

theatre **KAPOW**



On the **Exhale**

by Martín Zimmerman



When tragedy strikes,
take a breath
and *get a grip*



Presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com

February 16 and 17 at 7:30pm

February 18 at 2:00pm



Capitol Center
for the Arts
BNH STAGE

March 1 and 2 at 7:30pm

March 3 at 2:00pm

the
WINNIPESAUKEE
playhouse

www.tKAPOW.com

A Note from the Artistic Director

The afternoon I turned my attention to writing some thoughts on why we decided to include *On the Exhale* in theatre KAPOW's 16th season. I had trouble being articulate and decided to set it aside to deal with other pressing production related items. Later that evening my phone was barraged by the news of mass shootings in Kansas City, Houston, and Washington D.C. As I have said many times before, as a theatre company we always approach our season planning by asking "Why this show and why now?" With this play, the answer was clear: the truths of this play still resonate.

After the shootings at a bowling alley and a bar in Lewiston, Maine, Dr. Keith Loud, Dartmouth Health Children's Physician-in-Chief and Chair of Pediatrics, Geisel School of Medicine at Dartmouth, and Dartmouth Health's CEO, Dr. Joanne Conroy, penned an opinion piece entitled "Gun Safety is Public Health, Not Politics." Dr. Loud and Dr. Conroy's article reframed the debate around guns in our state to depoliticize it. While it is common to debate what to do about it, most can agree that gun violence is a problem that needs addressing. After Sunday's matinee, we hope to take one small step in addressing the issue by talking about it. Dr. Loud along with Senator Debra Altschiller and members of the creative team will take part in a panel discussion moderated by professional facilitator Gerri King. All panelists agreed that while this panel is important, the most important thing is that we find a way to talk about the topic and continue that conversation well beyond the closing of this show.

Ultimately, the question can't just be "Why this show and why now?" it has to be "How can this show start a conversation?" or "What can we do as artists to bring communities together?" I hope that your experience of *On the Exhale* provides you new insight and motivates you to ask questions and continue the conversation.

~ Matt Cahoon

theatre KAPOW presents

On the Exhale

by Martín Zimmerman

Woman Carey Cahoon
Director..... Samantha Tella
Stage Manager..... Samantha Griffin
Lighting Design.....Tayva Young
Scenic Design Matt Cahoon
Director of American Sign Language Nicole Marie Cruz
ASL/English Interpreter Nicole Comtois

~ One act with no intermission ~

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World Premiere Produced in New York City by Roundabout Theatre Company (Todd Haimes, Artistic Director Harold Wolpert, Managing Director Julia C. Levy, Executive Director Sydney Beers, General Manager) as part of Roundabout Underground at the Harold and Miriam Steinberg Center for Theatre on February 19, 2017. On The Exhale was developed at the Ojai Playwrights Conference: Robert Egan, Artistic Director/Producer. The play was also developed, in part, by the Goodman Theatre, Chicago as part of the New Stages Festival.

The Company

Carey Cahoon (Woman) was last seen on stage with tKAPOW as Sugar in *Tiny Beautiful Things*. For tKAPOW's 2017 production of *Living in Exile* as Bri-seis she won the NH Theatre Award for Best Actress. She also won the 2017 NH Theatre Award for Best Actress as Queen Marguerite in *Exit the King*, and in 2014 for her roles in tKAPOW's 3-person *Macbeth*. Other favorite roles include Sarah Goodwin in *Time Stands Still*, Cassandra in *Agamemnon*, Hedda Tesman in *Hedda Gabler*, Penelope in *The Penelopiad* and Ashlee in *Dance Nation*. Carey is a founding member of theatre KAPOW and has also performed, directed or designed with Glass Dove Productions, Boston Playwright's Platform, Stage One Productions, the Palace Theatre, and the Anselmian Abbey Players. She holds a BA in Classics from St. Anselm College, and trained at the Atlantic Acting School, Shakespeare & Company, and with SITI Company. careycahoon.com

Samantha Tella (Director) is thrilled to return to theatre KAPOW after directing *A Midsummer Nights Dream* for them in 2023. In New Hampshire, Sam has directed for the Winnepesaukee Playhouse *Oliver!*, *No Wake*, *Moon Over Buffalo*, *Boeing Boeing*, and *The Graduate* (Best Professional Production at NH Theater Awards) and Jean's Playhouses' *On Golden Pond*. She was an Associate Director for National Tours of *Mamma Mia 25th Anniversary Tour* and *Rock of Ages!* She has directed for the acclaimed NYC the-

acknowledging the land we inhabit

tKAPOW's work is based primarily on N'dakinna (En-DA-kin-ah), which is the traditional ancestral homeland of the Abenaki, Pennacook and Wabanaki Peoples past and present. We acknowledge and honor with gratitude the land and waterways and the alnobak (people) who have stewarded N'dakinna throughout the generations. This moment calls us to commit to continuing to learn how to be better stewards of the land we inhabit as well.

