Study Guide
For
Ugly Lies the Bone
Playwright: Lindsey Ferrentino
Director: Jessica Holt

AWARDS
2015 Laurents/Hatcher Special Citation of Excellence
2014 Paul Newman/Woodward Drama Award
2015 Kilroys List

Hertz Stage
Tuesday- Sunday
September 16th – October 9, 2016
Student Matinee, September 29, 2016 at 11:00am

Contains: Adult situations and language. Recommended for ages 13 and up
Language Arts Core Curriculum Standards

CCRA.R.3 Analyze how and why individuals, events and ideas develop and interact over the course of a text.

CCRA.R.4 Interpret words and phrases as they are used in a text, including determining technical, connotative and figurative meanings and analyze how specific word choices shape meaning or tone.

CCRA.L.3 Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style and to comprehend more fully when reading or listening.

CCRA.SL.2. Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

ELACC6-8RH2. Determine the central ideas or information of a primary or secondary source; provide an accurate summary of the source distinct from prior knowledge or opinions (grades 6-8)

National Core Arts Standards

TH: Pr4.1.6.
   a. Identify the essential events in a story or script that make up the dramatic structure in a drama/theatre work

TH: Re7.1.6.
   a. Describe and record personal reactions to artistic choices in a drama/theatre work.

TH: Re8.1.8.
   a. Recognize and share artistic choices when participating in or observing a drama/theatre work.

TH: Re9.1.8.
   a. Respond to a drama/theatre work using supporting evidence, personal aesthetics, and artistic criteria.

TH: Cn10.1.8.
   a. Examine a community issue through multiple perspectives in a drama/theatre work.

TH: Cn11.2.6.
   b. Investigate the time period and place of a drama/theatre work to better understand performance and design choices
**Ugly Lies the Bone**  
**PLAYWRIGHT**

*Ugly Lies the Bone* was a New York Times Critic’s Pick and played a sold-out extended off-Broadway run at Roundabout Theatre Company. Lindsey has upcoming productions at the National Theatre in London, Roundabout Theatre Company, and will be a part of The Goodman’s New Stage Festival, Atlantic Theatre Company’s Amplified Reading Series and Playwrights Horizon’s New Works Lab this year. She is the recipient of the Paul Newman Drama Award, Laurents Hatcher Citation of Excellence, finalist for the Susan Smith Blackburn and two-time finalist for the Alliance’s own Alliance/Kendeda Competition. She is currently under commission for new plays from Roundabout, The Geffen, South Coast Repertory, a new musical for the National Theatre and an original television pilot for Big Beach Films.  

**DIRECTOR**

Jessica is thrilled to share this exquisite story with Atlanta audiences after spending the last year at the Alliance Theatre as the Phil Kent Directing Fellow. She most recently directed *Significant Other* by Joshua Harmon (Actor’s Express). Originally from San Francisco, Jessica was an artistic associate at Magic Theatre where she directed *Bright Half Life* by Tanya Barfield and “Act 5” of *The Lily’s Revenge* by Taylor Mac. She received her MFA in Directing at the Yale School of Drama where she directed *The Seagull* by Anton Chekhov; *Twelfth Night*; *Dead Ends* by Ryan Campbell; and *The Children* by Phillip Howze. While at Yale, she also served as the Co-Artistic Director of the Yale Summer Cabaret programming and directing a season of contemporary American plays. She has developed, produced and directed work with The Ground Floor at Berkeley Rep, Bay Area Playwrights Festival, Alliance Theatre, Bay One Acts Festival, Theater Emory, Cutting Ball Theater, Berkeley Playhouse, Magic Theatre, New Conservatory Theater Center and Piano Fight. She is currently a 2016 National Directing Fellow with the Eugene O’Neill Theater Center, National New Plays Network, the Kennedy Center and SDCF.
Ugly Lies the Bone

SYNOPSIS

In this new drama, Jess is a young soldier who returns to her hometown with more than the emotional scars of war. Pursuing healing, Jess turns to a new virtual reality therapy to escape her physical and emotional pain and put the pieces of her life back together. The pieces aren’t so easy to place because she needs the help of her support system to pick them up and assemble them. Just as much as Jess has changed, so have the people and the home she left behind to serve her country. Ugly Lies the Bone shines a light on the visible and invisible wounds of returning injured veterans. The story reflects how the wounds of war have a lasting affect not only on Jess but her sister and relationships from her past.
**Ugly Lies the Bone**

