

Quick Notes

Uma Thurman, Robert Pattinson, and Kristin Scott Thomas have been cast in the adaptation of "Bel Ami" which plans to start next year in Paris.

Idris Elba has joined Chris Hemsworth, Tom Hiddleston, and Natalie Portman for "Thor". Shooting is set for mid January in Manhattan Beach, CA.

Charles Shyer has been tapped to direct "BFF". Shooting is set to begin in the spring.

FX has renewed "Sons of Anarchy" for a 13-episode third season and "The League" for a second season.

Longtime casting director Carol Lewis will be producing and directing "Slide", set to start next year.

Michael Chait will produce and direct "War Birds", which will start shooting in Michigan in the summer.

Lone Scherfig is in discussions to direct "One Day", the romantic comedy set to begin in the summer in London.

Adam Sandler and Jennifer Aniston are in talks to star in "Pretend Wife" which is targeting a shoot early next year.

TNT has renewed "Dark Blue" for a 10-episode second season.

Joel Surnow will produce eight-hour miniseries "The Kennedys" for The History Channel. Production is slated for the spring.

Syfy has renewed "Stargate: Universe" and "Sanctuary" for a second and third season respectively.

Liam Neeson and January Jones will star in "Unknown White Male." Warner Bros. pic starts shooting in Berlin in Jan.

USA has picked up "White Collar" for a second season.

NY PRODUCTION NOTES

The 2010 season for the Public Theater's annual Shakespeare in the Park has been chosen and, for the first time, the two selected plays, both by Shakespeare, will be performed in rep by a single company over an eight-week run. The plays are "The Merchant of Venice" to be directed by Daniel Sullivan and "Winter's Tale" to be directed by Michael Greif. No cast has been selected. The shows will run June 9-August 1.

The musical "Million Dollar Quartet" will replace the recently closed revival of "Brighton Beach Memoirs" at the Nederlander Theater, starting previews on March 13 ahead of an April opening. A hit in Chicago since last year, "Million Dollar Quartet" recreates the night in 1956 when Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley had a jam session at Sun Records in Memphis. Score will consist of traditional rock favorites like "Great Balls of Fire," "I Walk to Line" and "Whole Lotta Shakin' Goin' On." Show was created and co-written by Floyd Mutrux along with music historian Colin Escott. Show is directed by Eric Shaeffer.

The original cast members of the Off Broadway hit, "Next Fall," will reprise their roles when the play opens on Broadway in the spring. Patrick Heusinger and Patrick Breen head the cast of Geoffrey Nauffts' play about a gay couple dealing with issues of faith. Sheryl Kaller will again direct. Play starts previews at the Helen Hayes Theater on Feb. 16 ahead of a March 11 opening.

Jon Marans' play, "The Temperamentals" will make its third incarnation, this time at the New World Stages, with original cast members Thomas Jay Ryan and Michael Urie reprising their roles. The play is about the pre-Stonewall gay rights movement and will once more be directed by Jonathan Siverstein. Previews begin Feb. 18 and the play opens on Feb. 28.

Denzel Washington is coming back to Broadway in a revival of August Wilson's Pulitzer Prize-winning play, "Fences," set to bow sometime in April, with Washington playing the part of family patriarch Troy

Maxson, a role originated by James Earl Jones. Washington last appeared on Broadway playing Brutus in a 2005 production of "Julius Caesar." Show will run for 14 weeks until mid-July.

Sarah Paulson will join Linda Lavin in the Manhattan Theater Club's Broadway productions of Donald Margulies' "Collected Stories," which will begin previews April 6 ahead of an April 28 opening. The show was previously produced Off Broadway by MTC back in 1997. Paulson will play the protégé of a well-known New York writer. The two-person play will be directed by Lynn Meadow, artistic director of MTC.

Robert Cole and Frederick Zollo, producers of the recent Broadway hit, "A Steady Rain," have signed a three-year deal with the Shubert Organization under which the organization will invest in the producers' projects and would guarantee one of the Shuberts' 17 Broadway houses. Cole and Zollo plan to focus on developing new works as well as play revivals, while cultivating relationships with star actors and directors. This is the first deal the Shubert Organization has made with individual producers in over 25 years.

