

What's Next for Lewis & Young



This timeless romantic comedy finds senior citizens Sam and Amy, newly-married, arriving at their honeymoon retirement village only to discover the "Fountain of Youth" in their new Florida home. Amy sips some of the water, and their honeymoon turns topsy-turvy when she becomes a nineteen-year-old! Now they must survive the most incredible and comical "period of adjustment" a bride and groom have ever encountered.

A Special Thanks To:



Playbill designed by Holly Sherwood
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- 2025 -



Valerie Theatre
207 Courthouse Sq., Inverness FL 34450
(352) 341-7850

Director's Notes

Depression, social awkwardness, self-harm, suicide. These are heavy topics to come out to a performance venue and hear about, think about, maybe talk about.

It has been said that humor is the voice that clears the fog of sadness, alights the soul in the darkness of despair, and chases away the demons that would have us surrender our spirit to hopelessness.

Every Brilliant Thing uses that same voice to tell one person's story of a child dealing with her mother's suicide attempt. It is an interactive expedition led by an enchanting narrator who navigates the taboo subject of self-harm with stirring language and a compassionate heart, forged from personal experience. Ultimately, *Every Brilliant Thing* asks the all-too-human question, "What are the things that make life worth living?"

As a director, the one factor that I find most important in an actor is the ability to understand a character and his or her deep motivations. When we looked at doing a one-person show, and that person could be either a male or a female, there was a very short list of people who I might consider for this role. Holly Sherwood was at the top of that list. She is an actress with an amazing depth of feeling and the ability to communicate volumes of unspoken dialog. There is so much to this show that is communicated beyond the mere words that are said – some things that can only be understood by people who have had those thoughts, told themselves those lies, and resolved to still be here with us. This show demands an actor that can deliver on this principle.

When I first heard about this show, I was intrigued because of the audience involvement aspect. I have been a part of interactive theater for about 30 years now, and I know it can be done wrong. Very often, shows that involve the audience have a tendency to use them to make jokes at their expense, but from what I saw of this show, it was different. And the way that it is different had me sold on the audience participation aspect. The show is, among other things, about a list of brilliant and wonderful things – and if a single performer with a single voice told you many of these great and wondrous things, you, as an audience member, could find yourself sitting there agreeing and appreciating that list. However, this list does not come solely from the performer, it comes from the sea of people around you, in front of you, and beside you. It is a list that is for everyone. After the show we invite you to add your input to our list, you will find a peg board and some scraps of paper. We would like you to add a thing that you not only find brilliant, but something that might remind someone else that there are thousands of things worth living for.

Harry Lewis, Director

★ After the show we invite you to add your own "Brilliant Things" to our list. You will find cork boards and post-it notes in the lobby. ★

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FEATURING

Holly Sherwood

THE PRODUCTION TEAM

Director..... Harry Lewis
Producer..... Rex Young
Stage Manager..... Rachel Vazquez
Technical Design..... Harry Lewis & Holly Sherwood
Set Design & Construction..... Harry Lewis & Tim Stuart
Advertising..... Rachel Vazquez
Usher..... Nelson Rodriguez
Printing..... Lordco Pack-Ship-Print

* Special thanks to the local Burger King, Domino's Pizza, Dunkin Donuts & Mc Donald's



Harry Lewis

Director

Harry loves nothing more than telling a great story. Born and raised right here in Inverness, he spends his working hours providing critical components to the aerospace industry via his high-tech machine shop. When not keeping the Air Force flying, he is a proud nerd who loves science fiction, anime, board games, and robotics. He lives with his lovely wife, two horses, four poodles and an Italian greyhound.

Harry would like to thank The Valerie Theater and this amazing cast and crew for making this show possible.



Rachel Vazquez

Stage Manager

Best known locally for her sultry and silly roles on stage, Rachel steps away from the limelight to stage manage this amazing production. A thorough professional both on and off stage, she polished up her scheduling, logistic and people management skills to ensure the smooth running and dignity of this performance. Rachel has worked hand-in-glove with Harry Lewis and Holly Sherwood from the inception of this project and feels a personal connection with both the magic and the message of the show. She would like to acknowledge the help and support of the Valerie Theatre and the local community in making this important event possible.



