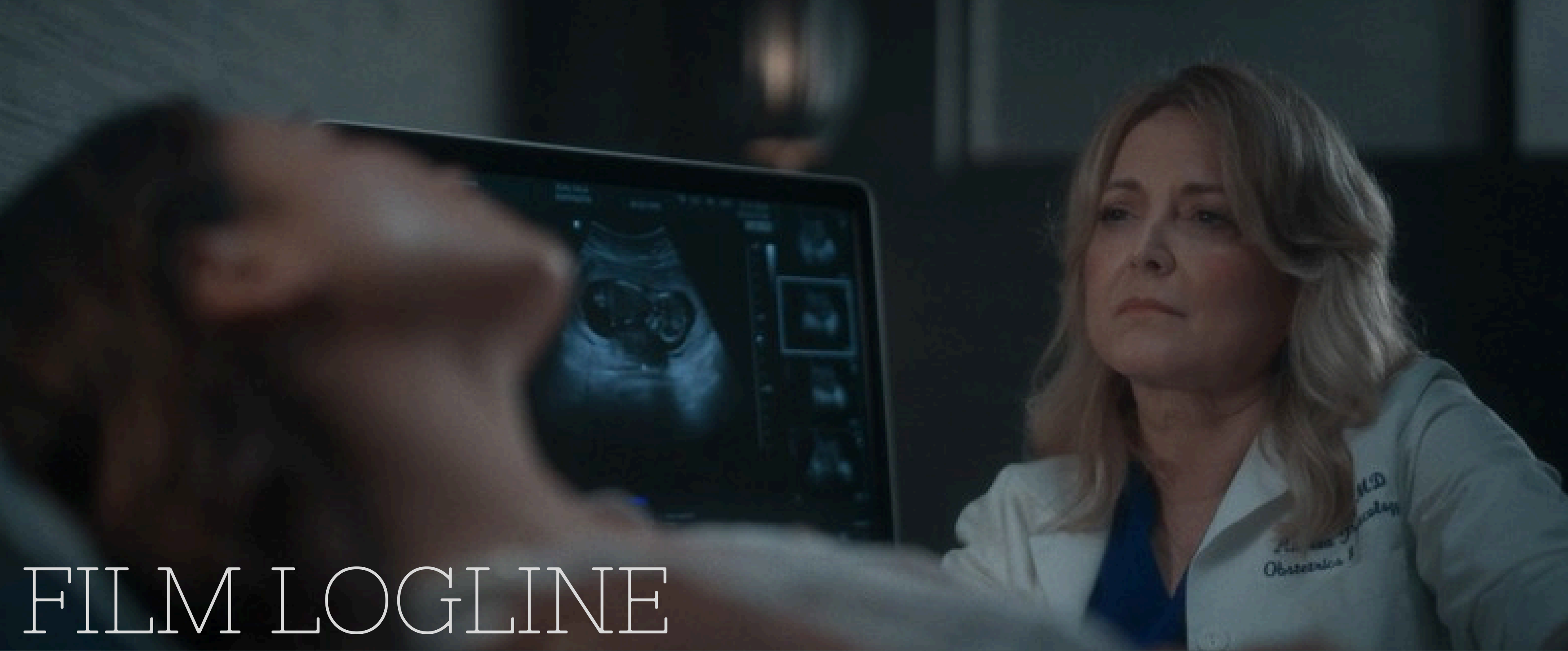


WHAT WE CARRY

A FILM BY LINDSAY WATSON





FILM LOGLINE

After years of heartbreaking miscarriages, a woman is ready to abandon her dream of motherhood- until a single moment changes the course of her future forever.

TECHNICAL SPECIFICATIONS

Title: What We Carry

Year of completion: 2025

Genre: Drama

Duration: 16 min

Country of Origin: USA

Filming Location: O'ahu, Hawai'i

Language: English

Ratio: 2:1

Sound Format: 5.1

Budget: \$25,000



SYNOPSIS

After years of heartbreaking miscarriages, Sala and her husband are losing hope of becoming parents. But when tragedy and fate collide, Sala finds herself confronted with an impossible choice. Torn between the weight of her losses and the possibility of a new beginning, she must decide if opening her heart again will bring healing- or a pain too heavy to bear.

