

nice tits

Amy had a great rack. Then she got cancer.

***A reconstructive comedy about hope, love and the
resiliency of the human spirit.***



**An Autobiographical One-Woman Show
Written and Performed by
Amy Marcs**



BUST Magazine Erika W. Smith

"Simultaneously hilarious and touching. One show you don't want to miss! Marcs makes the audience laugh until they cry, and then cry for real."

THE LANCET Oncology

Aaron Van Dorn

"Marcs finds the universal in one woman's story. She has the breezy pace and snappy timing of a stand-up comedienne. Marcs is an immensely talented performer who has created a show that convincingly walks us through the emotional highs and lows of cancer treatment and its aftermath."



BY ADAM ROTHENBERG

Amy took one of life's lowest blows and came back swinging her way to champion! She has created a show that everyone can relate to. "Nice T!ts" painted the grim picture of breast cancer perfectly, while infusing a rainbow of colors from her genius performance skills. What made this show so awesome was the way Amy infused her brand of comedy throughout the really tough moments.

Chelsea^{now} BY SCOTT STIFFLER

"Nice T!ts is an alternately introspective and crass, frequently absurd and occasionally surreal look at how medical consultations, surgeries, cancer support groups and conversations with Barbie changed Marcs perceptions of "femininity, womanhood, confidence, and mortality."- It's here, in the self-styled learning process, that Marcs "reconstructive comedy" began to emerge, as a way to use the topical container of a breast cancer diagnosis to talk about the resiliency of the human spirit."

Front Row Center New York Theatre | Bold, Biased and Brief

"... A universal story about the losses that challenge our identity, told with humanity and humor . Just what the doctor prescribed." - Raphael Badagliacca





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Press Release

Breast Cancer Comedy "Nice T!ts" Pairs Up with Avon 39 for Benefit Performance at The People's Improv Theater August 10

New York City - Writer and performer Amy Marcs pairs up with Avon 39: The Walk to End Breast Cancer for a special benefit performance of her critically acclaimed one-woman comedy, "Nice T!ts" at The PIT (123 E 24 Street, NYC) on Thursday, August 10 at 8:00p.m. A percentage of ticket sales will be donated to Avon 39 The Walk to End Breast Cancer. The performance will be followed by an exclusive after show talk-back, featuring a representative from Avon, esteemed breast cancer plastic surgeon Doctor Nolan Karp, and Breast Oncology surgeon Doctor Karen Hiotis (both of NYU Langone Cancer Center). The panel will be hosted by Sandy Ames (aka Jamie Lee) from 106.7 Lite FM Radio



Says Marcs, "One of the goals of 'Nice T!ts' is to get the topic of breast cancer (and its aftermath) out of the closet, in order to inspire an honest conversation about what it means to lose your breasts to cancer, how that impacts you, your partner, your sexuality, your identity, and even your family. We are thrilled to be working with Avon and to be able to offer proceeds of ticket sales to their worthy causes."

"Nice T!ts" is a comedic exploration of Marcs' roller coaster experience with cancer and its effect on her perceptions of femininity, womanhood, confidence and mortality. It's a unique perspective full of humor and heart-felt honesty.

WHAT: Nice T!ts

Written and Performed by Amy Marcs

Directed by Peter Michael Marino

WHEN: 8:00p.m. Thursday August 10

WHERE: The PIT – 123 E 24th Street, New York City

HOW MUCH: \$25

TICKETS: <https://thepit-nyc.com/event/2017-08-10-nice-tts>

MORE INFO: www.nicetitstheshow.com

"Marcs finds the universal in one woman's story. She has the breezy pace and snappy timing of a stand-up comedienne." - Lancet Oncology Journal

"Simultaneously hilarious and touching. One show you don't want to miss!"
- *Bust Magazine*

For further information or to arrange an interview, please contact Amy Marcs at amy@amymarcs.com or (917) 406-7705.

Hi-rez images at: <http://s1381.photobucket.com/user/amymarcs/library/>





Creative Team

Amy Marcs (Playwright/Performer) is an actress and voice over artist signed with The Don Buchwald Agency. Amy wrote and stars in her critically acclaimed autobiographical one woman show “Nice T!ts.” She has performed to sold out crowds at The PIT in New York, Project Y’s ‘Women in Theatre Festival’ and at The Alliance for the Arts Theatre Conspiracy in Fort Myers Florida. Amy has also been a featured speaker and performed scenes from her show to some of the most renowned plastic surgeons in the world at The Breast Cancer Reconstruction: State of the Art 2016 closing gala at the Kimmel Center in NYC where she was able to share her insights as a breast cancer patient and survivor. She has been a guest on Fresh 102.7 radio, ‘Dennis has a Podcast’ and Sirius XM ‘Doctor Radio’. Amy’s work as an actress has also taken her to regional theaters across the country. Some of her favorite roles include, Gorgeous in ‘The Sisters Rosenweig’, Myrtle in ‘Kingdom of Earth’ and Lucille in ‘Gemini’ as well as being part of an iconic ‘Harold’ team at The Upright Citizens Brigade Theatre. Amy’s screen work includes the independent film The Waiting Game, and you can hear her as the voice of Peg the Pig in the animated feature film Impy’s Island, which had its premiere at the Tribeca Film Festival in NYC. Her voice has been heard on numerous national network television promo and political campaigns. She is currently a Professor of Acting at The New York Conservatory for Dramatic Arts, and is an ordained interfaith minister and spiritual counselor. Amy is grateful to have an opportunity to share her story and to use the transformative power of art to heal. More info at www.amymarcs.com

