

Inspired by time

Costume department's creations unite styles of many time periods

BY ANNA SELLE
Staff Reporter

The Truman State theatre department's spring production "Twelfth Night" features traditional Elizabethan dialogue and a recognizable Shakespearean plot. However, the members of the audience might think the clothes the actors are wearing challenge the preconceived ideals of Shakespearean costuming. Theatre professor Dominique Glaros has developed a concept to incorporate various styles of dress on stage.

Anna Selle: What is the overall concept of the theatre department's upcoming production of Twelfth Night?

Dominique Glaros: [Theatre professor] David Goyette, the director, is trying to create this world where we believe that it could be Shakespeare's time, but Illyria [the town where the play is set] is full of such insanely wealthy people that we wanted it to feel very high fashion and contemporary as well.

AS: How has the concept of

the show affected the costuming concept?

DG: With our costume concept, we're taking silhouettes and costume and clothing items from both the British and the Italian Renaissance, as well as from contemporary fashion of today. The goal is that if someone was watching the show who doesn't know much about fashion history, they might not realize that we've smashed these two things together. The way that I've designed the show is as if the fashion evolution between 1550 and today hasn't happened.

AS: How will that concept look as it's executed on stage?

DG: There are a lot of things that are 100 percent Elizabethan, Borgia, Medici or Tudor style, and one 100 [percent] today. There are doublets with skinny jeans, a lot of high low skirts with super-boned bodices.

AS: What challenges has that presented to you as a designer?

DG: Because it's made up, we've had to build almost everything, approximately 65 pieces. They're insanely labor-intensive. One bodice took 40 hours, and we're building seven more like this. Every single actor has at least one thing that we're building. We're mostly building every guy's doublet or pants.

Every woman we're basically building from scratch. The biggest challenge is the time. We open in a few weeks, and we have one costume complete at this point. The budget is always a challenge. We're building this incredibly wealthy place and doing that has been, of course, expensive. We've had to be creative with the budget and the time required to do things.

AS: On average, how much time does it take to complete one costume?

DG: It depends on who's building it. I've been doing this a lot longer than the students doing this in here, so it takes me about two-thirds of the time that it takes them. But it's also a time period that my interns have never constructed in before, so it's a learning experience and at the same time slightly alarming.

AS: How many students are working on the costumes for the show?

DG: We have four interns that work slightly less than 10 hours a week. In terms of skill level, I'm pretty confident that my interns know what's up. There are four [students receiving scholarship pay] this semester. They might need more guidance than the interns. We have the basic costuming



Anna Selle/Index
Freshman Natalie Hansen works to construct one of the costumes for the Truman State theatre department's production of "Twelfth Night." Four student interns are helping with the costumes.

class, but at this point several of those students have never threaded a needle.

Performances will run Feb. 19 until Feb. 22 in James G. Severns Theater. Admission is \$3.

Sprint triathlon aims to inspire women

BY KASIE GARCIA
Staff Reporter

Crossing the finish line of a race gives a sense of accomplishment that a Kirksville organization thinks every woman should experience. The National Osteopathic Women Physicians Association (NOWPA) is a service and social organization at A.T. Still University for women in the osteopathic profession. NOWPA also supports the women of Kirksville through sponsoring a triathlon exclusively for women March 29.

Tri For A Healthy Life (TriFAHL) is a women's sprint triathlon designed to spark interest in completing triathlons and healthy living. Stephanie Pruitt, who co-planned the triathlon, said the main goal for the triathlon is to encourage someone who does not normally participate in athletic races to try something new. The race is shorter than a standard triathlon, with a 150-meter swim, a nine mile bike and a two mile run. The race lacks the competitive atmosphere that might accompany a larger triathlon, Pruitt said.

"This race [is] designed for people who might struggle and there is a lot of support for women who are new to this," Pruitt said.

One way TriFAHL helps women prepare for the triathlon is by providing opportunities for participants to

train together and learn tips about various aspects of a triathlon. Pruitt said there is a swim instructor available Saturdays at the Kirksville Aquatic Center and there are "group run days" allowing women to train with people at the same physical level.

Pruitt said she thinks the TriFAHL is a great race for empowering women in the community because it allows women to be active and challenge themselves together.

TriFAHL has been hosting seminars on the Truman campus dedicated to topics including nutrition and training for anyone interested in triathlons. Pruitt said the seminars almost are over, but the last seminar is March 3.

Meegan Hand, Campus Christian Fellowship Women's Campus Leader and co-organizer for TriFAHL, will be speaking about common fears of triathlons and other day-of-race tips at the March 3 seminar. Hand said she has participated at other triathlons before and thinks this is the most non-intimidating race because the distances are manageable.

Racing is something Hand said she enjoys because it provides motivation to stay active and eat healthy.

"Look at the name, Tri For A Healthy Life," Hand said.

"The goal of a healthy life is more easily attained if you have a date to plan for and look forward to."

Hand said she hopes women who haven't considered participating in a triathlon will consider taking part in the TriFAHL race because the nature of the race is relaxed and non-intimidating.

Kirksville resident Heidi Kemp said she always had wanted to complete a triathlon until she fulfilled the goal by completing the TriFAHL triathlon during 2012. Kemp said the race was a good, healthy goal to look forward to and was fun to participate in because it was about camaraderie more than competition.

"Everyone stayed and cheered on the participants until the very last woman crossed the finish line," Kemp said.

Kirksville resident Andrea Wilson also completed her first triathlon during 2012 with TriFAHL. Wilson said finishing the race was the biggest reward because it was the result of pushing herself out of her comfort zone. The transitions between the three parts of the race were a challenge for Wilson, but she said the experience as a whole is something she will participate in again.

Registration is open until March 17 for any woman who is interested. The entry fee is \$25.

For more information, visit [Facebook.com/TriFAHL](https://www.facebook.com/TriFAHL) or email trifahl@gmail.com.

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