**ACTORS**


**Julie Jesneck (Jess)** Julie is thrilled to return to the Alliance. Other Alliance credits: *The Heart is a Lonely Hunter*. Broadway: *Rock ‘N Roll*. Off-Broadway: Working Theater, Mint Theater, Minetta Lane, The Actors Company Theatre, The Play Co., Roundabout, Ensemble Studio Theatre, Drama League, Cherry Lane, HERE. Regional: *The Christians* (Syracuse Stage & The Wilma); *Dancing at Lughnasa* (Portland Stage); *Cyrano de Bergerac* (Chicago Shakespeare); *Fallen Angels* (Shakespeare Theatre of NJ); *Grace, or The Art of Climbing and The Trip to Bountiful* (Denver Center); as well as The Folger, Pioneer, Capital Rep, Intiman, Alabama Shakes, The Old Globe, Trinity Rep, Actors Theatre of Louisville, San Jose Rep. TV/ Film: “The Affair,” “Person of Interest,” “Law & Order,” “Empire Falls (HBO),” *Feeling Tall, Fishy Business*. Training: Juilliard.

**Megan McFarland (Voice/Mom)** Megan was last seen on the Alliance Stage in *A Christmas Carol*. Other Alliance credits: *Heartbreak House, Brigadoon, Hans Christian Anderson and The Music Man*. She has performed with Georgia Ensemble, Georgia Shakespeare, The Shakespeare Tavern, Coconut Grove Playhouse, Virginia Stage, Theatre Emory and in a co-production of *Memphis the Musical* with Aurora Theatre and Theatrical Outfit, for which she won a Suzi Bass Award. Film/TV/web series: *The Offspring, On the Lam, Skin Deep*. Scenic Art: Converse Opera’s *Suor Angelica, Dido and Aneas, Cosi fan Tutte* and *The Mikado*. She directed *Titus Andronicus and Laundry and Bourbon* for Theatre Converse.
**Wendy Melkonian (Kacie)**  Alliance Theatre: *James and the Giant Peach; Seussical; Class of 3000; Sister Act!; A Christmas Carol*. Regional: *Sister Act!* (Pasadena Playhouse); *Men are from Mars Women are from Venus* (Dallas Center of the Arts). Favorite Atlanta credits: *Into The Woods* (Aurora Theatre); *I’m Not Rappaport* (Aurora); *In the Next Room* (Synchronicity); *Book Club Play* (Horizon); *Becky’s New Car* (Georgia Ensemble); *The Sound of Music* (Atlanta Lyric); *Great American Trailer Park Musical* (Actors Express). She sings cabaret with Libby Whittemore a few times a year and is represented for TV/film by People Store. Master of Music from Boston Conservatory in vocal performance and happy to be a member of AEA. Many thanks to the cast, crew, creative and administrative teams, and ATC. Love to family given and chosen. For Mom and Dad.

**Lee Osario (Stevie)**  Lee is thrilled to make his Alliance debut. Other Atlanta credits: Significant Other (Actor’s Express), Romeo and Juliet (Shakespeare Tavern). Off-Broadway: Bullet for Adolf (Directed by Woody Harrelson). Favorite regional credits: Middletown (Trinity Rep), Pride and Prejudice (Cape Fear Regional Theatre), Great Expectations (Book-It Repertory), Yellow Face (ReAct Theatre). M.F.A. from Brown/Trinity Rep.
Ugly Lies the Bone

CHARACTERS

Jess – A former soldier who was involved in an accident in Afghanistan. She is attempting to heal from the wounds that have altered her appearance and her entire life.

Kacie – Jess’ older sister. She is a schoolteacher and Jess’ support system. She tries to be the peacemaker of the family.

Stevie – Jess’ ex-boyfriend. He was formerly employed at the Shuttle Program. He currently works at the gas station.

Kelvin – Kacie’s boyfriend. Jess doesn’t like him and she doesn’t try to hide it.

Voice/Their Mom – Kacie and Jess’ mom. She possibly lives in a nursing home.
Unfamiliar Words or Phrases

**ADL** – Activities of Daily Living are routine activities that people tend to do every day without the need of assistance. The six basic ADLs are: eating, bathing, dressing, toileting, walking and continence or self-control.

**Afghanistan** - The U.S. invaded Afghanistan after the September 11th terrorist attacks. In the play, Jess has returned from serving in Afghanistan.

**Disability**– An impairment that may be physical, cognitive, intellectual, mental, sensory, developmental, or some combination of these that results in restrictions on an individual's ability to participate in what is considered "normal" in his/her everyday society.

**Dream board** – A tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.

**Eden** – Paradise; a place with abundant natural beauty.

**Foreclosed property** – A foreclosed home is one in which the owner is unable to make his mortgage loan payments and the bank repossessed the home.

