

Book, Music and Lyrics by Anna Westbrook
Directed by Ansel Lowry

ISABEL & THE RUNAWAY TRAIN

Witness one family's journey to healing through the lens of a train ride gone awry.

April 21st - 30th, 2022 | 7:30 p.m.
Matinee Sat 4/30 | 1:00 p.m.

George Washington Carver Museum
1165 Angelina St, Austin, TX 78702



E-Program
with Team Bios



WHICH SHOW DID YOU ATTEND?

4/21

4/22

4/23

4/29

MATINEE
4/30

4/30

Show Outline

Isabel and the Runaway Train

Musical Theater meets Online Learning

The Isabel community is an Austin-based musical theater production with accompanying “train” - ing programs that teach people how to support survivors of sexual maltreatment in their personal and professional lives.

Getting on board for an Isabel production can help your community find healing, talk about mental health, and support survivors of sexual maltreatment. This production of Isabel was made possible by the City of Austin's Artist Access Program.

Signing up for their online course "Get Isabel Certified" can help you feel prepared to emotionally support a survivor in the moment they first say #metoo.

Schools and theaters across the country can now license the Isabel script, score, training course or show footage to bring healing to their community.

Learn more at
IsabelandtheRunawayTrain.org
Follow @IsabelandtheRunawayTrain

SCENES & SONGS

ACT 1

Prelude

Almost Ready

Scene 2: In which Isabel meets her imaginary friend.

You're Fine, Dear

Scene 3: In which someone may or may not be dead.

Are We There Yet?

Scene 4: In which the Conductor becomes suspicious.

Here and Now

Behind the Scenes A

Empty

Scene 5: In which the Porter wonders what Isabel could possibly have been thinking.

Scene 6: In which someone is almost rescued.

Here and Now (Reprise)

Almost Ready

Let the Light In

ACT 2

Scene 7: In which Jess and Isabel have a fight.

Believe Me

Scene 8: In which someone escapes.

Scene 9: In which someone finds healing.

Healing

Scene 10: In which someone is almost rescued.

Crumble

Behind the Scenes B

I Love You Isabel

Behind the Scenes C

I Can't Make It Better

Scene 1: In which Isabel makes a decision.

Show Credits

Leaders & Cast

Book, Music and Lyrics by Anna Westbrook

Executive Director: Anna Westbrook

Production Manager: Fernando Velez

Creative Director: Ansel Lowry

Technical Director: Jennifer Crump

Music Directors: Anna Westbrook., Erik Flores

Stage Manager: Haley Gibbs

Assistant Stage Manager: Michelle Meza

Mental Health Director: Bella Rockman



Tech & Crew

A/V Designer: Rodd Simonsen

A1: Avery Lynch

Band Leader: Erik Flores

Backstage Tech: Ciceley Fullylove

Costume Designer: Ansel Lowry

Development Directors: Stephanie Moore, Anna Westbrook

Choreographers: Louise Brownsberger (Here and Now), Clay Moore (You're Fine, Dear), and Emma Parsons (Let the Light In).

Dance Captains: Lucky Cantu / Emily Hyatt

Electricians: Jacqueline Sindelar (Master), Alex van Bavel, Maddie Lamb

Fight Choreography: Haley Gibbs

Film Director / Editor: Jacqueline Sindelar

Front of House Management: Aaliyah Jenkins, Persy Cole

Graphic Designer: Mykkaela Garcia

Lightboard Operator: Lorelei Reinman

Production Designer: Jennifer Crump

Sales Coaching: Sarah Klein, Anna Westbrook

Social Media Management: Mykkaela Garcia, Anna Westbrook

Videographers: Richie Lozano, Lindsay Lozano, Brian Whillock, Fernando Velez

Vocal Coaching / Casting: Charissa Whillock, Anna Westbrook



Check your
e-program for team bios and more.

