

A decorative graphic featuring several white outline stars of various sizes on the left side. On the right side, there is a grey pen nib with a black cap, pointing towards the center. A white wavy line extends from the pen nib towards the left, underlining the text below.

SAM UNSCRIPTED

off the page & into the unknown



TIME TO GET SPICY

it's good to have standards

As an actor it's fairly typical when your early-career to be asked to "pay your dues" by doing free labor. Performing with no pay regardless of the time commitment is considered so normal, in fact, that when you no longer wish to do that you might be considered snobby or thinking too highly of yourself. Many years ago, I made that jump anyway and it changed my life. Now, I'm staring down the barrel of another big transition - not accepting underpaid work. If the compensation isn't Union standard, there aren't notable benefits for me, if it's not artistically stimulating - it's gonna be a no for me dawg. And if that ruffles some feathers, wait until you hear about my pending Offer Only policy for smaller roles!

theme of the month: elevate

MOON HEALING ESCALATION!

A core belief of mine is that we should strive to raise the bar - lift the standard - in every room we have the opportunity to stand in. So a huge reminder for me and you - ELEVATE your surroundings by bringing your authentic self, your special gifts, and measureless talents!



the rec list

FOOD, MUSIC, ART, CULTURE, AND
MORE THAT I HIGHLY RECOMMEND THIS MONTH



for the foodie

SENZA GLUTEN NYC

A good number of my pals are sensitive to gluten so I've had the pleasure of exploring some creative versions of my favorite foods - the most spectacular pasta award goes to this gem!

MAKE A RESY



arts n' culture

BBNO\$

Pronounced "Baby No Money" if we're on the same side of tiktok you may already know, but I love this guy! His music is part of my pre-audition pump up and his energy is infectious - enjoy the ride 😊

MUSIC VIDEO FOR 'TWO'



self care essentials

BLOSSOM & BLOOM THEORY

My amazing facialist Shardé has been keeping my skin glowing for over a year now. Her studio is cozy, she really knows her stuff - it's a truly relaxing experience every time (tip: add the gua sha, you're welcome)

BOOK NOW



wild card

CREATIVE SOUL MAP

Y'all know I love astrology, tarot and all that jazz - but Human Design? I had no idea how impactful the Creative Soul Map from my wonderful friend, The Intuitive Editor herself, would be. I cannot recommend Mikael's services enough!

CHECK IT OUT



what's in the works?

#AUDITIONSEASON STUCK IN THE LITTLE BLUE BOX

The most common question I'm asked as an actor is, "what are you working on?" To which the inquirer usually expects a reply consisting of the play I'm rehearsing or the film I just wrapped. But so often, the honest answer is "I'm auditioning." Because what a lot of folks don't understand is... that's kinda the job (which is why you better believe I advocate for compensated auditions!)

While I'm really fortunate to live in a city where I can attend in-person auditions, I still do a ton of self-tapes - ergo I'm frequently trapped in a little blue box talking to myself. It's enough to make a person a bit loopy - and based on my blooper reel... I'm well past that!

So that's where you'll find me for the moment, until I book the next thing. If you're reading this and in the middle of casting, give me a call! I'll elevate your next film or play into the stratosphere with my signature Sam-ness 😊

community connection

SHOWING UP FOR OUR PEOPLE

While there is no fundraiser I'm promoting this month - I do want to encourage everyone to support the artists around you, especially BIPOC, trans, nonbinary, and disabled artists. It's never been easy, but especially right now it's difficult to make art. So please; like, share, comment on their posts, buy tickets, support their shops, attend their shows. Whatever you do, hold them up!

confession time

I KINDA HATE THE SOCIALS

If you ask most people about my feelings on social media, they'd probably tell you I love it - why wouldn't I? I post all the time! But real talk, that is far from the truth. I learned a long time ago that if you're a nobody actor like myself, unless you are screaming into the void on social media, you kinda don't exist. If there isn't a digital paper trail of your career, who you are as a human, etc. then why would anyone want to hire you? That was the logic I was taught. So I did what I do best, I followed directions and did my best to enjoy the process - and find joy in it Sam-style. But if I'm being honest, and that's what this newsletter is all about, I kinda hate it. I remember a time where I could just go enjoy things without the nagging voice in my head saying "we need photos/videos of this, it's content, make sure you get content!" I remember a time when I would see the things my pals were doing on FB/IG and just be happy for them, rather than wondering what magic thing they did to get it and how could I angle myself to get the same. Most of the time social media makes me feel like a huge failure and then I gotta slap a smile on my face to make content that will help me be less so. Like, what?! Truthfully, I just want to be a good actor, I wanna do my job and make important art. I don't want to be a content creator, I'm happy to leave that to the people who DO want to do that.



how can I support you?

CULTIVATING GENUINE CONNECTION

Holy cow! I've been joyfully overwhelmed with the response to my call for connection - y'all really show up and I adore you for that. I've had coffee, drinks, gone on walks, made meals, and seen shows with so many of you - thank you for sharing that space and time with me. When we connect and share our hearts, I really do think that intentional energy puts good out in the world. Now who is next? I'm ready to hang and chat and hold space with you 😊