The York Theater's production of the musical "Enter Laughing" looks to be heading to Broadway in the fall. Based on the memoir by Carl Reiner, the show's plot centers on a young actor trying to make it big in 1930s New York. The show, with a book by Joseph Stein and music and lyrics by Stan Daniels, will be directed by Stuart Ross. No casting has been confirmed.

The Dame Edna-Michel Feinstein show, "All About Me" has booked the Golden Theater for an opening in March. The show will follow "Oleanna," which closed on Jan. 3. While the individual performers had originally intended to mount separate productions, the new combined effort will feature a book by Christopher Durang and will be directed by Jerry Zaks. Previews begin Feb. 19 ahead of a March 18 opening.



EXPLORING THE WEB

MORE FREEBIE SITES

Last time, we explored some of the freebie sites outlined on The Digerati Life (www.thedigeratilife.com). Here are more useful sites designed to help you save money on all kinds of purchases. Again, as with most discount and freebie offerings, it always helps if you know where to look. But you must be careful when you search online for free stuff. Sometimes, there are tradeoffs that may not interest you. With the economy still in the doldrums, it's nice to know that there are plenty of online resources designed to assist consumers with their expenses.

1. FreeCycle (www.freecycle.org) - When you're house cleaning and come across things you no longer need, there are places for your stuff to go besides the recycling bin. The Digerati Life has information on how to cash in on clutter and how to sell used items, as well as some great places to earn and save money on used items. But here's another alternative: FreeCycle is a grassroots website where you can offer your own stuff for free to other members of the site, while you shop around for free items that you need. It functions like a bartering system and works by having you list your items on the site while allowing you access to things being offered by other people. It's a great place to unload some of the possessions you no longer need. It's reassuring to know that items that are still in decent shape will be put to good use by someone else who needs them. It also saves me money on disposal costs!

2. JustFreeStuff (www.justfreestuff.com) - JustFreeStuff is exactly what the name implies. Organized into categories, the site lists a variety of freebies for all your needs and requirements. The site is essentially a directory that contains links to other sites that offer the freebies - from magazines, coupons, contests you join to win something, and so forth. One word of caution about this site: The information on the site can sometimes be a little hard to read because of the fonts they use for their content. Sometimes the stuff you're looking forward is indistinguishable from

the ads on the site. So take your time navigating this site.

3. HouseParty (www.houseparty.com) - HouseParty is a fun website where you can apply to host actual promotional house parties featuring certain products, goods or services (similar to Tupperware parties). The web hosts at Digerati Life claim to already hosting several house parties and happily receiving awesome merchandise including Barbie toys, DVDs, glassware, electronics and household appliances. Besides scoring incredible freebies, HouseParty sends decorations, napkins and other essential items for your gathering so you can have a great excuse to party. Check details on the site for even more ways to earn money online.

4. TeenFreeway (www.teenfreeway.com) - This site is designed for teens and students in mind, but many of the freebies listed here are useful for everyone. From magazine subscriptions to samples of the latest cosmetics, there are a wealth of items to choose from at this site.

5. Hey! It's Free! (www.heyitsfree.net) - Hey, It's Free! is a fun website run by the self-proclaimed "coolest person in the world," named Goob. The site is dedicated to finding the best freebies on the web. Period. The site claims that you will never need a credit card or a single dime to get any of the freebies posted

on HIF. You're sure to have a good time as long as you have a mailing address and a sense of humor, says Good, although not necessarily in that order. The site is pretty basic: All you have to do is click on the blue link for whichever freebies you want. You'll then be taken to the company's website, where you can enter in your mailing address and have the freebie sent to you.

In addition to information about freebie sites, The Digerati Life also provides advice on which freebie offers you should avoid. According to their research, there are lots of questionable sites out there that are out to do a number on you. There are a lot of freebie sites out there, but their quality can be pretty much hit or miss. The downside to many of the sites in this realm is that they're often created just to gather information about you, subjecting you to spam and other possible online security problems. Unfortunately, many of these sites and schemes are scams that are intended to take advantage of the folks who sign up.