EXTENDED SYNOPSIS

After years of trying for a baby, Sala and her husband have endured miscarriage after miscarriage, each one leaving deeper cracks in their hope and marriage. Just as they begin to let go of the dream of parenthood, life takes a devastating turn- one that will shatter everything they thought they knew. Left with grief, unanswered questions, and a decision she never expected to face, Sala is forced to confront not only the weight of her losses but also the possibility of a future she never imagined. The film explores the quiet devastation of infertility, the unraveling of love under pressure, and the ways tragedy can reshape a life.

DIRECTOR'S STATEMENT

What We Carry is a female-led drama that explores miscarriage, infertility, and the societal pressure placed on women to become mothers. This story weighed heavily on my heart after watching so many friends and family members silently endure these struggles. Too often, women carry this pain in silence, and my hope is that this film opens a space for dialogue, connection, and healing, a reminder that they are not alone.

As miscarriage and infertility rates continue to rise, alongside the ongoing dismantling of women's reproductive rights, this story feels more urgent than ever. The path to motherhood is not always a straight line, and I believe we must create space to acknowledge that truth.

I was blessed to receive the CAPE Julia S. Gouw Short Film Grant, which allowed me to tell this story and bring it home to Hawai'i. Support from organizations like CAPE is what turns dreams into reality. I am also deeply grateful to ICAN and the many people who generously donated their time and resources to bring this film to life.

Equally important to me was who told this story. As a Native Hawaiian director, I wanted to share a universal narrative through a Polynesian lens. We made this film with almost 100 percent Polynesian cast, giving our actors the opportunity to break free from the roles we are so often confined to and show the world the depth, vulnerability, and complexity we bring to the screen.

This film is not just about loss, it is about resilience, identity, and the quiet strength it takes to carry forward when life reshapes us in ways we never expected.





DIRECTOR'S BIO

Lindsay Watson is a Native Hawaiian director, writer, and actor from Maui, now based in Los Angeles. Her journey began in front of the camera, appearing in films such as Netflix's Finding 'Ohana and the award-winning The Wind and The Reckoning. But it was through these experiences that Lindsay discovered her true passion- directing and writing. Being on set taught her the power of perspective and the responsibility that comes with telling stories that reflect her culture and her community.

Her directorial debut, What We Carry, which she also wrote and starred in, brings her deeply personal storytelling to life. With her background as an actor, Lindsay collaborates closely with performers to create authentic and emotionally rich performances that resonate widely.

Dedicated to uplifting Pacific Islander voices, Lindsay is passionate about helping her community break free from the stereotypes too often assigned to them in Hollywood. She strives to create opportunities for Pacific Islanders in front of and behind the camera, ensuring their stories are told with honesty, depth, and respect.

At the heart of Lindsay's work is a commitment to telling deeply human stories— stories that make audiences feel seen and heard while also keeping them entertained and fully immersed. For Lindsay, filmmaking is about connection: giving voice to unspoken struggles, illuminating quiet truths, and reminding us of our shared humanity through stories that move and engage in equal measure.

ACTOR TURNED DIRECTOR



CAPE JULIA S. GOUW SHORT FILM CHALLENGE GRANTEE

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MEHTA**

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SHORT FILM CHALLENGE**

FOR ASIAN AND PACIFIC ISLANDER WOMEN AND NON-BINARY FILMMAKERS

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VARIETY

Home > Awards > News Sep 24, 2024 9:45am PT

CAPE and Janet Yang Announce Grantees for Short Film Challenge for API Women and Nonbinary Filmmakers

By Jazz Tangcay



JULIA S. GOUW SHORT FILM CHALLENGE

[Variety Article](#)

MAIN CAST

LINDSAY WATSON AS “SALA”

Lindsay Watson is Native Hawaiian director, actor, writer, singer, and model who was born and raised on the island of Maui. She made the big move to Los Angeles after high school to pursue acting in film & television. Prior to her film castings, Lindsay has had an extensive commercial and modeling career with ads for Adidas, Nike, United Airlines, PlayStation, Hyundai and Subway to name a few.

