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THE NEWSPAPER OF FLORIDA'S FRIENDLIEST HOMETOWN

LIFESTYLE, D5

Villager goes to Arizona each year to honor a soldier's sacrifice.

SPORTS, B1

PBA50 Rolls Into Villages

LOCAL, C1

Local business owners work together.

NATIONAL NEWS



The Associated Press

TRUMP SUES HOUSE TO KEEP HIS FINANCIAL RECORDS PRIVATE

President Donald Trump and the Trump Organization have asked a U.S. judge to block a congressional subpoena seeking business records from accounting firm Mazars USA.

The subpoena is part of a sweeping series of requests by Democrats for financial records from the president's company and Trump himself.

Mazars is required to comply with the request by noon on April 29.

Trump's lawyers said the House Oversight Committee is exceeding its authority by rummaging in his personal business records without a "legitimate legislative purpose." Trump is suing in his individual capacity, and not as president.

— Tribune News Service

WORLD REPORT

World: Sri Lanka's president gave the military a wider berth starting today to detain and arrest suspects in the wake of the Easter bombings that killed nearly 300 people. **A3**

INSIDE

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Faces in The News
Herman Cain

The former CEO of Godfather's Pizza asked to be taken out of the running for an influential post at the U.S. central bank.

National News, A2

Top of the News

INSIDE THE ISSUES SHAPING OUR COMMUNITY

Take a Peek Behind The Theater Curtains

AN EXCLUSIVE LOOK AT WHAT GOES INTO A PRODUCTION



Max Gersh | Daily Sun

Eric Van Tassell, from right, and Preston Speaker, pull on a rope to help hoist up a door frame as Nick Erickson, Lindsey Young, Tony Fairchild and Clay Becker lift and support from the bottom, while setting up for a performance of "A Doll's House" at The Studio Theatre Tierra del Sol.



By KRISTEN FIORE | Daily Sun Senior Writer

Actors work hard to memorize their lines and find their characters, but it's easy for spectators to forget that the theater has to get into character, too. At The Studio Theatre Tierra del Sol, getting that character right is a huge job. It's also a job the public never sees until opening night. The Daily Sun took a peek behind the curtain during season three, watching as the designers, artists and crew built some of the biggest and most complex sets ever presented in the venue. Creating the four sets took seven months of designing, planning and building, including 54 different colors of paint on one backdrop and uncounted hours of effort by the backstage team.

Please See **SETS, A6**

LOCAL NEWS

RUBIO'S OFFICE STAFF TO VISIT WEDNESDAY

The senator's mobile office hours include a stop at Rohan Recreation Center.

Staff of U.S. Sen. Marco Rubio will host mobile office hours this week throughout Florida to help constituents with issues they may have with federal agencies. The Villages is among the eight locations where Rubio's staff will offer this service. Hours are 10 a.m. to noon Wednesday at Rohan Recreation Center, 850 Kristine Way.

— Michael Salerno, Daily Sun

THAT'S AMAZING!

TRAFFIC STOP TURNS INTO MARRIAGE PROPOSAL

A woman got an unexpected request when Miami Beach police pulled her and her boyfriend over.

Carolina Delgado and boyfriend Romain Zago were heading to lunch when they were stopped by Miami Beach police in front of the Miami Beach Marina on Friday for some type of traffic infraction.

One of the officers, Elpidio Garcia, told Zago that his license was suspended and he was going to be arrested. Garcia then told her that they were going to give her the opportunity to say goodbye to Zago.

That's when Zago got down on one knee and held out a box with a ring inside.

She said yes.

— The Associated Press

EXPLORE & EXPERIENCE

Renewing the Spirit

The group helps residents feel better through mindfulness. Nancie Leon, leads the Energy Meditation Group, guiding Villagers through some light exercises, leading into relaxation techniques and breathing exercises.

By PHILL STUART | Daily Sun Staff Writer

After years of working, retirees find a little bit more time to just sit and relax. One group in The Villages has elevated relaxation to a whole other level.

The Energy Meditation Group, led by Nancie Leon, of the Village of Winifred, goes deeper into relaxation and directs their attention inward, away from the constant activity and stresses of day-to-day life.

Leon's journey to leading guided meditation began 25 years ago.

"I wanted to know why things happen the way that they do," she said. "I wanted to know about the mind and emotions, so I started reading and it led me to Eastern philosophy, and I

Please See **MEDITATION, A6**

Life In Our Town

What's Happening In The Villages
A friendly game

Members of the Players Samba group play the card game to have a good time, not to win.

