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Val Stulman started as an actor, first studying in the Neighborhood Playhouse Teen program in New York. She then attended U.C.L.A. and Loyola Marymount University where she received her B.A. in Theatre. While at LMU, Val was privileged to study classical drama in London with instructors from RADA and LAMDA. After graduation, Val studied acting with Roy London & Ivana Chubbuck, and was in Austin Pendleton's first workshop at HB. Val performed in L.A. plays, had bit parts in the TV shows & commercials of the day. Her biggest claim to fame was as one of the 19th century beleaguered wives in a series of *Virginia Slims* print ads. When Val realized that she had NOT come a long way, baby, she shifted directions. She was hired by Metromedia TV as part of the last cohort of the 1980s equal opportunity initiative. Val went on to work as an "audio girl" on most of your favorite 1990s sit-coms and other TV. (her one act play *The Booth* is about this.) Needing to remain creative, Val started writing. She joined the Beverly Hills Playhouse Writers' lab. Then, after she hit 40, an injury and life drama forced Val to shift direction again. She earned her secondary English teaching credential from CSUN and an MFA in Playwriting/Screenwriting from the University of California, Riverside. Still writing, she was an adjunct at colleges, then taught at-risk, gang banger, last chance high school kids, who live in the interstitials of L.A. Her full length play *Mercy Mission* was a Humanitas New Voices finalist and, *Triggers* won 3rd place in the Los Angeles Ebell Playwright's competition. Her aforementioned one act, *The Booth* opened the Newmarket International One Act Play Festival in September 2022. She also writes TV and film with writing partner Rob Rinow. They have three projects with producers... of course once a theatre lover, always a theatre lover.