Peter Michael Marino (Director) is an award-winning solo show teacher, director, producer and performer. He’s the creator and co-producer of SOLOCOM, which has launched over 400 world-premiere, international solo comedies at The People’s Improv Theater. Solo show directing credits include: Amy Marcs’ Nice T!ts, Mark Demayo’s 20 & Out, Mark Giordano’s Mad Man, and dozens more. His long-running solo comedy Desperately Seeking the Exit chronicled the unmaking of his West End musical flop Desperately Seeking Susan; receiving 5-star reviews and a London transfer. His 2015 solo chat show spoof, Late with Lance!, played everywhere from Orlando to London. His current show, Show Up, is an improvised solo show deconstruction that’s about the audience, and tours in 2017. Pete’s production company PM2 Entertainment has presented David Mills: Shame!, Jason Kravits’ Off the Top!, LA comedy duo Moby Alpha, and the acclaimed, international solo show hit David Carl’s Celebrity One-Man Hamet. www.petermmarino.com

Time Out

New York

COMEDY

Edited by David Goldberg



In honor of Breast Cancer Awareness Month Amy Marcs returns with her autobiographical one-woman show about surviving breast cancer. With keen observations and ample humor, Marcs takes the audience through her journey of physical and psychological reckoning, body confidence and mortality.



Adam's Call: Amy Marcs' "Nice T!ts": Heart, Laughter, and Barbie Dolls!

Friday, October 7, 2016 at 9:17PM

Amy Marcs' *Nice T!ts* at The PIT Loft in NYC has it all...heart, laughter, and Barbie dolls! I never thought a show about one's journey with breast cancer would make me laugh, cry, and then laugh even more, but that's just what *Nice T!ts* did. Amy took one of life's lowest blows and came back swinging her way to champion! Amy has created a show that everyone can relate to.

In just one-hour's time, Amy took us through every step of her breast cancer, from the day of diagnosis all the way through her double mastectomy and beyond. She took us to support groups, doctors offices, Toys 'R' Us, and even to bed. She left no detail out. What made this show so awesome was the way Amy infused her brand of comedy throughout the really tough moments. One minute I was getting emotional during her surgery and the next moment I was rolling with laughter as Amy cracks a joke about how she was feeling the following day.

Amy Marcs in "Nice T!ts" painted the grim picture of breast cancer perfectly, while infusing a rainbow of colors from her genius performance skills. It's like Amy mentioned in our interview together, she was able to make light of her breast cancer pretty quickly because she is a performer and I have to say, she's a damn good one!

My favorite part of *Nice T!ts* was a whole montage and interaction with Barbie. Amy brilliantly used Barbie as a symbol for what she was going through when preparing for her double mastectomy. The writing, the use of video, and the way Amy interacted with Barbie was all spot on. It was so interesting to hear the comparisons between Barbie and the process a woman goes through while getting ready for a double mastectomy.

Nice T!ts never diminishes the seriousness of breast cancer, it just finds a way to make it a little easier to digest.



Front Row Center

New York Theatre | Bold, Biased and Brief



NICE T!TS

Raphael Badagliacca on May 17, 2016

A person alone on stage, even a stand-up comedian doing a practiced routine, always elicits reflections on mortality. I think it's just the reality of the person standing there alone telling you his or her story - which is, in the end, all we have. These undercurrents are right on the surface in "Nice T!ts" where with impeccable comedic timing this story of loss and rejuvenation is told with visceral empathy by playwright/performer, Amy Marcs.

This is her story. But she does something I have rarely, if ever, seen before. At times, she empathizes with us empathizing with her, almost as if to say ever so briefly with a pause or a gesture or a phrase, "Yeah, this is what happened can you believe it and I'm here telling it to you." She has a curiously sophisticated rapport with the audience that grows in impact when you consider that some of those sitting in the dark have been drawn to the show by experiences similar to hers.

Breasts themselves are characters in this one-woman show. We can't help but be reminded, whatever our gender, that these were our first objects. We can't deny their iconic meaning, their societal and economic value, how they can make things happen. This is humorously driven home by none other than the voice and image of Barbie, the plastic surgeon of our attitudes.

But on the serious side, these primary objects mysteriously become primary to the subjectivity of some of us. Then to have that part of your identity "ripped away" in the words of one of the cancer center voices Amy Marcs impersonates, can only be devastating.

This is how well-told stories work. The women in the audience immediately identify, whatever their experience. At first, the men are transformed into even more distant spectators, as if we weren't already completely in the dark about what women are all about, but then Amy brings us all back. This is a universal story about the losses that challenge our identity, which is not gender specific because none of us is immune to events and the passage of time.

She does this with humanity and humor, just what the doctor prescribed.



Some women have family, friends, priests, rabbis, psychologists or support groups to guide them through their breast cancer diagnosis and recovery.

Amy Marcs has Barbie.

The iconic plastic doll plays a major role in Amy's one-woman comedy show "Nice Tits" directed by Peter Michael Marino and currently playing at the Pit in NYC. For Amy, Barbie is both a no-nipple role model and a self-esteem-boosting hallucination. Barbie's importance is just one of the many simultaneously hilarious and touching aspects of the show - there's also Amy's superstitious night-before-surgery sandwich instructions, her disastrous attempt at joining a support group and her reminiscence of the first time she got felt up at a middle school birthday party, to name just a few.

"I have a family history of this disease. My mother died from it at 51. I cannot let that happen to me. As much as I love my perfect perky breasts, and many others have loved my perfect perky breasts, going all the way back to Larry Stomba, they are not worth my life. They must go!" Amy says in one scene.

