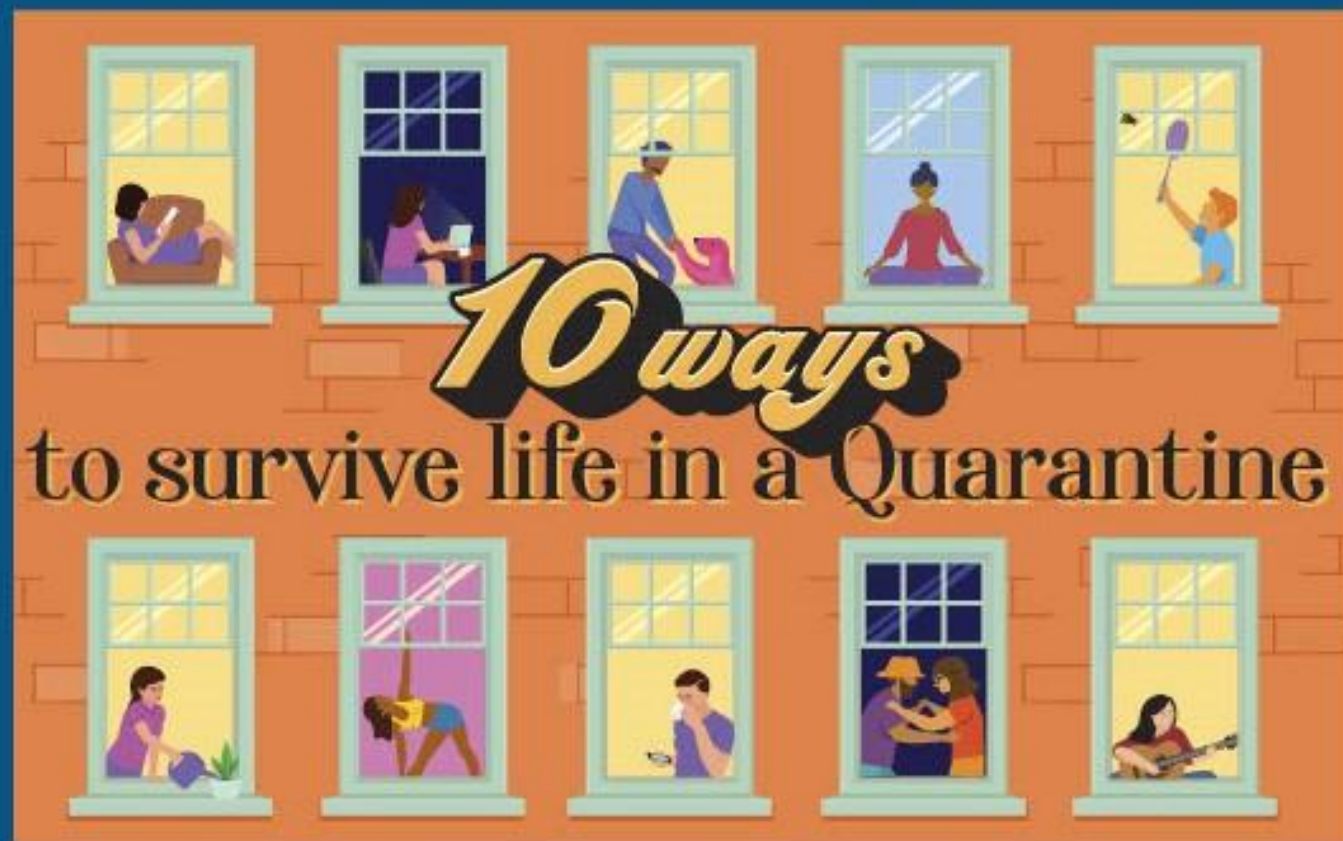


CITY THEATRE OF SACRAMENTO CITY COLLEGE PRESENTS



BY DON ZOLIDIS
DIRECTED BY PETER MOHRMANN

APRIL 29 - MAY 9

10 Ways to Survive Life in a Quarantine

By Don Zolidis

Directed by Peter Mohrmann

Live Streaming Performances: April 29, 30, May 1, 6, 7 & 8

Prerecorded Performances: May 2 & 9

SETTING

Inside & Outside

TIME

Various times over the last 12 months

The performance is approximately 75 minutes without intermission

NOTE: Sounds of cats fighting will be heard during survival tip method #7.

CAST

CAROL ANN, HOSTLori Ann DeLappe-Grondin

CAROL ANN, HOST (on May 1)Julianna Camille Hess

HEIDELBERG, CO-HOSTSam Heidelberg

1. Fall in Love with Inanimate Objects

PETEREvan S. Clark

BRYNKathleen Poe

2. Perform in Your Own Musical with Your Pets

ELLAAnnie Eismann

MACAVITYArtemis

CAMERONKyle Missman

BELLEBailey

JOSIESarah Ekstrom Palmero

PYTHON OF THE OPERAJasper

3. Fun with Scissors – or, So Much Crafts

JOLENEYolanda Ashford

PASCALAndrew R. Cooksey Jr.

