

Karen Gabrielle Lennon Knowlton

Phone (landline so no texts, please): (941) 922-7475

Email: treasuretower22@yahoo.com

I have worked for more than twenty-five years as a published writer in many genres, and as a professional actress on stage and in film. I graduated from Northwestern University with a degree in Performance Studies (Analysis, Interpretation and Performance of Prose, Poetry and Drama) and an honors program in Creative Writing for the Media. At Northwestern, I studied with, among other wonderful people, Edgar-Award-winner, Stuart Kaminski and Tony-Award-winner, Frank Galati. I have two books published – *Touch Me Real and Other Stories* and *After Midnight: A Book of Poetry*. I also write professionally for magazines, newspapers, newsletters, journals, and the theater. I have performed my poetry, prose and drama to audiences throughout the United States, and internationally.

SUMMARY OF QUALIFICATIONS

Highly creative and energetic bi-lingual professional with a strong ability to make key decisions quickly with strategic planning and initiative. Diverse life and work experiences with a passion for relating to all types of people. Excellent organizational skills, strong achievement/contribution orientation and belief in human potential. Fluent in Spanish & English along with broad-based cultural training, awareness and experiences.

EDUCATION & TRAINING

Northwestern University

Evanston, IL

- *Bachelor of Science degree in Performance Studies*--Analysis, interpretation, and performance of prose, poetry, and drama. **Notable Achievements:** Won third prize in the Northwestern University Women's Studies Essay Contest
- Honors Program in Creative Writing for the Media

Manhattan Edge Theater School taught by Diaan Ainslee

Manhattan, NY

Wilma Theater School — Three years study with Gordon Phillips

Philadelphia, PA

Renowned Summer Programs:

- Yale University — Summer Drama Program
- Carnegie Mellon University — Summer Drama Program
- Shakespeare and Company: Intensive Drama Program and Summer Stock

Additional Acting / Writing Coursework:

- Writers' Digest "Writing Short Fiction" course
- Extensive classes in acting and voice in New York City, Philadelphia and Los Angeles
- Los Angeles acting classes at the Larry Moss Studio and with multiple Emmy-Award winner, Joan Darling

Coursework in Humanistic & Animal Activist Programs

- People for the Ethical Treatment of Animals course, "Animal Rights 101"
- Kripalu Center for Yoga and Health, and On-Site Massage -- Massage Schools
 - "Animal Communication" courses with Jeri Ryan and Wendy Cooper

PROFESSIONAL EXPERIENCE

JOURNALIST AND COPYWRITER

3/2004- Present *Freelance Writer* **Various locations in U.S.**

- Writer of numerous newspaper and magazine articles, including for *The Press Enterprise*, *The Light Connection*, and *The Desert Entertainer*.

8/2005-12/2014

- Copywriter, *White Wing Labs*, writing their entire newsletter (five to six issues each year) and magazine.

1/2002 – 3/2004

- Staff reporter for *The Town Crier*, the weekly newspaper for the San Jacinto Mountain area. One of two staff reporters, responsible for half the paper.

CREATIVE WRITING, ACTING, AND MUSIC

Various Locations in U.S.

1987-Present

- Short story book, *Touch Me Real and Other Stories*, and poetry book, *After Midnight: A Collection of Poetry*, are published.
- Numerous writing and acting jobs including writing and acting in a full-length one-woman show and a performance art piece, both of which were produced numerous times.

1987-Present Various freelance editing jobs

TEACHING & PUBLIC SPEAKING EXPERIENCE

2012-Present *Teaching Artist*

Sarasota, FL

Sarasota County, EdExplorer, AFTA, homeschool co-op, library programs

1987-Present *Teacher*

Idyllwild, CA

Instructor of children, teens, and adults: mommy and me music classes; piano, soprano and tenor recorders; violin practice instruction; acting; writing; public speaking. Sarasota County teaching artist, EdExplorer, AFTA.

January - June 2005 *Acting teacher at Idyllwild Arts Academy*

Official substitute for acting teachers, and maternity leave interim teacher

1991-1997 *English as a Second Language Teacher*

- 1996-1997: Simultaneous jobs at Asahi English School, Kyocera, other corporations, Time-Life School, and in private practice in Matsusaka, Japan
- July 1991-September 1992: Simultaneous jobs in the Japanese Teaching and Exchange (JET) Program with the Consulate of Japan, and in private practice in Izumiotsu, Japan

January-July 1991 *Citizens Against Crime*

Philadelphia, PA

June – Sept. 1984 *Singer on Restaurant-Ship*

Philadelphia, PA

HEALTH PRACTITIONER WORK EXPERIENCE

CERTIFIED MASSAGE THERAPIST

3/2004-8/2009 *Cedar Street Inn & Spa, and private practice*

Idyllwild, CA

1999-2009 *Private practice*

1987-1999 Practices in Philadelphia, Quito, Ecuador, New York and Philadelphia

OTHER NOTABLE EXPERIENCES & BROAD-BASED COURSEWORK

- Studied creative writing with *Poe-Award winning writer, Stuart Kaminski*.
- Studied acting and directing with *Tony-Award winner, Frank Galati*.
- Wrote, directed, and acted in *Metric-piece*, a film on the Metric System.