Lindsay can be seen starring in Netflix's family-adventure film Finding 'Ohana in which she plays one of the lead roles. Her recent film, The Wind and The Reckoning, stars Lindsay portraying the historical role of Pi'ilani opposite Jason Scott Lee. The film accrued numerous awards on its impressive film festival tour. Lindsay is passionate about helping other Hawai'i natives pursue careers in the entertainment industry.



MICHAEL ALISA AS “EMERY”

Michael Alisa is an emerging actor with over a decade of experience in commercial work, recently making the transition into film and television. He was cast as a named character in an upcoming Disney live-action film (title undisclosed) and starred as a lead in the short film What We Carry. A former Division I football player, Michael brings a commanding physical presence to the screen, standing 6'2" with a strong, athletic build. His background in sports and fitness, combined with years of training with seasoned actors, gives him a unique edge in action, drama, and physically demanding roles. Beyond acting, Michael has built a massive social media following, with over 160K Instagram followers and 300K on TikTok, making him a rising force in both entertainment and digital media.

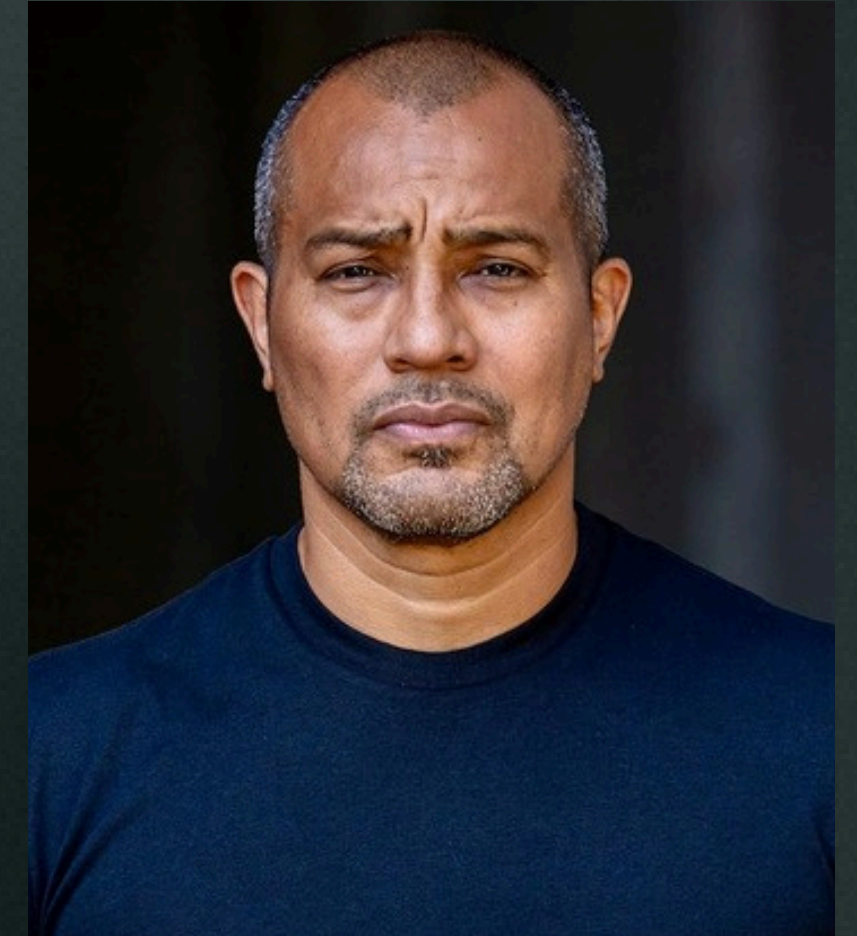


MAIN CAST

LORENZO CALLENDER AS “DETECTIVE TRACE”

Lorenzo Callender is an actor known for Terminator Salvation (2009), Planet of the Apes (2001), Hulk (2003), and Beyond Paradise (1998), along with countless appearances across film and television. Originally from the Republic of Panama, Lorenzo moved to the United States to pursue higher education, graduating from the University of Hawaii before relocating to Los Angeles to follow his passion for acting.

