
Making of the Monster

A behind-the-scenes look at the head costumer for "Frankenstein"

by Elana Harrison

For senior Lauren Bridger, life is a stage and what matters is what the actors are wearing.

As head costumer for the fall production of "Frankenstein," with 12 cast members and at least three costume changes each, she definitely has her work cut out for her.

"Frankenstein," a classic horror story from author Mary Shelley, tells the tale of a scientist who brings a dead man to life, with horrible consequences. The play explores the life and mind of Victor Frankenstein, the scientist who creates the monster. Most of the story is told through voice-overs from Frankenstein's journal, where he details the actions taking place on stage and reveals the creation of his creature.

The production stars Joseph Young as Victor Frankenstein, Drake Krueger as the Creature, and Carrie Dougherty as Elizabeth Lavenza, Frankenstein's fiancée.

"It's very smart, and while it delves into the really dark themes of science and morality, it still maintains its entertainment value," Lauren said.

Since her freshman year at an arts school in California, Lauren has worked behind the scenes as well as on stage for her theater productions. While she loves to act, her true passion is more material.

"I love costuming more because it's something I can work on and say, 'That's my contribution to the play.' You get really close to the actors; the position is in a way like being a stage manager," Lauren said.

She has moved from her early days of creating pipe cleaner horns for a "Charlie the Unicorn" sketch to creating dresses and coat tails for a wedding scene in "Frankenstein."

For the play, Lauren will use a combination of pre-made clothes from the theater closet, "altered Goodwill clothes," and original pieces. Finding clothing similar to Swiss fashion in the 1800s proved to be a little tricky, though.

"You want to get clothing as accurate to the time and place [of the play] as possible. If something is really complicated, I'll look for a pattern to base it off of, but if it has a special function, I have to make it myself," Lauren said.

Though the stage spotlight no longer hits her directly, Lauren Bridger doesn't mind hanging out in the wings.

"You still experience the excitement of the opening night of the play. I also do the hair and makeup, and I have to be on hand to repair anything that might rip and tear," she said.

Lauren plans to major in fashion design at the Illinois Art Institute in Chicago. Eventually, she wants to work as a costumer in the Chicago theater district.

"Crazy things happen in theater, but it's fun. I really love it," she said.

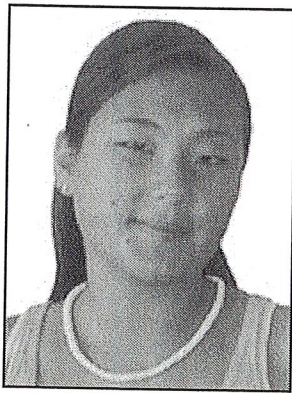
The fall production of "Frankenstein" will run from Nov. 13-15. Tickets cost \$4.²

²Elana Harrison, "Making of the Monster," *The Prowler* (7 November 2008): 1.

For the first feature package of the 2004-2005 year, published Oct. 15, the staff took on a number of topics around the coffee craze.

BEHIND THE STORY

Suddenly teens were drinking coffee, and everyone was noticing it. It was trendy to go to Starbucks, or some local coffee house, to pick up a drink that resembled a milkshake. For this feature trend piece, the reporter wanted to go beyond asking students why they were doing this, since she knew she would only become frustrated by the response, "It tastes good!" Instead, she took the angle of health effects — long-term and short-term.



Robin Ruhstaller, a three-year staff member who was dedicated as a writer and photographer, was one of three editors-in-chief in her senior year.

NOT WHAT THE DOCTOR ORDERED

Consumed at breakfast, lunch, dinner, and often in between, coffee has become a popular beverage for teenagers. Students arrive on campus with a hot cup in hand and head back to the coffee shop for a cold drink in the afternoon. So trendy is coffee these days that few ask the question: Is coffee good or bad?

Well, coffee is not all good or all bad. Coffee has its harmful effects and its benefits.

