

Ellen
#1

10.

(ELLEN speaks directly to us. She smokes, wonderfully. This time DEAN is standing farther off, just out of the light.)

ELLEN. Here are some things you've never heard of:

Hummus.

Baba Ganoush.

Falafel.

Focaccia

Ciabatta

Whole grain bread.

(She raises her eyebrows significantly: "Yes, not even whole-grain bread.")

Portobello mushrooms

Shiitake mushrooms

Chipotle peppers

Chipotle anything.

Jamaican Jerk.

Miso.

Sushi.

That one is hard for me.

But I do without.

You'll do without too.

Gruyere

Manchego

Parmiggiano Reggiano – the parmesan in a can is all right.

No Kalamata olives

No pine nuts

No pesto

No Lattes.

That's hard for a lot of people.

ELLEN. (cont.) What you get

Is salt.

You get pepper.

Mayonnaise. Mustard.

You get dried oregano.

Bay leaves.

Paprika, if you want a little kick.

Sanka.

It's a relief, the limitations. You'll find that it's a relief.

It may be hard to maintain a vegetarian lifestyle. Some people have tried. You're always welcome to try, if it coincides with the rest of your Dossier. For instance, it might coincide with the Dossier of a beatnik English professor – but if you're taking on the identity of an oil man or an ad executive, it would be pretty disruptive not to have steak and a martini for lunch.

Disrupting means you're not period-appropriate.

One question we get a lot is health concerns.

"Do I *have* to smoke?"

"Do I *have* to drink?"

"Do I *have* to eat hot fudge sundaes."

Of course, we can't ask for more commitment than you're willing to give. But we think you will get much more out of the experience with total commitment, total authenticity.

What's a little hypertension if you're happy.

STOP