If you follow comedy at all, right now your brain is probably going, "Tig Notaro Tig Notaro Tig Notaro," and in one way, you're right: earlier this fall, the Villager named both Amy and Tig - as well as Deb Castellano - as women who are, as the title bluntly puts it, "Funny about cancer." Apart from the subject matter, "Nice Tits" is very different from Tig's famous shows about breast cancer - but both tackle the subject expertly, making the audience laugh until they cry, and then cry for real. New Yorkers, this is one show you don't want to miss. "Nice Tits" sold out last year - and last night - so get your tickets for the three remaining performances at the Pit now.

Cancer occupies a unique place in society, at once both public and intensely personal. Very few of us have lived lives that haven't been touched by cancer in some way, either by the death or treatment of a loved one, or with a diagnosis for ourselves. But cancer isn't experienced as a social phenomenon or a way of bringing people together by the people who have it. There are as many ways for a person to experience cancer as there are people. That experience is at the centre of Amy Marcs' one woman show, *Nice T!ts*, which explores the diagnosis and treatment of her ductal carcinoma in situ, an early form of breast cancer. A self-described "hot Jewess with a great rack", Marcs grapples throughout the show with the idea of a part of her body that created a great deal of her identity turning against her. Ranging back and forth in time, from early memories of awkward sixth grade fumbling's with boys to her recovery, the show begins with Marcs in the centre of a ring of ghostly white folding chairs, moving lithely between chairs to play other members of the support group that she attends in the aftermath of her surgery. But this isn't an ensemble piece, and the emphasis is firmly on Marcs' reactions and sensations. When she bemoans not being in the "cool" cancer support group, or the "hippie dippy new agey" woman conducting the group, Marcs is able to chart a delicate course. Complaining about others in this context could easily seem callous or self-absorbed, but Marcs makes the frustrations and awkward feelings both real and sympathetic. For obvious reasons, one person shows depend upon the performance to create emotional engagement and dramatic tension. Marcs, a veteran actor and voice over artist with a background in improvisa-

tion, is able to give these other women personalities and concerns beyond their small roles, and to create an emotional intimacy in a short amount of time. It's hard not to sympathise with someone undergoing cancer treatment, but Marcs has interests beyond that. Breast cancer especially is wrapped up in a complex set of societal ideas about femininity and beauty, self-worth and self-image. The show starts in the middle, chronologically, moving back and forth with a logic that feels like an off-the-cuff reminiscence, as if Marcs was telling us the story over a couple of drinks, among friends, unafraid to come off poorly occasionally if there's a good joke to be made at her own expense. Shaping the story in this way allows Marcs to avoid an arc that moves from crisis to redemption. Marcs has also pegged the story to a specific moment in time, with dates and relative times projected on the screen when her story moves from one area to the other. It's a light-footed, unobtrusive technique that preserves the conversational quality of the show, while providing some context. Marcs also goes into some depth about her course of treatment, recovery, and reconstruction. Her early form of breast, ductal carcinoma in situ, means that the cancer hasn't spread beyond her milk ducts into other parts of her breasts or her lymph system. While early detection of the cancer greatly improves the chances of survival and limits the chances of recurrence, it did require a double mastectomy to remove those cancerous milk ducts and ensure they can't do further harm. Marcs discusses everything from her hot reconstructive surgeon, to the inflatable implants designed to stretch the skin enough to place permanent implants to her nipple less, Barbie-like breasts post-surgery. The programme features a quote,

"Laughing is, and always will be, the best form of therapy", and the show is frequently very funny. Marcs often delivers her monologues with the breezy pace and snappy timing of a stand-up comedian. The show shifts from comedy to pathos effectively, never succumbing to bathos or a sense that when she reaches for profundity, it isn't earned. Not everything lands effortlessly, however. A longish scene discussing (and speaking with, via projected animated videos) Barbie late in the show felt funnier in concept than in execution, and (only having had a brother and no younger cousins in my family) I lack any sort of emotional or experiential experience with Barbie. Your mileage may vary, but it fell flat for me. Still, Marcs is an immensely talented performer who has created a show that convincingly walks us through the emotional highs and lows of cancer treatment and its aftermath. As treatments improve and as more and more people become long-term cancer survivors, narratives of their treatment and recovery are going to become more and more important. Just as cancer is at once universal and intensely personal, Marcs' show is able to find the universal in one woman's story.

Aaron Van Dorn



Amy Marcs on stage

Let's talk about Breasts in Fort Myer's Show.

Charles Runnells, The News Press. March 15, 2017.

Amy Marcs calls herself a very private person. And yet here she is, night after night, talking to strangers about her breasts.

Marcs can hardly believe it herself, sometimes. And neither can her friends.

"Even a lot of people I know had no idea about what I went through until they saw my play," says the New York City playwright and actor. "For some reason it is easier for me to express myself onstage."

Marcs' one-woman show visits Fort Myers this weekend at the Alliance for the Arts. And, once again, she'll be talking about her roller-coaster experience with breast cancer, a double mastectomy, and its effects on her femininity and self-confidence.

"It is a reconstructive comedy about hope, love and the resiliency of the human spirit," she says.

There's some heavy stuff in the play, but also lots of laughs. Just check out the tongue-in-cheek title: "Nice T!ts."



"Laughter gives us room to breathe and is extremely healing," Marcs says. "Humor has gotten me through some of the darkest times in my life."

The play got its start while Marcs was healing from her double mastectomy and began journaling about her experience.

"It was extremely helpful for me to express everything I was feeling and to write it out while not having to censor any of my thoughts," she says. "My friends and family were all so loving and supportive, but none of them had any idea how I actually felt or what I was going through."

"How do you talk about losing a part of your body that you love — or, as I say in my play, that many others have loved — especially a part of your body that has a direct impact on your sexuality and femininity?"

At the same time, Marcs was dealing with her own mortality and thinking a lot about her mother, who died of breast cancer at age 51 — just a month after Marcs' 17th birthday.