**Gay**- Lighthearted and carefree; referenced in song *When Johnny Comes Marching Home*

**IUD** – An intrauterine device made of plastic and/or copper that is inserted into the womb (uterus) by way of the vaginal canal. One type releases a hormone (progesterone), and is replaced each year. Stevie confuses PTSD with IUD

**Jubilee** – A time of celebration; referenced in song *When Johnny Comes Marching Home*

**Laurel Wreath** – A circular wreath made of interlocking laurel leaves; traditionally worn on the head; referenced in Greek mythology and song *When Johnny Comes Marching Home*

**Marine Corp**- A member of a body of troops trained to serve on land or at sea, in particular a member of the US Marine Corps. In the play, Stevie confuses a practice done in the Marines with the branch of military that Jess served.

**Pain Management** – The process of providing medical care that alleviates or reduces pain. In addition to prescribed medicine, physical and psychological therapy, alternative therapies are often used.
Paul Simon – An American singer, songwriter and musician. He was half of the duo Simon & Garfunkel. His number one hits included "The Sound of Silence," "Mrs. Robinson," and "Bridge over Troubled Water." He is mentioned as one of the artists Jess can choose to hear during her virtual reality therapy session.

Panacea – A solution or remedy for all difficulties or diseases.

Rockies – A major mountain range in Western North America. It spans from western Canada to Mexico. In the play, Kacie dreams of renting an RV and driving through the Colorado Rockies. Jess uses Kacie’s photos of the Rockies as the inspiration for the setting of her virtual reality therapy.

Scratch off ticket – A small card, often made of thin paper, based on card for competitions and plastic to conceal PINs, where one or more areas contain concealed information that can be revealed by scratching off an opaque covering.

Shuttle program - Between the first launch on April 12, 1981 and 2011, NASA's space shuttle fleet flew 135 missions, helped construct the International Space Station and inspired generations. Starting with Columbia and continuing with Challenger, Discovery, Atlantis and Endeavour, the spacecraft has carried people into orbit repeatedly, launched, recovered and repaired satellites, conducted cutting-edge research and built the largest structure in space, the International Space Station. The final space shuttle mission, STS-135, ended July 21, 2011 when Atlantis rolled to a stop at its home port, NASA’s Kennedy Space Center in Florida.

Sonic boom- The sound associated with the shock waves created by an object traveling through the air faster than the speed of sound. Sonic booms generate enormous amounts of sound energy, sounding much like an explosion.

Stock songs – The therapy in which the main character participates, uses music to help her in the process

Tarot card readings- a special pack of cards used for fortune telling

Trees- Jess’ virtually built new world has Douglas Fir from the Colorado Rockies, Cottonwood the state tree of Wyoming, cedar, Cyprus from Tuscany and Montana’s ponderosa pine

Avatar- An icon or figure representing a particular person in computer games, Internet forums, etc.
Post-Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is an anxiety disorder that may develop after an individual is exposed to one or more traumatic events. During war military service, members are exposed to a number of potentially traumatic events — ones in which the individual's life is in critical danger, he or she is seriously injured, and/or there is a threat to physical integrity, either to one’s self or to others. In order to meet criteria for a diagnosis of PTSD, in addition to being exposed to at least one potentially traumatic event as described above, an individual must react with helplessness, fear or horror either during or after the event.

Individuals with PTSD exhibit four different types of symptoms, including:

1. **Reliving or re-experiencing the event** — symptoms include nightmares, intrusive thoughts, flashbacks and psychological distress and physical reactivity in response to trauma cues.
2. **Avoidance** — avoiding reminders of the traumatic event, including thoughts, emotions, people, places and conversations that may trigger memories of the traumatic event.
3. **Emotional numbing** — symptoms include feeling emotionally numb or having reduced emotional experiences, detachment or estrangement from others, and being less interested in previously enjoyed activities.
4. **Arousal symptoms** are very common in returning veterans, even in those who do not meet full criteria for a PTSD diagnosis. The most frequently reported problems are increased anger or irritability and difficulty sleeping. Other arousal symptoms include constantly being on guard, having difficulty concentrating and feeling jumpy or easily startled.

These symptoms cause difficulties in social relationships — with family, dating and friendships — and occupational functioning in work or school.

Although the symptoms and syndrome of PTSD have been observed in veterans for hundreds of years, PTSD was not formally recognized as a mental disorder until 1980, when it was included in the Diagnostic and Statistical Manual of Mental Disorders (DSM-III). Today, PTSD is the most commonly reported mental health diagnosis following deployment to the Middle East: 12 to 13 percent of the Marines and soldiers who have returned from active duty have screened positive, as reported by Hoge and colleagues.

