



MIKE CABELLON

BIOGRAPHY

From performing on stages across the country, to starring in some of television's most exciting sitcoms, and creating, writing, and producing award-winning digital content, multihyphenate actor, comedian, writer, and director Mike Cabellon is quickly cementing his name as one to watch in Hollywood.

Cabellon was seen reprising his fan-favorite role as Chief Strategist Tommy Tomais in season two of NBC's hit comedy series, "Mr. Mayor," opposite Ted Danson and Holly Hunter. Created by Tina Fey and Robert Carlock, "Mr. Mayor" follows a retired businessman (Danson) who runs for mayor of Los Angeles to prove he's "still got it." Once he wins, he must figure out what he stands for, gain the respect of his biggest critic (Hunter) and connect with his teenage daughter, all while trying to get anything right for America's second-weirdest city. Season two of "Mr. Mayor" is now streaming on NBC and NBC's Peacock Streaming Services as of March 15, 2022. Additional acting credits for Cabellon include Netflix's "Orange Is the New Black," the HBO dramedies "High Maintenance," and "Crashing," as well as guest appearances in NBC's "New Amsterdam" and Netflix's "Luke Cage."

Cabellon is also an active performer, director, producer, and writer for the award-winning Story Pirates, a nationally renowned group of top comedians, musicians, best-selling authors, and incredible teachers who create exciting content that celebrates the imaginations of children. Their marquee program, the "Story Pirates Podcast" has been downloaded over 35 million times and consistently ranks in the top three for kids and family audio programming in the world, having won multiple iHeartRadio Podcast Awards, Webby Awards, and featured special guests such as Billy Eichner, Bowen Yang, Dax Shepard, John Oliver, and Lin-Manuel Miranda, to name a few. The Pirates have also released three critically acclaimed books, several award-winning albums, and offer live-streamed classes, a weekend radio show, and a plethora of videos and entertainment to encourage creativity for kids at home.

On the comedy front, Cabellon and his sketch team GEIL have appeared on FunnyOrDie and Adult Swim, having created countless sketches and two acclaimed web series: "Early to Rise" (2020) and "Night Crew" (2018). "Early to Rise" was a 2021 Slamdance selection and won the Audience Award at the 2020 SeriesFest. "Night Crew" premiered on Comedy Central's digital channels after becoming an official selection for the New York Television Festival, where they landed a development deal with Comedy Central. Cabellon has performed on stages all over the country, including the Del Close Marathon, Comedy Hack Day, Austin Sketch Fest, Frigid Fest (part of the U.S. Association of Fringe Festivals), UCB's 3x3 Tournament, NYC Improv Festival, and a paid corporate improv show on the Las Vegas strip when he was 16.

A proud first-generation Filipino American, Cabellon was born in the Bay Area of California and raised in Las Vegas, NV. He discovered his love of comedy at a young age, staying up late at night to catch "Late Night with Conan O'Brien" and stand-up specials on Comedy Central. Cabellon attended a magnet high school, where he was able to major in TV production, and he learned how to produce, direct, shoot and edit for film and tv when he was just a teenager. At the same time, Cabellon took his comedic passions to the stage, and began practicing improv with a local troupe every week until he graduated high school. Cabellon went on to attend Loyola University Chicago, where he studied Advertising and Public Relations, while also producing and starring in multiple student films. Upon graduation, Cabellon moved to New York, NY, where he turned his focus to his acting and writing work, studying improv and sketch comedy with the prestigious Upright Citizens Brigade and creating various sketches, digital series, and even booking a few commercials and smaller roles in television shows. Cabellon's time performing in New York included five straight seasons with the BoogieManja sketch program, putting up a new sketch show every single month at the PIT Theater. Cabellon moved to Los Angeles in 2019 to pursue his career in Hollywood full force and booked "Mr. Mayor" that same year.

Cabellon's last name rhymes with Babylon, grab a swan, crab 'n' prawn, slab of flan, drab chiffon or lab/salon, and he is currently based in Los Angeles, CA.