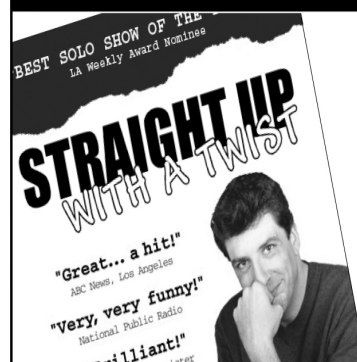
So watch out for freebie sites that offer those long surveys in exchange for a chance to earn a gift certificate. The Digerati Life has found that some of these offers and surveys usually involve revealing your credit card information. By dealing with these domains, you may inadvertently be giving away your

Exploring The Web can't on page 9

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Bonnie Gillespie's POV "LOUISIANA, THE FILM ACTOR'S ALTERNATIVE was originally published at www.showfax.com under the Actors Voice. For articles written by Mark Sikes go to www.showfax.com under the Casting Corner. Both Casting Directors contribute weekly exclusive columns to Showfax. Views expressed in Actors Voice and Casting Corner do not necessarily reflect the views of Breakdown Services

Louisiana, The Film Actor's New Alternative

Tabitha Huffman's POV: Louisiana

I'm pretty excited. Two of the films I'm casting and associate producing in 2010 are shooting in Louisiana. And wouldn't you know it, the rockstar team behind Breakdown Services happened to be in Louisiana recently, and they talked up this cool-but-low-traffic part of The Actors Voice, the POV segment. So, agent Tabitha Huffman volunteered her perspective and managed to get a couple of casting directors to join in the piece as well. I'm so pleased! Hope you will be too.

Louisiana, The Film Actor's New Alternative

Being a theatre professor, director (and now, agent), I have a huge responsibility to the young actors who come through my program. My responsibility is to teach them the craft of acting, but also--and even more importantly--to steer them in the right direction so that they are equipped to succeed in the business of acting. In all of my years of acting training (eight in all), I received only one semester on the professional aspects of acting while I was working on my MFA. This is not to discredit the programs, professors, or directors I studied under; they were some of the finest. But, I felt the programs lacked the "business of acting" element. In this one semester, I was filmed once doing a mock audition and recorded once doing a mock voiceover radio commercial... in 30 seconds. (Ugh!) This hardly gave me the confidence to go out, find an agent, and "get after it" (Louisiana lingo). In fact, the acting dream for me dwindled when I saw so many of my very gifted friends pounding the pavement in LA and New York not knowing where their

next meal was coming from. A few of them actually stuck it out and are now, 10-15 years later, finally landing some decent roles.

I was told by one of my favorite directors, "Do not waste your talent; you belong on a New York stage." I was told by one of my favorite professors, "Once school is over, you have to spend some time in LA; you have the right look, you have the talent, just go!" How many of you have heard those words? Unfortunately, those words are spoken irresponsibly by directors, teachers, and even parents on a daily basis to thousands of young, vulnerable artists nationwide. Are all of them wrong? Perhaps not. Are there alternatives other than LA and NY to break into the business? Yes, there are many!

Now, what I have the unique privilege to share with you lovely actors is there is another option I view as one of the greatest alternatives! This alternative is to test out the Louisiana waters (well, not literally, we have a lot of alligators!) But yes, there is incredible opportunity here!

I know many of you have heard about the growth of the film industry in Louisiana, or our rather new nickname, Hollywood South. However, many of you are unaware of what is really going on in Sportsman's Paradise (that's what our state is called... on our license plates) and what this means to the aspiring professional actor. Before I spell it out for you, I am going to share some very important figures with you.

Feature Film Growth in Louisiana

2003: 8 films
2004: 12 films
2005: 15 films
2006: 20 films
2007: 42 films
2008: 42 films
2009: 53 films

WOW! I really had no idea until I started doing the research for this column. Exciting!

To view the lists of films go to www.louisianaentertainment.gov.