"Writing became my therapy, my medicine," she says. "I didn't know at the time that I would turn this into a one-woman show. All I knew was that I needed to write."

"I am an actress and acting teacher, and I know firsthand how art truly has the power to transform and heal."

Marcs hopes that healing goes both ways and affects the audience, too.

"It is my hope to be of service to others," she says. "To help people talk about things that are not always so easy to talk about. To start the difficult and uncomfortable conversations. To help women know that they are still beautiful, feminine, vibrant and sexy even after a cancer diagnosis and undergoing a double mastectomy."

"Life is hard. Life can be challenging. But we have the strength to make it through. I hope that my show helps people see that."

"Nice T!ts" plays at 8 p.m. Friday and Saturday with 2 p.m. matinees Saturday and Sunday. Peter Michael Marino directs.

The show takes place in the Foulds Theater at the Alliance for the Arts, 10091 McGregor Blvd., Fort Myers. Tickets are \$24 (\$11 for students).



In an Empire
Station State of
Mind
BY YANNIC RACK | In a
double...

Chelsea now

Hell's Kitchen
Native is New CB4
Chair
BY DUSICA SUE
MALESEVIC | With one...



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Sunday, January 17, 2016

Funny About Cancer

BY SCOTT STIFFLER The moment in life when we realize we've become our parents is as shocking, sobering, and fork-in-the-road-decisive as the diagnosis of a potentially fatal disease. Cancer, which sometimes asserts itself alongside other blessings and curses of heredity, doesn't give you a choice. It does, however, give you plenty of new material to work with — especially if you happen to carry the gene for looking at tragedy and finding comedy.

Ever since those first stirrings at her sixth grade birthday party, after retreating to the basement laundry room with a fumbling Larry Stomba for seven minutes in Spin the Bottle heaven, "I was always the girl who had the great boobs," says Amy Marcs.

Marcs' solo show "Nice T!ts" is an alternately introspective and crass, frequently absurd and occasionally surreal look at how medical consultations, surgeries, cancer support groups and conversations with Barbie by Mattel changed her "perceptions of femininity, womanhood, confidence, and mortality."

"This whole ordeal," explains Marcs in her show, "began when I was diagnosed with DCIS [ductal carcinoma in situ] in my left breast [a non-invasive breast cancer]. It doesn't spread beyond the milk ducts. Some doctors consider it to be pre-cancer, and some doctors consider it to be cancer. I just wish they'd make up their f***ing minds. It's like telling someone, 'Congratulations, you're half pregnant.' " Nine months after her second lumpectomy, Marcs was told there was cancer in the other breast.

"I have a family history of this disease. My mother died from it at fifty-one," she says, noting that with her own breast cancer diagnosis came "an unbelievable gut instinct that I had the emotional strength to go through this — because if I could survive losing my mother at seventeen, I could pretty much survive anything." The ability to assess, accept and persevere, Marcs notes, "was already in me."

In the show, she recalls thinking, "As much as I love my perfect perky breasts, and many others have loved my perfect perky breasts, going all the way back to Larry Stomba, they are not worth my life. They must go!"

In 2009, Marcs underwent a double mastectomy, skillfully performed by Dr. Karen Hiotis (of the NYU Cancer Center), with reconstruction to be handled by "my Michelangelo," plastic surgeon Dr. Nolan Karp. In an ironic moment during the consultation phase with Dr. Karp (who, she notes, is rather easy on the eyes), Marcs discovered her "quest to find the perfect set of boobs" would be complicated by another aspect of her physical self.

"He explains a procedure called DIEP [Deep Inferior Epigastric Artery Perforator] Flap Reconstruction and another called TRAM [Transverse Rectus Abdominus Myocutaneous] Flap Reconstruction," says Marcs in the show, "where they take the fat from either your stomach or your back, and make your new breasts out of that. Apparently I am not a candidate for either one, because I don't have enough fat. This is the first and only time in my life I'm upset that I'm too thin. 'Can't I gain some weight and then come back?,' I ask. But Karp quickly replies that it doesn't work that way."

It's here, in the self-styled learning process, that Marcs' "reconstructive comedy" began to emerge, as a way to use "the topical container of a breast cancer diagnosis to talk about the resiliency of the human spirit. When we're put to the fire, we have so much more strength than we think we have".



No, they're not hers — and yes, they're spectacular. Amy Marcs' "Nice T!ts" plays at The PIT Oct. 8, 11, 25 & 29. Photo by Cassidy Horn.



Call Answered: Amy Marc's: "Nice T!ts" returns this October to The PIT LOFT in NYC

My mom was diagnosed with Breast Cancer in 2003. I'll never forget that phone call. I was speechless. But, as I learned from my parents, you have to adjust to what life throws your way and whatever she needed I was there for her. Luckily, my mom's breast cancer was caught early and 13 years later, she's still here cancer-free! She is a true survivor! My mom took one of her most difficult life moments, turned it around, and now helps countless women adjust their lives when they find out they have breast cancer.

Because of my mom's Breast Cancer, I instantly felt connected to Amy Marc's one-woman show Nice T!ts, chronicling her journey with breast cancer. Using humor and heart (like with the show's tag line: "Amy had a great rack. Then she got cancer"), Amy's show is returning to The PIT LOFT in NYC for an encore run throughout the month of October, in honor of it being National Breast Cancer Awareness Month. Nice T!ts is a reconstructive comedy about hope, love, and the resiliency of the human spirit. Nice T!ts plays at The PIT LOFT in NYC (154 West 29th Street, between 6th & 7th Avenue) on Thursday, 10/6 at 8pm, Sunday, 10/16 at 4pm, Monday, 10/24 at 8pm, Thursday, 10/27 at 8pm.

