



Von Decarlo

Actress, Singer, Songwriter, Host, Comedian, and Author Biography

A woman of many talents, Von Decarlo is an actress, singer, producer, host, improv and sketch comic, writer, mom, and sports enthusiast. For Von Decarlo, the opportunity to combine her experience in comedy, acting, and singing, whether it's performing in cabaret theatre or with her musical improv group *Good Catch*, has been a dream come true. She is a UCB graduate and diversity scholarship recipient, in which she studied long form improv and musical improv. She also studies musical and hip-hop improv at the Magnet Theatre.

Von Decarlo wrote and produced the theme music *Cool Ride* for the Comedy Central special, *Elephant In The Room*, for her late husband Patrice O'Neal and considers it, "One of her proudest moments." Von is the President of Gladys & Dude Productions,

the company in charge of the name and likeness Patrice O'Neal, in which she has released two chart topping comedy albums for him titled *Mr. P* and *Unreleased*.

Von's motto is, "Think sexy, talk sports," and she enjoys writing about her favorite sport, NBA basketball, in her "Trash Talk" blog found on her website along side her sports/comedy web series in which viewers get real sports talk combined with parodies and skits.

Von Decarlo is excited to announce the release of her first book titled, [Speak Fluent Man The Top Things Women Should Consider Before Blaming the Man](#) due out late Fall early Winter 2014.

You can catch Von Decarlo every Friday at 9pm on Centric TV's new hit relationship series *According To Him + Her* in which she gives her comedic take on sex, love, dating, marriage and much more. Von Decarlo also has her own sports segment on Centric TV network called Coach Von. This segment will include love and relationship advice straight from Coach Von's playbook.

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