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Holly Sherwood

as the Storyteller

Beginning her stage career as a child with dance, she studied and performed with the Kansas City Ballet. The grace and elegance born of this “tiny dancer’s” training and dedication are easily recognized as she flows across the stage. Though she has also dabbled in film, her true love is theater because it gives her the opportunity to feel the energy of the crowd and work with committed thespians who share her love and respect for the art.

While Holly has held several professional positions in the corporate world, she has always believed that performing is her first passion and the best use of her time and energy. Having appeared in over fifty stage productions, she is a seasoned (some say spicy) performer with credits in both drama and comedy. Some of her favorite roles include Anne Bonny in *Treasure Island*; M'Lynn Eatonton in *Steel Magnolias*; Amanda Pryne in *Private Lives*; Ethel Thayer in *On Golden Pond*; Florence Unger in *The Odd Couple – Female Version*; and most recently as Marlafaye Mosely in *The Savannah Sipping Society*. That said, she finds the challenge of this one-woman show an exciting and moving experience.

This project has been a true collaboration between Holly and the entire production crew: Harry Lewis, Rachel Vazquez, Rex Young, and Tim Stuart. This show holds a special place in her heart. Not only because of the confidence that Harry Lewis has shown in her ability as an actress, but also because of the deeply personal nature of the subject. She believes that “this is an amazing opportunity to broach the issue of mental illness with humor and respect for all parties. It is much more than a performance; it is a chance to spread awareness.”

Special thanks go to her fiancé, Dennis, for all his “support” of the arts and his tolerance. She would also like to thank Harry for trusting her with this wonderful opportunity.

This show is dedicated to my mother.



Frequently Asked Questions About Suicide

What is suicide?

Suicide is a leading cause of death in the United States and a major public health concern. When a person dies by suicide, the effects are felt by family, friends, and communities.

Suicide is when people harm themselves with the goal of ending their life, and they die as a result.

A **suicide attempt** is when people harm themselves with the goal of ending their life, but they do not die.

Avoid using terms such as “committing suicide,” “successful suicide,” or “failed suicide” when referring to suicide and suicide attempts, as these terms often carry negative meanings.

Who is at risk for suicide?

People of all ages, sexes, and ethnicities can be at risk for suicide.

The main risk factors for suicide are:

- A history of suicide attempts
- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home
- Having recently been released from prison or jail
- Exposure, either directly or indirectly, to others' suicidal behavior, such as that of family members, peers, or celebrities

Most people who have risk factors for suicide will not attempt suicide, and it is difficult to tell who will act on suicidal thoughts. Although risk factors for suicide are important to keep in mind, someone who is showing warning signs of suicide may be at higher risk for danger and need immediate attention.

Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying, discrimination, or relationship troubles) may contribute to suicide risk, especially when they occur along with suicide risk factors.

What are the warning signs of suicide?

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

What should I do if I am struggling or someone I know is having thoughts of suicide?

If you notice warning signs of suicide—especially a change in behavior or new, concerning behavior—get help as soon as possible.

Family and friends are often the first to recognize the warning signs of suicide, and they can take the first step toward helping a loved one find mental health treatment.

If someone tells you that they are going to kill themselves, do not leave them alone. Do not promise that you will keep their suicidal thoughts a secret—tell a trusted friend, family member, or other trusted adult.

Call **911** if there is an immediate life-threatening situation.

You also can contact:

988 Suicide & Crisis Lifeline

988lifeline.org

Call or text 988; Llame al 988 (para ayuda en español)

The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text 988 to connect with a trained crisis counselor. Support is also available in English via chat at 988lifeline.org.

Or access local resources:

NAMI Citrus 844-687-6264

LifeStream 866-355-9394

How can I find help for mental health concerns?

If you have concerns about your mental health, tell your health care provider. Your health care provider will listen to your concerns and can help you figure out next steps. Find [tips for talking with your doctor about mental health concerns](#).

To find mental health treatment services in your area, call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-HELP (4357), visit the [SAMHSA online treatment locator](#), or text your ZIP code to 435748.



National Institute
of Mental Health