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THESPIANS™

AN EDUCATIONAL THEATRE ASSOCIATION AFFILIATE

*June 2020*

# Summer Fun with Iowa Thespians



*Iowa's STO* have lunch together on Saturday, June 27th to celebrate virtual ITF!

**June marked a great month for high school theatre!** From the election of the new International Thespian Officers (ITO) to commencement of the first ever virtual International Thespian Festival, June 2020 was certainly one for the books. Whether you're celebrating virtually or with friends, your Iowa STO have some tips and tricks to make your summer as theatrical as possible! In this issue, you'll find summer ideas, recipes, the usual STO update, & much much more!

# How to Deal with the Unknown

*Hi Iowa Thespians!* Happy June! We're out of school, it's hot outside, life is good! Oh, aside from the fact that we have no idea what the future may hold with Covid-19. Personally, it's really hard not knowing what is ahead, not knowing if we'll be able to go back to school, not being able to have those memories and experiences, etc. What helps me is focusing on NOW, the present. Though it is hard not to worry, I take things one day at a time. I only worry about what I'm doing tomorrow and the next day instead of what I'm doing in months, or years. I try to stay positive, and hopeful, but not to the point where I'll be surprised if things don't end up the way that I want. Something that I like to remind myself of when things don't quite go my way is that everything happens for a reason, if that opportunity didn't work out, that just means something better is on the way. I also know that I always have people to go to when I'm low on hope, I go to my friends, families, teachers, directors, etc. And know that you all can come to my fellow STO's and I whenever you feel down. We will do our very best to encourage you, and build you back up.

-Hannah Wilson, STO Membership

## Activism and the ARTS

*While things are starting to open up in Iowa* and around the country, Covid-19 is very much still present and infection rates have continued to grow. So, for now gathering in large groups let alone with your whole troupe is not possible. However, even while the world is in chaos we can still find ways to celebrate theater and advocate for the arts. In June, all of the Iowa STO's attended the first ever virtual International Thespian Festival. . This was an eye opening experience for me as it demonstrated several ways to engage and connect thespians that are physically apart.

The STOs are committed to pursuing more opportunities to engage thespians virtually. This can be challenging but it is extremely important to do. I'm so proud of everyone who performed at the Virtual Iowa Thespians Cabaret (I encourage you to go watch it on the Iowa Thespians facebook page if you have not.) Additionally, I hope you plan on coming to virtual leadership day in August where you can attend workshops, engage in roundtable discussions, and learn more about advocacy.

It is easy to get tired and fatigued amidst all that is going on in the world right now, but it is extremely important that we stay active. I know it's the summer, and a pandemic, but it's not

the time to be silent and sit quiet. The arts are more important now than ever. That being said, I encourage you to continue to lead virtual outreach efforts within your own troupes. Whether it be putting on your own cabaret, creating fun social media projects, doing a zoom play reading, zoom watch parties, fundraisers, or even creating your own virtual workshop. The sky's the limit!! Whatever you choose to do, we are always here for any help or support that you may need so feel free to reach out to me through the Iowa Thespians instagram page!!

Love ya Iowa Thespians

-Barrett Edwards, STO Communications

## How to Bond with your troupe over **SUMMER**

*The sun is shining,* and school is over until August! For the most part, this is a huge relief, but eventually, we all start to feel a little sad when we think about all the fun people who we haven't seen in a while. I always miss my choir and band friends, but I especially miss my troupe. So, I've compiled a list of activities you can do with your troupes to continue to bond throughout the summer months and return to school closer than ever!

- 1) Zoom Call! All of us are now familiar with Zoom, an app that allows people from anywhere in the world to connect virtually. It is so easy to set up a zoom meeting and email the link to your fellow troupe members. (Make sure to ask for permission/guidance from your troupe director before making any plans.)
- 2) Instagram Takeovers! Many troupes have an Instagram account where they post information for their upcoming shows and events. If your troupe doesn't have an Instagram, ask your principal and troupe director if one can be made. It's so much fun to do Instagram takeovers with drama board members! Each drama board member can choose a day to record videos of their routines and post them on the troupe Instagram story, or they can answer questions from troupe members on the Instagram story. This is a super cool way to get to know your officers better, and it allows everyone to stay in touch by seeing what others are up to.
- 3) Watch a Movie! Many drive-in movie theatres have opened up all over Iowa, and they are a great way to stay safe while bonding with your troupe! With permission, try sending out an email with a Survey Monkey attached to see which movies your troupe members would be interested in seeing!