1. This October your show, Nice T!ts returning to The PIT in NYC for encore performance run through October 27, in honor of Breast Cancer awareness month. What excites you about the show's return? *Everything about it excites me. I love doing my show, I love knowing that I can have a positive impact on someone's life, that I can connect, and help people talk about a subject that is not comfortable to talk about. And if I can give people hope and also a few laughs along the way then that's even better.*

2. Your experience with breast cancer began in 2008 with when you were diagnosed with DCIS, a non-invasive breast cancer that doesn't spread beyond the milk ducts. With your family history and your mom's passing when she was 51 from breast cancer, what went through your head at that moment of discovery? *First I would have to say, shock. Even though I have a family history of cancer, I never thought it would happen to me. To quote a line from my play "I have exercised my whole life, for years I was a vegetarian, I ate tofurki turkey four years in a row on Thanksgiving. I have a daily meditation practice, I chant with the Yogis, and I get Cancer." I thought I did everything right! So yes, shock was the first thing that came to my mind. And then action, I knew I had to find the best doctors possible to help me though this because I was not going to let cancer win this time!*

3. After your 2008 diagnosis, you began 3-month check-ins with a mammogram, sonogram, and an MRI. In 2009, a year later, something suspicious was found during one of your check-ins and you underwent a double mastectomy. Take us through your thought process at that point and what were you sure of and what were your fears? *After my DCIS diagnosis I had two lumpectomies. They did not get clear margins the first time, so they had to go back in and remove more tissue. I knew that I had to remain vigilant. At this point I was under the care of Dr. Karen Hiotis of NYU Cancer Center and was in great hands. Not only was she completely thorough but she was always so kind. To this day, I still call her my angel. I had a mammogram and the results came back clear – to this day I still have that letter that says "all was fine, see you next year." But given my DCIS diagnosis I also had to have a sonogram and an MRI. It was on the MRI that something suspicious showed up, and the nightmare began. I now had cancer in my other breast. Even seven years later as I write this, I have tears in my eyes, because the day I was told I had cancer was one of the scariest days of my life. At that moment I knew what had to be done. Given my family history (I am not BRCA positive – which was a shock to everyone, since I was young when I was diagnosed and my mom was only 51 when she died) I knew that I had to have a double mastectomy. It was my choice. I was stage one – so it was still so early, but for me I knew this was what I needed to do. It is a very personal decision. You have to really listen to the voice inside you and make the choice that is best for you.*

4. How old were you when your mom passed away? I remember Rosie O'Donnell talking about her mom's death from breast cancer saying she always hoped she'd make it to 50. She felt if she made it to 50 or past 50, she would be okay. Did you have similar thoughts about your life? *Absolutely. My mom passed away a month after I turned 17. That was a defining moment in my life that has shaped me and made me the person I am. The loss of your mother at that age is one that can't be explained, unless you have experienced it. So many major life events I wouldn't get to experience with my mom, let alone the everyday events, just talking about the small things, boys, school, and later in life, men (notice that is always a recurring topic) work, etc. I miss my mom every day. But, as humans, we find a way to cope, to be resilient – which is a big part of my show. Keeping hope alive even in the dark times, staying resilient, because we all have a huge capacity to heal and to make it through. I try to live a life that my mom would be proud of. And yes, getting back to Rosie I never thought I would live past the age my mother did, but, here I am!*

5. As you went through your breast cancer treatments, what did you miss most about your mom not being there? *Everything, but I was blessed to have an incredible support system. I moved in with my older sister and her family for three months and they took such wonderful care of me. Being with my sister was extremely healing. And truthfully, during this whole ordeal I could feel my mom with me, guiding me every step of the way. My show is my love song to my mom, it makes me feel so close to her. And I am grateful for that.*



6. How long after your diagnosis/treatment did you say to yourself, "I want to turn this experience into a show?"
How did you find the funny in breast cancer? *Pretty soon after. I am an actress and I knew that having a creative outlet would be so beneficial to my healing. I began to journal about how I was feeling and all that I was experiencing. Now this is just my nature but I can find the funny in almost anything. It's what gets me through. It's my coping mechanism. My humor has saved my life. I then took all my journal writings and met with Peter Michael Marino who helped me develop my journal writing and put it into play form. He helped me bring my story to life.*

7. Nice T!ts also discusses what it means to lose your breasts to cancer and how that impacts you, your partner, your sexuality, your identity, and even your family. Without covering what's in the show, what were your initial thoughts about each of these and how did the reality compare to your thoughts? *When I first made the decision to have a double mastectomy – I went into action mode. I knew I had to find the best plastic surgeon in NYC to help me reconstruct a beautiful pair of new breasts. And I did. Dr. Nolan Karp, who to this day, I refer to as my Michael Angelo. I didn't really think about the sexual part until after – as first I needed to survive cancer – and have all of my surgeries.*

The question of sexuality and how having a double mastectomy affects you, your femininity and identity, is a question that I could write a book on – and I am planning on doing that. This is a huge part of my show. When I made the decision to have a double mastectomy I was in a very serious relationship, if I was single I might have made a different decision. I am single now, and have been for the past four years, and this is something I have had to come to terms with in my dating life. But let me say this; Your breasts do not equal your sexuality, having cancer and a double mastectomy does not take that away from you. Come see my show so we can talk more about it, as these are very important conversations for us to have. *Nice T!ts* is a reconstructive comedy about hope, love and the resiliency of the human spirit. How do you feel having breast cancer helped you reconstruct your life in a way you might not have if you were never diagnosed with breast cancer? What did you learn about hope, love, and resilience of the human spirit after going through breast cancer? Are you considered cancer-free now? I am considered to be cancer free. So to say that I am grateful would be an understatement. To quote another line from my show "Every new day is a celebration, a bonus, and whenever I lose sight of that, get mired down in the daily grind of life, well then I just take my top off and look down at my breasts, and they remind me to stay brave, they remind me not to sweat the small stuff, and they remind me that time is a precious commodity not to be wasted."