Population FYI



Los Angeles County: 10,363,850 (from www.laalmanac.com)

New York City: 8,363,710 (from www.nyc.gov)

Louisiana (whole state): 4,411,000 (from www.classbrain.com)

Number of Actors in Breakdown Services' System

Los Angeles: 125,000

New York: 64,000

Louisiana: 1,750

(There are about 340,000 actors in the system nationwide.)

Number of Agents/Managers in Breakdown Services' System

Los Angeles: 230 agencies, 700 management firms

New York: 110 agencies, 420 management firms

Louisiana: 21 agencies

Number of Submissions Per Quality Role On Average

Los Angeles: 900-1200 actors

New York: 250-350 actors

Louisiana: 20-80 actors

(Thank you, Jason Teresi and Gary Marsh from Breakdown Services, for getting these numbers for me!)

Crazy numbers right? Now, just take a moment to meditate on them... deep breath... and let it out on a whispered aaahhhh....

The Actors Voice con't on page 6

New York Views con't from page 1

► Martin McDonagh's first play set in America stars Christopher Walken, Zoe Kazan, Anthony Mackie and Sam Rockwell in a Grand Guignol-style black comedy about a man searching for his missing hand. This production will have a limited run ending June 6.

NEXT FALL

Helen Hayes Theatre
Previews start: Feb. 16
Opening: Mar. 11
Director: Sheryl Kaller
Playwright: Geoffrey Nauffts

► This Broadway transfer of Geoffrey Nauffts successful Off Broadway production takes a witty and provocative look at faith, commitment and love in the five-year relationship between Adam and Luke.

ALL ABOUT ME

Henry Miller's Theatre
Previews: Feb. 19
Opening: Mar. 18
Director: Jerry Zaks
Book by: Christopher Durang

► This unique, hybrid musical presentation combines the song stylings of Michael Feinstein, who will perform standards both old and new, with the outrageous comic hiarity of Dame Edna, who will attempt to remain queen of her domain. Very little is known at this point about how this unusual match-up will take shape. A real crapshoot, in the best sense of the word.

SPIDER-MAN: TURN OFF THE DARK

Hilton Theatre
Previews start: Feb. 25 (date subject to change)
Opening: March
Director: Julie Taymor

Choreographer: Daniel Ezralow
Book: Julie Taymor & Glen Berger
Music & Lyrics: Bono (and The Edge)

► Reeve Carney stars with Alan Cumming and Evan Rachel Wood in this ambitious musical based on the Marvel comic book superhero Spider-Man, who as high school student Peter Parker is bitten by a genetically altered spider and develops astonishing powers. While start dates have been posted and tickets are currently on sale, this production is

officially on hold.

THE ADDAMS FAMILY

Lunt-Fontanne Theatre
Previews start: Mar. 4
Opening: April 8
Direction and Design: Phelim McDermott and Julian Crouch
Choreography: Sergio Trujillo
Book, Music and Lyrics: Andrew Lippa, Marshall Brickman & Rick Elice
► Nathan Lane, Bebe Neuwirth, Carolee Carmello, Kevin Chamberlin, Jackie Hoffman, Zachary James, Terrence Mann, Adam Riegler, Wesley Taylor and Krysta Rodriguez star in this creepy and kooky, mysterious and spooky musical take on Charles Addams' macabre characters.

MILLION DOLLAR QUARTET

Nederlander Theatre
Previews start: Mar. 13
Opening: April 11
Director: Eric Schaeffer
Music/Lyrics: Various Artists
Book: Colin Escott and Floyd Mutrux
► Elvis Presley, Jerry Lee Lewis, Carl Perkins and Johnny Cash carouse at a legendary 1956 jam session at Sun Records in Memphis.

SONDHEIM ON SONDHEIM

Studio 54
Previews start: Mar. 19
Opening: April 22
Director: James Lapine
Musical Direction: David Loud
Music/Lyrics: Stephen Sondheim
► This musical revue, conceived by James Lapine, combines interview footage with more than two dozen Sondheim tunes. Stars Barbra Cook, Vanessa Williams, Michael Arden and Leslie Kritzer. The show has a limited run that ends June 13.