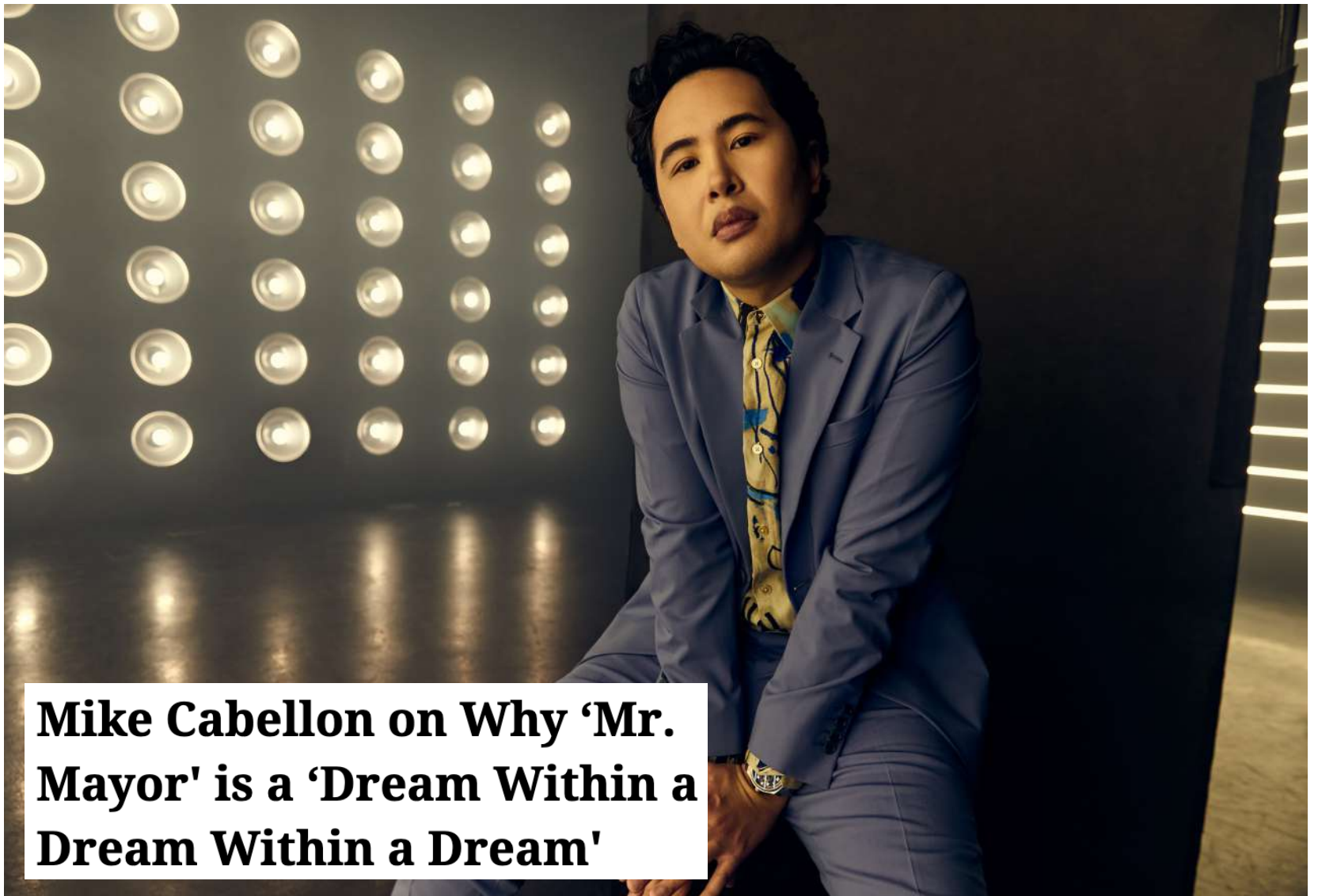


PROJECTS



VISIT THE SERIES:

<https://www.peacocktv.com/watch-online/tv/mr.-mayor/5843920405278498112?>



Mike Cabellon on Why 'Mr. Mayor' is a 'Dream Within a Dream'

Mr. Mayor Season 2 has just arrived. What can fans look forward to?

I think the thing that I'm most excited about for this new season is the arrival of new faces. I think that Season 1 is always fun because you're building a foundation with your core cast, but now we have so many amazing guest stars coming on this season that I'm so excited about. And I think a lot of them change the dynamic between a lot of the characters. I think that for Tommy specifically, he's a lot nicer this season. I think that in Season 1, he was a little catty, little mean to his coworkers, and that's a characteristic that'll never go away, but I think that he's more aligned with his coworkers now with the arrival of some new faces in the office.

