



Presents



A Film by Michael Carvaines

starring
Christopher Heltai
Nadia Angelini
Natasha Desai
Tara Platt
Pedro Shanahan
Cheryl Tsai
Juliana Dever

81 minutes
This film has not been rated

National Publicity:

The Busby Group
Vice President
Sylvia Desrochers
T: 323-988-5613
E: sylviad@thebusbygroup.com

The Busby Group
Account Executive
Tiffany Bair
T: 310-801-7582
E: tiffanyb@thebusbygroup.com

www.micarproductions.com/time_and_tide

SYNOPSIS

An endearing look at love and dating, TIME AND TIDE follows Rob, a successful architect in his 30's, as he faces the fact that he must grow up. He reflects on four recent relationships – each of which has left a unique and indelible mark on his memory. By revisiting these affairs, Rob discovers the person he needs to become in order to find lasting love.

Although Rob is alone, he spends much time in the company of four women from his past as they dominate his thoughts. There was the sassy and exotic Amy, who should have been the ideal girl, but was more in love with her own philosophical ideas than with Rob. Kelly was both sexy and caring, but every evening ended with an argument. Precocious Jessica brought humor and a sparkle into Rob's life but was far too young to really be a long-term commitment.

And, finally, there was Christina, who loved Rob whole-heartedly and maintains a particularly special place in his heart. Her intelligence and warmth made her a perfect match for Rob, but he sabotaged a good relationship with his insensitivity. She may be the key to his future happiness, if only he can prove that he has learned from his past mistakes and win her back.

Written and directed by Michael Carvaines, TIME AND TIDE is a funny and insightful look at one man's struggle to come to terms with his past so that he can move forward. The sexy ensemble cast of up and coming actors includes Christopher Heltai as Rob and Nadia Angelini, Natasha Desai, Tara Platt, and Cheryl Tsai as the four women who captured his heart.

The sprawling city of Los Angeles is Rob's partner as he travels from downtown's Disney Hall to the beaches and pier of Santa Monica. Award-winning cinematographer Aaron Platt has beautifully captured the expansive character of the city, making it the perfect backdrop for Rob's journey of self-reflection.

Throughout the film, moments from each relationship are revealed as Rob jumps from past to present, from memory to memory. Scenes are repeated, but slightly altered. A different angle, a changed phrase. We've seen it before -- or have we? Because of the film's clever construction, the viewer and protagonist are intertwined into the same experience.

We remember. We forget. We remember again, yet differently.

CREW BIOS

Michael Carvaines (Writer, Director, Producer)

Michael is the founder and president of Micar Productions in Los Angeles where he acts as writer, director and producer. Under this banner, he has written and directed two independent feature films: "The Sleep of Reason" and "Time and Tide." Prior to founding Micar, Michael worked in film marketing for a number of companies including Gramercy Pictures, USA Films, DreamWorks and New Line Cinema. Michael worked on the campaigns for nearly 100 major movies including "Traffic," "Being John Malkovich," "The New World," "The Man Who Wasn't There," "Gosford Park," "Maria Full of Grace," "The Notebook," "Wedding Crashers," and "A History of Violence."

Michael was born in Cleveland, Ohio and has been inspired by the magic of cinema his entire life. He has been making films since a young child, including a "remake" of "Raiders of the Lost Ark" at age 8. His first professional filmmaking experience was the pilot episode of the sitcom "After Class" which was based on the lives of his college roommates while attending the University of Michigan.

Aaron Platt (Cinematographer)

Aaron Platt was born and raised in the back-wood cuts of northern California. Obsessed with low budget horror films and early skateboarding videos in high school, Aaron snagged an outdated video camera from his friend's closet and began documenting his youth.

A continued interest in multimedia led him to pursue a bachelor's degree in multimedia at the University of California, Santa Cruz. There he made several short films and experimentations including a short student film that was accepted into the 2004 Sundance Film Festival and received an award for Most Promising Filmmaker from the 2004 Ann Arbor Festival. Since then, Aaron has focused most of his energy in cinematography and shot over fifteen music videos, eight feature films, and a few commercials. His recent accomplishments are a best cinematography award from Sacramento International Film Festival and a 2007 Independent Spirit Award Nomination for Best Cinematography.

Kenny Frey (Composer)

Born and raised in Virginia, Kenny Frey graduated from the Berklee College of Music with a degree in Film Scoring. Over the past decade, Kenny has obtained a broad range of experience and business savvy in the music and film industries. While living in Los Angeles, he learned the ropes of the entertainment industry working with Howard Rosen, Alan Howarth, Mike Post, Sam Schwartz and numerous temp assignments from the Friedman Agency. Kenny also has extensive film experience in publicity, acquisitions and business affairs. He worked at Gramercy Pictures, (which became USA Films and is currently Focus Features) for almost five years, forging lasting relationships across the entire entertainment spectrum.

Gordon L. Smith (Editor)

Gordon L. Smith graduated from the University of Michigan where he won several prestigious writing awards. He's worked in the Pentagon, a flower shop, and teaching LSAT prep. He's currently attending the School of Cinematic Arts at USC pursuing a Master of Fine Arts.

ABOUT MICAR PRODUCTIONS

Micar Productions is an independent media company whose business is the creation, production, marketing and distribution of original films. Micar Productions is poised to become that new breed of independent entertainment company that can consistently and successfully produce and market independent motion pictures.

Due to their early successes, Micar has established many diverse and longstanding relationships throughout the entertainment industry. These include loyal ties with actors, crew, producers, publicists, and executives within the established film community. Ultimately the goal is the establishment of a brand identified with original and significant films that have a profound impact on audiences across the world.