PROMISES, PROMISES

Broadway Theatre
Previews start: Mar. 27
Opening: April 25
Director/Choreographer: Rob Ashford
Lyrics by: Hal David
Music by: Burt Bacharach
Book by: Neil Simon
► Sean Hayes and Kristin Chenoweth star in this revival of the Hal David/Burt Bacharach

musical, based on the Billy Wilder film, "The Apartment," about an ambitious junior executive who lends his apartment to the company bigwigs for their romantic trysts.

LA CAGE AUX FOLLES

Longacre Theatre
Previews start: April 6
Opening: April 18
Director: Terry Johnson
Choreographer: Lynne Page
Music/Lyrics by: Jerry Herman
Book by: Harvey Fierstein

► This revival of Jerry Herman's musical, based on the French film of the same name, is the story of a gay couple who must pretend to be straight for one night to dupe a conservative senator. Stars Douglas Hodge from the recent London production of the musical as Albin, drag performer with a heart of gold, and Kelsey Grammer as his partner, Georges.

COLLECTED STORIES

Samuel J. Friedman Theatre
Previews start: April 6
Opening: April 28
Director: Doug Hughes
Writer: Donald Margulies

► This new play by the author of "Dinner With Friends" and "Sight Unseen" centers around the relationship celebrated authors Ruth Steiner, played by Linda Lavin, who becomes a mentor, and eventual rival, to a young writer played by Sarah Paulson. This Manhattan Theatre Club presentation is a limited run set to end June 13.



The Actors Voice con't from page 4

Q&A With Two of Louisiana's Top Casting Directors

Now, there are more questions that I felt need to be answered, but I did not feel completely qualified to answer them. I decided to pull in two of our fine state's top casting directors, Ryan Glorioso, CSA, Glorioso Casting, Shreveport; and Elizabeth (Liz) Coulon, CSA, Coulon Casting, New Orleans.

How do you think an aspiring actor might benefit moving to Louisiana, over say, Los Angeles? Why should Louisiana actors stay put?

Ryan: Louisiana has plenty of great talent, but at the same time the numbers to choose from locally are not huge. I have seen actors in Louisiana achieve in a year what so many (some of my friends included) actors in LA do not achieve in ten years of pounding the pavement there. I think it's important for actors to move here and those who already reside here to stay put. There's plenty of work here in film. The difference is an actor in LA can supplement their income by doing commercials and other types of entertainment-related jobs that are not as prevalent here. Also, our neighbors in Texas have a very strong talent base and I am seeing many of those actors relocating here. It's important for the Louisiana locals to stay sharp with their craft because if things keep going as they have for the past five or so years, then we will see plenty of actors moving here or getting local agents so they can work as locals.

Liz: Louisiana is producing a lot of films and I cast about 20-40 local roles per film. That's a lot of opportunity for local actors. Veteran actors are staying busy and aspiring actors are getting auditions, gaining valuable experience, and booking roles. I've watched a few aspiring actors grow from booking one line, dayplayer roles to booking supporting roles that were originally going to be cast out of Los Angeles. Louisiana is an excellent place for an aspiring actor to build a name and gain experience. And it's a great place for the working actor to stay busy and become a big fish in a small pond.

You are based in Shreveport and New Orleans, but does it matter what part of the state an actor chooses to live? Can they still be considered for Shreveport films if they live in New Orleans or vice-versa?

Ryan: Being in Shreveport makes things a bit more challenging than my colleagues in other cities have it. Shreveport is a great city to work in. The city has embraced the industry with open arms. However, there aren't many creative things to do when you're not working. The local talent pool is growing. However, I do still book plenty of actors from New Orleans, Baton Rouge, and Dallas. The stage that this market is at requires that I hire actors from other cities. I wish more actors would relocate here. It would make my life easier. I just filled 30 roles on a film in Shreveport and 20 or so came from nearby locations.

Liz: An actor can live in Shreveport or New Orleans as long as he or she has transportation between the two cities and has the ability and technology to make a good quality audition video. Shreveport is about 5-1/2 hours from New Orleans. Video submissions are okay for first round but the actor must be willing to make the drive for a director callback session.

Do you know how many films are slated for Louisiana in 2010 (I heard 20th Century Fox alone is slated for 10 films)?

