

arts & culture

‘Cry it Out’ Showcases Motherhood Mayhem on Stage

Molly Metzler’s comedy is running now until Dec. 16 at The Studio Theatre Tierra del Sol.

By TAYLOR STRICKLAND
Daily Sun Senior Writer

Described as “a laugh out loud comedy with dark edges,” Molly Metzler’s “Cry it Out” offers a candid peek into the trials and tribulations of modern motherhood. “Cry it Out” follows the lives of two new mothers as they struggle to adjust to life post-partum. Jessie Jensen-Gelb is a prestigious lawyer at a New York law firm and her new neighbor, Lina Bustamante, is an entry-level nurse with terrible credit. The two women couldn’t be more different, except for the one thing they have in common — newborns.

Feeling isolated, Jessie and Lina agree to meet for daily nap time coffee where both their baby monitors still get reception. There, the new friends discuss everything from breast pumps to sleep training, social isolation and deteriorating relationships with their in-laws. Their newfound friendship is shaken up when a wealthy neighbor asks if his wife, Adrienne, can join their

group, prompting the women to re-examine their beliefs about who is allowed to be “having a hard time.”

“The show deals quite a bit with class and differences between experiences, and I think Lina is the epitome of being unapologetically yourself,” said actress Megan Mistretta, who plays Lina. “She is not really someone who questions things very much, she lives by what she feels and kind of makes an unexpected friend with someone — Jessie.”

Mistretta said she doesn’t think Jessie and Lina would be friends were it not for the connection of being new mothers. Lina’s brash personality contrasts sharply to Jessie’s well-bred politeness, and many of their parenting differences relates to their class disparity. Nevertheless, the two manage to create an unbreakable bond over the course of the play.

“They find so much bliss in the relatability of their lives at this moment,” Mistretta said. “You watch just how this relationship grows and the warmth between the two of them and the support two women can give to each other during a time of struggle.”

Amidst lurid quips about the changes in their bodies and their babies’ burgeoning



Submitted photo
“Cry it Out” follows Jessie Jensen-Gelb, played by Ashleigh Ann Gardner, left, and Lina Bustamante, played by Megan Mistretta, as they bond over new motherhood in the privacy of Jessie’s backyard.

personalities, Jessie and Lina share very serious concerns with one another. Lina and her baby’s father, John, are in a fraught living situation with John’s alcoholic mother, and Jessie is struggling to deal with how to tell her husband that she doesn’t want to go back to work after nearly losing her baby at birth.

“During that time she meets Lina, and Lina gives her a bunch of insight into how some mothers raise their children differently,” said actress Ashleigh Ann Gardner, who plays the role of Jessie.

Gardner said Jessie is confronted with a lot of

differences to her lived experience and soon realizes how privileged she is compared to other characters like Lina and even Adrienne, whose problems may not be as straightforward as they seem.

“Motherhood comes in all shapes and sizes,” Gardner said. “There’s no one right way to do something, because everyone’s lived experiences are completely different.”

Mistretta said “Cry it Out” is a very human show, which anyone can relate to regardless of whether they’re parents or not. It’s a

sentiment that many audience members agreed with.

“I really liked how realistic it was,” said Linda Muhleman upon exiting the theater after Saturday’s show.

The Village of Penncamp resident attended the play with her husband, Will, and a few friends. She enjoyed the play for its honest portrayal of parenthood and the tough choices people often are forced to make.

Robert Veitch was among Muhleman’s group, and the Village of Buttonwood resident was particularly taken with the depiction of class disparity and how

none of the characters are shamed for the difference in parenting styles.

“Everyone’s looking for a right way to do it, but there’s no right way to do it,” he said. “You just do the best you can.”

“Cry it Out” is running now until Dec. 16 at The Studio Theatre Tierra del Sol and tickets are \$35. Purchase at thevillagesentertainment.com.

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