Over the course of two seasons, what have you enjoyed about playing Tommy? I imagine playing not only a chief strategist, but one for a mayor in a city like Los Angeles in 2022 can be a pretty rich space to work in.

Oh, yeah, definitely. I think that I appreciate that Tommy is a smart character. I think he's very close to me and that we both tend to wear colored shirts and stand very strange and there are positives and negatives there, but I appreciate that Tommy is a smarter character. So often in comedy, it's it's always fun to play a dumb person, but to be able to go to work every day and inhabit someone who thinks he's better than everyone else, it's a very different kind of version of being the butt of the joke. Tina Fey and Robert Carlock do an amazing job of writing a cast of characters that are all very different from each other, but at the end of the day, are all very dumb in their own specific way. But I appreciate Tommy's specific brand of dumb.

<https://laconfidentialmag.com/mike-cabellon-nbc-mr-mayor-season-2-interview>

As an Asian American man, the dating world made me feel invisible



I would say I am, on a good day, medium attractive. I'm not fishing for compliments; I just know that I'm not a 10 and I'm not a 1. I am somewhere between Brad Pitt and a blobfish. I look OK enough to be on TV, but not the cover of Men's Health. And that's OK! I'm very happy with myself. But when I was on dating apps, I honestly think I could've done better if I'd changed my profile picture to a stray hyena with mange. I couldn't get anyone to swipe right on me.

Dating as an Asian man in America is, to put it simply, not fun. While I'm happily in a relationship now, I'll never forget how invisible I felt – and how I imagine many other people who look like me feel, too.

Asian men do the absolute worst on dating apps. That's not me making a bold claim – it's actual data that you can Google right now. Research published in 2014 by Christian Rudder, the co-founder of OkCupid, showed that Asian men are the least desirable racial group to women, according to TIME. (Rudder's blog post summarizing his findings has since been deleted.) Other research has also confirmed the bias against Asian men on dating apps. But this isn't endemic to the apps: It's a reflection of real-life attitudes that both heterosexual women and gay men have about Asian men, rooted in generations of Asian men being desexualized in nearly every aspect of modern life. Think about this: Movies have been around for about a century, but before "Crazy Rich Asians," how many other Asian male romantic leads can you think of, in a hundred years of American cinema? How much worse does that number get if you don't count kung fu movies?

Forbes



‘Mr. Mayor’ Isn’t A Political Show, It’s Actually An Absurd Workplace Comedy, Says Cast

The title may sound political, but the series is not, insists its stars.

“This is about people. This is a workplace relationship show,” says Holly Hunter, who actually plays, well, a political feature on the series.

And she also assures viewers that, “The characters are not geniuses, even though maybe we think that we are. That's what makes it so funny.”

Mr. Mayor follows a retired businessman who runs for mayor of Los Angeles to prove he’s “still got it.” Once he wins, he has to figure out what he stands for, gain the respect of his biggest critic and connect with his teenage daughter, all while trying to get anything right for America’s second weirdest city.

The series stars Ted Danson as the title character, Holly Hunter as the mayor’s adversary Arpi Meskimen, Kyla Kenedy as the mayor’s daughter, with Mike Cabellon, Bobby Moynihan, and Vella Lovell as staffers working in the mayor’s office.

Hunter expands on her thoughts about the conceit of the series, saying, “This show borrows the political arena landscape just because it’s a good excuse to get this group of crazy people together to watch them interact. It’s like a pinball machine, but living and breathing.”

NEW YORK POST

5 THINGS ABOUT MIKE CABELLON

He plays chief strategist Tommy Tomás on the NBC sitcom "**Mr. Mayor**," starring Ted Danson and Holly Hunter.



1

"Even though I say I'm from Las Vegas, I was actually born in Alameda, Calif. My family moved to Vegas when I was two weeks old."

2

"I can play the drums, guitar, and bass, but I can't read sheet music. I don't know a lick about music theory."

3

"My dog's name is Big Boy. He's missing a toe and last year they removed a tumor from his spleen. He's the best."