Ryan: I don't know how many films are slated for 2010, but the mayor of Shreveport held a press conference recently to announce the construction on Millennium/Nu Image's new \$10,000,000 studio. Construction began December 21st. Millennium alone is slated for six films a year in Shreveport.

Liz: I'm not sure but I can tell you that we've been non-stop busy since 2003 and the local industry shows no signs of slowing down. As long as our state continues to offer competitive tax incentives, infrastructure is built, the crew base becomes stronger, and talent pools grow, I think we'll stay busy.

Do you have any other any other casting director advice for the actor who is considering taking up residence in Louisiana?

Ryan: Traditionally an actor's tools would include headshots, resumé, reel, etc. I think all actors--especially regional actors--should have a video camera. The audition process has changed so much. About half the auditions I see for a project will be from video submissions. The videos need to be good quality with nice light and sound. You can get a camera like the Flip or others for around 200 bucks. That camera will pay for itself after two auditions if you're usually driving from New Orleans to Shreveport for an audition!

Liz: Get a local agent and meet with casting directors. I would suggest you put yourself in front of local casting directors at least once before you submit tape. Make the drive to New Orleans. Make the drive to Shreveport. Casting directors need to feel comfortable vouching for you. Your tape might be great but how many takes were involved, how much editing, can you be directed, what is your range? We need to know you. Once we're comfortable with your abilities, then send tape. And yes, the lighting and sound must be good and please use a solid color background. Demo reels are fantastic and, of course, you must have a recent headshot and an organized resumé.

The Actors Voice con't on page 8

Quick Notes Con't from Page 2

ABC has greenlit the pilot "Awkward Situations for Men."

Krysten Ritter will star in "Killing Bono." Feature starts production in Jan. in Belfast and London.

Natalie Portman will star in and produce the feature "Pride and Prejudice and Zombies."

HBO has cancelled "Flight of the Conchords."

Cameron Diaz will star in "Bad Teacher." The Columbia Pictures feature starts shooting in the spring in Los Angeles.

Chris Weitz will direct the feature "The Gardener" for Summit Ent. Pic starts in March or April.





Much Ado con't from page 1

'Palm Beach Sugar Daddy Ken' was created thanks to popular demand from Mattel's Barbie adult enthusiasts," said a company spokeswoman. Lest one thinks the "Sugar Daddy" title refers to an older man with a younger lover (eeeeeek!), Mattel says that there's a much more innocent explanation. "The little dog's name is actually Sugar," said the Mattel spokeswoman. "That's where the name comes from. He's Sugar's daddy, as a reference to the dog."

Okay, Mattel spokeslady, whatever you say. Just so you all realize, if you saw this guy walking down the street, with the pompadour, the jacquard jacket and the little white dog, trust me, the last thing on this Ken doll's mind is a date with Barbie. I'm just saying.

GREENER SEX

As we all know, good environmental citizenship is all the rage these days, and sex shop customers are no exception. Growing numbers will no longer tolerate products like personal vibrators made with phthalates (harmful plastic softeners used to increase flexibility), body lubricants that contain toxic chemicals typically found in, say, antifreeze, or leather restraints made from slaughtered cattle. The "green sex" movement is even getting national attention: In its October issue, Time Magazine described a fast-growing market of organic lubricants, biodegradable whips and handcuffs, vegan condoms, even hand-crankable mahogany vibrators designed to eliminate the need for batteries. (Just watch out for splinters!)

In a clever bit of strategy, some Catholic Church officials have embraced the environmental concept as a way of further denouncing chemical and latex birth controls, re-characterizing the traditional "rhythm" method of family planning as a kind of back-to-nature ovulation detection system. How's THAT for spin?

NINE LIVES

Just to give you some idea of the marketing power of the Disney Corporation: In a recent article, Variety outlined the promotional strategy that Disney/ABC Unlimited, the sales group that handles Disney's cross-platform

media deals, has lined up for "Nine," the film version of the Broadway musical that was produced by Weinstein Co. and which officially opens around the country on Christmas Day. Disney's promotional schedule for the film will include:

▶ A dance number on the Nov. 17th episode of "Dancing With the Stars" featured "Be Italian," a song from the musical; Dancers also wore outfits from the film.