We do this to pay respect to the Abenaki, Pennacook and Wabanaki Peoples and their elders past, present, and emerging. We hope to inspire greater curiosity among non-Native peoples about the land on which they live, to halt the erasure of Indigenous history, and to encourage support of Indigenous communities both locally and globally.

We encourage you to learn more about the Indigenous communities where you are currently. You can visit <https://native-land.ca/>.

ater companies MCC and The Flea, and assistant directed at Roundabout, Juilliard, New Georges, and Adirondack Theatre Festival. Her Film/TV credits include the Academy Award winning documentary *Strangers No More* (Production Manager), and HBO's miniseries *MasterClass* (Location Manager/PA). Endless Thanks to the unstoppable talents of Carey, Sam, and Matt. And sending the greatest amount of love to my incredible parents, my favorite Marc, and my little Lorelei.

Samantha Griffin (Stage Manager) is so honored to be back working with theatre KAPOW as the stage manager for *On The Exhale*. Sam graduated from Columbia College Chicago with a BFA in May 2023, and this is her third tKAPOW production (Helena in *A Midsummer Night's Dream* and Assistant Intimacy Choreographer for *The Thanksgiving Play*). Later this season, she will be reprising her role in *Midsummer* as well as serving as the Intimacy Choreographer for *Paradise Now!*. An actor, playwright, and all around theatre human, Samantha can also be found serving coffee in Concord and reading all sorts of books.

Tayva Young (Lighting Designer) is in her 13th year with tKAPOW. She is thrilled to be working on the 16th season: *Where we Are*. She considers tKAPOW her theatre family and could not have asked for a more talented, supportive and imaginative group of people to work with. She enjoys the collaboration process with so many talented individuals, bringing the magic of live theatre to all audiences. A few of her favorite tKAPOW productions are: *Melancholy Play* by Sarah Ruhl, *Living in Exile* by Jon Lipsky, *Grounded* by George Brant and *Silent Sky* by Lauren Gunderson. She lives in Maine on

a small homestead with her family, where she also runs a small Massage Business out of her home. She thanks each and every one of you for supporting the arts, and hopes you Enjoy the show!

Matt Cahoon (Scenic Designer) is the Artistic Director of theatre KAPOW. Matt has directed many productions for the company including: *The Boyg*, *Agamemnon*, *A Dream Play*, *Raining Aluminum*, and *The Penelopiad*. His work with theatre KAPOW has resulted in three NH Theatre Awards for Best Director. Matt has directed for a number of other companies including the Winnepesaukee Playhouse (*Accidental Death of an Anarchist*, *Miss Julie*, *Robin Hood*), Jean's Playhouse (*Kimberly Akimbo*), and LaMaMa ETC. (*The Life and Times of Lee Harvey Oswald* in NY and *Me and Bea* at LaMaMa International in Spoleto, IT). Matt's theatre training includes work with Double Edge Theatre Company, SITI Company, the New England Center for Circus Arts, and Tectonic Theater Project. In 2013, Matt attended the International Symposium for Directors at LaMaMa Umbria in Spoleto, Italy. Matt spent 18 years as the Director of Cultural Programming at Pinkerton Academy and is now the Director of Theatre at New Hampton School.

Martín Zimmerman (Playwright) is a multi-ethnic, bilingual playwright and screenwriter whose plays include *Seven Spots On The Sun*, *On The Exhale*, *White Tie Ball*, *The Making Of A Modern Folk Hero*, *The Solid Sand Below* and *Let Me Count The Ways*, and have been produced or developed at The Kennedy Center, Goodman Theatre, Cincinnati Playhouse In The Park, Oregon Shakespeare Festival, La Jolla Playhouse, Alley Theatre, Roundabout Underground, LCT3, New York Theatre Workshop, Victory Gardens Theater, The Eugene O'Neill Theater Center's National Playwrights Conference, and more. A recipient of the Terrence McNally New Play Award, Steinberg/ATCA New Play Award Citation, Humanitas Prize New Voices Award, Sky Cooper New American Play Prize, McKnight Advancement Grant, Jerome Fellowship, Carl Djerassi Playwriting Fellowship and the National New Play Network's Smith Prize, Martín is the creator and an Executive Producer on



wax idiotical films
www.waxidiotical.com Winner of Best Film at NH 48 Hour Film Project

Promotional Videos
Event Videography
Creative Writing

Photo by Matt Lerman

The image is a promotional graphic for Wax Idiotical Films. It features a black background with white text and graphics. At the top left, the company name 'wax idiotical films' is written in a bold, lowercase sans-serif font. Below it is the website 'www.waxidiotical.com'. To the right, it says 'Winner of Best Film at NH 48 Hour Film Project'. In the center is a large white logo consisting of a circle with a horizontal line passing through it, and the letters 'wi' inside the circle. Below the logo, the services 'Promotional Videos', 'Event Videography', and 'Creative Writing' are listed. On the right side, there are three small rectangular images stacked vertically: the top one shows a person in a boat on a lake, the middle one shows two people on a beach, and the bottom one shows a person sitting in a chair in a room. At the bottom right, there is a small credit 'Photo by Matt Lerman'.

