

LISA LAMPANELLI'S LOSIN' IT!



A night of laughs and heartfelt stories about food, weight, and body issues

CONTINUED FROM PAGE 11

Born from Lampanelli's Broadway play *Stuffed, Losin' It*, a program that she will present in Plattsburgh next Saturday, is the culmination of years of internal strife.

"We're going to have a good time at the storytelling show," she says, "but I'm going to tell you more clearly why you should accept yourself and like yourself because I'm still struggling and trying to."

Through these storytelling events, Lampanelli hopes to let audience members know they're far from being alone. And *Losin' It* promises to take people out of their isolation and connect them with a community of people just like them.

"The big, defining issue of my life has been body image stuff," she explains. "If I care that much about that issue, and I've lived it for so many years and see so many people in pain about it, let me do a show that really helps us work on it without being a workshop."

While Lampanelli holds weekend workshops throughout the country, *Losin' It* gives her a platform to connect to audiences and allow them to open up and process their own issues in a unique way.

Lampanelli decided it was time to open her heart not just to the audience who knew her so well, but to everyone out there who struggled as she did with body image issues. Now at 57, Lampanelli has a brand-new direction in life and a fresh new career to keep her

fulfilled for years to come.

"Giving up stand-up has been good for me. I feel like I have a purpose; I feel like I have a message," she says. "Stop beating yourself up; like yourself, which is a hilarious, ironic message for an insult comic."

The key is to forget what's going on with other people because when you compare yourself to others physically, professionally or even emotionally, nothing good can come out of it, she says. The only way to live is by coming to terms with who you are as a person at this moment in time. And if your intentions are true, and you know why you're doing what you love to do, you can overcome any critic.

"I love the saying 'compare and despair' because the minute you start comparing yourself to anyone else, or to a former version of yourself, you're going to be disappointed or you're going to feel above them, and neither way is a way to live," she says. "You can't feel above people or below them; you have to just be able to accept yourself as you are."

Lisa Lampanelli will present "Losin' It" on Saturday, May 4 at 8 p.m. in the Strand Center Theatre. Tickets cost \$25 to \$65 in advance or \$40 to \$70 the day of show. For more information or to purchase tickets, visit strandcenter.org or call 518-563-1604 ext. 105.



BLUFF POINT
Golf Resort

COURSE NOW OPEN!

OPENING SPECIAL \$24.95 PER PERSON MON-THURS

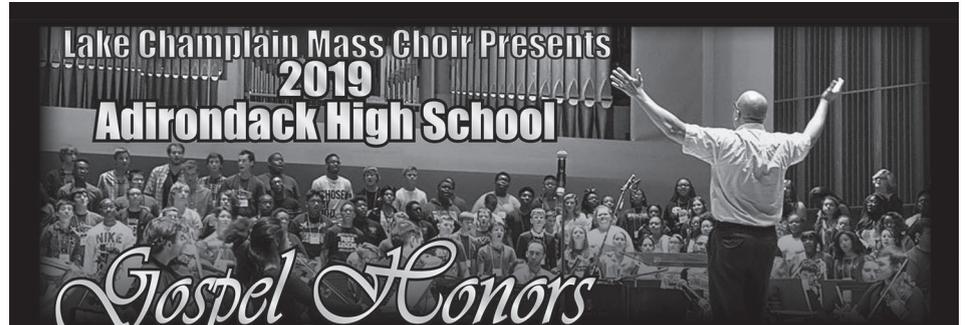


Join us on Facebook

On the Shores of Lake Champlain • 500 foot Sand Beach • Public Welcome

75 Bluff Point Drive • Plattsburgh, NY
518.563.3420 • www.bluffpoint.com

Lake Champlain Mass Choir Presents
2019 Adirondack High School



Gospel Honors Festival Concert

Sat, April 27th, 2019 @ 6:00pm

Giltz Auditorium, Hawkins Hall, SUNY Plattsburgh 55 Beekman Street, Plattsburgh, NY

Tickets:
Advance- Students \$8, General \$15
Door- Students \$10, General \$20
~ plattsburghstategospelchoir.org ~

SPECIAL GUESTS:

STAN SPOTTSWOOD - **PLATTSBURGH STATE GOSPEL CHOIR** - **FERMATA NOWHERE!**

FERMATA NOWHERE!
Stafford Middle School's Acapella Group
Director: Cody Hampton

STATE UNIVERSITY OF NEW YORK
PLATTSBURGH
MUSIC

NEW YORK STATE OF OPPORTUNITY
Council of the Arts

This project is made possible with the funds from the Decentralization Program, a grant program of the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature and administered by the Adirondack Lakes Center for the Arts

North Country Underground Railroad Historical Association