Local News, C3

Plus

Consumer Corner: Havana Country Club restaurant's owner renews its lease. **C6**

Health: Multiple sclerosis patients gained two potential tools to treat the disease. **C9**

LOVIN' THE LIFESTYLE

Swim team gets ready for Senior Games. **D1**



from the front page

MEDITATION

Continued from A1

discovered a whole other way of thinking and being.”

She began trying to better understand mindfulness and consciousness.

“This eventually led to meditation,” she said. “I had all this knowledge and all of these pieces of information that I had studied and that I was passionate about, and I decided I would share it with others.”

She’s been leading the group now for 10 1/2 years, guiding Villagers through meditation, beginning with some light exercises and then leading into relaxation techniques and breathing exercises.

She said some members of the group plan their schedules around the group’s meetings, so as not to miss the experience.

One member, Sandy Longworth of the Village of Lake Deaton, has been to nearly every class since she moved to The Villages in 2012.

“The only time I miss a class is when I go back North to visit family,” she said.

Longworth’s spiritual journey began back in her home state of New York, where she took yoga, zumba and aerobics. She began meditation by attending a healing circle for people with serious diseases led by a United Methodist minister.

Then she moved to The Villages. She goes to yoga four times a week and does aerobics and, of course, meditation.

“It was so nice to come down here and find that I could do all of those things and also find a group where I fit in,” she said. “The people here are kindred spirits. I belonged to a similar group in upstate New York, so it was nice to find a new family.”

Leon is a terrific teacher and a wonderful person, Longworth said.

“Every time I come here, I learn something new that helps me in my life,” she said. “Every week there’s something different, something new, so I evolve with it.”

Leon said she welcomes people of all religious



Cindy Skop | Daily Sun

As the Energy Meditation Group gets underway, the class moves energy through their body.

JOIN THE GROUP

What: Energy Meditation Group

Where: Lake Miona Recreation Center

When: 9 to 10:30 a.m. Wednesdays

More Information: Visit energymeditationgroup.com or call Nancie Leon at 352-750-1665.

convictions to the group.

“All human beings have that beautiful self within,” she said. “So I don’t judge between who is this or who is that.”

She also said meditation has health benefits, both mental and physical.

“I began to notice how I would feel when I’d have certain thoughts,” she said. “I would notice that I wouldn’t feel so good. I would feel it in my body. We are energy beings. Our emotions tell us, like a radar, if we’re feeling good or not feeling good.”

She said meditation helps you connect with those feelings and find balance, balance that will make you feel better.

Phill Stuart is a staff writer with The Villages Daily Sun. He can be reached at 352-753-1119, ext. 5332, or phillip.stuart@thevillagesmedia.com.

SETS

Continued from A1

Theater-goers got a look into the mind of a man coping with the loss of his best friend, toured a young woman’s apartment in New York City, visited a wedding at an upscale hotel and watched a couple’s secretive life inside a 19th century Norwegian parlor.

Every object, structure and technical feature in each set, from a messy pile of books in “The Story of My Life,” to the ornate doors used in “A Doll’s House,” worked together to bring the shows vibrantly to life.

Here’s an inside look at how a dedicated and talented crew created sets that became something of an unspoken character in every show.

And So It Begins

The Studio Theatre is a black box theater, meaning the venue is a smaller space that allows for more intimacy between the actors and audience.

Its first two seasons were 100% sold out, prompting staff to add more seats for season three shows.

With the close of “A Doll’s House” and the third season on Sunday, The Studio Theatre has put itself on the map of top theaters in Central Florida by producing regional premieres of shows and pushing boundaries with thought-provoking content.

Season three centered on the theme of celebrating individuality. The season was conceptualized at the end of 2017 after a script selection committee spent several months reading and discussing hundreds of scripts.

From there, production



Max Gersh | Daily Sun

Tony Fairchild, from left, Luke Bezio and Clay Becker install a stair case while setting up for a performance of “It Shoulda Been You” at The Studio Theater Tierra del Sol.

manager Danielle Paccione launched into budgeting, contracting and scheduling.

For Kenneth Constant, The Studio Theatre’s technical supervisor and set designer, work began in January 2018. He had three months to design each set.

Constant starts his designing process by reading the script five times while doing as much research as he can.

He then meets with the director of each show to brainstorm.

Because everyone has his or her own mental idea of what the set should look like, the biggest challenge can be

communication, according to Constant.

“If a director has an idea in his head of a blue couch, how many blue couches are there in the world? Which one? You have to actually get them to verbalize it to find out more specifically what they’re looking for,” Constant said.

From there, he makes drawings, charts, graphic renderings and even tiny scale models of the sets.