4

"I'm a sucker for desserts, but nothing beats a scoop of ice cream — Morgenstern's in New York City and Wanderlust in LA."

5

"I used to work at the Apple Store in Soho. I met more celebrities working that job than I ever have on a Hollywood set."



Mike Cabellon Of Mr. Mayor Dishes On Being An Asian Actor In Hollywood - Exclusive

Succeeding in show business is tough. Competition for roles is stiff (there are way more aspiring stars than there are prime-time roles), and the decisions about who's exactly right for the big roles aren't always made rationally or objectively. No matter how amazing your acting skills or how impressive your resume, you may lose out to someone with a look or personality that just happens to click with the casting team. And if you're an Asian guy, your odds are even tougher; even casual TV viewers and moviegoers can see that roles specifically for Asian men are few and far between in mainstream American entertainment. And even when competing for presumably race-neutral roles, actors of all colors run against the unspoken assumptions in casting agents' heads — they may have a certain look in mind for the part, and if you're not what they're looking for, you're out of luck.

[Mike Cabellon](#) is one of the fortunate few to beat the odds. A proud Filipino American, he already had an established career in stage comedy before landing his breakout prime-time TV role as Tommy Tomás on the NBC sitcom "Mr. Mayor." In this exclusive interview, he talks about his journey and the challenges of navigating Hollywood as an Asian actor.

[Mike Cabellon](#) is the first to admit that surviving in Hollywood as an Asian actor is tough. But he credits his success landing his role on "Mr. Mayor" to the fact the producers prioritized funniness over all other factors. "I could talk about Asians in Hollywood for a long, long time, but I feel lucky that on this show they were truly looking for the funniest person for the job," he said. "I had friends who auditioned for this who are Black, who are Latinx. They really kind of just went across the board and they were like, 'who feels right?'"



Rising Star Mike Cabellon On The Five Things You Need To Shine In The Entertainment Industry

Thank you so much for joining us in this interview series! Can you tell us the story of how you grew up?

Thanks for having me! I grew up in Las Vegas, the son of a single immigrant mother. My siblings are both way older than I am, so it was pretty much just me and my mom bopping around from apartment to apartment for most of my childhood. When people ask what part of Vegas I'm from, I usually say something like "all of it."

I wouldn't say Vegas in the 90s was the best place to grow up, but it definitely made me acutely aware that one could work in entertainment for a living. I went to a magnet high school where I majored in TV Production and learned how to edit and shoot video, and at the same time started doing improv with a local troupe, so by the time I got to college, I already had a ton of production and performance experience. Then after graduation, I moved to NYC where my career started in earnest.

Can you share a story with us about what brought you to this specific career path?

My first few years in New York, I was trying really hard to have a conventional career path, working in an office during the day and doing comedy for fun on nights and weekends. I loved doing comedy, but I knew that pursuing a career in entertainment was an extreme longshot, especially for someone who doesn't come from a privileged background; I didn't have parents who could pay my rent while I spent my days auditioning, you know? So I kept my day job because it offered long-term stability or whatever. And as anyone who's tried doing this knows, it's really hard to balance the two. There are so many days where you have an audition in the middle of the day, and you have to use your lunch break to do the audition and hope they're not running behind so you can make it back to your desk in time. I was miserable.

But then one day a guest speaker in a class I was taking said something like, "Look, you clearly hate your job, right? If you didn't, you wouldn't also still be trying to be an actor. So don't be afraid to quit your job. If you have an audition in the middle of the day and your job isn't letting you go, find a new job. If you lose your job, you can find another." Now I don't think that's the best advice for *everyone*, but for me at the time — a young person, with a college degree, who lives in America, and with a healthy social support system — that advice really shifted my brain chemistry. So that was the moment I decided to quit my cushy office job and take whatever dumb day job would lend me the flexibility I needed to audition. And yes, I went into severe credit card debt, but my day-to-day happiness increased exponentially.



How Tommy Tomás Of ‘Mr. Mayor’ Became Filipino

These profiles typically start with a puffy distillation of the actor’s background, but for Mike Cabellon, 31, his personality and opinions say much more about him than his resume. This vignette demonstrates why he’s not only a fresh breeze on the set of the NBC sitcom “Mr. Mayor,” but also the chill guy everybody wants to hang out with.

