

MITCH COSTANZA

KENNY LEU

TINA D'ELIA

GEORGE MAGUIRE

MICHAEL X. SOMMERS

my half eaten life



"MY HALF EATEN LIFE" MITCH COSTANZA KENNY LEU TINA D'ELIA GEORGE MAGUIRE MICHAEL X. SOMMERS

CHEYENNE COSTANZA JOY CARLIN EDITOR AND SOUND WES SNEERINGER SCORE BY FREDY AVIS DENNIS FORTIN DIRECTOR OF PHOTOGRAPHY ANDRE WELSH

EXECUTIVE PRODUCER MITCH COSTANZA PRODUCED BY WES SNEERINGER TINA D'ELIA STORY BY MITCH COSTANZA KEVIN DILLON WRITTEN AND DIRECTED BY MITCH COSTANZA



DIRECTOR'S STATEMENT

In 2009, I experienced severe clinical depression for over a year and checked into a residential treatment center.

MY HALF EATEN LIFE puts the viewer in the mind of someone being attacked by their own thoughts.

My intention, as a writer and director who has suffered from clinical depression, is to share my personal experience and help give people a better understanding of what their friends, family, or even strangers living with a mental illness are going through. My goal was to authentically depict the wreckage that mental illness reaps on a family — specifically, the relationship between a Michael and his teenage daughter, Mia. This film pulls no punches and shows that treating mental illness is far more complex than treating a broken bone.

I'm grateful to have had ten fantastic years with my family since my recovery -- as a result, I am able to share my film with you.

I hope you enjoy it!

Sincerely,

Mitch Costanza
Writer, director, Actor





LONG SYNOPSIS

Chef Michael Canales spirals into a clinical depression after he is unceremoniously replaced by a younger celebrity chef.

Finding himself unemployed and trapped in a year-long depression, Michael checks himself into a treatment center for his own protection.

Desperate to get his family and career back Michael pursues the option of shock treatment against his doctor advise.

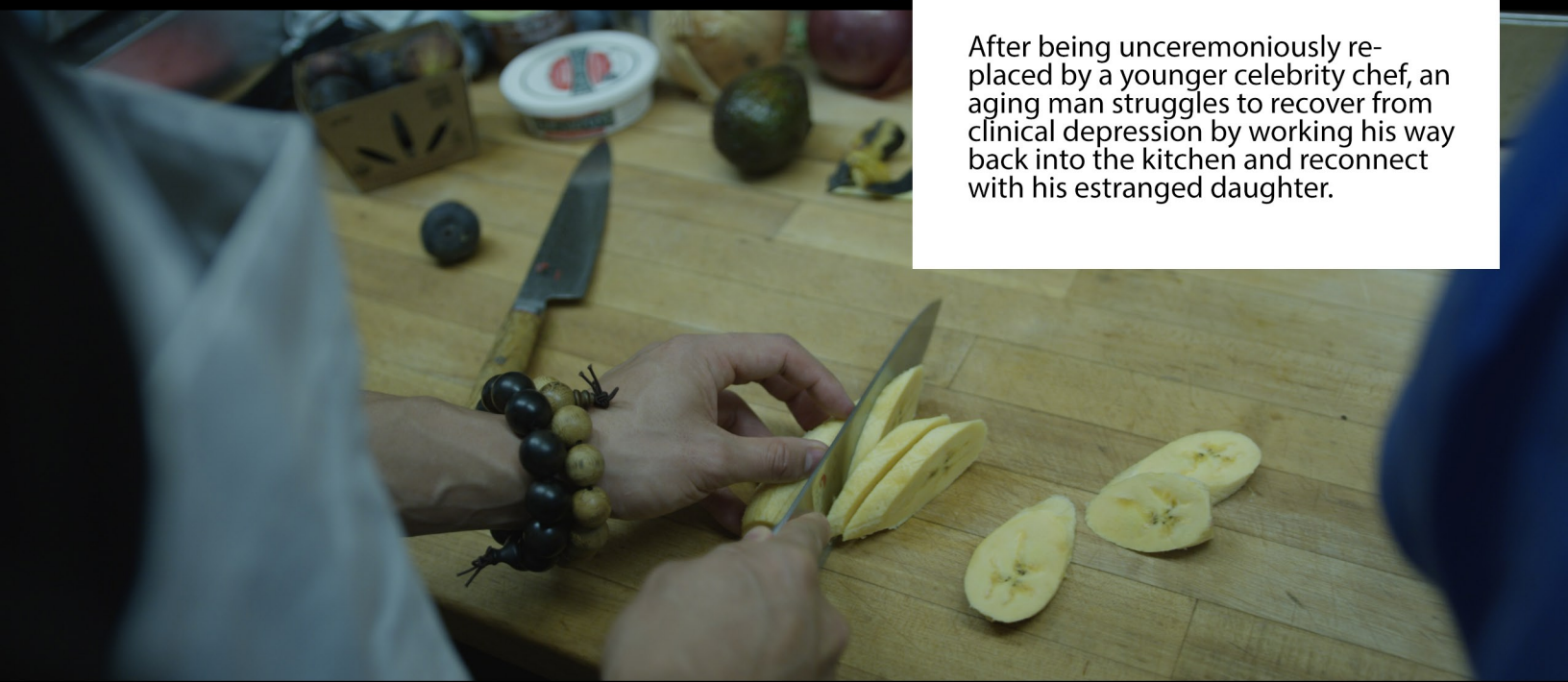
Fortunately, Michael's new friends encourage him to get out of his head and lure him back into the kitchen.