- Written numerous short stories and poems, which have had public readings all over the country, including writing a poem that was performed at a large symposium/cultural event on *From Bondage to Freedom -- Awakening the Human Spirit, at Colombia University. Received a standing ovation.*
- Extensive travel throughout and/or lived in *Japan, Thailand, China, Hong Kong, Indonesia, Malaysia, Singapore, Macau, Nepal, Israel, Guatemala, Honduras, Mexico, India, Kenya, France, Switzerland, Holland, Monaco, England, Peru, Bolivia, and Ecuador*; and throughout the United States. Residences have included in-depth knowledge and relationships with international families, including the family of grandparents living in a Borneo tree house, who had tattoos all over their bodies and earlobes hanging down past their shoulders, and who were headhunters twenty years before.
- *Forty-five-minute private audience experience with the Dalai Lama.*

Grants

* **Puffin West Grant** to create a theater piece *Acting for Social Change: Inside the Containers* people who are members of various groups that experience prejudice, what their experiences have been. (Possible groups represented: black skin, white skin, blond hair, Asian, Latin American immigrant, Jew, woman, man, Muslim, prostitute, transgender woman, transgender man, transgender child, lesbian, gay man, disabled, fat and, possibly, nonhuman animals.) Namely, by hearing the naked hearts of representatives from these communities that are so often recipients of prejudice, and learning about social issues involving these people in the process, walls around people's hearts will hopefully melt, and strongholds of caring and compassion form.

I feel that when people realize that those they label as "other" share the same feelings and humanity, they realize they are the same. They may look different (different containers), but everyone has feelings. This theater piece is about judgment, and helping audience members realize that people they may jump to judge because of their superficial differences in containers (bodies/actions) have feelings and hearts just like them --- that people are people – including when they are not people because they are nonhuman animals.

* **Three Sarasota Library Grants through EdExplorer** to teach

+Writing and Acting the Memoir

+Acting

+Creative Writing

Three Association of Florida Teaching Artist grants to teach

+Acting

+Creative Writing

+Writing and Acting Memoiric Poetry and Prose

PoetryLife Grant

+To teach Writing and Acting the Memoir to survivors of sex trafficking.

Exhibitions

A one-woman theater piece I wrote was produced in Ecuador three times.

I performed a long poem I wrote, to a huge auditorium-audience at Columbia University, in a symposium on human freedoms.

I have performed numerous performance art pieces I wrote; in New York City, Philadelphia, Chicago, and other cities, at venues such as The Knitting Factory and Welcome Back to Brooklyn (in the nineties) with Mary Tyler Moore, Harvey Keitel, and Valerie Harper.

Publications

Town Crier (hundreds of articles; I was one of two staff reporters, and wrote half the weekly paper);

Idyllwild, CA

Mommy Magazine (long article about the birth stories of my children; a second article about a marathon-running mom)

Desert Entertainer (article about the Whole Being Weekend)

White Wing Labs newsletters and magazine (roughly three hundred articles over a time period of about ten years)

After Midnight: A Book of Poetry (my published poetry book)

Touch Me Real and Other Stories (my published short story book)

Awards

Northwestern University Women's Studies Essay Contest, third prize

Gabrielle Lennon

www.gabriellemnnon.com (941) 922-7475

Height 5' 3"
Eyes: Green/Gray/Blue

Hair: Chestnut

Film

Cosmic Radio (with Irene Bedard, Rider Strong, Jonathan Sachar and Daryl Hannah)	Reporter	Los Angeles, CA
MTV Video "Crazy" K-Ci and JoJo (with Julia Stiles)	Ballet Judge	Los Angeles, CA
Roswell and Alistair	Lead	New York, NY
The Metamorphosis	Lead	Chicago, IL

Theater

That Wasn't Me	Claire Hayman	Sarasota, FL
The Locket	Deborah	Sarasota, FL
The Congo Project	Seraphine	Idyllwild, CA
The Dinner Party (Isis Theater Company)	Yvonne	Idyllwild, CA
What'll You Have (Director Andy Squazzo)	Phyllis	Warner Springs, CA
Murder By Night (with Carole Kean and Earl Boen)	Antoinette	Los Angeles, CA
Touch Me Real	Carrie	Quito, Ecuador
Haha Factory)	Featured Actress	New York, NY (Knitting)
Welcome Back to Brooklyn Festival (with Mary Tyler Moore, Valerie Harper and Harvey Keitel)	Featured Actress	New York, NY
Henry VI, Part II Co.)	Duchess Eleanor	Lenox, MA (Shakespeare &
No Exit	Inez	Chicago, IL
The Spirit of Philadelphia	Featured Singer	Philadelphia, PA
United Nations 50th Birthday Party	Singer — Finale	New York, NY
Commercials	List upon request	

Training

Acting:

Summer Drama Program	Yale University
Summer Drama Program	Carnegie-Mellon University
Summer Training Institute	Shakespeare & Co.
Gordon Phillips, Wilma Theater	Philadelphia, PA
Diaan Ainslee, Manhattan Edge	New York, NY
Larry Moss Studio	Los Angeles, CA
Joan Darling	Los Angeles, CA

Education:

B.S. in Performance Studies and Honors Program in Creative Writing for the Media	Northwestern University
-------------------------------------------------------------------------------------	-------------------------

Special Skills

Singing (soprano). Certified Massage Therapist. Certified Advanced Scuba Diver (PADI). World Traveler. Piano, Recorders, and Cello. Yodeling. Dialectics. Very Athletic.