Going back to work or school can also be a challenging experience for veterans, especially as many might have difficulty relating to authority figures. Many have experienced situations in which they perceive that authority figures made decisions that were not in their best interest, and as a result understandably can be reactive in this context. Difficulties with concentration can also hamper work or school functioning, and therapies that help process the trauma can be helpful in this regard; providing the veteran with a space to process his or her experience ultimately can help reduce impairment in this arena.
Disability Income
Disability compensation is a monthly tax-free benefit paid to veterans who are at least 10% disabled because of injuries or diseases that were incurred in or aggravated during active duty, active duty for training, or inactive duty training. A disability can apply to physical conditions, as well as a mental health conditions, such as post-traumatic stress disorder (PTSD).

Eligibility of Benefits
- Former prisoners of war
- Veterans who have certain chronic or tropical diseases that become evident within a specific period of time after discharge from service
- Veterans who were exposed to ionizing radiation, mustard gas, or Lewisite while in service
- Veterans who were exposed to certain herbicides, such as by serving in Vietnam
- Veterans who served in Southwest Asia during the Gulf War
A method of therapy a character in the play uses:

**Virtual Reality Therapy**

Virtual Reality Therapy (VRT) uses specially programmed computers, visual immersion devices and artificially created environments to give the patient a simulated experience. This form of therapy, termed by Max North, uses specially programmed computers, visual immersion devices and artificially created environments to give the patient a simulated experience.

In 2005, Skip Rizzo of University of Southern California's Institute for Creative Technologies, with research funding from the Office of Naval Research (ONR), started validating a tool he created using assets from the game *Full Spectrum Warrior* for the treatment of posttraumatic stress disorder. *Virtual Iraq* was subsequently evaluated and improved under ONR funding and is supported by Virtually Better, Inc.

*Virtual Iraq* proved successful in normalization of over 70% of PTSD sufferers, and that has now become a standard accepted treatment by the Anxiety and Depression Association of America. However, Veterans Affairs (VA) has continued to emphasize traditional prolonged exposure therapy as the treatment of choice, and VR-based therapies have gained only limited adoption, despite active promotion by the Department of Defense (DOD). Although, VRT has a much lower cost and apparently higher success rates, and a $12-million ONR funded study is currently underway to definitively compare the efficacy of the two methods, PET and VRT.

Military labs have subsequently set up dozens of VRT labs and treatment centers for treating both PTSD and a variety of other medical conditions. The use of VRT has thus become a mainstream psychiatric treatment for anxiety disorders and is finding increasing use in the treatment of other cognitive disorders associated with various medical conditions such as addiction, depression and insomnia.
For Soldier Disfigured in War, a Way to Return to the World
By James Dao, New York Times

Joey Paulk, who grew up and still lives in the town of Vista in northern San Diego County, joined the Army a year out of high school in 2004. On his first deployment, with a military police unit in eastern Afghanistan in 2007, he was in a Humvee when it struck a buried mine that ignited the fuel tank and instantly killed his team leader. Mr. Paulk regained consciousness 20 feet from the truck, engulfed in flames.

In searing pain yet shivering with cold in the 90-degree heat, an odd question popped into Mr. Paulk’s head as he waited to be evacuated: “Do I still have hair?” “Yes,” another soldier said; his Kevlar helmet had saved it. “Maybe,” Mr. Paulk told himself, “the burns aren’t so bad, and I’ll still look like me.”

But it was not to be. By the time he awoke in San Antonio from a medically induced coma, he had already undergone numerous operations and skin grafts to patch his charred face, arms and legs. With his mother’s permission, a surgeon had removed all his fingers, which had been burned black and to the bone and were all but certain to become infected.

Every severe injury is disfiguring in its own way, but there is something uniquely devastating about having one’s face burned beyond recognition. More than 900 American service members have been severely burned in Iraq or Afghanistan since 2001, typically from roadside bombs, the military says. Almost all receive extraordinary emergency care and rehabilitation at Brooke Army Medical Center, but many will never have their faces restored.

Mr. Paulk, though, has come close. After leaving Texas, and the Army, in 2009, his mouth and eye still deformed, he returned home to California and became something of a recluse, hiding beneath hooded sweatshirts, baseball caps and dark glasses when he went out, if he went out at all.