Losing a mom at 17 made me very strong, and prepared me for the hard stuff in life, which there is plenty of, but I always find the hope and I always tap into being grateful for all I do have. To quote another line from my play "Every morning the first words out of my mouth are Thank You. I'm glad I'm here. I am glad I am here."

9. As a breast cancer survivor, what advice do you have for those who have just been diagnosed, going through treatment, and have survived it? *I want to start by saying that we are all different, and what works for some may not work for others. So if it's okay I would like to turn this question around – and if you know someone who has been diagnosed here are a few things that you can do. Cook them a meal, drive someone to a treatment, take action, because just saying let me know if there is anything I can do is not enough. Listen without giving advice, and please don't share your nightmare stories of someone you know who died from cancer, that is the last thing someone needs to hear!*

10. You have already gone through hurdles with breast cancer. But let's look at other aspects of your life. On "Call Me Adam" I have a section called One Percent Better, where through my own fitness commitment, I try to encourage people to improve their own life by one percent every day. What is something in your life that you want to improve by one percent better every day? *I would like to continue to take things less personally. I am extremely sensitive, and that is a great thing, especially for my art, but sometimes it would serve me to not worry so much about what others think.*

More on Amy: Amy Marcs is an actress and voice over artist signed with The Don Buchwald Agency. Amy wrote and stars in her autobiographical one woman show *Nice T!ts*, which she has performed to sold out crowds at The PIT Loft in NYC and Project Y's Women in Theatre Festival on Theatre Row. Amy was a guest on Fresh 102.7 and Sirius XM *Doctor Radio* to discuss her show and offer her perspective as a breast cancer patient and survivor. Amy has worked in regional theaters across the country. Some of her favorite roles include "Gorgeous" in *The Sisters Rosensweig*, "Myrtle" in *Kingdom of Earth* and "Lucille" in *Gemini*. She was a member of a Harold team at The Upright Citizens Brigade Theater and also performed in an original piece called *The Adler*, directed by Matt Walsh. You can see her in the independent film *The Waiting Game*, starring Will Arnett, and hear her as the voice of "Peg the Pig" in the animated feature film *Impy's Island*, which premiered at the Tribeca Film Festival. Her voice has been heard on numerous national network television promo and political campaigns. She is an acting professor at The New York Conservatory for Dramatic Arts, is on the faculty of ACTeen and also has a very successful private coaching practice. Amy is grateful to have an opportunity to share her story and to use the transformative power of art to heal.

Vending Machine | One on One With Amy Marcs, Creator Of Nice T!ts

by Brian Patrick

When you first meet [Amy Marcs](#), you could call her “a sexy hot New York Jewess with a great rack” and she would not find that the least bit offensive. You will see her as an actress filled with a wonderful blend of vulnerability and comedic timing. What you won’t see from her magnetic blue eyes or vivacious laughter is a cancer survivor who underwent a double mastectomy.

But rather than focusing on the gloom of that near tragic moment in her life, Marcs is sharing her experience in a one-woman play, *Nice T!ts*. For the third year, her critically acclaimed show is coming back to The PIT Loft for five performances this fall beginning September 25th

I recently met with Marcs in the Flatiron district to talk about how she continues to share her story using the stage to transform and heal. She told me, “*Nice T!ts* gets people in my audience talking about the stuff in life that’s hard to talk about. And I say, let’s talk, let’s have these conversations.”

So Amy and I did just that.

VM: “So, *Nice T!ts*.”

Amy Marcs: “Thank you!” (laughing)

VM: “Love the title. Obviously, I’ve seen it before. Before we get into the play, can you tell us a little bit about yourself and what led up to the [events](#) that inspired you to write this kind of play?”

Amy Marcs: “Well I wrote this play because it’s an autobiographical story about what happened to me when I went through cancer. Everything in the play is completely true. So when you see it and think ‘Oh my God, that’s crazy’, it all really happened...So I wrote it because I’ve been an actress for years and I feel that art can be really healing. When I was healing from my double mastectomy and not working, I started writing. At first I tried journaling everything then went to a writing coach [Peter Michael Marino] after that to put it into play form. I felt compelled to tell my story.”

VM: “Your choice to make this a one-woman play, what led you to make that decision?”

Amy Marcs: “I don’t know. I just knew that’s how I wanted to do it. I just felt it was me, it was my story and I play about seven other characters in it.”

VM: “One of the things I have personal experience with having been in the audience...you consistently speak to the audience so you’re breaking the formidable ‘fourth wall’. How would you say that changes or alters the experience for the audience?”

Amy Marcs: “It alters the experience for the audience and it alters the experience for me. I have a lot of people who have seen it more than once ... and [they say], ‘Every time I see the show it’s different.’ I see the audience as my final scene partner. So depending on what I get from the audience and what they give me because I’m breaking the fourth wall so much, the show is always different. When I was doing it the other night there was a woman in the front row and I was making really strong contact with her and something she was giving me altered my moment. So I don’t feel like I’m alone up there because I have a whole audience and it changes all the time ... People call out things quite a few times and I just talk to them and respond. It’s never the same and I love that. I love that for me too because it just keeps me on my toes because I don’t know what people are going to respond to or what’s going to happen next. And then I have to go from improving with the audience to coming back to my script and maintaining my focus.”

