Putting it together with Kathryn Adkins

As an actress, I always love hearing the stories of other performing artists. It seems like a lot of thespians catch the acting bug at a young age. That's what happened with me when I was at Live Oak Elementary School as a youngster and my teacher, Mrs. Tilus, put me in a play. As a shy, introverted kid, it opened up my imaginative world and acting is now a significant part of my life.

Similarly, for actress and teacher Kathryn Adkins, it happened to her in eighth grade. “It takes one person to say the magic words that send you down your life path,” says Adkins. “For me, my teacher told me I could be successful as an actress after I performed a monologue in class. I’ll never forget the amazing feeling of connectedness to the text when performing.”

As she ventured into high school, Adkins began studying voice and performing in musicals, which then led to college courses and several theater arts degrees, which then led to a thriving teaching career at Cabrillo College.

Adkins has been teaching at the community college for more than 20 years including instruction in acting and voice technique as well as directing in and performing in shows like this summer’s Cabrillo Stage production of “Putting It Together.” In addition, she founded the musical theater company, Lyric Theater, in the mid ’90s, and she’s a founding member of Next-Stage Productions, a local performing arts company with an educational focus on seniors ages 55 and up.

“As a performer, you deliver the message of the composer/lyricist or playwright through the character and their relationships,” says Adkins. “As a director, you interpret the word and music of the play or musical and then create the framework or concept that supports the text and playwrights’ intent and then coax the best from actors. A teacher is really a mentor, a mother and a cheerleader.” Lucky for us, she’s a triple threat.