

A decorative header featuring several white outline stars of various sizes on the left. On the right, a grey pen nib with a black cap is shown pointing towards the center. The main title 'SAM UNSCRIPTED' is written in a bold, purple, sans-serif font with a white outline.

# SAM UNSCRIPTED

*off the page & into the unknown*



LONG TIME NO SEE!

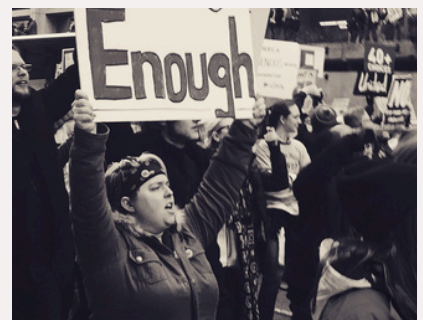
*how are we feeling?*

In the spirit of building a more intimate community outside of my industry-mandated social media slog; welcome to my new newsletter! Some of you may remember me doing something like this many years ago (which is how you ended up on this list!) and may be wondering how this is any different. My goal for this space is, simply, connection. In addition to a section about my career updates, I've included recs for things you might enjoy, some community project information, and other musings to which I'd love to hear your reply. The major question of each issue will be stated above. And yall, I really want to know... how are we feeling?

*word of the month: rest*

RECHARGING FOR THE FIGHT AHEAD

Things are pretty upsetting, and moving extremely fast, it's easy to forget that rest can be a vital part of creating radical change - you march stronger with rested feet



# the rec list

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



## for the foodie

### BRAZILLIAN MOQUECA

This fish stew recipe popped up on Pinterest & is now in regular rotation at our house! It's super easy, creamy, & so so comforting - give it a try :)

[PRINTABLE RECIPE](#)

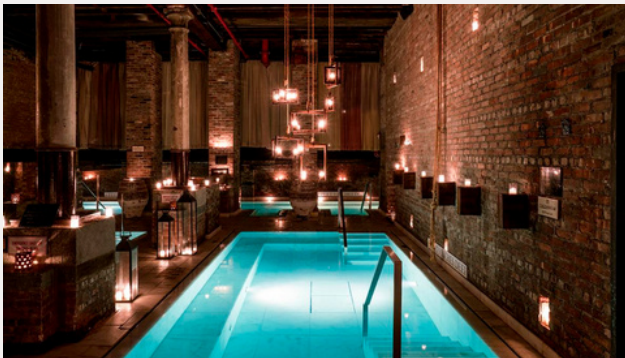


## arts n' culture

### FILM: GRAND THEFT HAMLET

If you love video games or Shakesy-p or documentaries about the duality of human connection...find a screening ASAP for this award-winning social experiment!

[SCREENINGS & INFO](#)



## self care essentials

### AIRE THERMAL BATHS

One of my fav spa experiences (a splurge but well worth the \$\$\$) I love the salt flotarium and the eucalyptus steam room! They have also just opened a new location on the Upper East Side in NYC

[MORE INFO](#)



## wild card

### SMALL WHITE MONSTER

I've just discovered this young UK artist that paints beautifully dark cryptic works of art under a pseudonym - 3 of their prints now hang on my walls at home, I'm spellbound by this work

[MORE INFO](#)



## *what's in the works?*

### WHEN I DON'T KNOW WHAT TO DO; I MAKE

Alongside the usual routine of submissions, auditions, meetings, and networking - I've been crafting. The every day slog of the working actor who isn't on a contract is mind-numbing sometimes, so I make sure to keep my brain active with the future (the most beautiful version of it I can muster right now, at least...)

Some of you know I'm in the middle of writing two big things; the full length version of *For Sale By Owner* and my short horror film, currently named *Ekdysis*. Well, in typical me fashion, there is a third thing rattling around in my brain - a devised staged piece I'm calling "The Dressing Room" for now. The play explores how the inner and outer vision of ourselves change - and often conflict- over the course of our lives. Surprising to no one, it rotates around the core themes of body neutrality, queerness, trans identity and the life experiences of fat bodies. You know, typical Sam-art stuff! More on how that process is going in the coming months.

## *community connection*

### FUNDRAISING: #SAVETHEWILDPROJECT

The Wild Project is a beautifully intimate theater space that has great significance in the indie community. For me it holds an extra special place in my heart as it's where my first play, *For Sale By Owner*, won its first award. Please take a moment to read about their struggle and help if you can!

[MORE INFO](#)

*thank you*

## A WORD OF GRATITUDE

Many years ago, I had the distinct pleasure of sharing a dressing room with the late Rose Maloney. A petite and gently powerful woman in her late 60s, Ms. Rose spent the entire run of our show doling out wisdom and healing my heart in ways I wouldn't even realize until much later. Our time together stays on my mind and I miss her terribly.

One of her hallmark phrases was, "Samantha, the cure for [insert bad feeling] is gratitude." Angry? Embarrassed? Crestfallen? Anything holding you back from being present in the moment, she said, could be cured with gratitude. And she was right. Any time I find myself overwhelmed by the state of things, overcome with my emotions trying to drown me - which is often - I think of what she'd say and I reach for gratitude.

So to you, reading this, I am grateful for you. Thank you for being a person that exists in the world. Thank you for taking the time to connect with me and the stuff I make. Thank you for all the little things you do that brighten the days of those around you. Thank you for being you.



*how can I support you?*

## CULTIVATING GENUINE CONNECTION

With everything that's happening around us, it's important to me to ask the question "how can I support you?" knowing full-well that sometimes it will exceed my capacity and the answer may be "you can't." But what I am able, I would like to. Please don't hesitate to reply with a joyful piece of news I can celebrate with you, a rant about the state of the world I can join in the chorus about, an upcoming event you've like me to attend to support your art, etc etc etc. Where I can, I will. And I want to.