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PUBLIC RELATIONS



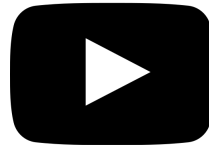
Anastasia Washington

Anastasia Washington is the comedic voice of the future. The 'bi-racial boss lady with curves, curls and sass' is utilizing her many talents for good by breaking down barriers and giving a voice to those who need it. As a Los Angeles native, she began professionally acting and singing at just 3-years-old and has since done everything under the showbiz sun. Her lengthy list of award-winning talents have given her many titles including: *Actress, Comedian, Podcaster, Writer, Director, Singer, Curvy Model, Comic Con Panelist, and Dance Hall Queen*. She's seen the industry at its best and worst throughout her career, and is now working to be the change she wishes to see in the world.

Anastasia utilizes her platform to educate her audience about topics such as Police Brutality, Eating Disorders, and Colorism. She incorporates her advocacy into her award-winning shorts including "What are you?" which touches on the struggles of expressing one's identity as a person of mixed races, and "He Said, She Said" which tackles the topic of sexual assault. Anastasia constantly strives to take on these difficult topics and make the big changes needed through creative expression.

Her work can be seen on-screen in productions such as *The Addams Family Movies* and *Die Hard 2*, as well as previous hosting opportunities for *WonderCon, San Diego Comic Con, LA Comic Con, Red Carpet Report*, and more. She has also modeled for big-name brands such as: *Nordstrom, NYDJ, Dickies, Mod Cloth, and Marvel*. Throughout the pandemic alone, Anastasia was able to produce, write and star in a one-woman-show that played at the Black Voices Festival and Solo Fest called "50 Shades of Mixed: Confessions of your Ethnically Ambiguous Best Friend" and a web series called "Disordered".

Currently, Anastasia is currently starring in the horror comedy film, **DeadHead**, which will be premiering on **Dance with Films** on **June 24th**, as well as making her future convention appearances at **Anime Riverside, San Diego Comic Con, Midsummer Scream**, along with **publishing her self-help book** in 2023 (further details to come) with the hopes of furthering the conversation of colorism, discrimination, and even bring attention to true crime stories. Noting, she is a member of SAG/AFTRA, WIF, and WOC Unite.



CONNECT

[website](#)



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Currently, Anastasia is working on creating more stand-up specials, podcasts, feature films, and a self-help book. With the hopes of furthering the conversation of color-ism, discrimination, and even bring attention to true crime stories.

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Anastasia Washington: “It’s ok to ask for help”



Thank you so much for joining us in this interview series! Can you tell us a story about what brought you to this specific career path?

Thanks so much for having me! My family loves to tell this story. When I was 3 I was at an amusement park with my fam. While everyone was watching a show, I was tap dancing and singing instead. I guess something big happened behind me because the crowd got up and cheered and I, assuming the applause was for me, took a bow. My Mother got me a manager the next week. I auditioned with “Good ship lollipop” and tap-danced and nailed my first audition and have never looked back.

Can you share the most interesting story that happened to you since you began your career?

Wow. I have truly been blessed with a very interesting career. I do remember as a kid working on the first Addams Family movie and being a kid, I was very upset about wearing tights. My mother was trying to calm me down when Raul Julia came over to help. He was such an epic man, and he spent most lunch breaks with me just singing and chatting. Truly one of my favorite memories are those at that lunch table.

Can you share a story about the funniest mistake you made when you were first starting? Can you tell us what lesson you learned from that?

Mistakes. I learn so much from each one I make. I think the funniest one I ever made was I was doing soundtrack work on this film Radio Flyer. They were doing playback and silly little me didn't realize that, so I sang out loud, full belt to absolute silence and then hysterical laughter. It was then I learned its ok to make a mistake. Even loud ones. Just give it your all and work hard but still find those moments of laughter. Don't be afraid to laugh at yourself, move on and do differently next time.

