

A decorative header featuring several hand-drawn stars of various sizes on the left and a grey pen nib pointing towards the right. The main title 'SAM UNSCRIPTED' is written in a bold, purple, sans-serif font.

# SAM UNSCRIPTED

*off the page & into the unknown*



## SPRING HAS SPRUNG

*are the winter sads over yet?*

Seasonal depression is a bitch and idk about you, but this winter found me in deeper waters than usual - which I suppose is unsurprising given the state of the world. With warmer weather comes brighter days, or so I was hoping - here in NYC it's still rather cold - not to mention the industry is slower than a box turtle in brumation (look it up!) Spring audition season has always been like The Hunger Games, but this year it's more like Squid Game. Deadly. Audition rooms are overloaded, submission lines are flooded with thousands of headshots, and the frantic numbers game of being a working actor is sitting HEAVY on me. Do you feel it too? What is it like in your industry?

*theme of the month: speak*

## NOW IS NOT THE TIME FOR SILENCE

While there is lots of room for silent activism, that space is kept for those doing the most sensitive and often dangerous of social justice work. The rest of our accomplices need to speak up, have difficult conversations, make noise. don't be a quiet ally; if you are safe to do so... scream it.



# *the rec list*

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



## *for the foodie*

### MINI BLACKBERRY LAVENDER CHEESECAKES

We need some whimsy in our every day lives, so let's try these lil cheesecakes together? I found this recipe and I'm adding it to my bake list this month - let me know how yours turn out 😊

RECIPE



## *arts n' culture*

### OPERATION MINCEMEAT

Run, do not walk, to see this unbelievably joyful and poignant piece of musical theatre, running on Broadway through August 10th! And if you're in London, see it there!

TICKETS



## *self care essentials*

### LUSH CUCUMBER EYE PADS

If you're like me, yer eyes get mad tired from all the screens and general haze of the world - this month I discovered these lovely little treats - reusable eye pads from LUSH- I'm hooked!

GET YOUR OWN



## *wild card*

### BOOK REC: "MAKING IT SO"

Recently I finished Sir Patrick Stewart's autobiography and as an artist, I was moved to tears on more than one page. It's a love letter to actors and was a balm for so many of my woes ❤️

GET A COPY



*what's in the works?*

## TRANSAMERICAN PORTRAIT PROJECT

A few months ago, a rather affirming opportunity fell into my lap. editorial and fine art photographer Chris Sorensen is partnering with trans folks from all walks of life to create a portrait series he is calling "TransAmerican". After a few amazing conversations, I signed on to be a part of it and the portraits we created will be debuting soon!

Moved to anger and deep sadness by the relentless attacks against trans people in the US, Chris - who is a cis het man - felt pulled to use his platform and art to memorialize and uplift our community. Each session is comprised of three elements; a traditional portrait, a short video to accompany it, and a creative portrait. Each piece answers the question, "how does it feel to be trans in this moment?"

When preparing for my session, I made the deliberate choice not to pre-write what I was going to say - given that almost every aspect of my life is often over-thought-out and scripted. It felt important that in this moment, for this piece of art, I speak direct mind to mouth. Honest. Unmeasured. Unscripted.

*community connection*

### FUNDRAISING: LEARLIKE

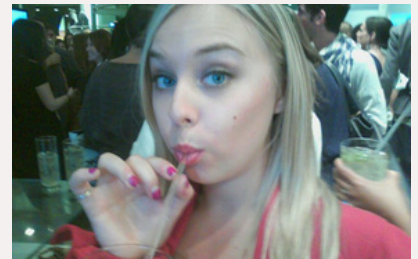
My friends and frequent collaborators, Cecilia and Amber, are working on a new production touring the UK and beyond - a powerful reexamination of King Lear from the perspective of his daughters. Please read more about this timely show and consider joining me in supporting its success!

[READ MORE](#)

# *doing whatever it takes*

## JUST HOW FAR WOULD YOU GO

It's no surprise to anyone that the entertainment industry is in a capitalism-induced, spiraling free-fall towards a fiery pit of AI generated hell - too dramatic? I say not dramatic enough! With that comes the age-old question we actors get every time the trends shift, "wouldn't you do anything to book?" Get skinny, get new teeth, get botox, get your birthmarks removed, dye your hair, dye your eyebrows, wear shapers, wear shoe lifts, change your look, change yourself. Every one of those items suggested to me over and over again - and when my reply remains a cocked-brow and a stern "no" the reply is always the same; an inquisition on my willingness to do whatever it takes to be successful. You recall that I used to be platinum blonde - a habit from my teen years that just kept going into adult life. And I loved my hair. But I was told too many times that no one would ever take me seriously with blonde hair. So I transitioned to my natural color - the mousey brown you see now. A constant reminder that they were right. My career had an uptick when I changed my hair color. How stupid is that? It's exhausting to be constantly fighting against the tempest of opinions from those in power, encouraging me to change myself with the stick and carrot of job opportunities dangling in my face. And sometimes wonder, "could I live with myself if I changed everything about me to get what I want?" No, I don't think I could. But I find myself wondering... what if...



# *how can I support you?*

## CULTIVATING GENUINE CONNECTION

Despite the lulls and stand-stills in just about every industry, things are busier than ever. It's hard to find the time for anything, but dear skies above do I want to try! So let's connect. As best we can. Would you like to have a coffee? A tea? Perhaps let's see a show together or find a fun place for dinner? Do you have a show coming up or an event you'd like support at? Whatever I'm able, I will. And I look forward to supporting you in every wonderful thing you do.