Team Bios



Isabel Creator

Anna Westbrook

*Executive Producer, Composer,
Playwright & Curriculum Designer*

Follow @AnnaWestbrookATX

Anna Westbrook is a Composer, Playwright, and Activism Consultant working out of Austin, TX. Her organization, Isabel & The Runaway Train runs online trainings, musical theater events, and professional development programs to teach people to support survivors of sexual maltreatment. And they do it all while pretending to be on a train. Anna has a unique ability to combine music theory and social theory, which fuels her knack for addressing emotionally charged topics without fear, guilt, or shame. Anna has an extensive list of public speaking, training, publishing and teaching credentials, including SXSWEDU and Austin Start Up Week. Learn more about her at annawestbrook.com

Team Bios



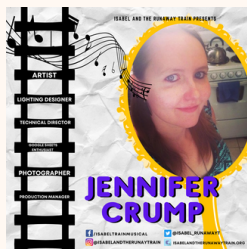
Trinidad Agosto (THE FATHER) An El Paso native, Trinidad has been teaching voice, piano, and guitar for over 10 years in the greater San Antonio and Austin areas. Trinidad received his Bachelor's degree in Music Performance in the spring of 2014 from St. Mary's university. There he would begin performing in various musical roles and styles such as Broadway & Opera. Trinidad received his Master's degree in Vocal Performance from Texas State University in 2019. After performing in a music festival in Germany, Trinidad moved to Austin, where he sings with two opera companies, Austin Lyric Opera and Gilbert and Sullivan Austin. Trinidad believes that music is a moving force, one that, once honed and refined, can move mountains, and people.



Lucky Cantu (THE WRITER +) has been on stage since age 3 and on film since age 5. She has trained with the Zach Pre Professional Company and kidsActing. Professionally, she has acted with the Cedar Park Theatre, Different Stages, Young Shakespeare, and the Pollyanna Theatre, as well as recorded the album and staged reading for Sunflower the Musical. Though she has had many adventures in the world of film and commercial, she has found that the stage is where she is happiest!



Jessica Cohen (CHOIR MEMBER ONE) is an actress, writer, songwriter, singer, musician, artist, and all-around performer. She has been in many local musicals and plays, such as Kindertransport and Ruthless, along with professionally performing and training at various studios in NYC and LA. She's also been in several films, one of which, Apollo 10 ½, was released on Netflix this April 1st (she plays Jana!) She currently has several writing projects in the works. She would like to thank her parents for always supporting her, as well as the Isabel team.



Jennifer Crump (TECHNICAL DIRECTOR +) has been on Team Isabel since its founding in 2018. She is currently the Technical Director and Production Designer for our 2022 Production. She has been working in the Live Entertainment and Events industry for over 15 years, with some of her favorite projects being Cirque Dreams, Fusebox Festival, and designing for Bowling for Soup.

Team Bios



Erik Flores (CO - MUSIC DIRECTOR / BAND LEADER) is a native Austinite who has performed, recorded and produced extensively in both Austin and LA over the past 20+ years. He has released three full length records: Fairbanks & the Lonesome Light, Fairbanks & the Lonesome Light - Nothing to Escape and Monstro Flora. In addition to performing regularly throughout Central Texas, Erik is currently the main sound engineer at The Elephant Room in downtown Austin.



Mykkaela Garcia (ISABEL +) Since being cast in the original production of Isabel and the Runaway Train in 2018 as Isabel, Myk has been a part of the Isabel community in more ways than one. From recording the Isabel cast album in 2019 when she was still in college to becoming officially a part of the team the year after graduating in 2020, she's been around town! You can find Myk in charge of our social media accounts, leading our student internships, and helping Anna produce projects for the Isabel community. When she's not working on all things Isabel, Myk is a working creative in Central Texas doing anything from staged musicals, to TV shows and featured films, as well as creating her own films with creatives in the Austin film community. Myk is beyond happy to be returning to the stage and wants to thank her SEU besties, new film friends, hometown pals, and forever Isabel family for always supporting her and challenging her to be her best self. "This is for you," she says.



Haley Gibbs (STAGE MANAGER +) has been involved in theatre since she was 12 year old. She has received her Bachelors in Theatre - Acting & Directing at SFASU and studied Theatre Education at NYU. Although she loves all aspects of theatre, Haley's greatest passion is stage movement/combat and social justice theatre. One day she hopes to continue her education and become a stage movement professor at a University. In the meantime, she is ecstatic to continue her love of theatre by stage managing Isabel and the Runaway Train!