By April, the designs are handed off to The Studio

Theatre’s technical director, Clayton Becker, who figures out how to build each set.

He drafts a cost estimate, and once it’s approved, he orders materials to start construction, which usually takes from May to August.

All of the sets are built over the summer at The Sharon L. Morse Performing Arts Center and then put into storage until it’s time to bring them out and assemble them for each show.

Please See **NEXT PAGE**

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from the front page



Photos by Max Gersh | Daily Sun

Clay Becker, from left, Tony Fairchild, Eric Van Tassell and Preston Speaker work on the second floor of the set while setting up for a performance of "It Shoulda Been You."

Continued from Previous Page

Let's Get Technical

Sound and light are just as much a part of the sets at The Studio Theatre as the props and physical structures that decorate the stage.

"A lighting designer's job is to make sure that the lighting supports the story," said Eric Van Tassell, resident lighting designer at The Studio Theatre. "Sometimes that means being unnoticed. Sometimes that means being very noticed. Lighting tells you where to look and when to look there, and how the audience should feel about it."

Like Constant, Van Tassell and Nick Erickson, The Studio Theatre's resident sound designer, start their process by reading the script multiple times.

They look for any patterns or clues that will help them create their audio and lighting designs, and they meet with Constant to draft plots.

Sometimes certain designs are obvious to everyone, but each person interprets the script a little differently.

"Having different, sometimes contrasting ideas about the same thing adds depth to whatever we're looking at or listening to," Erickson said.

But they also have to be ready to cooperate, because theater is a collaborative art form.

"We have to listen to each other," Van Tassell said. "Inevitably, there will be some idea you have that you don't get to do, because it doesn't fit with the rest."

They also have to make sure to work around each other. For example, if Van Tassell puts a light in a certain spot, Erickson can't put a speaker there.

A Set Is Born

Building all of the sets over the summer allows the team to put them up and take them down quickly.

This process has to be fast, because when one set comes down, the next one must go up within a few days.

"We have a very short amount of time between one show ending and another one beginning," Paccione said. "We have 24 hours between one show coming down and the next one starting rehearsal."

After the set from the previous show is taken down, the team immediately starts bringing in the next set and testing the technical features so that the actors can rehearse how they will move on stage.



Luke Bezio cuts down boards while setting up for a performance of "A Doll's House" at The Studio Theater.

Amber Sacks is The Studio Theatre's props master and set dresser. It is her job to acquire all of the props used in each production and fill the space to fit the set.

Sacks also reads through the script multiple times before creating a props list, which must be approved.

"After my final props list is created, I get to go shopping," Sacks said. "I don't like to spend money, so usually I go to thrift shops and antique stores. Online shopping is a huge help, too. It's much easier to look up a mannequin for sale online than it is to go from store to store asking if they sell mannequins."

As final touches are made and opening night approaches, the designers, director and actors have a technical rehearsal, meaning that they run through the whole show and stop and start as much as needed to make sure everything runs smoothly.

"When you finish a set that you've been working with your nose right up on it and then you take a chance to step back and see it as a whole, it's beautiful," Becker said. "You know that you worked on it and built it, and then you get to watch it come alive as the actors and sound and light play on it. That is the most rewarding part."

Seeing it all come together also is amazing from an actor's standpoint, according to Whitney Morse, the artistic director at The Studio Theatre and a featured actor in "A Doll's House" this season.

"I love the moment the sets are loaded into the space," she said. "It gives me hints on the habitat of the character, especially if the character I'm playing lives in the space that the set represents. It teaches me so much about my character."

What Patrons Should Know

When the lights go up, the audience naturally focuses on the actors and the action on stage. But Van Tassell and other members of the backstage team know the set, sound and lights, and can be crucial to telling the story.

"If you can take in the whole production, try to think about how much work went into every moment from the director and the actors and all of the different designers," Van Tassell said. "Just know that there is an army of people and thousands of hours that made that moment between the actors possible."

Erickson said there's a lot more to theater than entertainment, and he hopes that patrons at The Studio Theatre are able to experience the shows to their fullest potential.

"Come here to learn, come here to have an experience, come to listen," Erickson said. "Come to sit and open your heart and have a journey of the soul. That's not always entertaining. Sometimes it's even challenging. Come sit with us, because we are doing our best to make the most rich journey that we can."

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With the Passing of the Farm Bill, Hemp Extract Floods the Market with Gummies Leading the Way

New laws passed in 2018 make hemp extract legal in 2019; top products, like gummies, promise users relief from joint discomfort, tension, stress and poor sleep.

Chris Laufstein
Associated Health Press

BOSTON — For millions battling daily discomfort, this news couldn't be more exciting.

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