The Company is lead by Michael Carvaines, its founder and chief executive officer.

CAST BIOS

Christopher Heltai (Rob)

Christopher was born in New Jersey to a Danish mother and a Hungarian father back in the late 60s. His passion for film drove him away from his tenacious and fulfilling work as a New York City stage actor to Los Angeles. He has since starred in over 14 independent feature films.

He spends some of his time as a hospice volunteer (which he has done since 1998) and subsequently has a documentary film crew following him through the process of caring for the dying. Christopher is in production of his first personal feature entitled "Arbie," under his own shingle, Kensington Pictures, where he is the star and executive producer.

Nadia Angelini (Christina)

Nadia Angelini is an actress, singer and songwriter who has appeared on Broadway and numerous feature length and short films.

Born and raised in Los Angeles, Nadia has been training in music and acting since she was a child. As an NYU Tisch graduate, she values the combination of great training and talent.

Natasha Desai (Kelly)

Natasha Desai grew up in the suburbs of Chicago and didn't even think about acting until her mid-20's. While living in Brooklyn, she happened upon a chance to be in "Reckless" as part of a community theatre group in Fort Greene, NY and fell in love. Well...kind of. She and her dog drove out to LA to pursue their dream, honing their acting skills on the way – Bonnie and Clyde one day, Joanie and Chachi the next. After several years of bliss and fame in Hollywood, they fell in love for real and left the glitz of LA for quiet, country life in Northern California

Tara Platt (Jessica)

Tara began acting at 2 ½ and has since performed internationally from London to NY to LA in film, TV, animation and theatre. Credits include: Juliet in "Romeo & Juliet," directed by John De Lancie; "The Gilmore Girls;" and "Death's Door." She's currently prepping for her work on the animated show "Legion of Superheroes" as a legionnaire. Tara received her BFA in Theatre at The Mason Gross School of the Arts and The London Academy of Theatre. For more information on her or her credits visit www.TaraPlatt.com.

Cheryl Tsai (Amy)

After studying radio, TV and film production at Northwestern University, the Orange County native returned to Los Angeles and began her career with a number of Equity theatre productions. Her stage credits include: Catherine in the Tony award-winning play "Proof" (Long Beach Playhouse Studio Theatre); Jill Mason in "EQUUS" (East/West Players'); and Julia in "Two Gentlemen of Verona" (Shakespeare Festival LA). Television credits include: "Brothers & Sisters" (ABC); "Arrested Development" (FOX); "Four Kings" (NBC); and "Days of Our Lives" (as Dr. Connie Lee). Films include: "Late Night Girls," "Dr. Fugazzi" with Faye Dunaway, "Learning Curves," "Dude, Where's My Car," and over ten independent films, several of which have been festival selections across the globe. Cheryl is also working on her first solo album after collaborating with the rock band Squamata to release their first full length album "Black Sky Mind." She plays piano and guitar.

Juliana Dever (Renee)

Growing up in Missouri, Juliana Dever made her way to Hollywood a few years ago. She gained momentum quickly earning roles in Sony Pictures' "Sasquatch Hunters" and Lions Gates' "The Mangler Reborn" (adapted from the Stephen King original). Upcoming projects include "Ready or Not" and "Into the Arms of Strangers," which is currently touring the festival circuit, including Los Angeles' own Dances With Films. Juliana is also the host of "Your LA" on NBC. Stage credits include: Katrin in "Mother Courage;" "Her Children;" Natasha in "Three Sisters;" and Loretta in "Not-to-be-Missed." She has trained with the Moscow Art Theatre and also works with the Steppenwolf Theatre Company. For more information on Juliana's credits visit www.JulianaDever.com.

Pedro Shanahan (Blair)

Pedro grew up a child actor in the Oregon Repertory Theater, the Cascade Balzac Company, and was a founding member of the Martin Luther King Jr. Theater Co. He played the lead in “The Gentleman Don La Mancha,” which recently won Best Student Feature at the Mexico International Film Festival. He is currently playing the title role in “Eavesdropper,” LA’s longest running play. He works on two shows for FUEL TV: “American Misfits” and “Stupidface.” He also sings and plays with The Rondo Brothers, and solo as Dirty Little Pedro.

CREDITS

CAST

Rob	CHRISTOPHER HELTAI
Christina	NADIA ANGELINI
Kelly	NATASHA DESAI
Jessica	TARA PLATT
Blair	PEDRO SHANAHAN
Amy	CHERYL TSAI
Renee	JULIANA DEVER
Party People	ADELLE GOMELSKY SARAH HARDY DUNCAN HEDGES ZAC SCHWARTZ LINDSAY STEARNS DEAN TRIPODES

CREW

Micar Productions Presents
TIME AND TIDE

Written, Produced
and Directed by
MICHAEL CARVAINES

Director of Photography
AARON PLATT

Editor
GORDON L. SMITH

Music
KENNY FREY

Sound Mixer
IAN BOYD

Co-Producer
CHERYL TSAI

Additional Photography
MATT BOYD

Sound Editor
KLINT MACRO

Post-Production Sound Studio
COBBLESTONE STUDIOS

All Songs Written By
KENNY FREY
With Performances By
THE PROFESSOR
THE WHISTLER
LeEQ

Creative Something Something
zwk

Production Assistant
SEAN FINEGAN

Production Insurance Provided by
THE TRUMAN VAN DYKE COMPANY

Catering Provided by
FIESTA FEAST

Filmed in Los Angeles, CA

Special Thanks to
JIMMY AND LEILA PAPPAS
For the use of their home

CLUB TEE GEE
ROCKOTITLAN CAFÉ
KALDI COFFEE AND TEA
THE HUDSON THEATRE

© 2007