▶ On Nov. 22, a two-minute "Nine" trailer ran simultaneously on Lifetime, ABC Family, SoapNet, A&E and Bio, as well as the American Music Awards.

▶ In December, references to "Nine" will be written into episodes of "All My Children," "One Life to Live" and "General Hospital."

▶ A sub-site on ABC.com will be devoted strictly to the release of the film and will include a sweepstakes, streaming video of the movie trailer and a half-hour "Making of Nine" special.

▶ ABC's Times Square supersign will be specially re-designed (most likely featuring a shot of Penelope Cruz in her underwear) to advertise the film.

▶ Taped segments promoting the film will be featured on late-night talk-shows and all ABC-owned affiliates, according to schedules and availability of airtime, which means that all electronic mobile devices will also have access to the content.

A logistical nightmare for the marketing departments of all the various participants involved, the "Nine" advertising push will be the biggest of its kind in the history of media promotion. Looks like the days of the 30-second spot are over, my friends. Say hello to the world of ultra-promotional world-wide saturation: "IF YOU WANT US TO STOP ADVERTISING IT, YOU'RE JUST GONNA HAVE TO GO SEE IT!!!"

THOUGHT FOR THE DAY

"Do any human beings ever realize life while they live it - every, every minute?" - Emily from "Our Town" by Thornton Wilder.

Here is a wonderful mindfulness meditation created by Zen Master Thich Nhat Hanh, from his book "Peace is Every Step":

"In our society, it is a great fortune to breathe consciously from time to time.

Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!

"Breathing in, I calm my body. Reciting this line alone is like drinking a cool lemonade on a hot day - you can feel the coolness permeate your body. When I recite this line, I actually feel my breath calming my mind and body.

"Breathing out, I smile. You know a smile can relax hundreds of muscles in your face. Wearing a smile on your face is a sign that you are master of yourself.

"Dwelling in the present moment. While I sit here, I don't think of anything else, and I know exactly where I am.

"I know this is a wonderful moment! It is a joy to sit and return to our breathing, our smiling, our true nature. Our appointment with life is in the present moment.

"Practicing mindfulness in each moment of our daily lives, we can cultivate our own peace internally and in the world. If we do not have peace and joy right now, when will we have peace and joy - tomorrow, or after tomorrow? What is preventing us from being happy right now? As we follow our breathing, we can simply say:

"Breathing, Smiling, Present Moment, Wonderful Moment."

Until next time...



Actor's Voice con't from page 6

Cost of Living

If we have piqued your interest a little, I thought you might also be interested in knowing the cost of living differences. I will stick with using LA and NY in my comparisons.

Los Angeles to Shreveport, LA=40.9% lower cost of living, 19.9% less pay (northern)

Los Angeles to New Orleans, LA = 34.3% lower cost of living, 7.2% less pay (southern)

Los Angeles to Alexandria, LA = 36.8% lower cost of living, 21.1% less pay (central)

New York to Shreveport, LA= 48.8% lower cost of living, 25.4% less pay (northern)

New York to New Orleans, LA=43.1% lower cost of living, 13.5% less pay (southern)

New York to Alexandria, LA = 45% lower cost of living, 26.5% less pay (central)

I threw in Alexandria because it is smack dab in the center of the state and the sweet little city I live in.

All of my findings were calculated from the link below: http://swz.salary.com/CostofLivingWizard/layoutscripts/coll_start.asp.

Happiest Places To Live

This was not a planned addition to my POV, but I thought this was pretty funny, so I couldn't pass up the opportunity. Just the other day on Yahoo! News, Louisiana was ranked the #1 Happiest State! No joke! Hawaii came in second and Florida third. I liked that because I grew up in Hawaii, went to college in Louisiana, went to graduate school in Florida, and now I'm settled back in Louisiana. Wow... I must be really happy.

You can read the full story on:

http://news.yahoo.com/sc/livescience/20091217/sc_livescience/happieststatesrevealedbynewresearch.