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Comic Anastasia Washington Packs Brunch Wisdom into Her Self-Help Book, “You Need to Hear This”

The purpose of the book is to help others feel comfortable lowering the volume of their inner self critic. “I want to release the pressure valve of perfection. To say we all mess up, and we can still be amazing. You are amazing for just getting to this point you have in life. I want to cheer you on as you go forward. And not to sound like a Pixar film or a 70s song but, you got a friend right here that won’t enable you but will have your back.” Everything that her future holds is as a result of her loving support system. “I just love every acting opportunity I have coming my way. And the reception of my projects. I can’t wait to travel with a one woman show more. Make some amazing film and content. And release a comedy special in the near future. I just am so blessed to have such amazing people in my life to collaborate with and I can’t wait for the world to see it all. Because big things are happening because we got each other. And now you got me too!” Life is better with a friend who makes you laugh! Check out Anastasia on [Instagram](#), [Twitter](#), [Facebook](#), and [IMDb](#).

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How Actress Anastasia Washington Is Helping To Make The Entertainment Industry More Diverse and Representative

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Laugh, Cry, and Think Deeply With Talented Entertainer Anastasia Washington



You've worked in movies, television, podcasts, comedy, and more. Tell us about where you got your start in the creativity business.

My family is very creative, we should really have our own show. I started acting and singing at a very young age because I knew that I wanted to entertain. I would sing and dance for everyone and when I was 3 my mother had the good sense and care to support my dream by letting me act and sing professionally. I never looked back.

When did you decide to get into podcasting?

So I actually got into podcasting pretty early in the podcasting game. When it was uncool and slightly less attainable to do. Me and my friends had these nerdy conversations that were wild and we were like if people could only hear us. And that's how my first podcast *Awkward Conversations* was born. We didn't know what we were doing so we pitched it to a network. We did the pilot episode on our phones and they put us on air. Again, not knowing what we were doing I was like how can we get to conventions and be panelists and get the word out there. And being naïve and bold, I reached out to cons and such and asked them about the process. We started having panels at conventions our first year just because I asked.

With such a crowded field, what does it take to find an audience for a podcast?

Hustle. And specificity. Some of my podcasts are so niche and you have to take note of where those audience members are. What conventions? What are they looking for that you can get involved in some way? And again just not being afraid to reach out ask questions and try things.

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Anastasia Washington, a Multi-modal and Multi-talented Star, Talks About Her Career

Twenty2: You began professionally acting and singing at 3 years old—would you tell me how this was a catalyst for your career?

ANASTASIA: I FEEL LIKE I WAS ONE OF THE FEW KIDS THAT ACTUALLY ASKED TO BE IN ACTING AT A VERY YOUNG AGE. MY FAMILY REALLY SAW THAT THIS WAS A GOAL OF MINE, AND LET ME PURSUE IT VERY YOUNG. THEN, I JUST NEVER STOPPED BEING WHAT I WANTED TO DO. THIS IS NOT THE CASE FOR MANY PEOPLE, BUT I WAS LUCKY ENOUGH TO HAVE KNOWN EXACTLY WHAT I WANTED TO DO IN THIS WORLD FROM A VERY YOUNG AGE, AND THEN TO BE ABLE TO JUST GO FOR IT.

I WOULD NOT STOP SINGING AND DANCING, AND MY MOM WOULD ALWAYS SAY AS I GREW UP AND GOT FRUSTRATED WITH THE INDUSTRY, “WELL, IF YOU’RE NOT INTO IT ANYMORE...” AND I WAS ALWAYS LIKE, “NO! LET ME JUST CRY IT OUT AND THEN GET ON WITH IT.” THERE ARE UPS AND DOWNS, AND POSSIBLE DISAPPOINTMENTS, AND IT IS A LOT TO DEAL WITH WHEN YOU’RE YOUNG. BUT, THIS WAS ALL SOMETHING I NEVER WANTED TO WALK AWAY FROM.

TO HAVE THE SUPPORT OF MY MOM, MY SISTERS, AND THE REST OF MY FAMILY MEMBERS TO KNOW THAT I WANTED TO DO THIS AND THAT THIS IS WHAT I WAS BORN TO DO—AND THEN TO JUST BE PUT INTO IT SO YOUNG THAT I HAD A GOOD HEAD START—I WAS REALLY LUCKY.