Chael Rose Hawkwood (CHOIR MEMBER THREE) is an interdisciplinary artist and intersectional activist who has been finding her way onto stages and into trees all across Austin for the past decade. She previously graced/cursed the screens of many a computer as the HR Rep in Human Resources, an entirely-online full-length musical that was a shining silver lining in the dark stormy clouds of lockdown. Chael is pronounced "Shale," like the stone; she knows you were probably wondering about that.

Team Bios



Emily Hyatt (CHOIR MEMBER TWO +) hasn't been in an in-person play since 2019 and thank God she remembers how to act and sing and dance, sometimes at the same time. Last spring, she graduated from The University of Texas at Austin with two degrees and a Creative Writing certificate. While at UT, she was in the University Theatre Guild for all four years. Her acting credits include "Flowers for Algernon," "Fuddy Meers," "Power Rangers," and "She Kills Monsters" (even though it was canceled...thanks, COVID.). She'd like to thank Anna Westbrook for creating this show and Fern Velez and Cooper Alexander for introducing her to it. And thank YOU for coming to see it. Support survivors!



Andrew Kamau John (CHOIR MEMBER FOUR) How are you doing on this wonderful fine day? My name is Andrew Kamau John. I love to perform and create stories. Also, in my spare time I like to create music as well. I've been told like I'm a little Marshall Ali that knows how to make music. I've been in several plays and musicals such as Shrek the musical, and Peter Pan, and a recent play I've also been in is a play produced by Texas State called "Teen Dad." I've been in many films as well such as Fear of The Walking Dead and 13 Reasons Why. I love theaters and plays but I mostly enjoy films. Creating movies is wonderful to me. I hope that you enjoy my page and I get to work with some of y'all in the future.



Isaac Kresta (THE PORTER, I carry all the baggage) is excited to be back in the theatre after almost 4 years away. Isaac was previously involved in multiple productions at the University of Texas while working on his degree in Theatre and Dance, and he later performed under the glamorous titles of Traffic and Weather Forecast Reporter at News Radio KLBJ. He's excited to help bring this story to life, and he asks that you mind your step when exiting.



Ansel Lowry (Creative Director +) is an Austin-based artist with specialties in creative direction and creative writing/playwriting. By day, Ansel works as a screenwriter for a cybersecurity education company. By night, she's Isabel and the Runaway Train's creative director...and also sometimes by day. Though her two specialties are writing and directing, Ansel enjoys anything centered around creative collaboration. She's extremely passionate about storytelling and the power it has to change people's lives for the better.

Team Bios



Chelsea Manasserri (Isabel's Mother) is thrilled to be involved in this production of Isabel & the Runaway Train! Most recently Chelsea appeared as Maji Unzel in Jeremy Rashad Brown's Rap Unzel with the Vortex Repertory Company, which marked her return to an actual stage after more than a year of Zoom productions and YouTube play readings. Chelsea is a B. Iden Payne Award-nominated director, as well as a B. Iden Payne Award- and Central Texas Excellence in Theatre Award-nominated actor and composer/music director. Chelsea is a company member of Shrewd Productions and the Vortex Repertory Company. By day Chelsea teaches 2nd grade reading and takes as many naps as possible. A big thank you to the cast and crew for their talent and kindness, and infinite love to my amazing family (both given and chosen) for their never-ending support.



Gabe Meyer (CONDUCTOR) recently moved to Texas from sunny Michigan where he played in over 8 different shows across four years of undergrad, some favorites being The Light in the Piazza, and The Merchant of Venice. This is his second production in the Austin area, his first being The Play that Goes Wrong with Gaslight-Baker Theatre. When not doing lots of theatre, you can find him designing board games or teaching math. Hebrews 13:2 KJV



Bella Rockman (Mental Health Consultant) Neuropsychologist & Mental Health Media Correspondent, Junice Isabella Rockman, known as Bella or "B-Rock", uses her time spent in law school, experience working in newsrooms & Clinical Brain-Based training, to better understand clients' perspectives. She integrates EMDR, CBT, & Relational Trauma Recovery models into her work. Her experiences living & studying abroad in over 17 countries, offers her widely recognized inter-cultural, global, compassionate, yet direct approach. She has served as the Isabel team's mental health consultant since 2018.