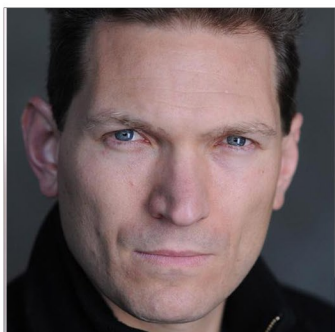
SHORT SYNOPSIS

After being unceremoniously replaced by a younger celebrity chef, an aging man struggles to recover from clinical depression by working his way back into the kitchen and reconnect with his estranged daughter.





CAST & CREW



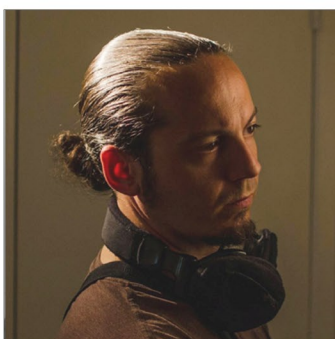
MITCH COSTANZA Director, Writer, Actor, Executive Producer

Mitch is an east bay area native who has been acting in commercials, tv, and films as well as acting, directing, and producing his own cooking show and award winning short films for over the last fifteen years. His television credits include episodes on Discovery Investigation and commercials for companies such as Honda, Sandisk, Cisco, and Coupons.com. The majority of Mitch's productions are shot within fifteen miles of his home and involve his frequent bay area collaborators. Mitch has been teaching cooking to kids as part of his own enrichment program at a Berkeley public elementary school for over six years. He also an active mental health advocate in Oakland.



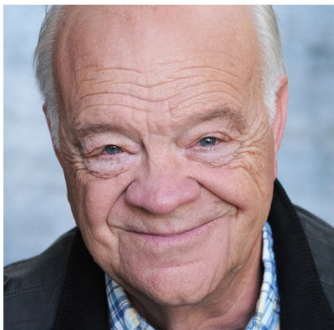
TINA D'ELIA Producer, Actor: Raquel

Tina is an award winning solo performer and actor in the bay area with over twenty years of experience with a number of credits in theater, film, television, commercials, webseries and voice over. Tina received the "Best of Fringe" award for her solo show, "The Rita Hayworth of this Generation." Tina serves on the board for Fresh Meat Productions, which focuses on Trans and Queer performances and highlighting diverse LGBTQ/GNC performers. Tina is also on the advisory committee for San Francisco Transgender Film Festival. She received the "One Love Diversity Casting" award from the Equality International Film Festival for diverse and inclusive casting of people of color, LGBTQ/GNC, and people with disabilities. Tina acted in the film Transfinite and is currently having a successful run performing her latest solo show, "Overlooked Latinas."



WES SNEERINGER Producer, Editor, Assistant Director

Wes Sneeringer is a dedicated Editor/Musician with versatile skills in Narrative, Documentary and Live Music Production. He is in constant Post Production with multiple varied projects. As of 2019 Wes has Edited two TV Movies and Assistant Edited three others. He has Produced/Edited over 250 Live Music Videos for local artists. Using his quiet comedic way he was hired by Diane Baker, to manage Editorial for the Academy of Art University's Acting Department in 2007. While there he created the Post Production pipeline for the Archive of student work and creation of Commercial Sizzle Reels.



GEORGE MAGUIRE Actor; Charles

George Maguire is a renowned stage and film actor, director, and voice over artist in San Francisco. He has over forty credits in television and feature films including his roles in David Fincher's *Fight Club*, *The Game*, and *Zodiac*. George stays busy He has been in the entertainment business since childhood appearing on stage and film. His career began in as a teenager 1964 with Pittsburgh Civic Light Opera, it encompasses Broadway, Off- Broadway, regional theaters, and Shakespeare Festivals. George has never slowed down since. He is a mainstay at the Marin Summer Theater where he portrayed Lady Bracknell in his acclaimed performance. Most recently, George produced and starred in the award winning short film, *Generations* which has played in a number of festivals including Napa, Outfest,, Edmonton, Holly Shorts



KENNY LEU Actor; Danny

Kenny Leu was born in Taiwan and grew up in the Bay Area. After earning a Mechanical Engineering degree from UC Berkeley, Kenny shifted his focus toward his creative pursuits and was eager to work on projects that promote positive images of Asian Americans. He was a member of the United States Wushu team from 2010 - 2012 (Chinese martial arts, specializing in open hand, Chinese broadsword, and staff), winning medals all over the world. He also speaks fluent Mandarin.