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Anastasia Washington: Impacting The World



Anastasia passionately shares, “To me, inclusivity means that you hear from more than one side of life. I think for a long time, we heard from one side of culture in Hollywood. I think what’s beautiful and what’s happening more these days is that the people experiencing these stories are actually telling their story from their cultural background. I think it’s crucial that we hear more voices and, as a biracial woman, it’s great to hear the hardships and hear about thriving, hoping, and just everyday slices of life. I think we’re all experiencing the same things because, in some ways, with all our cultural differences, we’re still a people, we still love, we still freak out, we still have anxiety. And the more we see that from different perspectives, I think the more we will say, ‘We are all the same, we all experience very similar things.’ And it really makes the world a lot smaller and everybody more empathetic toward one another. So, I personally hope that my contribution tells stories from my perspective while also encouraging others to tell their stories from their perspectives. Let us do this to show empathy and explore uncomfortable topics with a little bit of humor so that you can have a discussion about it and feel open to exploring other perspectives. I did a documentary about Black Trans Lives Matter, entitled “Free To Be,” which is doing the festival circuit right now. And I hope that, in addition to telling my stories and encouraging others to tell theirs, I will be able to assist others in expressing who they are and how they feel.”

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Exclusive Interview: Pop Culturalist Chats with Anastasia Washington

PC: There are so many different facets to your talent and career. Does one come more naturally to you? Is one more challenging?

Anastasia: I definitely love comedy and acting. I feel like that's my comfort zone. I feel like over the years I've had to struggle a bit at singing and writing, which I think is funny because it's probably what I've been most successful at. I'm not the most confident when it comes to singing and writing—I had to learn to be confident in those things—yet those are usually the things where people say I stand out. It's so weird that they're the facets I'm least confident about, but I'll do them. Over the years, I've gained confidence in them, but it's definitely been a journey, especially with writing. When I was a kid, I was the last to learn how to read because I'm dyslexic, but then once I started reading, I read at a higher level than everybody in my class. I feel like there's a struggle there, but there's an appreciation there as well. I had to learn that confidence.

PC: You've had a lot of success throughout your career. When you look back, is there a particular moment that stands out to you?

Anastasia: One of my favorite moments of all time is when I was a kid and I was on the first *Addams Family* set. I will always treasure those moments on set. When I feel bad about my career, I just remember those memories on that set. It was that feeling of being a part of something so big and so fun with all these talented people. That's what it's all about.



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Eating Cake with Comedian Anastasia Washington



Rashida: In your interview with Edward Sylvan, when asked what your movement would be to inspire the most people, you responded that you celebrate your wins by eating cake on Wednesdays. You went on to say that it was a “re-narration of trauma.” Can you talk more about that narration (the experience you had)?

Anastasia: *When I was about six years old, I went to a birthday party. It turned out that the people there were Neo Nazis. I'm light skinned, so they weren't 100% sure of what I was until my dad dropped me off. Then they were sure that I was half black, and obviously that was a very awkward situation to be in. They actually let me into the party but wouldn't let me experience the party. The worst part was watching everybody else eat cake. I am a huge cake person, so it was just the audacity of them not giving me cake. Later on I realized it was the racism that was a big part of it but when I was that age, it was the cake. I talk about it in my one woman show a little bit more in depth - there was a word stream with the parents and then there was an altercation between me and the kids. Later, when I would go to an event I'd be so hurt if I didn't get a slice of cake. It made me go, "What is this?" Then I realized it was that incident. I decided that I wanted to celebrate my wins and I didn't want trauma to be represented. That was something I found to be very special for me. That's when Cake Wednesday really happened, and it's been great. I get to celebrate other people's wins too. I like to try to find places that are local, or black owned, or just different, and try to highlight them and just take something that's so negative from my childhood and I try to turn it into something positive.*

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Anastasia Washington is Back! With New Performances and Attendance

You have performed at Burbank, Broad Humor Fest, Jest Another Comedy, and Albuquerque, what is your approach to comedy and what do you do to prepare for your performances?

I approach comedy with honesty and empathy. I think being completely me and talking from my point of view but not being close-minded to the fact that is my experience and my point of you is what makes me a strong comic. I want the crowd in on the joke not to be the joke. Let's laugh together and feel good and talk about the tough stuff and hopefully find some ways to laugh and find some common ground. To prepare I love to just hear the crowd, look at the crowd and see what the vibe is and adapt my set to that. Sometimes I can do that before but sometimes that happens on stage. Also, I do love a hood pump-up song.

What advice do you have for future BIPOC comedians?

Be authentically you for the jump. And don't just say jokes to be funny say them from your comfort and what makes you light up. When I first started out, I made fun of my size and I was subconsciously ruining my self-confidence but I got a laugh. Now I only do things that make me feel good on stage. Make me light up and speak to being authentically me. Also, collaborate with people. Build your community.

