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## Finding oneself the focus of 'American Standard' affirmative one-woman show in Santa Monica through Sept. 28

THEATRE REVIEWS



Bob Rich

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Don't miss Lilly Bright's insightful production "American Standard" through Sept. 28 in Santa Monica.

Photo by Cheryl Mann

Near the end of Lilly Bright's memorable one-woman show *American Standard*, she recalls the pivotal moment, early in her adulthood, when she realizes, "Time to grow up now." She starts becoming her own person, leaving behind her nearly two-decade battle with the devastating practice of binge-eating and purging, known as bulimia.

She begins with moments from her youth. Her environments at home and school are demanding, making her very hard on herself. Thankfully, once she becomes an adult, she learns a graceful kind of exercise therapy which helps her re-discover her body in a positive, refreshing way.

In Los Angeles, she finds a supportive team environment where her talents get affirmed. Once she approves herself on her own terms, she starts contributing to life, and finds happiness.

Bright is a born storyteller, vibrant and passionate. Despite her serious struggles, the tone is often comical. The staging is sparse, but sound effects are clever and evocative.

When she becomes a mother, Bright is determined to discover her daughter's identity, rather than imposing expectations on her. What a redemptive note to end the show on.

Highly recommended.

*"American Standard,"* written and performed by Lilly Bright, directed by Valerie Hager, is on stage Thursday, September 26, Friday, September 27 and Saturday, September 28 at 8:30pm at Highways Performance Space, in the 18th Street Arts Center, located at 1651 18th St. in Santa Monica. Call (310) 453-1755 for more information or visit [highwaysperformance.org/american-standard-show](http://highwaysperformance.org/american-standard-show) for tickets. Friday evening performance include one concession beverage per ticket.



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