MICHAEL X. SOMMERS Actor; Derek

Michael Sommers is a bay area actor who has appeared in over 60 films during the last twenty years. His credits include a recurring role as Bug in all three seasons of the Netflix show, "Sense8" as well as a supporting role in "Sorry To Bother You." Michael graduated with a B.A. in theater from the University of Vermont in 1989. His favorite stage credits were replacing Jeremy Irons he played Chopin in "The love story of Chopin and George Sand" by New York's Ensemble for the Romantic Century. Michael's one person show, *HICK* in the *HOOD* had a sold out run at The Marsh Theater.



CHEYENNE COSTANZA Actor; Mia Canales

Cheyenne is a student in the theater department at Oakland School for the Arts. She has also had multiple roles in short films and webseries. Cheyenne has been active in the theater for six years and most recently had a principle roles in "And Jesus Moonwalked on the Mississippi" by Marcus Gardly, a 24 Hour Play Festival, and "Dog Sees God" by Bert V. Royal. She both serves on the board and performs in productions by the entirely student run theater company, the Bay Area Zeta Players. Cheyenne joined the board of the pink club for breast cancer awareness at her school when she was eleven years old.



JOY CARLIN Actor; Dr. Baldwin

Joy Carlin has been a fixture in the bay area theater world and also has a noted career in television and film for over fifty years. She has numerous tv and film credits since the 70's and can be seen in the opening scenes of "Blue Jasmine" opposite Cate Blanchette. Joy attended Yale Drama School, and studied with Lee Strasberg in New York City. From 1964-69 she taught acting in the Drama Department at UC Berkeley. She has also served as the Associate Artistic Director at the American Conservatory Theater. Joy has won seventeen Bay Area Critics Circle and L.A. Dramalogue Awards for both her acting and directing. Today, she continues to stay extremely busy performing and directing productions in the bay area.





ANDRE WELSH Cinematographer

Raised in East Oakland, Andre has been making films since he was a boy and hasn't stopped for a minute since then. He is a Director, producer, writer, DP, editor, and can handle many on set positions on set task with great success. He is a grad from the Academy of Art in San Francisco and had award winning short films, web series, viral videos, music videos, and much more. Andre has an incredible eye for cinema. His handheld style, use of natural light, and interesting shot choices contribute to his signature look. Andre wrote and directed the feature film, "Disrupted" in which the majority was shot in the bay area.



FREDDY AVIS Composer

Freddy got his start working under acclaimed composer James S. Levine (Glee, American Horror Story) for two years at Hans Zimmer's Remote Control Productions and holds music credits on a number of shows including Major Crimes, The Last Ship, Instinct, Deadline, Star, and Chambers as well as placements on countless other series. He was born and raised in Palo Alto and holds a pair of bachelor degrees in Music and Political Science from Stanford University. Fun Fact: He pitched for Stanford's baseball team and was drafted by the Washington Nationals in the 25th round of the 2012 Major League Baseball Draft.



CAST

Michael Canales	Mitch Costanza
Danny	Kenny Iu
Raquel	Tina D'Elia
Charles	George Maguire
Derek	Michael X. Sommers
Mia Canales	Cheyenne Costanza
Uncle Joe	William Marx
Driver	Wes Sneeringer
Recovery Group Member	Joshua Jackson
Chef Amy	Sandra Fish
Uncle Adam	Daniel Jacques
Dr. Baldwin	Joy Carlin
Emily Canales	Rachel Marie Powers
Recovery Group Member #2	Geoffrey Malveaux
Recovery Group Member #3	Dana Lawson
Antonio	Roberto Chicas
Businessman	Dave Parker
Grandma Ann	Beverly Roloff
Grandpa Jim	Bryan Roloff
Cousin Rachel	Johanna Heine
Aunt Kimberly	Jaquie Childers
Aunt Carrie	Liz Marsh
Skater	Vince Domato
Friend #2	Evan Feist
Friend	Lucy Urbano
Cashier	Hunter Johnson

CREW

Directed by	Mitch Costanza
Writer	Mitch Costanza
Writer	Kevin Dillon
Producer	Wes Sneeringer
Executive Producer	Mitch Costanza
Cinematographer	Andre Welsh
Cinematographer 2nd unit	Rich Casio
Editor	Wes Sneeringer
Music	Freddy Avis
Music	Dennis Fortin
Set Decoration	Peter Allen
Set Decoration	L.R. Alltman
Assistant Director	Wes Sneeringer
Assistant Camera	Hunter Johnson

SPECIAL THANKS

Dan Avakian
Alan Carlson
Dylan Carlson

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Total Running Time: 14 min 55 sec

for additional inquiries please contact:

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