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COMEDIAN ANASTASIA WASHINGTON ON USING HUMOR AS A FORM OF ACTIVISM



What topics inspire you the most as a comedian and why?

I talk a lot about being bi-racial. I think I have so many things to explore there for my own personal health but also it's amazing to come off stage and have people say I made them feel less alone. I also explore mental health a ton, I think honesty and love are what I try to bring to my comedy. And the honesty of it all is it's hard out there and we have struggles but we don't need to be stigmatized and alone. I hope my comedy helps bring people together and start amazing conversations.

You recently performed at the Lysistrata Comedy Festival in New Orleans – can you share some highlights from the performance and visiting New Orleans?

The biggest highlights for me were the amazing women I met. I even did an all-woman improv strip tease, it was so fun and empowering. But honestly, it was great to do comedy in my moms home town with her in the audience. It was truly special.

Tell us about “50 Shades of Mixed: Confessions of your Ethnically Ambiguous Best Friend” your one-woman show that you produced, wrote, and starred in at the Black Voices Festival and Solo Fest?

Yes! And also for the Wayward Artist Solo, Duo, Trio fest, and next stop is Curtis Theatre's Amplify and then Edinburgh next year. It's about the first 10 years of my life and it explores a lot. 'What are you?' And “50 shades of mix: Confessions of your Bi-Racial Best Friend” spills all the tea on the shady moments of a Bi-Racial Woman's life. Anastasia shares real-life heartbreaking and often hilarious stories. You'll laugh, learn and wake the hell up.

[Read Here](#)

Bi-Racial Comedian, Creator & Curve Model Anastasia Washington Tackles The Tough Topics

Anastasia utilizes her platform to educate her audience about topics such as police brutality, [eating disorders](#), and color-ism. She incorporates her advocacy into her award-winning shorts including "What are you?" which touches on the struggles of expressing one's identity as a person of mixed races, and "He Said, She Said" which tackles the topic of [sexual assault](#). Anastasia constantly strives to take on these difficult topics and make the big changes needed through creative expression.

Her work can be seen on-screen in productions such as *The Addams Family Movies* and *Die Hard 2*, as well as previous hosting opportunities for *WonderCon*, *San Diego Comic Con*, *LA Comic Con*, *Red Carpet Report*, and more. She has modeled for big-name brands such as: *Nordstrom*, *NYDJ*, *Dickies*, *Mod Cloth*, and *Marvel*.

Throughout the pandemic alone, Anastasia was able to produce, write and star in a one-woman-show that played at the Black Voices Festival and Solo Fest called "50 Shades of Mixed: Confessions of your Ethnically Ambiguous Best Friend" and a web series called "Disordered".

Currently, Anastasia is working on creating more stand-up specials, podcasts, feature films, and a self-help book. With the hopes of furthering the conversation of color-ism, discrimination, and even bring attention to [true crime](#) stories.



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HOLR CHATS: COMEDIC VOICE OF THE FUTURE ANASTASIA WASHINGTON ON HER CAREER JOURNEY AND BREAKING DOWN BARRIERS

Talk to us about your career journey and how you're using your voice to break down barriers and stereotypes for BIPOC as a bi-racial film creator, comedian, and curve model.

I started acting when I was pretty young. I was around 3 or 4 years old when I started modeling and acting, and actually singing on soundtracks. That defined how I wanted to be presented in the world of creating my own content. I saw so many people make decisions for me based on my look or what race I looked like- or was- and it became stifling to be put into a little box and not be able to represent everything I wanted to represent.

When I grew up I knew that I wanted to be the creator of my own destiny and create films and podcasts, and content that I wanted to see people like me feel comfortable watching. That's really where my journey started- not fitting into said box. Even size-wise- I've always been a tall, athletic, curvy girl, and I've always felt like the sassy best friend. To take that narration and decide what that meant for me, meant that I decided to create my own stuff.

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Spotlight – An Interview with Anastasia Washington

Q: How do you find the balance between the seriousness of the topics like Police Brutality, Eating Disorders, and Colorism and the lighthearted comedy?

