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**January 5, 2022**  
**Press Release**  
**For Immediate Release**

**GREY BOX COLLECTIVE RETURNS TO IN-PERSON PERFORMANCE WITH ‘PAUSE...’**

This January, Grey Box Collective (GBC) presents “PAUSE...” an original performance that explores the mental health of grief, loss, and transformation through movement, sound, lights, and film. GBC creative, Micah Jondel DeShazer, states that “In a time where all seems to be in a constant state of loss this experience is something we share to remind us that we are not alone.”

There has been no shortage of loss in our world over the last year. A loss of lives, livelihoods, "normal", dreams, plans, relationships, habits, beliefs...and the list could go on. “PAUSE...” was created at the intersection of both arts-based and non-arts disciplines to explore new forms of expression that investigate broad ideas around mental health, grief, and loss. GBC creative John Idalis poses the questions, “Do you fast forward through tough times or do you pause? When do you play?”

Audiences can expect a one-of-a-kind evening featuring experimental films, original music, live sound design, instant movement composition, electronic light technology, and eco friendly, sustainably constructed costumes.

Textile artist and costume designer, Haley Nielsen, utilizes “ecoprinting and natural dying as an expression of mourning” with the hope “that the textures of nature and the natural process of grief and recovery that are layered into the clothing, movement and scenery will come through to [the audience attending] the show.”

GBC is excited to continue a partnership with La Frontera - EMPACT Suicide Prevention Center Trauma Healing Services for this performance which allows for counselors to be present at “PAUSE...” and join in for the post-performance Q&A.

At the time of this release, “PAUSE...” is scheduled for the following outdoor performances:  
January 21, 2022 at 7:30p at Mesa Arts Center’s Brown Sculpture  
January 22, 2022 at 5p at Singh Meadows in Tempe

More information as well as publicity photos are available on our website (<https://www.greyboxcollective.com/events>).

Grey Box Collective creates original, interdisciplinary, experimental, post-dramatic performances about social and emotional wellbeing (i.e. we make weird art about tough stuff.) This devised work, directed by Grey Box Collective Founder Molly W. Schenck, features the artistry of John Idalis, Reign Hopkins, Chasity Flores, Micah Jondel DeShazer, Lizbett Benge, Rayshawn Watkins, Adam Mendez, Hannah Ahr, Hannah Bridgeo, Fox Williams, Half, and Haley Nielsen.

This is Grey Box Collective’s sixth season. This season is supported by the City of Phoenix Office of Arts and Culture, Arizona Commission on the Arts, Scottsdale Arts, City of Tempe -Community Arts Grant, and Mesa Arts Center's Arts at the Center Foundation.