Beyond his work in entertainment, Lorenzo is also a trained expert in workplace compliance, specializing in harassment, discrimination, and retaliation.



LELEA'E KAHALEPUNA-WONG AS “DESTINY”

Born Taryn Lelea'e Kahalepuna Wong, Lele is an actress and composer known for her works on Magnum P.I.(2021), Doogie Kamealoha M.D.(2021) and Something Different(2008). In her native home of Hawaii, she is also a veteran stage-actor and playwright, known by her stage-name, Buffy Kahalepuna-Wong. Lele is of Hawaiian, English, Scottish, French, German, Irish, Chinese, Japanese and Samoan descent.



FULL CAST LIST

Sala..... Lindsay Watson
Emery..... Michael Alisa
Destiny..... Lelea'e Kahalepuna-Wong
Detective Trace..... Lorenzo Callender
Doctor..... Dr. Angela Pratt

Medical Examiner..... Cyndi Mayo-Akeo
Friends..... Telana Lynum
Friends..... Hetaki Paopao Sheck
Friends..... Shereen Balles
Friends..... Cam Masina
Baby..... Braxton Wolff

WHAT WE CARRY

CAST ANNOUNCEMENT



LINDSAY WATSON



MICHAEL ALISA



LELE
KAHALEPUNA-
WONG



LORENZO
CALLENDER



DR. ANGELA M.
PRATT



FULL CREW LIST

Executive Producer	Michelle K. Sugihara
Executive Producer	Janet Yang
Executive Producer	Julia S. Gouw
Executive Producer	Hina Barber
Director	Lindsay Watson
Writer	Lindsay Watson
Producer	Angela Laprete
Producer	Wainani Young Tomich
Producer	Lucinda Jane Tarrant
Director of Photography	Scott Lee Mason
Production Designer	Julie Derose
Editor	Conrad Lihilihi
Music Composer	Johnny Helm
Location Consultant	Amira Soliman
Associate Producer	Joyce McCarthy
Assistant Director	Kiha Kahalehau
Assistant Director	Ashlyn Ani
B Camera Operator	Michael Cruickshank
1st Assistant Camera	David Crans
2nd Assistant Camera	Kai Ulansey
Additional Camera Assistant	Dillon Wedemeyer

Costume Designer	Shanna Norton
Key Costumer	Tehya Lueder-Wilcox
Gaffer	Lukas Seno
Best Boy Electric	Jack Kamby
Dimmer Operator	Luke To'a Seno
Key Grip	Keoki Smith
Dolly Grip	Henry Feliciano
Propmaster	Chad Okino
Sound Mixer	Thomas Visser
Boom Operator	Polina Gorman
Sound Design	Conrad Lihilihi
Additional Sound Mixing	Sebastian Hughes
Makeup and Hair	Lucinda Jane Tarrant
Script Supervisor	Fé María Vásquez
Stills Photographer	Ashley Smith Photo
BTS	Justin Kalani Burbage
Social Media/Content	Cam Masina
Welfare Worker/Nurse	Hailey Tuesday
Equipment Provider	Zachary Kim
Walkies	Moises Barba

LINK TO PHOTOS

CONTACT US

EMAIL

LINDSAY.MA.WATSON@GMAIL.COM

ALAPRETE@GMAIL.COM

MOBILE

+1(808)757-3277

MAILING ADDRESS

5036 COLDWATER CANYON AVE. #316

SHERMAN OAKS, CA 91423

INSTAGRAM

[@lindsayyywatson](https://www.instagram.com/lindsayyywatson)

[@whatwecarry.film](https://www.instagram.com/whatwecarry.film)







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