As a fact, the United States Food and Drug Administration recognize coffee as "safe." Still, because coffee contains caffeine, it can become addicting. Chronic coffee users can become dependent on caffeine and those trying to quit can suffer from withdrawal.

Why is this? Caffeine has the same effects on the body as any other stimulant such as cocaine or amphetamines, although the effects of caffeine are much milder.

"Caffeine is my best friend when I have to pull those late night study sessions," said senior Sydney Martinelli.

The caffeine in coffee can be helpful when students are trying to study because it increases mental activity. However, too much coffee can lead to tossing and turning for hours due to sleeplessness.

Still, coffee drinkers can wake the next morning, tired and depressed, down their daily cup and leave for school feeling perfectly normal. This is because coffee acts as an anti-depressant and performance enhancer.

Sound pretty helpful?

Like other addicting substances, though,

coffee does not lack health risks. Too much coffee can result in headaches, jitters, nervousness, and irritability. It can also cause heartburn, which cannot be cured by dairy substances like milk.

"The thing I don't like coffee is that I am happy one minute and then like 10 minutes later I'm not happy anymore," said junior Jonathan Hernandez.

Because coffee raises the sugar levels in blood the "boost" of energy will not last giving people the effect of a "high and low."

In the long run, according to various studies from recent

years, drinking two to four cups of coffee a day can lower a person's chances of colon cancer by 40 percent, gallstones by 45 percent, Parkinson's disease by 65 percent, and asthma by 25 percent.

Another benefit of coffee is that it increases a person's metabolism from three to five percent and a decrease in appetite. People trying to lose weight may want to drink a lot of "normal" coffee, meaning coffee brewed with tap water. This contains only 30 calories per cup.

On the down side, popular drinks such as mocha frappuccinos contain 190 calories for just the flavoring. This amount does not include all of the sugars and caramels that are added those drinks. On average, a mocha frappuccino contains over 600 calories.

So while coffee may have some surprising health benefits, teens should be careful before adding whipped cream to that venti sized drink.

“Caffeine is my best friend when I have to pull those late night study sessions.”

Sydney Martinelli
senior

Have fun with trend stories by thinking INSIDE the box

Stephanie de Leon, sophomore

- Big red pearl necklace: \$1.25
- Polka-dotted floral dress: \$1.25
- Adorable black spandex pants: \$1

TOTAL OUTFIT COST: \$3.50
STORE OF CHOICE: Delta Valley Thrift Store

PHOTO ILLUSTRATION BY MIKE ROFF, ART BY COLLEEN BECKER

Readers love to see info-boxes related to some trend. The box on the left, which accompanied a story about thrift stores, points to clothing items and gives prices. The box on the right, part of a two-page spread on ice cream, explains variations around the world.

Ever wonder how ice cream is eaten in different parts of the world? Here is an international guide to ice cream.

Middle East — Kullfi
Traditional flavored: Mango, saffron, cardamom, pistachio
Made from boiled, sweetened milk and sugar, the mixture is flavored with a variety of items ranging from fruit to spices. Alternatively, dried fruit is occasionally added before the mixture is frozen in different shaped molds.

Philippines — Halo-halo (fruit salad)
Traditional flavors: Guava, mango, jaggery, Marigold, coconut jam
Simply served in a tall glass, this Filipino dessert contains many colorful ingredients such as red beans, shaved ice, cake mix, jackfruit, custard flan, butter, condensed milk, mango, and banana, topped with shaved ice and a drizzle of the cream.

Turkey — Dondurma
Traditional flavors: "Tasty" licorice
Made with milk, sugar, mastic resin, and potassium sorbate, this unique type of ice cream may require a knife to hold. The secret behind the licorice resides in the recipe since, as it is a...

Japan — MACHO ice cream
Traditional flavors: Peach, kiwi, green tea, strawberry, mango, vanilla, chocolate
This generous size of ice cream wrapped in a mochi, or sticky rice, covering the exterior to make it chewy and stretchy in a manner of mochi.

This story was published in the March 4, 2011, issue. It was a popular story and was later sent off for awards.

