

For Immediate Release

**Skinny Athletes or Fat Heros? Mary Dimino on Bearsville's Woodstock stage Sept 9th with
"SCARED SKINNY: a one-(hundred pound lighter)-woman show".**

24 August 2012. Brewster, NY. Weight is such an issue today, that even **Olympic female athletes are called fat. Mary Dimino** is a renowned standup comedian who has triumphed over the difficulties of **growing up a fat, afraid Italian girl in Queens**. Today Dimino is 115 pounds lighter and is an independent and successful entertainer, playwright, actor, and producer in the highly competitive fields of Comedy, Film, & Television. **Founder of H. G. Fairfield Arts Kathie F. Freston** explains: "**Mary Dimino** is an excellent role model and an **epitome of how to overcome hardships**; she is a heroine journeying her way towards health and self-acceptance." **H. G. Fairfield Arts** is very proud to present "**SCARED SKINNY: a one-(hundred pound lighter)-woman show**" written and performed by **Mary Dimino**, in a 3pm matinee performance in **Woodstock, NY's famous Bearsville Theater** Sunday September 9th, 2012.

President of H. G. Fairfield Arts, Kim Blacklock, relates, "We take H. G.'s motto of 'See a need? Fill it,' quite literally and we are creating programs to help fill some needs." The 6'7" 280 lb female Blacklock continues: "We have had quite a few Hudson Valley teen girls commit suicide due to the bullying about their weight. We'd like to change that." **Dr. Brad Johnson**, author of the best-selling book **The Edutainer**, declares " '**SCARED SKINNY**' is a significant show for our times. It provides audiences an understanding of what it is like to be an overweight woman in today's society....Weight-bias is the final frontier."

Weight Watchers are invited to have their next meeting or **Jenny Craig** their gathering Sunday September 9th in Woodstock! **Mary Dimino's show "SCARED SKINNY"** will enlighten, inspire, surprise and can help girls, women, boys, & men on our own funny paths to self-love. **Skinny Athletes or Fat Heroes?** Questions for a **late summer afternoon in Woodstock**.

"SCARED SKINNY" with Mary Dimino, directed by Christine Renee Miller, in its world premiere was **Winner of the 2010 New York International Fringe Festival's Overall Excellence Award for Outstanding Solo Show**. **Mary Dimino** is **Winner of the 2010 MAC Award for Outstanding Female Comedian**. She is also **Winner of the 2008 Gracie Allen Award** presented by **American Women in Radio and Television** for "exemplary contributions of individuals who have encouraged the realistic and faceted portrayals of women in entertainment, commercials, and featured programming." With an angelic smile and a tough New York-Italian attitude, **Mary Dimino** tells it like it is, making her a favorite headliner seen across the nation, while also opening for the likes of **Jeanine Garafolo, Ray Romano, and Richard Belzer**. What the Press is saying:

- *"She shares her story of weight loss and maturation with riotously funny delivery...a natural comedic performer."* —**The Wall Street Journal**
- *"Utterly captivating....Dimino captures the essence of this struggle with humor and honesty like I've never seen before. Definitely catch this one."* —**nytheatre.com**
- *"Sensationally riveting.... indisputably magical. Yes, it's just THAT fantastic."* —**Nite Life Exchange**
- *"Dimino creates an atmosphere of good will and cheer that wins the audience, who root for her through and through."* —**Show Business Weekly**

Mary Dimino's performance credits include among others **Comedy Central, VH-1, HBO's Chris Rock Show, NBC's Today Show, Late Show with David Letterman, Late Night with Conan O'Brien, Saturday Night Live**, interstitial stand-up for **American Movie Classics Network**,

"Polly" on **New York Undercover**, and dozens of national commercials. Her stand-up was featured on **Comedy Central's Short Attention Span Theater**, Mary won their **Comedy Boot Camp** competition, and she is the series studio warm-up act for **Comedy Central's The Graham Norton Effect**. Mary Dimino was or is featured in **The New York Underground Comedy Festival, Toyota Comedy Festival, Staten Island Comedy Festival, The Italian Chicks Comedy Tour, and Ladies of Laughter**. **Mary** is a contributing writer for the nationally syndicated website **dietdetective.com** as well as for various t.v. shows, including the award-winning PBS documentary **"Fat: What No one Is Telling You"**, in which she also had a starring role. **Mary Dimino's** off-Broadway credits include the inaugural **All For One Theater Festival**, the musical **"Surprise,"** and playing **"Connie the Maid of Honor"** in the hit-show **Tony and Tina's Wedding**.

H. G. Fairfield Arts is best known for their October 2011 Mid-Hudson Valley comedy marathon benefiting local veterans - **"30 Shows in 30 Days – Courage Continues At Home"** with national headliner & **Brewster Navy veteran, PJ Walsh**. H. G. Fairfield Arts has gone on to sponsor the 2nd Annual Athena Film Festival at Barnard College, to sponsor **Pawling Public Radio's** programming including helping to produce **PPR's Theater Hour**, and to host Palisade NY's Shakespearean troupe, **Strange Bedfellows**, in **Pawling, NY's Lakeside Park** performing a 1960's version of **A Midsummer Night's Dream**. The **12th Annual Chief Nimham Veterans Memorial PowWow** in Kent, NY, also has benefited from H. G. Fairfield's friendship and mission of "promoting the creation, practice, and performance of arts, culture, and recreation."

It may or may not be the start of a **Fat Olympics Movement**, but **"SCARED SKINNY"** is a powerful example of how one woman uses adversity to fuel rather than hamper her success. **'SCARED SKINNY' in Bearsville** this Sunday September 9th at 3pm is brought to you by **H. G. Fairfield Arts' Media Workshop**. Potential students or interested instructors for **H. G. Fairfield Arts' ongoing Media [Training] Workshop** can email Office@HGFairfieldArts.org for more information. Show your **Weight Watchers, Jenny Craig, Boys & Girls Club, or Gym** membership card for discount at the door. Show is for adults to 15 year-olds.

Stay tuned for more deals, packages, & fun offers from Woodstock merchants.... **See you in Woodstock** Sunday September 9th, 2012 for **one more day of summer & "Scared Skinny" in Bearsville!**

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Links: www.HGFairfieldArts.org www.bearsvilletheater.com

SCARED SKINNY: a one (hundred pound lighter) woman show
written & performed by Mary Dimino

Winner of The 2010 New York International Fringe Festival **Best Solo Show** Award
www.scaredskinnyaonewomanshow.com

Winner 2010 **MAC Award** for Outstanding Female Comedian
www.marydimino.com

Winner 2008 **Gracie Allen Award** for Outstanding PBS Documentary
<http://www.imdb.com/name/nm1809329/>

For more information contact:

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