



## HAS IT REALLY BEEN SIX MONTHS?

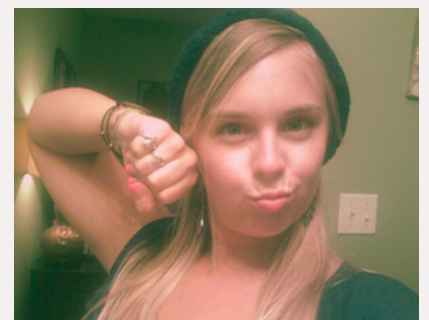
### *where does the time go*

They say consistency is the key to just about everything, and well, maybe they are right? Whoever they are. This is my 6<sup>th</sup> issue of the new newsletter and the reception has been so lovely - the gratitude I feel towards you all is more overwhelming than this heatwave! I'm proud of myself for keeping up with writing in spite of my zany schedule and neurospicy brain. There is no telling where the later half of the year (omg can you believe it) will go, but one thing I know - my plan is to make it to 12 issues all on time by December. If you know me, you know I'm a big goal setter and this is one I feel really confident about reaching. Thank you for being on this journey with me!

### *theme of the month: stamina*

#### **OFTEN A MARATHON, NOT A SPRINT**

One of my undergrad professors said recently, "ya got stamina kid" and it reminded me that even when things aren't moving as fast as I wish they were - I'm still here. Still marching, still moving, still working. And ultimately, that's the goal - to remain. And for that ya need stamina.



# *the rec list*

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



## *for the foodie*

### SUSHI KAI - WEST VILLAGE

My current foodie obsession is exploring different omakase spots around town. One I keep returning to is Sushi Kai: their 15 course/\$85 deal, the atmosphere, and food quality is 10/10 - check it out!

TAKE A LOOK



## *self care essentials*

### PROTECT THOSE FEET

No surprise to anyone, but I spend a lot of time on my feet - walking around NYC, on stage making a fool of myself, and on set waiting for the director to call "action!" So I take foot care really seriously! Insoles and arch support, friends. Do it!

TRY DR. SCHOLLS



## *arts n' culture*

### THE OWL HOUSE

Everyone has their comfort shows, and most of mine are animated. One that brings me joy is The Owl House. Magical, whimsical, fun, queer, and heartwarming: it's the first show I ever saw myself reflected in. (i.e. there is a nonbinary character!)

WATCH ON DISNEY+/HULU



## *wild card*

### CALL TIME: A THEATRE POD

Recently, I was featured on a podcast talking about the theatre industry and BFA programs. Marisa hosts a great show and if you need something to listen to at the gym, on your commute, around the house, I highly recommend her pod.

LISTEN ON SPOTIFY



## *what's in the works?*

### **MUCH ADO ABOUT NOTHING @ EL BARRIO'S ARTSPACE**

If you haven't heard by now, I'm rehearsing a play! After over 10 years, I'm returning to Messina as Don Pedro in Much Ado. It's such a pleasure to return to this play and explore a new character - it's gonna be wild, fun, and dare I say heartwarming. Be ready for some intimate Shakespearean shenanigans!

 August 14<sup>th</sup> - 24<sup>th</sup>

 7pm Thu-Sun

2pm matinee 17<sup>th</sup> & 21<sup>st</sup>

 El Barrio's ArtSpace

215 E 99<sup>th</sup> St, New York, NY 10029

 \$30

There will be a concession stand and bar right on stage. Come clink glasses with me during the show. Get your tickets now, cause they will sell out!

[BUY TICKETS](#)

[BROADWAYWORLD](#)

## *community connection*

### **A CALL TO SUPPORT THE ARTISTS IN YOUR LIFE**

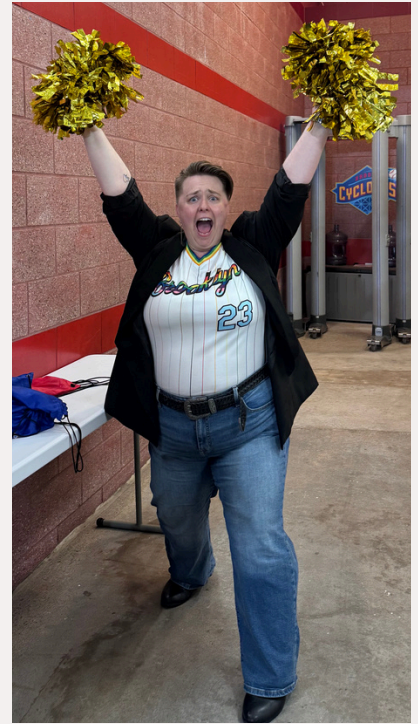
As many of you know the arts are in crisis all over the world, but in the US specifically. It has never been a more difficult time to be an artist. If you consume art, love art, and want to keep doing that (which we all do!) then please make sure you are taking steps to support, uplift, and compensate the artists you enjoy.



## *take your space*

### **BE BOLD \* BE BRAVE \* BE YOURSELF**

As a child I was frequently told to be quiet, to calm down, to stop making a fuss. As I have grown older (and maybe even wiser) I have learned that I am loud because I am passionate, I am hyper because I am inspired, I am opinionated because I am deeply connected to my inner thoughts and the world around me. While I may not express all these things the way I did when I was a child, the impulse to be bold, to be brave, to be unapologetically myself is still very much at the core of who I am. Even when I actively try to suppress it out of anxiety, fear or misplaced shame - my inner self can't help but rocket to the forefront. IRL of course, not on stage or screen, cause after all I am a pretty decent actor. What I've come to discover is that when I'm being unfiltered me - in line with who I really am at my core (with the wisdom of having lived and learned a bit) that's when magic tends to happen. Helpful doors open, dead end doors close. The right communities and people flock and the wrong folks flee. It's scary to take up space, it's often terrifying to be seen and perceived - but when you are self aware, socially conscious, AND keeping in alignment with your core self - I truly believe that's when everything falls into place just as it is meant to be. Be bold, my loves, whatever that looks like for you. And if you are scared, I will hold your hand.



## *how can I support you?*

### **THE ART IS BETTER WHEN WE SHARE RESOURCES**

When I look back at my career so far, I think about all the projects that have meant the most to me. I think about how I acquired those jobs and more often than not, it's because someone advocated for me, recommended me, opened the door for me, knew I was right for the job and called me in. When I think about the person I strive to be, I want to be the person who does just that for others. So who can I recommend you to? What do you want to book and how can I help? Is there a connection I can make for you? We need to open doors for one another. In my gratitude for those who have opened doors for me, I want to open doors for you.