BEHIND THE STORY

Technology, the Internet, social media — these all seem perfect topics for a story about what is trendy. But those topics are too general. It takes something like sexting to make the story worth pursuing: It is specific and will certainly be of interest and importance to students. This story required a good amount of research, finding the students who had stories (some of whom are not named) and mixing in some Internet-based reporting.



Lissette Rodriguez, who edited the news page before becoming editor-in-chief, loved to immerse herself in stories that demanded research. She went on to study journalism at Northwestern University.

SENDING WRONG MESSAGES

Sophomore De Andre Isaac recently posted a semi-nude photo of himself on the social networking site MySpace and wasn't surprised to see that he had a couple of comments from friends. To him, it is just a picture.

In his freshman year, however, Isaac was shocked with the response he received when he first sent such a picture through a text to a girl. He even told the girl to forward the picture to her friends. Around school, he quickly became known for the inappropriate nickname based on the content of these pictures. Isaac says he finds nothing wrong with sexting or with anybody seeing these provocative photos.

According to the National Campaign to Prevent Teen and Unplanned Pregnancy, the official definition of sexting is when a person takes a nude or semi-nude photo of him or herself and sends it to others through cell phone or other texting device. Sexting can include the sending of suggestive text messages between two people. The problem is, sexting does not often stay between two people.

A sophomore girl said that a nude picture of her was being circulated around school within the last month even though she said she did not send this picture to anybody. She said her friend found it on her phone and forwarded it to everybody in her contacts list. Some people told her that the picture being circulated did not change the perception they had of her, yet the sophomore girl had more worries than that. "The picture shouldn't have been taken in the first place," she said. "But it will probably make its way to other places. And that does matter."

A sophomore boy went through a similar situation more than a year ago. He sent a semi-nude photo to his then girlfriend, thinking it would stay between the two of them. He was surprised to discover others had the photo. "I figured nobody would find out," he said. "You feel like you have a secret that no one else does." That photo, he says, ruined the relationship.

Some older students say sexting is not as prevalent as it was two to three years ago. Senior DeVanté Harris says sexting has lost some of its allure in the last year. "It was a fad," he said. "A horrible one, but it's not as new." He says many people who once sexted most likely have learned not to do it anymore, which is why he has seen a decrease in

the amount of semi-nude and nude pictures being circulated around campus. "I wouldn't put sexting in the top five things to care about," he said.

However, according to a National Campaign survey, one out of every five teenagers has been involved in sexting, particularly in sending photos. An estimated 11 percent of 13-16 year old girls have sent racy photos of themselves. And according to an MSNBC article, 14 percent of semi-nude or nude photos have been shared or forwarded with more than just the person intended.

A sophomore boy said that sexting has not lost its importance, and technology won't allow it to go away. "Anything can pop up on the Internet and stay there. Anybody can save pictures on their phone. It will never go away. It can pop out of the nowhere."

For one former Stagg student, his senior year came to an early end. According to News10.net, then 18-year-old Austin Butler was arrested last March for sending a nude picture to his younger girlfriend. An adult saw the photo and the incident was reported to the police. He was arrested and charged with a misdemeanor for exhibiting harmful material to a minor.

Michelle Horn, a marriage and family therapy trainee in the Healthy Start office, says that sexting can sometimes lead to other issues. "There is a lot of room for misinterpretation among boys and girls," she said.

While some people view sexting as just another form of flirtation, others can see it as a form of degradation, she said. A person's view on sexting can also be an indication of their view on other aspects of dating. As a result, people's views can be skewed once that suggestive message or photo has reached the receiver. "The signal gets lost among the messages," she said.

Some students are drawn to the thrill and increased attention they could receive from sexting. "Everybody wants to be loved, everybody wants to be attractive," Horn said. "But with sexting, without your permission, things can go other ways."

Kenton Quilenderino, sophomore, admits he has received provocative pictures from girls, and sometimes has received pictures that have circulated from phone to phone on campus. But he does not find this attractive. "I think it's sleazy and nasty."