



IOWA
THESPIANS™

AN EDUCATIONAL THEATRE ASSOCIATION AFFILIATE

May 2020

Theatre in the Summer!

International
Thespian
Festival 2020
virtual

The first ever VIRTUAL International Thespian Festival is set to begin on June 22nd: *Register Now!*

Link to register: <http://www.123formbuilder.com/form-5357754/virtual-itf-2020>

The May 2020 issue has all sorts of awesome theatre activities and advocacy tips that you can use this summer to help grow and enrich your theatre experience! Be sure to register for Virtual ITF to take part in this once-in-a-lifetime opportunity where YOU can (virtually) rub shoulders with celebrities, be in awesome workshops, and MORE! Also: don't forget to sign up for Iowa Thespians' Quarantine Cabaret where you can showcase your skills on a virtual stage (from the comfort of your own home)!

Staying CAUTIOUS in Public:

Hello Iowa Thespians! A crazy few months we've had. With everything starting to open back up I know it's easy to want to go out and do all that you can. Personally, since things have been opening up, I've gone to the lake with a small group of my friends. I would just like to advise you to still be cautious, and keep yourself and those around you healthy. In order to do that, I decided to give you some fun activities that I've been doing from my house or outside that I love!

Hiking:

I have been hiking so much these past few weeks, my friend and I go to Wildcat Den at least once a week and it is a blast! It's so nice to get outside and explore, there are plenty of trails to go on and it takes up around half of our day just being out there.

Crafts:

I am personally not the best at crafts, I am just not gifted in drawing or painting, but it is so much fun to just let go and do it. I have been painting a lot and my skills have improved! (Not by much but it's something.) I've also taken up tie-dying! It is so much fun and super easy.

Trying new things:

This is very broad but I have been trying a lot of new things! Nothing extreme, but things like watching a new show or movie, making something you haven't before, exploring a new area, etc. can be so fun! Recently I started watching a few new shows on Netflix that I really enjoy. I'm hooked on The Vampire Diaries now, it's kind of goary so I have to skip through some parts in episodes but it's still very good. Another thing I've done that I've never tried before was cutting my hair (not saying I recommend it! Salons have opened back up, so I advise you to go there!) But I found out from cutting my own hair that I love myself with short hair! It makes me feel so confident and I was very scared of it up until this point. I never would have known if I hadn't decided to do that because of boredom!

Overall, I just want to see you guys be safe and healthy! Also, sign up for the **Quarantine Cabaret!** We want to see all of you talented people!

-Hannah Wilson, STO Membership

What's Good?

Obviously, 2020 hasn't been the best... Although there are terrible things happening in the world, focus on the positives. After being hired at a call center, I have had a lot of time to reflect because I don't receive many calls. Of course many thoughts turn negative because there are a lot of awful things to think about at this time. When I realized I had so many negative thoughts, I knew I had to push them out. So, I have been choosing to think of happy things instead. Some things to take your mind off life can be thinking about...

What the future holds: Although we cannot be up on stage performing right now, we can be planning ahead and thinking about how special the first show out of quarantine will be. For me, I am excited to be painting and designing costumes once more in my Senior year. The idea of being surrounded by other thespians is such an amazing feeling.

How fortunate you are: Think about how lucky you are to have had some amazing theatrical opportunities. Not only appreciating what you have had in your theatre life, think in general. We are lucky to have a home to live in, food to eat, and a bed to sleep on. It is the little things in life that we take for granted, so be thankful.

What good can you do with so much free time: Now that school is starting to wrap up for many students, you will have more free time. What good can you be doing with that? Advocate for what you believe in, relax your mind by reading or baking, listen to a musical (or 20), and just be a kid. As a 15, 16, or 17 year old in high school, you should not be dealing with the stress that many of you are today. Try to enjoy this time and not give into all the negativity.

There is so much to be thankful for, so don't allow the negative thoughts overpower what's good in your life!

-Maria Markus, STO Junior Thespians

Staying busy during a pandemic

COVID-19 has affected theatre students through cancellations of shows, inductions, and award ceremonies. For many, their spring productions were their last opportunity to be in a production.

As a result of this pandemic, Thespians across the world have had to discover unique ways to stay in touch with theatre and stay optimistic.

Personally, finding ways to stay occupied and motivated in a time like this is essential for my mental health. Many of the activities that I have used to stay engaged have been related to theatre. One of those has been discovering, watching, and listening to new musicals. Although this time that we have been given may seem repetitive and boring, it is the perfect time to broaden our horizons when it comes to theatre. Currently, there are dozens of streaming platforms with musical theatre productions in their catalog, and I have discovered shows that I would not have had the time to do otherwise!

Along with discovering new shows, there are plenty of opportunities to take part in virtual events as well. Recently, I took part in the 2020 National Arts Action Digital Summit and an online class called Collectively Seeking Broadway. Many performers, workers in the industry, and other groups have been offering classes for free or for a low charge because of this pandemic. With so much extra free time, it is very smart to continue practicing and getting educated. Taking advantage of these virtual events is an incredible idea!

Lastly, taking some time to focus on your physical and mental health is crucial. I have recently started watching what I eat, working out more often, and spending time doing things I love. I have gotten closer to my family, learned new skills, and continued to make music. Finding activities to keep you joyful will make it easier to stay optimistic and hopeful for the future. There may be some difficult times, but remember to take some time for yourself!