Final Thoughts

Do I think Louisiana is for everyone? No. I

am speaking to the auditioning actors who have not made a name for themselves yet in LA, NY, or wherever you may be. I am also speaking to the working actors who are tired of the big city scene and need a change of pace. I am speaking to Louisiana actors (especially high school seniors and college students) who think they need to go to LA or NY because they have been misinformed by their teachers, directors, professors, and parents. Stay put! Make a name for yourself here, and then go! Go to LA when LA knows who you are.

Finally, but most importantly, I am speaking to those gifted artists all over the country who are about to give up on their acting dreams because they feel there is just way too much competition. Get your derriere down to Louisiana now before there is too much competition! Get an agent (I can recommend one in particular... tee hee), and begin a new, adventurous, and exciting chapter!

Am I living out my dreams? Absolutely! My dreams are different now than what they were 15 years ago. I have a sweet husband and two young, beautiful children. But besides the awesome joy my adorable, little family brings me, I get my greatest satisfaction out of helping my students and clients fulfill their dreams! SO MUCH FUN!

Blessings to all in this NEW YEAR!

Love it! I am such a big fan of people working at the highest level they can, in the market they love the most. So, this is a really fantastic primer for the Louisiana market, and I hope actors considering working there will appreciate all of the great information shared, here! I totally agree with Ryan about the need for an actor's toolbox to include a video camera these days. There's the self-producing angle, which of course y'all know I feel strongly about, and then there are all of the auditions on which you can self-submit (I'm casting a commercial that way right now!) no matter where you live. I think this all serves to open up opportunities for actors everywhere! Can't wait for my time in Louisiana (I've never been)! Thank you, Tabitha (and Liz and Ryan, too), for this great POV.

About Tabitha Huffman

Tabitha Huffman grew up in Kailua, Hawaii, on the island of Oahu. Her love for theatre began at Castle Performing Arts Center, the most competitive theatre program for high school actors in Hawaii. She had the privilege to work under national award winning director and teacher, Ron Bright, for three years. Tabitha continued her studies at Louisiana College where she earned degrees in theatre and psychology in 1996. And eventually went on to earn a Master of Fine Arts in Acting degree from Florida Atlantic University in 2001. Tabitha now wears several hats. She serves as a professor of theatre at Louisiana College, and is the artistic director of Theatre Louisiana College (TLC), where her students perform to sold out audiences several times a year. Tabitha also owns and operates Trinity Talent Agency along with her two sisters. Trinity Talent Agency is based in Central Louisiana and serves clients in Louisiana, Texas, and Atlanta. You can check out Trinity's website at www.trinitytalent.com and submit resumés and headshots to trinitytalentagency@gmail.com. Trinity Talent also has a Facebook group open to all.



ACCESS

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blank resume template by going into their client list and clicking on the client's name. This will bring up your client's profile screen. Near the top of the page, you will see the Edit Resume link. If you click on that link, the blank resume template will come up. All you need to do is fill out the template and save it. To make changes when a client has a new credit, just follow the same instructions.

Obviously, the best way to get your client's resume entered into the database is to have your client do it him- or herself. Your client can enter their own resume by clicking on MY TOOLS in their Actors Access account and then going to Manage Profile and clicking on the Resume link. If your client does not currently have an Actors Access account, encourage them to open one. It's free to register and will give the actor the ability to enter their own resume.

Once the resume is entered and saved, you will be able to access the resume through your Breakdown Services account. Each time you submit your client electronically for a particular project, the manually entered resume will be sent to the casting director. Once a resume is entered into the system manually, it overrides any other resume that has been scanned into the system. Do not be concerned about the casting director getting the wrong contact information. Each time you submit an actor electronically, your contact information and only your contact information is sent along with your submission.

As always, if you have any questions concerning the above, please feel free to contact us at Breakdown Services. 212-869-2003 (NY) or 310-276-9166 (LA). We'll be more than happy

sensitive information to scammers. Needless to say, you won't be receiving a gift certificate from them. So before you do sign up, read up on these sites as much as you can: learn about their reputation on the web, review what others say in boards and forums, and be careful about the data you do share. When all else fails, stick to well-researched freebie websites such as the ones mentioned above.