I think comedy is supposed to start conversations so I approach those subjects with empathy and love and a feeling of how ridiculous life can be. But it's ok. I'm ok and we all can help each other be ok. I think when you are honest about what you've been through others can be honest to and it helps us all. I love the moments when someone comes up after a show and says I'm so glad you said that because I went through that or that happens to me. It's the best to have people share their own stories with me because in some way I made them feel comfortable to have existed past the trauma and know their not alone.

Q: What's the best and worst thing about being a comedian?

Being a female comedian is rough. It's lonely and scary sometimes. And hard to get the respect you deserve no matter how hard your work but that's why community is so important. To find your people. I started in a great community of Lisa Sundstedt's Pretty Funny women so I'm blessed to have a community beside me. The best thing is the feedback. The people I touched in some way.



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Anastasia Washington | Los Angeles | Email The Darn People

I started acting and singing professionally at the age of 3. My mother tells this story of how when I was at Sea World once as a kid I wouldn't stop tap dancing and singing during the Shamu show and when the crowd went wild for Shamu, I assumed it was for me and took a bow. She knew then I was a born performer and I had my first audition the next week. I was lucky to work steadily through my childhood. Mainly being the Ethnically Ambiguous singer in the background of the lead. As I grew up, I knew I had become the Ethnically Ambiguous Best Friend in my own life and had to make a change. I had to take the narrative in the direction I wanted. That's when I began to make content. As a filmmaker and writer, I made roles and statements that I wanted to see. With Stand Up and Podcasting, I found my very own bold voice. It has enriched my life as a performer more than I can possibly see. If you don't see it, create it.

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What It's Like To Be A Woman Of Color In The Comedy Space

But comedy also has power. It has the power to shed light on tough subjects in a more digestible way. The power to speak truths bravely with a side of you that is safe. Nothing speaks to a person of color more than laughing at the pain the world has given us – and having the laughter bring us together lets people know I get you and I've been there.

The state of the world isn't that forgiving anymore. We become very afraid to say the truths we feel on stage, for fear of being canceled or objectified. But without truths, how can comedy truly survive?

To me, what comedy has to become is empathetic. The reason I started comedy was empathetic in its source. Let's laugh and try to understand each other. Let's be OK with being wrong and telling people they are wrong, but at the same time learning to laugh and move on. Let's be OK with having the conversations.

I'm not saying comedy can change the world one joke at a time ... but wait. Yeah, I am.



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Live Session With Comedian Anastasia Washington

Live Session with Anastasia Washington who is the comedic voice of the future. The 'bi-racial boss lady with curves, curls, and sass' is utilizing her many talents for good by breaking down barriers and giving a voice to those who need it. As a Los Angeles native, she began professionally acting and singing at just 3-years-old and has since done everything under the show biz sun. Her lengthy list of award-winning talents has given her many titles including Actress, Comedian, Podcaster, Writer, Director, Singer, Curvy Model, Comic Con Panelist, and Dance Hall Queen. She's seen the industry at its best and worst throughout her career, and is now working to be the change she wishes to see in the world.