First, the setup. I find memorization more impressive than swallowing fire. I insisted that the guest who can recite poetry is always the life of the party. Mike disagreed, convincingly. “First of all, you’ve gotta’ get yourself to some cooler parties. I think if someone stood up and started reciting Yeats at a party I was at, that person would promptly be heckled until they left.”



Exclusive Interview: Mike Cabellon Talks Mr. Mayor Season 2, Representation in Media, and More

PC: Who or what has had the biggest influence on your career?

Mike: That's a tough one. It dovetails into a discussion about diversity and representation because I feel like a lot of White performers get the benefit of mentorships. I didn't have that. There wasn't anyone above me who looked like me who could pull me up. So I leaned more on personal influences because my family has always been very supportive. I lucked out in that I didn't have a traditional immigrant family who was like, "You have to be a doctor or lawyer." They were like, "As long as you're happy doing what you're doing and you can pay your own bills, then do whatever you want." They let me pursue this in a way that was really, really freeing.

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

Mike: Booking my first TV gig that was not a commercial, digital, or something that I produced myself. My first actual TV gig was *Crashing* on HBO. That was terrifying because that episode was also directed by Judd Apatow. I remember my agent calling me and being like, "You booked something." I was like, "Great." They were like, "You're going to work with Judd Apatow." I was like, "Oh no. That feels like too much pressure." Imagine you're a pianist and they're like, "We got you your first concert! It's opening for Elton John." You're like, "Why? Why so big, so fast?" [laughs] It was scary. I learned a lot on that job, but that did feel like a huge win. I leveled up in a way that I didn't think was possible—that I didn't think was likely to happen as soon as it did. That felt really big.

PC: You're one of the stars of *Mr. Mayor*, and the series has been incredibly well received. What do you think is resonating most with audiences?

Mike: The lack of deeper meaning. [laughs] There's a time and a place for television that makes you think and gives you something to digest. That's well and good, but our show is about politics. There's so much happening in the world. Audiences don't want to digest further the impact of local politics. It's nice for people to tune in and be prepared to be like, "Here we go. I'm going to be spoonfed some political opinions." But it's really just a bunch of dummies working in an office. It's so nice to have a simple show where you can laugh and turn your brain off for 22 minutes.

PC: Season 2 is airing now and we're learning more about each character. What's ahead for Tommy?

Mike: I like that in this season Tommy is a lot nicer. In Season 1, he's not a jerk, but he thinks he's better than everyone else. He treats people like that. In Season 2, we have the arrival of some new faces, and that threatens the hierarchy of the office and makes him reconsider his alliances and whatnot. He starts to treat people more like peers, which is nice for me because then I actually get to be nice to my castmates.

PC: There's great chemistry that comes off the screen between the entire cast. How did you all build that bond?

Mike: That was one of the silver linings of the pandemic. In Season 1, we had to stop filming because of the pandemic. We didn't know what was happening. We kept Zooming with each other. We wanted to stay bonded as a cast. We got this crash course of bonding in a few months. We would call each other and catch up on each other's lives. That really helped us connect as friends and peers. By the time we came back to finish Season 1, it wasn't like we were getting to know each other. We were deep in each other's lives. We were fully prepared to dive into the work. That's even more true for Season 2. We're so comfortable with each other. We have such an easy rapport. Shooting is so much fun. I hope that shows in the work.

PC: This is the longest that you've lived with a character. Has anything surprised you about the experience? What's been the biggest takeaway?

Mike: It's hard to specify one thing. It's all of it. Like you said, this is my first time inhabiting a character for this long. I feel like Tommy is starting to become his own person. I'm so used to a churn and burn method where I'm like, "Who is this character? He's a waiter. Got it." I can be a waiter for three days. You forget about it. You're done. But to live with a character, it's almost like having another roommate.

I have to think about how Tommy would react in a situation. It's built my empathy radar as an actor to be more considerate about how a character would behave in a certain situation. Whereas before I was like, "Okay, what do you need? Do you need me to be angry in this scene? Got it!" I can be angry for a minute and then turn it off.

WE GOT THIS
COVERED



Mike Cabellon on representation, diversity, and 'Mr. Mayor': 'Double yes.'

What initially drew you to NBC's Mr. Mayor?