VM: “That’s one of the more fascinating things about this play. It is scripted, obviously, but there is a contingent of improv. How difficult is that to do?”

Amy Marcs: (Knocking on wood) “I studied improv, I studied at UCB. I feel like I have really, deeply prepared myself for this. I’ve been an actress for over 20 years. I teach acting. I’ve done a lot of improv so it’s just like every thing I do, came together.”

VM: “This is such a personal story about your struggle with Breast Cancer, yet you tell it with humor and with optimism. How did you and your director ... collaborate to achieve that?”

Amy Marcs: “Peter Michael Marino is my director and he’s brilliant, he’s a genius. As I was writing, because he helped me develop it so we worked together on the development of the show ... he made me put a Post-it note up on my computer as I was writing with the word ‘Hope’. So every time I wrote, I always knew to get back to the [narrative] thread that I want to give people hope. I wanted people to know that I’ve been through a lot in my life. I had just turned 17 and my mother died of breast cancer. How do you deal with that? For me, we’re all different, I make it through life with a killer sense of humor or should I say a kick-ass sense of humor. Everybody has their own way of coping and I feel in a show like this, I’m allowed because it’s my life. I’m the one who went through it, I’m the one who lost my breasts, I’m the one who lost my mom. So I can do whatever I want and I believe that humor is, I have a quote in my program, one of the best healing tools we have. Laughter helps us. It doesn’t mean we don’t feel awkward, it doesn’t mean it’s not dark. It just gives room for breath. And what’s so important about my story is we all have the capacity to heal and to overcome and that’s really powerful. I think we all need to hear more stories about people who overcome ... My show is 100 percent about service, letting other people know, ‘Yes, you can get through this. Yes, you can make it through’. It’s awful but you can be better in the end. So my goal of my show is to inspire and to give hope and not just for people who have had cancer. Life is hard, but if we know that we are resilient and have a way to make it through, it’s important.”

VM: “I know *Nice T!ts* is for a limited run. Where are you playing?”

Amy Marcs: “So, I’m doing it at the PIT Loft ... I did my first show on September 25th then I’m doing my run in recognition of Breast Cancer Month, so it’s a special run. This is my third year of doing the show. I keep selling out every time. People keep coming back to see it again and the great thing is they keep sharing it with friends. They’re like ‘this is the show you should see, you want to see.’ Then, hopefully, I’m going to go on tour. I’m going to go to Florida in March to a place called [Theater Conspiracy](#). So I’m doing a special four-show engagement there. My hope is to start spreading the word and to travel. You don’t just have to be in New York to see my show.”

PEOPLE WE LOVE

Amy Marcs: Breast Cancer Survivor, Creator Of *Nice T!ts*

As you probably well know, October is breast cancer awareness month. Ravishly has reached out to important voices throughout the vast community of breast cancer survivors, and today we bring you Amy Marcs, the woman behind the one-woman show “Nice T!ts”. The show features bits and pieces from Amy's own breast cancer diagnosis and resulting mastectomy, with more than a few laughs thrown in. We talked with her about the power of comedy and what it's like to be in your own one woman show.

Tell us about your experience with breast cancer. How did you come to the decision to turn that experience into a show?

My experience with breast cancer began in 2008 when I had a lumpectomy after being diagnosed with DCIS, a non-invasive breast cancer that doesn't spread beyond the milk ducts. Because of that diagnosis, I was checked every three months, with a mammogram, a sonogram, and an MRI. In September of 2009 something suspicious showed up on my MRI, which turned out to be cancer. On October 13, 2009 I underwent a double mastectomy. My mother died of breast cancer when she was only 51, so at this point I felt that was the best choice for me. After surgery, I started to journal about my experience. Two years later I decided to turn those writings into a one woman show. "Nice T!ts" is the story of my undergoing a double mastectomy and searching for the perfect pair of new boobs. My story is about the resiliency of the human spirit and finding self-acceptance, love, and hope in a very traumatic situation.

"Nice T!ts" is a one woman show — it has a stronger performance element than a traditional stand-up routine would. What made you decide on this format?

Since I am more of a comedic actress than a stand-up, I knew that a play format was a better choice for me. That being said, there is still a strong improvisational feel to my show. I do break the fourth wall and make direct contact with the audience. I love this, and it also gives a feeling of spontaneity to the piece, and makes the audience feel more a part of it.

What do you think of the Save the Boobies campaign for Breast Cancer Awareness? It has all the best intentions but their message alienates many women who've undergone mastectomies, as a result of having breast cancer.

I am aware of the Save the Boobies campaign and personally don't feel alienated by them. Breast cancer is such a personal experience and different people are going to be triggered by different things, if it raises awareness and all the money goes to the cause, then I don't have a problem with it. Boobs are everywhere, and unfortunately we live in a society where women are overly sexualized. As a woman who has undergone a double mastectomy I have to come to terms and accept that, and truthfully life is too short and precious for me to waste my time and energy getting upset over it. That is one of the reasons for writing my show, for women to know that they are still beautiful vibrant and sexy even after a double mastectomy, and no disease or surgery should ever take that away from us.

How did comedy and performance help you during and after your treatment?

Comedy has helped me through some very challenging times in my life. It is an extremely powerful vehicle for self-expression. I also think comedy is a great icebreaker and can help people feel more comfortable discussing difficult and uncomfortable subjects. The power of laughter should never be underestimated.

GIRLTALKHQ

A Daily News Blog Dedicated To Female Empowerment & Inspiration For Millennial Women

What Do You Do When You're A Comedian & Get Breast Cancer? Create A Stand-Up Show Of Course!

