

Exertion (and What Follows)

A Senior Project by Josh Barnes in Theatre & Performance

Written by Josh Barnes '21

Directed by Nat Currey '21

CAST

INERTIA.....Megan Lacy '24

CYCLIST.....Josh Barnes '21

FRICTION.....Audrey Salgado '23

CREW

STREAM OPERATOR & DIRECTOR... Nat Currey '21

DRIVER.....Audrey Salgado '23

DRIVER.....Maya Aga '21

BIOS

Megan Lacy is deeply excited and grateful for "Exertion" to be their first production at Bard. Though they cannot ride a bike, they have enjoyed yelling at Josh about how to do so. They would like to thank everyone involved in the production for being so welcoming and wonderful!

Audrey Salgado - an aspiring thief just trying to steal the spotlight. Performance artist trying to find new ways to explore how to bring colors and pleasure into art, the body, and mind.

Josh Barnes is excited to share his senior project with you all!! He has been working on it all year, and has often questioned why he wrote exercise as a play. Josh fell in love with theatre his sophomore year of high school (shoutout to SAVAPA!!) and has been passionate about it ever since. Aside from theatre, Josh enjoys aviation, singing, reading, petting animals and sending all the memes to his friends. Speaking of memes, he played Farquaad in Shrek his junior year of high school. His acting career is a

meme. Much love to his parents, family, and friends for keeping him grounded and sane these four crazy years at Bard.

Nat Currey is a Senior Theater & Performance major, specializing in Greek tragedy, and, apparently, Zoom. EXERTION is one of three shows he's directing this semester, and he couldn't be more thankful to have worked with this fantastic cast. (*O My Heart!* next weekend! Come see!)

PLAYWRIGHT'S NOTE

It is with great pleasure (and relief) that I get to present *Exertion* to you all. It came to me little by little in the fall, after six months' worth of quarantine bike rides, and just stuck with me. I was a bit daunted at the prospect of cycling in a play (see my bio below), but it felt right, so I rode with it (pun intended). What started as a nagging idea became a means of processing my journey and struggles with my mental health. As someone who suffers from anxiety and depression, I understand how dark they can make life, and how isolating that experience is. That being said, one thing this journey has taught me is the power of connection with other people, and remembering how they positively affect me. Let me name some of those connections.

First off, I'd like to acknowledge and thank Professor Chiori Miyagawa, and my classmates in Advanced Playwriting, for their advice and insight during the writing process. Professor Jean Wagner, my advisor, for letting me use her as a sounding board for ideas. Nat, my director, for volunteering, and for your wisdom and patience in rehearsal. Megan and Audrey, my Forces, for your commitment and wonderful performances, and flexibility in seeing this thing through with me. Maya, for driving me to the bike shop (twice!!). Mom, Dad, Aida, Richie, Isaac, and Marcy, for being my rocks, letting me rant to them, and celebrating the good times with me. Orion, for being adorable and stupid. Wren, for your great fanfic recs, cat pics, stories, and for tolerating the cursed memes I send you. My peers and professors, for welcoming me into the Bard community, and being willing to see this crazy thing my team and I put together. Thank you all for being your unique selves. You help me to be myself. I hope you all enjoy this piece and find meaning in it for yourselves. Thank you.

-Josh