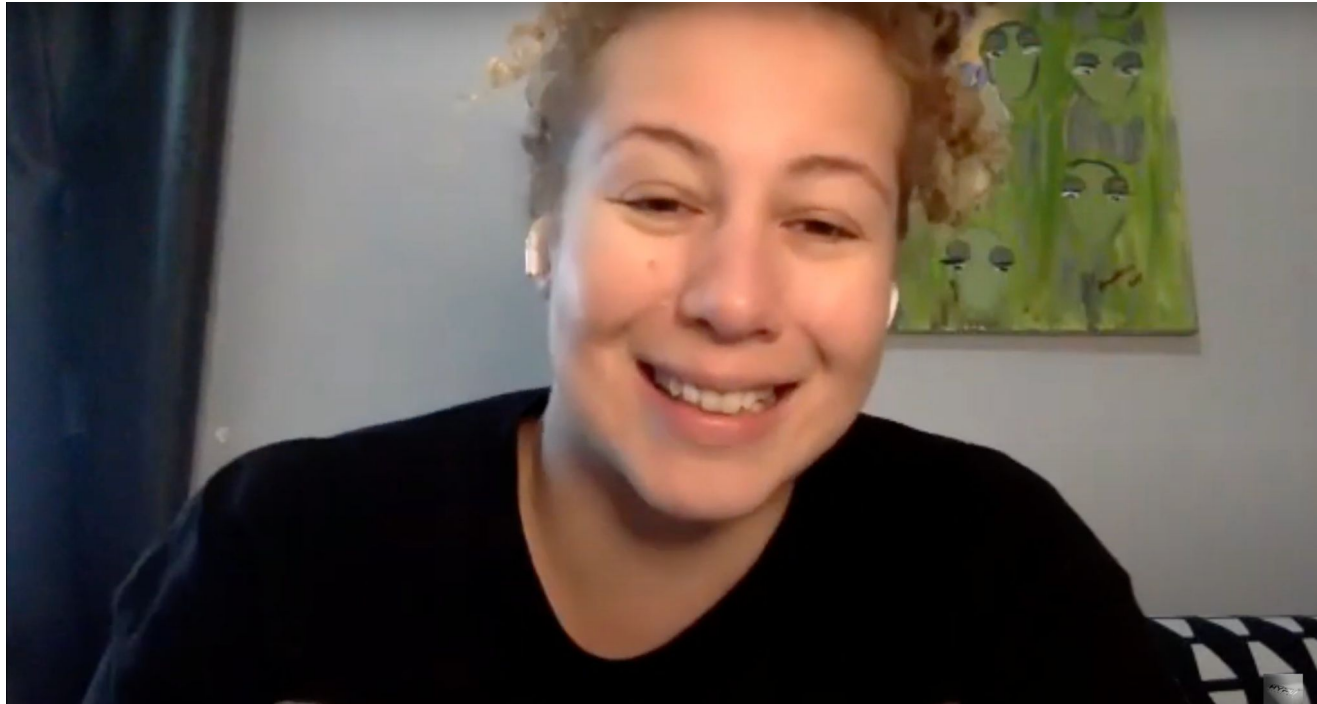
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PODCASTS



PODCAST EPISODE

Anastasia Washington

Thanks For Coming In

The image shows a woman with curly hair, Anastasia Washington, wearing a grey t-shirt with the text 'BLACK LIVES MATTER.' on it. She is pointing towards the camera. The background is dark grey. The text 'PODCAST EPISODE' is in white, 'Anastasia Washington' is in large white font, and 'Thanks For Coming In' is in white font below it. A small version of the 'THANKS FOR COMING IN with Jillian Clave' logo is in the bottom right corner of the image.

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Episode 249: Jest Another Comedy Festival (Flagstaff, AZ) with J.C. Anderson, Matt Santos, and Anastasia Washington



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#WeNeedToTalk-Anastasia Washington

#WeNeedToTalk

On this episode of #WeNeedToTalk, Malinda chats with Comedian, Actor and Filmmaker Anastasia Washington. They talk about her journey being bi-racial, using comedy to get through hard times, and being a multi-hyphenate.

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Podcast Episode

Anastasia Washington Interview Ep 147

Entertain This!

Join Us for our interview with Anastasia Washington. She is an award winning Actress, Comedian, Podcaster, Writer, Director, Singer, Curvy Model, Comic Con Panelist and Dance Hall Queen.

[Listen Here](#)



Anastasia Washington - Comedian, Actor & Podcast Host

DESCRIPTION

"I'm really who I am and not who people expect me to be on stage. Be uniquely yourself. " Described as the "bi-racial boss lady with curves, curls and sass," Anastasia Washington is an award-winning actress, comedian, podcaster, singer, writer, director, and curve model. Her career began when she was 3 years old and she put on an impromptu show for the crowd at Sea World. Immediately after, her mom get her an agent and she began acting in shows such as The Addams Family Movies and Die Hard 2. Anastasia utilizes her platform to educate her audience about topics such as police brutality, eating disorders, and colorism. She incorporates her advocacy into her award-winning shorts including "What are you?" which touches on the struggles of expressing one's identity as a person of mixed races, and "He Said, She Said" which tackles the topic of sexual assault. Anastasia constantly strives to take on these difficult topics and make the big changes needed through creative expression. In this episode she talks about her journey, discoveries she's made along the way, and what it takes to thrive in the entertainment industry. An avid workout and adventure enthusiast, she'll also share her favorite workouts and travel spots.lo--- Support this podcast: <https://anchor.fm/tomgirltv/support>

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Anastasia Washington

DESCRIPTION

Keith Reza interviews Anastasia Washington.