I hope you all have a wonderful summer and can utilize some of these ideas! Stay safe and stay awesome!

-Madeline Murphy, STO Special Projects

## In Other News...

*Now that some families are* starting to allow their child to hangout with a friend or two, life is getting better. Being outside is a great way to enjoy summer and it is an easy way to social distance! In order to soak up all the possible sun you can, here are some fun things to do outside...

- 1) Kayak/ Canoe: Lately I have been kayaking A LOT. Whether I go with my dog, brother, or friend, I always have a blast. It is a great way to relax and ease your mind. Sometimes, I am lucky enough to clear my mind enough to forget about Covid-19 altogether.
- 2) Go to a lake: Since kayaks might not be accessible to everyone, visiting a lake or beach is so much fun! You can swim, play beach volleyball, and tan (in my case, burn). It is also an easy place to social distance if necessary. Personally, going to the beach is what summer is all about!
- 3) Hike: Going on a walk is not only a great form of exercise, but it is proven to make you happier. By walking once a day you will have a more positive attitude and be more energized. Just walking around the block once a day or going somewhere to hike is the perfect way to get a fresh breath of air.
- 4) Play Frisbee or Kickball: Although some parents are slowly becoming more lenient, we still have to be careful and follow social distancing guidelines. Games such as frisbee do just so! You can still hangout with your friends in a safe manner by throwing around a frisbee. It is a fun, outdoor sport that anyone can learn to play.
- 5) Mini Golf: This is an inexpensive family or friend activity. It's fun to do something different once in a while and mini golfing is perfect. This is an easy activity that most people have access to.

These five fantastic outdoor games and activities are just what you need to make sure you don't waste away your summer on Tik Tok. Get outside and try something new! Stay safe, Iowa Thespians.

-Maria Markus, STO Junior Thespians

## Vanilla *ICE CREAM* Recipe

*Hello, Iowa Thespians!* Need something to cool down after all of your fun summer activities? Do you love the musical *She Loves Me*? Well, do I have a recipe for you! Enjoy your homemade vanilla ice cream made with only 4 ingredients. Also - listen to “Vanilla Ice Cream” from *She Loves Me* while you make it! Or even the whole soundtrack while you’re waiting!

### **What you’ll need:**

- ¾ cup white sugar
- 1 cup heavy whipping cream
- 2 ¼ cups milk
- 2 teaspoons vanilla extract
- Blender or mixer
- Saucepan
- Spoon
- Measuring cups
- Food storage container
- Plastic wrap

### **Step 1**

Stir sugar, cream, and milk into a saucepan over low heat until sugar has dissolved. Heat just until the mix is hot and a small ring of foam appears around the edge.

### **Step 2**

Transfer cream mixture to a pourable container such as a large measuring cup. Stir in vanilla extract and chill mix thoroughly, at least 2 hours. Overnight would work the best! :)

### **Step 3**

Pour cold ice cream mix into a blender or mixer, turn on the machine, and churn for 20 to 25 minutes.

### **Step 4**

When ice cream is softly frozen, serve immediately or place a piece of plastic wrap directly on the ice cream and place in the freezer for 2 to 3 hours.

### **Step 5**

Enjoy!

Can’t handle plain vanilla? Add toppings and be creative. Share your yummy ice cream creations with us @ia\_thespiansto on Instagram, Twitter, and Facebook!

Love,

-Erica Heiselman, STO Secretary

## STO Update

*June was a blast for your Iowa STO!* From making plans for Leadership day to preparing for the months ahead, we were all very busy bees this month.

In addition to the frequent virtual planning meetings that occur every other Sunday, the STO also met twice with the adult Iowa Thespian Chapter Board. At those meetings, we discussed how to give thespians like you the safest and most valuable opportunities in the near future. If you have any suggestions, you can reach out to us at our STO Emails that can be found here:

<http://www.iowathespians.org/studentboard.html>



Though all the planning and decision-making throughout the month of June was important, perhaps the most eventful thing that happened for the STO this month was their get-together on Saturday, June 27th! It was lovely to see everybody again and I cannot wait to do it again very, very soon!

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