I hope that you can take a few ideas out of this. Being stuck in my house has enabled me to take some time and self-reflect on myself and the activities that I am truly passionate about. Discover new things, take part in classes to better yourself, and take some time to relax and enjoy life. With the state reopening many locations, please stay healthy, positive, and motivated! :)

-Luis Avalos, STO Advocacy

How to Prepare for Virtual Opportunities

(Especially Virtual ITF)

Hello, Iowa Thespians!

While events are getting canceled as we enter Summer 2020, more and more virtual opportunities are opening up for students all around the world. Here are some tips to keep you on top of all of the upcoming events that you can get involved in!

Use a calendar! Many online events have certain times that they stream or take place. Look at your schedule to see when you have time to enjoy the various events!

Check your emails! Reminders and updates are often administered via email, so once you sign-up or join an email list, make sure to check if you've gotten any messages in the days leading up to the event!

Look at the websites for the events! As the dates of the virtual opportunities get closer, the websites will release more and more information about the contents of the event. Here are some important things to keep in mind if you are attending virtual ITF:

Explore 35+ U.S. colleges and universities in the College Fair! College auditions are also available upon registration for those graduating high school in 2021.

Check out the Mainstage Marathon! It showcases shows from Fiddler on the Roof to White Christmas to A Midsummer Night's Dream.

Rub (virtual) shoulders with celebrity guests including Tony, Oscar, and Grammy winners! Subtle name drop: Tiny Fey, Dolly Parton, Stephen Schwartz, Andrew Lippa, and SO MANY MORE!

Celebrate the amazing talents of performers and technicians at the International Thespian Excellence Awards/Thespys.

Discover and unlock your talents at over 40+ workshops led by industry professionals and top artists.

Check out the daily contests and virtual Thespian spirit gear store.

This is the perfect time for you to get comfortable and dive into all that virtual events have to offer! We can't wait to see you at virtual ITF!

-Erica Heiselman, STO Secretary

Fool-Proof Baking for Theatre Kids 101

Since I've been at home more than ever lately, I've been listening to many showtunes.

Jamming to Waitress and Sweeney Todd really stirs up the baker inside of me. The problem is

that most recipes require many ingredients, and I try to only go to the store when necessary.

Luckily, throughout this time, I've learned 2 delicious recipes that anyone can make with only 3 common ingredients!

Peanut Butter Cookies Even Jenna Hunterson Would Be Proud Of:

- 1 cup peanut butter

- 1 cup white sugar

- 1 egg

Mix all ingredients and roll into 24 small balls. Place on a baking sheet 2 inches apart and bake for 10 minutes at 350 degrees F.

Mrs. Lovett's Lovely Any-flavor Cookies

- 1 box of your choice of cake mix

- 2 eggs

- ½ cup vegetable oil

Yet again, this is fool-proof; simply mix all ingredients and use a spoon to scoop 12 balls onto 1 or 2 cookie sheet(s). Bake at 350 degrees F for 9-14 minutes depending on how soft or crunchy you like your cookies.

Have fun baking these delicious treats for your family and be sure to share your creations with us via Instagram! Stay safe and shine on, Iowa Thespians!

-Madeline Murphy, STO Special Projects

Calling ALL Thespians (Performance Opportunity)

Coming up this next month is the Iowa Thespians Quarantine Cabaret. The STO's have been working on putting together a virtual event that showcases the amazing work of thespians around our state. We know how disappointing the Covid-19 crisis has been for so many performers. So, if you're interested in being a part of this special event please contact me through the @iathespians Instagram account, or fill out the google form linked in our Bio. The deadline for performance submissions is June 8th. If you are just now hearing about this, I know it's a quick turn around, but this is not meant to be stressful or difficult. You could sing a song you have already learned or performed. If you are worried about the deadline,

please contact me and we'll see what we can work out. We would love to have as many performers as possible, so if you're interested please consider submitting something for this event.

If you're not interested in performing, you won't want to miss this event. It will be full of fun skits from the STO's and amazing performances. It is going to be awesome!! The Quarantine Cabaret will be broadcasted on the Iowa Thespians Facebook June 19th at 7:30 pm. Lastly, to get a good turnout and maximize the recognition of our performers, we would greatly appreciate you spreading the word about this event. So make sure to tell your friends and family!!

-Barrett Edwards, STO Communications

STO Update:

2020 never fails to amaze us! The State Thespian Officers have been working hard throughout the month of May to arrange awesome ways to get Thespians involved VIRTUALLY! From awesome new social media initiatives that feature thespians all over the state, to the quarantine cabaret, the STO are making sure that there are great theatre opportunities throughout the summer.

In addition to these social media programs, the STO have also begun to prepare for the first ever virtual ITF. By checking out the workshops online featuring decorated actors, technicians, and artists alike, the STO are getting very excited to see what this year has in store for thespians all over the world!

The diverse panel of guests and artists that make up not only virtual ITF, but the roster of thespians around us can help us realize that everybody has their own unique talents, specific to them. Iowa Thespians is hosting a quarantine cabaret, as Barrett Edwards wrote, to showcase these skills from all diverse backgrounds. June 8th is the last day to register, so act soon. If you have any questions, you can reach the STO at the email addresses listed on <http://www.iowathespians.org/studentboard.html>. Live in peace, and treat your fellow artists and creators with love!

-Casey Scott, STO Chair

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