Workshop, sponsored by the Alliance for Career Advancement, is designed for the novice as well as the experienced writer, covering editing, syndication, marketing, writing as a business, and self-publishing. Facilitated by Myna Oakley with guest speaker Charlotte Mills, the workshop is from 9 am-4 pm at North's Chuck Wagon, 2864 Willamette. \$10 for ACA members, \$12.50 non-members, which includes the lunch and two coffee breaks. Sign-ups taken at the door before the workshop. 686-2170 or 345-0627.

Movement Repatterning and Anatomy, the second free public workshop presented by Seattle's Kinetics Company, covers the anatomical basis of movement, the utilization of the body's muscular and skeletal systems to support stability and mobility, and movement repatterning to produce more effective body usage. 9:30-11 am, Gerlinger Annex, Room 353, U of O.

Dance Music

Network Activities Dance/Party. See details under Speakers.



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