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Anastasia Washington

DESCRIPTION

Anastasia Washington talks creating community, representation, her one woman show, and shares a shocking commercial audition story! About Anastasia: Anastasia Washington is the comedic voice of the future. The 'bi-racial boss lady with curves, curls and sass' is utilizing her many talents for good by breaking down barriers and giving a voice to those who need it. As a Los Angeles native, she began professionally acting and singing at just 3-years-old and has since done everything under the show biz sun. Her lengthy list of award-winning talents have given her many titles including: Actress, Comedian, Podcaster, Writer, Director, Singer, Curvy Model, Comic Con Panelist, and Dance Hall Queen. She's seen the industry at its best and worst throughout her career, and is now working to be the change she wishes to see in the world. Currently, Anastasia is working on creating more stand-up specials, podcasts, feature films, and a self-help book. With the hopes of furthering the conversation of color-ism, discrimination, and even bring attention to true crime stories. Anastasia's Instagram: <https://www.instagram.com/anastasiawash> Anastasia's Twitter: <https://twitter.com/AnastasiaW> Follow the show on social media! Instagram: <https://instagram.com/thanksforcominginpodcast> Twitter: https://twitter.com/tfci_podcast Facebook: <http://facebook.com/thanksforcominginpodcast> Theme Music by Andrew Skrabutenas Learn more about your ad choices. Visit megaphone.fm/adchoices

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Anastasia Washington



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Pop Culture Warrior ep. 70: with Special Guest, Comedian/Actress Anastasia Washington!

DESCRIPTION

Tonight, on Pop Culture Warrior - Episode 70 We talk Marvel's "What If...?", the upcoming DC Fandome event, First looks at the new Resident Evil reboot movie, and so much more! Also, join us in the second hour as we talk with Comedian, Actress, Singer and Filmmaker Anastasia Washington! She is ridiculously funny and a lover of all things nerdy to boot! Want to support the channel? Love special content and exclusives? Check out our Patreon page at www.patreon.com/popculturewarrior Want to see more awesome interviews? Check out our brand new YouTube channel at www.youtube.com/popculturewarrior

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Ep. 132: Layers of Confidence: A Conversation with Anastasia Washington

DESCRIPTION

(Previously aired 7/23/2020) Today I chat with Anastasia Washington who shares her story of how her anxiety manifested in an eating disorder. But at the heart of our conversation we talk about layers. We all have layers to ourselves, our emotions & how we internalize & externalize what's happening around us. When we can understand that about each other (and ourselves!) perhaps we can all be a bit more empathetic to one another. You can follow Anastasia on her journey at <https://www.anastasiawashington.com/> or listen to her (hilarious!) podcast Cereal Killer or follow her on Instagram at <https://www.instagram.com/anastasiawash/>. xoxo,

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A Con Artist's Guide to Owning Your Story with Guest Anastasia Washington

DESCRIPTION

This week, Blake and Alison talk with special guest, stand up comedian, actor and writer, Anastasia Washington. They reminisce about being a child actor, the wonders of the Oakwoods, and what really makes Anastasia the fabulous person she is today. This is one you don't want to miss. Today's Patreon Trivia: "Which animated feature brings more money to Blake than all other Voiceover combined?" Play along and get the answer on Patreon "Be Your Own Best Friend" ~Anastasia Washington You Can Follow Anastasia at: IG: @anastasiawash TikTok: @anastasiaw YouTube: AnastationTV You Can Follow the ConArtist at: FB: @theconartistpod IG: @theconartistpod TikTok: @theconartistpod Become a member on Patreon: patreon.com/theconartistpodcast You can follow Blake on IG @blakemciver You can follow Alison on IG @thealisonrobertson We are now available on Amazon Music

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75. Anastasia Washington is the Goth Show Choir Queen