Netflix's *Puerta 7*, a Writer/Producer on Netflix's *Ozark*, a Writer on Netflix's *Narcos*, has been the Alliance for Latino Theater Artists (ALTA) Artist of the Month, was a member of the 2011-2012 Playwrights' Unit at Goodman Theatre, is a Playwright in Residence at Teatro Vista, a Resident Playwright at Chicago Dramatists, and has been a finalist for the Keneda Competition and Heideman Award. MFA in Playwriting: The University of Texas at Austin. B.A. in Theater Studies, B.S. in Economics: Duke University.

**theatre KAPOW thanks the following people and organizations
for their support of *On the Exhale*:**

Dr. Keith Loud and Dartmouth Health ~ Senator Deb Altshiller ~ Dr. Gerri King
Angelica Fontes from the Mass Coalition to Prevent Gun Violence
Don Ellison ~ Matthew Lomanno ~ Kyp Pilalas
Bank of New Hampshire Stage ~ The Winnepesaukee Playhouse
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theatre KAPOW is growing: providing more accessibility and inclusion in our performances and programs, more partnerships and collaborations! You can help us make the most of new opportunities to create shared theatrical experiences and keep the growing going!

To sustain our momentum will you make a gift to theatre KAPOW this giving season? Your support keeps us putting stories on stage to create safe spaces to start conversations to begin to heal communities, families, and hearts.



**theatre KAPOW is proud to be
a Senior Fellow in the
New Hampshire
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Accelerator Program
and we are grateful
for their support.**



On the Exhale : Show Resource Guide

According to the Massachusetts Coalition to Prevent Gun Violence, the root causes of gun violence are: Poverty, Trauma, Racism and Oppression in all its forms.

Gun Violence Statistics in the US:

- As of 2018 there were approximately 400 million civilian owned guns in America. That's 40% of total ownership in the world.
- There are more guns in the US than there are people and cars.
- The Firearm industry was a 63.5 billion dollar industry in 2020.
- In 2023 there were 656 Mass Shootings in America and 47,406 gun violence deaths.
- According to the CDC, firearms became the leading cause of death for American children and teenagers in 2020. Between 2019 and 2020, firearm deaths for people aged 1-19 increased by a massive 30%.

The Mental Health Impact of Gun Violence:

“The Psychological Impact of mass shootings can result in PTSD, substance misuse, self-harm, major depressive disorders, and panic attacks, among others.”

*From a report by BRADY, UNITED AGAINST GUN VIOLENCE

Gun violence not only destroys those tragically killed by a shooting, but those who survived it, witnessed it, and those who lost loved ones. The media coverage puts the whole country on edge and this ripple effect causes an increase of mental health disorders, disease and suicides.

Mental Health resources:

- DeeDee's Cry: <https://deedeescry.org>
- Citizens for Juvenile Justice: <https://www.cfjj.org>
- Brady: <https://www.bradyunited.org/>

Resources to learn more:

- Video about gun violence in America: [Gun violence: An American epidemic? 1 ABC News](#)

- Everytown for Gun Safety: <https://www.everytown.org>
- Granite State Progress: <https://granitestateprogress.org/our-work/gun-violence-prevention/>
- Dartmouth Health Children's: <https://childrens.dartmouth-health.org/injury-prevention/firearms-safety>
- CDC: <https://www.cdc.gov/violenceprevention/firearms/fast-fact.html>

Sources

- Gun Violence Archive: www.gunviolencearchive.org
- Massachusetts Coalition to Prevent Gun Violence: www.maweventgunviolence.org
- BRADY, United Against Gun Violence - report titled "The Mental Health Impact of Mass Shootings"
- Dartmouth Health Children's Prevention Center contact info: Phone: 877-783-0432, Email: ipc@hitchcock.org

theatre KAPOW

Paradise Now!

by Margaret Perry

*What does it look like? What does it smell like?
Will it make you happy?*

June 7 and 8 at 7.30 pm
June 9 at 2 pm

cca Capitol Center for the Arts
BNH STAGE

Margaret Perry's new play brings together a group of women who join a pyramid selling scheme promoting a range of essential oils that soothe a myriad of life's stresses. In *Paradise*, you're your own boss. In *Paradise*, you could make a fortune. The women hope that they will find cures to the challenges in their own lives, but the road to *Paradise* is not so sure and smooth. This U.S. premiere of ***Paradise Now!*** is a funny and raging new play about ambition, exploitation and the search for connection in a fractured world.

Thank you to our supporters

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Anti-racism and Equitable Space Pledge

We pledge to be held publicly accountable in cultivating an anti-racist, equitable space for learning and creating. We will actively hold ourselves accountable if and when we are not doing our part to stand up against structural racism. We will promote a positive space for all, regardless of race, sexuality, gender expression, or ability. We will listen in order to understand, not to defend or deflect.

We pledge to examine and dismantle our own learned biases. We will sit in the discomfort this brings, and will not let this discomfort render us silent or derail the necessary work.

Thank you for holding us accountable and joining us in this effort to foster an anti-racist, inclusive theatrical community that creates opportunities for all artists and audiences.

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