But he found his way to a program at the U.C.L.A. Medical Center called Operation Mend that provides cosmetic surgery for severely burned veterans at no cost — and the operations fundamentally realigned his face, restoring not just the semblance of his former visage, but also a healthy chunk of his self-confidence.
When Johnny Comes Marching Home
This song is heard in UGLY LIES THE BONE.
Patrick Gilmore, a famous bandleader, wrote *Johnny Comes Marching Home*. Gilmore's band served both as musicians and stretcher-bearers at such horrific battles as Bull Run, Antietam, Chancellorsville, Gettysburg and Richmond. In 1863, while serving as Grand Master of the Union Army, he is said to have composed the words and music to this song. Gilmore wrote this song under the name Louis Lambert. The melody was similar to several well-known Irish folksongs. The song appealed to families on both sides of the Mason-Dixon line by offering hope that their sons and brothers and fathers would return safely from the combat.

Patrick Sarsfield Gilmore [n.d.]
Prints and Photographs Division, Library of Congress.

“Stop the crippling. Stop the killing. Stop the war. Write, wire or call your congressman today.”

When Johnny comes marching home again, hurrah, hurrah.
[between 1965 and 1975].
Prints and Photographs Division, Library of Congress.
When Johnny Comes Marching Home Lyrics
When Johnny comes marching home again, Hurrah! Hurrah!
We'll give him a hearty welcome then Hurrah! Hurrah!
The men will cheer and the boys will shout
The ladies they will all turn out
And we'll all feel gay when Johnny comes marching home.

The old church bell will peal with joy Hurrah! Hurrah!
To welcome home our darling boy, Hurrah! Hurrah!
The village lads and lassies say
With roses they will strew the way,
And we'll all feel gay when Johnny comes marching home.

Get ready for the Jubilee, Hurrah! Hurrah!
We'll give the hero three times three, Hurrah! Hurrah!
The laurel wreath is ready now
To place upon his loyal brow
And we'll all feel gay when Johnny comes marching home.

Let love and friendship on that day, Hurrah, hurrah!
Their choicest pleasures then display, Hurrah, hurrah!
And let each one perform some part,
To fill with joy the warrior's heart,
And we'll all feel gay when Johnny comes marching home.
Everything has beauty, but not everyone sees it. – Confucius

Beauty is how you feel inside, and it reflects in your eyes. It is not something physical. – Sophia Loren

Bibliography


Books for Young People with Similar Topics

**Flexible Wings by Veda Stamps**

Japan, Italy, Florida, Texas, Virginia, and South Carolina have all been home to Summer Stevenson, but the challenge of following her active duty military parents around the world doesn't seem to be getting any easier. In *Flexible Wings*, Veda Stamps addresses some of the most common yet unexplored concerns facing the families of America’s servicemen and women today. The author manages to incorporate numerous sensitive topics as seen from Summer’s point of view and through the filter of her eleven-year-old experience, which allows open discussions about PTSD, deployment, IEDs, and even death in the line of duty to occur without overwhelming or confusing. Summer has nightmares about her parents’ combat experiences, and both her mother and father struggle to reconcile the careers they’ve chosen with the continued well-being of their family.

**The Impossible Knife of Memory by Laurie Halse Anderson**

*Suitable for Ages: 12-17*

*Themes:* Father-daughter relationship, Family problems, PTSD, Veterans

*Book Jacket Synopsis:* “For the past five years, Hayley Kincain and her father, Andy, have been on the road trying to outrun the memories that haunt them both. They move back to Andy’s hometown to try a “normal” life, but the horrors he saw in the war threaten to destroy their lives. Hayley watches, helpless, as her father turns to drugs and alcohol to silence his demons. And then her own past creeps up, and everything falls apart. How do you keep your father alive when death is stalking him? What are you supposed to do when your father stops acting like an adult?”
Pre-Show Questions:
1. Albert Einstein said, “Beauty is skin deep, ugly lies the bone. Beauty dies and fades away, but ugly holds its own.” What do you think that saying means?
2. What is Post Traumatic Stress Disorder? Who can suffer from it?
3. What might be some concerns of a soldier serving the country in Afghanistan?

Post-Show Questions:
1. What type of job does Jess want her sister to help her receive? Would she physically have been able to do the job? Why or why not?
2. Jess says, “…everybody here’s always talking. They talk all the time and they don’t say anything.” What does that phrase mean to you? Is it possible for someone to talk and not say anything?
3. Why didn’t Jess want to see her mother?
4. Jess looked very different than she did before she went to Afghanistan. Who recognized her in the end of the play? Why?

Creative Writing Prompts:
1. After seeing the play, why do you think the author titled it “Ugly Lies the Bone?”
2. Imagine you would need to undergo Virtual Reality Therapy for some reason. Describe the imaginary world that would be your paradise.
3. How are the families of those who are disabled affected? What do you think it would be like to take care of a family member who may have a disability?