DESCRIPTION

This week we welcome comedian, writer, podcaster and LA native, Anastasia Washington. In honor of her podcast, Cereal Killer, we start our day off in Nutrition class where we learn everything we never wanted to know about cereal. Seriously, if you are still eating this stuff, you should probably stop because, sugar. SO MUCH SUGAR, PEOPLE! Then Kelly lightens the mood in Psychology Class with a serial killer game where we learn that Lindsey knows literally nothing about serial killers and honestly, she'd like to keep it that way. Side note: If you were going to kill someone, we'd love to know how you'd do it. Email us at fyuimsmarter@gmail.com. Don't be afraid to get creative! We then head over to recess where we hear a few embarrassing stories about Anastasia's childhood and teenage years that hurt. No, seriously. She fell down not ONE flight of stairs, but TWO. Because Anastasia was involved in her school's Newspaper Club, for Newspaper Class, Lindsey breaks down some of the most iconic news headlines of all time. We promise they aren't all depressing. Just most of them are. Oh! And special shout out to baby Jessica in the well if she's listening. How's it going down there? Then, for our last class, Kelly takes us to Film Class where we do a deep dive into Chinese Martial Arts Films and unfortunately, Lindsey knows literally nothing about Chinese Martial Arts or anything really. Will Lindsey school the ladies with her serious cereal knowledge? Will Kelly kill in the serial killer game? Will Anastasia come off as funny, kind, silly and way smarter than Kelly, Lindsey and Kelly and Lindsey combined? Listen to find out. Check out Anastasia's One Woman Show March 24th Here: <https://www.tickettailor.com/events/whitefiretheatre/482109> Check Out Anastasia Here: <https://linktr.ee/anastasiawash> Watch FYIS on Youtube: <https://youtu.be/4JSohjFDIY> Follow the show's Insta: <https://www.instagram.com/kellyandlindsey/> Follow Kelly: [instagram.com/kelly_wallacebarowl](https://www.instagram.com/kelly_wallacebarowl) Follow Lindsey: [instagram.com/lindseygentile](https://www.instagram.com/lindseygentile) Show theme provided by Mike Etten: [instagram.com/mike_etten/](https://www.instagram.com/mike_etten/) Here are some great resources to support victims and survivors of Anti-Asian hate crimes and sexual violence: Stop AAPI Hate: <https://stopaapihate.org/> AAPI Women Lead: <https://www.imreadymovement.org/> Red Canary Song: <https://www.redcanarysong.net/> Monsoon Asians and Pacific Islanders in Solidarity: <https://monsooniowa.org/> National Organization of Asians and Pacific Islanders Ending Sexual Violence: <https://napiesv.org/> Womankind: <https://www.iamwomankind.org/>

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What happened 2 Black 90s sitcoms? with Anastasia Washington

DESCRIPTION

Black History Musical Bites is a Soul Sista Comedy production. In this Podcast, Marian Yesufu examines black text, literature, cartoons, magazine, movie, docs, peered review journals, theories, art and etc to pull lessons for us to maybe follow in the present times we are in musically. Follow Anastasia Wasington's WorkBio: Anastasia was born a performer. Her family knew this from the moment that she came into their world. Born and raised in Los Angeles, her sisters and mother often enjoyed posing her and teaching her to sing and dance. At a trip to Sea World, when she was 3 years old, Anastasia couldn't stop singing and dancing during the Shamu show. When the audience stood to clap and cheer for Shamu, Anastasia turned around and took a bow. Her family knew then and there what had to be done. Her mother got her a Manager the next week. She has since enjoyed a career that includes Movies like, The Addams Family Series, Die Hard 2 and Television Series, like La Femme Nikkita, Lamb Chop, and Pickett Fences. She has recorded with Artist Michael Jackson and Harry Connick Jr., just to name a few. As 30 something light skinned bi-racial Los Angeles native who has never truly seen girls like her on tv. Her life is something that never truly has been explored on tv or film, and certainly not from the perspective of an actual bi-racial woman. Now she does podcasts: You can't do that (a pop culture podcast discussing classics from a modern BIPOC perspective) Haunts and Hops (Paranormal Podcast), Cereal Killer (True Crime) and Histerical (a history podcast) My One Woman Show is being replayed: 50 Shades of Mixed: Confessions of your ethnically ambiguous best friend: <https://www.tickettailor.com/events/whitefiretheatre/482109>

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Bird Box's Spicy BBQ with Anastasia Washington

DESCRIPTION

Anastasia Washington enjoyed spicy BBQ wings from Bird Box in North Hollywood and then sat down with me over Zoom to talk about those wings and so much more! Anastasia is a talented comedian, actress, writer, film maker, and podcaster. She shares about growing up in show business, saying YES and her amazing ritual: Cake Wednesdays. Look for her one woman show being released this month: Fifty Shades of Mixed, Confessions of Your Ethnically Ambiguous Best Friend Follow Anastasia Washington on Instagram: @Anastasiawash

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