October is [breast cancer awareness month](#) and while this horrific disease and the awareness surrounding it should not be limited to one month out of the year, we will happily take it as an excuse to share empowering stories from women who have walked the journey themselves and who are using it to help others. Comedian Amy Marcs is one of those women who isn't afraid to put her rack on display...in the form of a one-woman stand-up show about having breast cancer. Her show 'Nice T!ts!' first launched in 2014 and every night she performed was sold out. So she is bringing it back to the stage again in New York City for a series of encore performances at The PIT.

Her comedy takes the audience on her journey of finding out she had breast cancer at a time when everything was going so well, then having to schedule doctors appointments, support groups, and come to terms with the fact that her once-perfect perky breasts were about to get a major reconstruction (not in the typical Hollywood way). We have seen comedy being used as a powerful vehicle to share important, often serious messages that allows audiences to think about something without being preached at. It is a genius way to bring people into an intimate space with you, and when Tig Notaro went through the exact same situation, her candor and self-deprecating humor won her legions of fans almost overnight. We had the chance to chat one-on-one with Amy to learn more about her experience with breast cancer, what we need to know to be a better supporter, and of course her show.

Why is October/Breast Cancer Awareness month important to you?

This month is important to me for so many reasons. For starters, I am a breast cancer survivor. I celebrate my six year anniversary of being cancer free this October 13th. I lost my mother to this disease when I was 17 and my mom was only 51. I know the impact and toll breast cancer can have on an individual and their loved ones, and it is my wish that we find a cure and put an end to all this suffering.

Give us the rundown of the Amy Marcs story – what is your background and how did you get to where you are today?

I grew up on Long Island and moved to NYC after graduating from college to pursue my dream of becoming an actress. I have been here ever since. I am an actress and voice over artist signed with The Don Buchwald Agency, my voice has been heard on many national network television, promo, and political campaigns. I teach acting at the New York Conservatory for Dramatic Arts as well as having a successful private coaching practice. I recently wrote and performed in my one woman show Nice T!ts which is returning this month to The PIT for Breast Cancer Awareness Month.

Tell us about your comedy show “Nice T!ts!” and where the idea came from?

Six years ago I was diagnosed with breast cancer, and while I was healing I started journaling about my experience. Two years later I decided to turn those writings into a one woman show. Nice T!ts is the story of my undergoing a double mastectomy, and searching for the perfect pair of new boobs.

GIRLTALKHQ

Having breast cancer is a very serious issue, yet you are using comedy to raise awareness. Why do you feel this is an effective method?

I believe that once you get people laughing, they are more open and receptive. Comedy allows you to take the uncomfortable and make it comfortable. The power of laughter should never be underestimated.

What are some stats on breast cancer our readers should know about?

Well, I'm not a Dr. so I don't know how many stats I have, but I think many people feel that if you don't have a family history then you're safe. Not true, family history only accounts for about 15 percent of breast cancers. No one is immune to this disease. Get checked. Early detection is vital.

You performed this show last year and it was sold out! What are you hoping audiences this year will take away?

Well, I hope people get what they need from seeing my show. I hope it is a personal experience for everyone. I hope it helps people realize how much stronger they are, then they think. I hope it helps people realize that we all have the capacity to triumph over adversity. And I hope people remember how funny it was. How healing laughter is.

Women are already under so much pressure from the media to look a certain way, and those who have suffered from or are suffering with breast cancer can often feel very isolated with their situation. How would you encourage them not to feel alone?

I think it is so important for women to not isolate, to reach out to other women who have been through this. There is an amazing sisterhood with this disease. I can't even begin to tell you the number of people who reached out to me that I didn't know. Support groups, therapy, ask your Dr. for other patients that went through the same procedure, that are of a similar age, as that is also really important. I went to yoga for women with breast cancer. That was extremely helpful to me. There are so many wonderful organizations out there, we are not meant to go through this alone.

What are some things people should NEVER say to a breast cancer survivor or sufferer?

I'm going to turn that question around and say what you *should* say to someone with breast cancer. Ask them "How can I help?" Ask what do you need? Listen. Offer to go to their Doctors appointments with them, offer to cook them a meal. Let them know you are there for them.

Another comedian Tig Notaro gained national attention after talking about her illness in a stand-up show. Why do you think audiences are drawn to these types of topics in comedy shows?

I think comedy creates a safe space to talk about these topics. As I said before, comedy makes the uncomfortable comfortable.

What do you hope audiences will remember the most about your show and your message?

Hope. That we can all make it through a difficult time and find our way to the other side. Laughter. How it is one of the best medicines we have.

Finally, what makes you a powerful woman?

It really depends on how you define powerful. I think of myself as extremely strong and resilient. I have experienced some hardships in my life. I have overcome those difficulties, and they have made me a more loving and compassionate woman. I live from a place of gratitude. I do what I love, and don't conform to the status quo. I chose to live life fully, with an open heart, to be present for all of the moments in my life. I do not an-



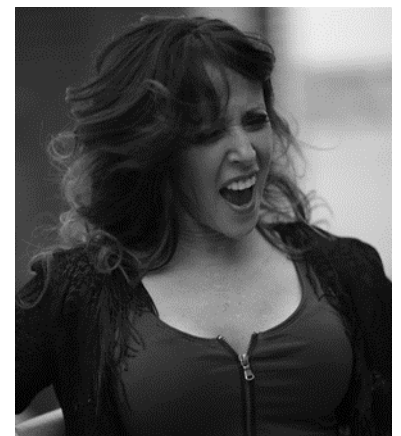
nice tits



"As much as I love my perfect perky breasts, and many others have loved my perfect perky breasts... they are not worth my life. They must go!"



"You are as beautiful now as you have always been, and no disease will ever take that away from you."





Laughter is and always will be the best form of therapy.

Links and contacts

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