Fern Velez (Production Manager +) graduated from The University of Texas with a Bachelor of Arts in Sociology. He has 12 years of theater experience, as an actor, director, and technical director. He strives to use the arts to create social change. He has worked as a Policy Analyst at the Texas State Capitol. He currently leads the Isabel and the Runaway Train Production Team, which includes organizing live productions, writing and editing video training content and speaking at advocacy events. He also co-trains with Anna Westbrook during the touring Isabel Sexual Maltreatment Response Certification. In addition, he is a co-founder of Isabel's umbrella organization Reimagine Normal, PBC.

Isabel Community Action Steps



1

STEP ONE

Get Isabel Certified!

IsabelandtheRunawayTrain.org



ISABEL & THE RUNAWAY TRAIN

2

STEP TWO

**Join Texas Association
Against Sexual Assault**

TAASA.org



TEXAS ASSOCIATION AGAINST SEXUAL ASSAULT



3

STEP THREE

Consider Therapy

shalomaustin.org/jfsgroups

4

STEP FOUR

Have Candid Conversations

Join our Talk Back on Sunday, May
1st, 2022 at 1:00 p.m. via Zoom



2022

MAY

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You are Invited to
Join TAASA



The unifying voice to eliminate sexual
violence in TX.



TAASA.org

2022

SEPTEMBER

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MENHEALING

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JANUARY 2023

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MARCH 2023

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Congratulations to our wonderful client, Anna Westbrook,
and the cast and crew of Isabel!

Anna, you are building a business and programs
that truly matter to so many people and those who care about them.
Here's to your continued success!



BSC (Business Success Center) is an award-winning total business development company that supports owner-operated businesses nationwide through our proven socially responsive programs, processes, and contacts. We are sustainability experts. By using our unique the 40,000 foot "Owner/Investor View", we can improve your triple bottom line in all six major business functions, balancing profit with care for people and the planet in a way that is fair, transparent, and accountable. We are also the hosts of the award-winning BSC Success Global Forum* <https://bit.ly/BSCForum>.

Check out our free resources for your prestart or existing business @
www.ownersview.com

MAY 2023

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SHALOM AUSTIN 

Jewish Family Service

Shalom Austin Jewish Family Service provides one-on-one counseling with a therapist as well as support groups for those who want to connect with others sharing similar experiences. JFS serves people regardless of race, religion, disability, gender or sexual orientation.

shalomaustin.org

JULY 2023

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OCTOBER IS...

DOMESTIC VIOLENCE AWARENESS MONTH

TEXAS ADVOCACY PROJECT is a nonprofit empowering survivors through FREE legal and social services, access to the justice system, and public outreach and educational prevention efforts. TAP's vision is for all Texans to live free from abuse.

SUPPORT SURVIVORS & TEXAS ADVOCACY PROJECT:

🎗️ Support TAP All Year Long by Becoming an Advocate for Hope

🎗️ Attend the Black & White Ball on October 29th, 2022



Are you, or someone you know, a victim of abuse?

TEXAS ADVOCACY PROJECT is here for YOU.

Call us or visit our website to access our FREE legal and social services.

800.374.HOPE | www.TexasAdvocacyProject.org

SEPTEMBER 2023

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OCTOBER 2023

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For each transaction, we donate part of our commission to our local partners who provide affordable and supportive housing solutions for our neighbors in need.



We are a duty bound and data-driven organization that believes that we need to END SEXUAL ASSAULT in the U.S. military. We are challenging the powers that be to bring positive lasting change for service members.

glasssoldier.org



NOVEMBER 2023

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DECEMBER 2023

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Reimagine



Isabel training programs are run through our
umbrella organization Reimagine Normal, PBC.
We imagine a world where having mental health resources is normal

Get Isabel Certified at [IsabelandtheRunawayTrain.org](https://www.isabelandtherunawaytrain.org).



ISABEL & THE RUNAWAY TRAIN

Book, Music and Lyrics by Anna Westbrook | Directed by Ansel Lowry



WHO'S AUTOGRAPH DID YOU GET?

Isabel

Mom

Porter

Dad

Conductor

Writer

Choir
Member 1

Choir
Member 2

Choir
Member 3

Choir
Member 4