

Tides



It flows...

A film by James Andrew Fraser | Starring Jay Dunigan

A man parties alone on
his rooftop, alcohol
flowing like water —
but when the music
stops, he begins to
descend, drawn
through rooms,
memories, and a tide
that may pull him
under.

A man drifts through his home
and himself — drinking, dancing,
remembering. Spiraling
downward from a sunlit rooftop
into the shadowed rooms below,
memories begin to swell like a
tide, pulling him further out —
toward a moment from which
there may be no return.



Tides was written specifically for Jay Dunigan. I didn't realize how close to home the story would land when I began.

What started as a fictional premise gradually intersected with lived experience — things that often sit just beneath the surface of family life.

When Jay read the early draft, he suggested a small but meaningful change. That adjustment reshaped the film in ways I couldn't have anticipated. Shooting in Maine, in his home, allowed the project to move beyond the page — guided as much by space, memory, and presence as by structure.

The process was collaborative and unpredictable. There was laughter, cold water, and a series of moments that quietly redirected the film.

I wasn't interested in treating grief as stillness. Tides moves through behavior — dancing, avoidance, motion — following how people live alongside what they carry.

— James Andrew Fraser









Jay Dunigan is an experienced actor (film, TV and theater) from Maine. Recent roles in "Whitney Houston: I Wanna Dance with Somebody", his film festival chosen short film "Whiskey Floats", as well as HBO/MAX's "Julia", and Netflix's "The Politician"

In *Tides*, Jay delivers a performance that's raw, generous, and deeply lived-in. He moves between deflection and devastation with startling honesty — dancing, drinking, and spiraling through a story that mirrors his own in quiet, powerful ways. By opening his real home and emotional history to the project, Jay didn't just play the role — he embodied it, anchoring the film with a vulnerability that lingers long after the final frame.



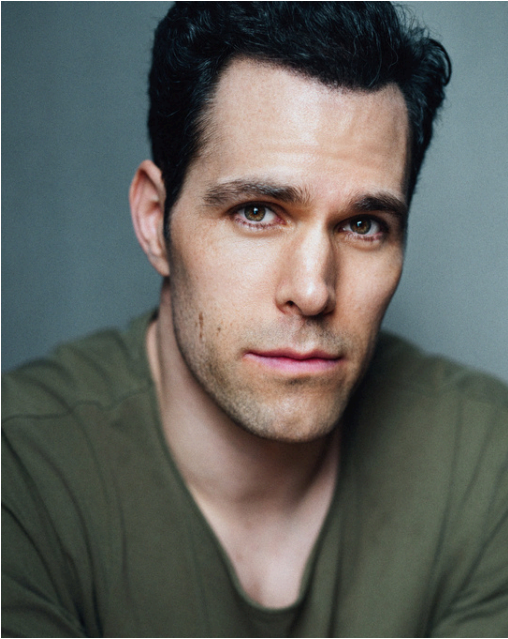
Since picking up the guitar at ten, Mike Ferraro has devoted his life to music. For over twenty years, he's been composing, performing, producing, and teaching — bringing stories to life through sound.

A graduate of the Musicians Institute in Los Angeles and based in Vancouver, BC, Mike works as a film composer and production engineer, helping artists shape their creative vision from idea to final mix. He thrives on the full creative journey: writing, performing, recording, and producing music that resonates.

Mike is also the singer and guitarist of the band Pinebarren. He has shared the stage and worked alongside artists like Pearl Jam, Metric, The Arkells, Chad Smith, and Sam Roberts Band. As a composer, he has created original scores and songs for films such as A.R.C.H.I.E 2 (starring Michael J. Fox), Cagefighter: Worlds Collide (starring Gina Gershon), and More Together. He has earned over 5 million streams across his projects.

Whether scoring for film or leading a band onstage, Mike's work is rooted in storytelling, collaboration, and a lifelong passion for music.

For Tides, Mike crafted a richly textured soundscape that blurs the line between atmosphere and emotion — layering ambient elements, environmental noise, and unexpected sonic fragments to evoke the internal world of the character. His intuitive design guides the audience down through each level of the film's emotional descent, transforming silence, space, and sound into a hauntingly immersive experience.



James Andrew Fraser is an award-winning actor, writer, and filmmaker whose work bridges intimate independent storytelling and ensemble-driven narratives. As an actor, he has appeared on NBC's *The Enemy Within*, CBS's *Bull*, and starred in *Gabriel's Inferno*, the nine-film adaptation of the New York Times bestselling novels, streaming on Passionflix. He recently starred in *Family Hug* opposite Oscar nominee Eric Roberts and appears in the ensemble drama *Tuesday's Flu*, which premiered at the Austin Film Festival and features a cast including Jackie Earle Haley, Jon Gries, Ross Marquand, and Daniel Roebuck. His performance in *Buffalo* earned Best Actor nominations at the Madrid International Film Festival and Prague International Indie Film Festival, the film also screened at Cannes, and was nominated for the Iris Prize.

As a director, Fraser's early work includes *A Night Out*, a self-funded semi-autobiographical film, and *Trafford Road*, created under the constraints of a timed filmmaking challenge. His craft continued to evolve through conservatory training, where he developed a body of short-form work spanning narrative, formal, and stylistic experimentation. This trajectory culminates in *The Unseen* — a collection of character-driven shorts exploring identity, memory, and interior states through distinct cinematic languages.

Runtime: 5:55 min
Country: USA
Language: English (minimal dialogue)
Genre: Drama
Year: 2026

JAMES ANDREW FRASER

Writer | Director | Producer

james@blacksheepgoodsheep.com

www.jamesandrewfraser.com

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