4. I Am Good at Sports Now – No One Can Stop Me

TASHRosalind Smith

ALAINSaid Noori

5. William Shakesbear

BAILEYRonnie Duska Fowler

SASHAJon Ruiz

REAGANSarah Ekstrom Palmero

6. Catch Up on Your Studies

ALISONMimi Vang

TORRANCEAnnie Eismann

JULESRosalind Smith

7. Get Really Involved in the lives of Squirrels Outside Your Window

NEIMAKathleen Poe

AARONAndrew R. Cooksey Jr.

LUCASEvan S. Clark

8. Sleep, Live in Pajamas, Eat Chocolate

LYNRonnie Duska Fowler

JAMALSaid Noori

9. Tell Spooky Stories

RACHELYolanda Ashford

ANYAMimi Vang

10. Megalomania

JEFFJon Ruiz

VOICE OF MOM.....Emmy Harmon

ASHLEYRosalind Smith

UDERKyle Missman

PRODUCTION

DIRECTOR.....Peter Mohrmann
SCENIC DESIGN.....Shawn Weinsheink
COSTUME DESIGN.....Nicole Sivell
SOUND DESIGN.....Scott Bailey
PRESHOW & POSTSHOW SOUND.....Josh Anderson
INTERNAL GRAPHIC DESIGNS.....Bill McCloskey & Josh Anderson
PRESHOW & POSTSHOW DESIGNS.....Josh Anderson
RECORDED PERFORMANCE STREAM.....Josh Anderson
ASSISTANT DIRECTOR.....Luther Hanson
DRAMATURG.....Jessica Sager
TECHNICAL DIRECTOR.....Shawn Weinsheink
COSTUME SHOP MANAGER.....Nicole Sivell
PROP MASTER & THEATRE TECHNICIANScott Bailey
PRODUCTION STAGE MANAGER.....Scott Bailey
STAGE MANAGER.....Emmy Harmon

CITY THEATRE ADMINISTRATION

BOX OFFICE COORDINATORLori Ann DeLappe-Grondin

BOF OFFICE ASSISTANT.....Josh Anderson

HOUSE MANAGER.....Josh Anderson

POSTER/POSTCARD DESIGNBill McCloskey

PUBLICITY.....Lori Ann DeLappe-Grondin, Luther Hanson, Peter Mohrmann & Christine Nicholson

WEBMASTER.....Steven Grondin

PHOTOGRAPHER.....Bruce Clarke

LOS RIOS BOARD OF TRUSTEES:

Pamela Haynes, Dustin Johnson, Robert Jones, John Knight, Tami Nelson, Deborah Ortiz & Toni Schiffmaier

ACKNOWLEDGEMENTS

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at Sacramento City College.

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The campus is committed to assuring that Sacramento City College programs, activities and services are accessible to persons with disabilities. For more information, please contact the Disability Resource Center at 916-558-2087.

For information on City Theatre visit CityTheatre.net and like us on Facebook.

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Resources

While we hope 10 Ways to Survive makes you laugh tonight, we know the past year has been really hard. Thankfully, we have resources to get through this together. Please don't hesitate to reach out - these organizations and many others are here to help us survive and thrive in 2021!

- Sacramento City College Basic Needs Resources
 - <https://scc.losrios.edu/student-resources/remote-campus-information-for-students/basic-needs-resources>
- Sacramento City College Mental Health Support
 - <https://scc.losrios.edu/campus-life/health-and-safety/health-and-wellness-services/mental-health-support>
- From the Mayo Clinic - "COVID-19 and Your Mental Health"
 - <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
- For more detailed or specific information, we recommend checking out this database from the American Psychological Association.
 - <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

About Sketch Comedy

- If you've seen *Saturday Night Live*, *Portlandia* or even *The Muppet Show*, you're familiar with sketch comedy. Other beloved sketch comedy shows include classics like *The Carol Burnett Show* and modern favorites such as *Inside Amy Schumer* and *Key & Peele*. From across the pond, we have gems such as *French and Saunders*, *A Bit of Fry and Laurie*, and the unparalleled *Monty Python's Flying Circus*.
- Today, sketch comedy is also shared over platforms like YouTube and TikTok. But sketch comedy is much older than the web or television. While comedic sketches have been around for centuries (if not longer), the first known print reference to a "comic sketch" is from the eighteenth century. These short theatrical pieces started out as comic relief between the acts of serious plays and operas but soon took on a life of their own and became part of variety entertainments, such as burlesque and vaudeville shows. Later, sketch comedy enjoyed popularity on the radio before conquering television. Tonight, we're presenting a sketch revue of sorts, a theatre production that's been written especially for streaming so we can continue to enjoy theatre safely. Welcome to ***10 Ways to Survive Life in a Quarantine***.
- To learn more about sketch comedy, I highly recommend checking out San Francisco's sketch comedy company, Killing My Lobster, and their fabulous website. For a more detailed history of sketch, check out Michael Douglas Upchurch's thesis, "The Poetics of Sketch Comedy", which is available online.

• --Jessica Sager, Dramaturg