Cabellon: "It was definitely the opportunity to work with this group of people. I mean, the cover page of the pilot script says 'written by Robert Carlock & Tina Fey,' and that was already enough for me to be like, 'Yes. Whatever it is, yes. I'll play anything.' I'm such a huge *30 Rock* fan. And then, at that point, they had already cast Ted & Bobby, so my second thought was, 'Double yes. I am 100% in. Say no more. I would love to be able to play with those two.' Everything else that followed – the rest of the actors getting cast, the fact that the Tommy character is fun to play – it's all icing on the cake."

You play Tommy Tomas in the series; what about his character resonates with you the most?

Cabellon: "I think Tommy and myself are both very driven people. I think we both have that sense of being self-made — like we clawed our way up from nothing to get to these arenas that we've had our sights set on since we were kids – politics for him and entertainment for me. So that's a positive. On the other hand, I think we can also both be a bit pretentious. Tommy thinks he's smarter than everyone else in the room, and I think I felt like that when I was younger. I'd like to think I've learned to be more humble as I've gotten older, but a younger version of me could definitely relate to that."

<https://wegotthiscovered.com/tv/mike-cabellon-on-representation-diversity-and-mr-mayor-double-yes/>

poptized.

IN CONVERSATION WITH MIKE CABELLON: THE MAN BEHIND THE MAYOR

KY KASSELMAN: First, congratulations on the season two premiere of Mr. Mayor! It's a great episode. So what should fans expect from this season of Mr. Mayor?

MIKE CABELLON: Oh, gosh, the show's just so much better now. Season One we shot in the middle of a pandemic. And you know, I think that that kind of thing kind of shows when you're uneasy behind the scenes and it ends up on camera. And I think this season, everyone was just so much more excited to get back and be safe and be able to tell jokes and have a beginning, middle and end. The first season was cut short. So just everything about this new season feels like a whole new world. And we're bringing new people into it! There are a lot more guest stars this season. So yeah, I think there's a lot to look forward to this season.



<https://poptized.com/tv/in-conversation-with-mike-cabellon-the-man-behind-the-mayor/>



Daily Inspiration: Meet Mike Cabellon

Hi Mike, we'd love for you to start by introducing yourself.

I grew up in Las Vegas and went to school in Chicago, and spent all that time learning how to be funny and how to make stuff. I moved to New York after graduation, where I taught myself how to combine being funny and making stuff. Then I moved to LA, where I currently get paid to be funny and make stuff.

We all face challenges, but looking back would you describe it as a relatively smooth road?

Has anyone ever said “yes” to this question? I think everyone has struggles! Most of mine probably relate to race. That question of, “Would I be treated like this if I were white?” rattles around in my brain constantly. I think almost every POC in Hollywood can relate, and I think eighty or ninety percent of the time, the answer is “nope.”

There's also a question of socioeconomic status, which, jeez, I could talk about forever. But I think a lot of people in Hollywood kind of skirt that topic when they're talking about struggles in the industry because oftentimes successful people come from some form of privilege. It's just so much easier to go to an audition at two in the afternoon if you don't have to worry about having a day job because your parents are paying your rent, you know? I never really had that luxury, so that definitely made things harder.

<http://voyagela.com/interview/daily-inspiration-meet-mike-cabellon/>

PODCASTS



MIKE CABELLON - BEING MULTI FACETED

<https://podcasts.apple.com/us/podcast/mike-cabellon-being-multi-faceted/id1453808656?i=1000559227109>



MIKE CABELLON, 'MR. MAYOR' - THE TV DUDES INTERVIEW

<https://thetvdudes.libsyn.com/mike-cabellon-mr-mayor-the-tv->



AAPI ACTORS ROUNDTABLE ON REPRESENTATION IN HOLLYWOOD

<https://podcasts.apple.com/us/podcast/multicultural-tv-talk->

What's IGN Crushing On

THE MAYORS OF EVERYTHING (W/ MIKE CABELLON)

<https://www.crushingonpodcast.com/episodes/s4e11-mike-cabellon>



PRESS: ON CAMERA



<https://www.eonline.com/ca/videos/336275/mr-mayor-stars-discuss-huge-name-guest-appearances>



<https://www.nbcchicago.com/entertainment/chicago-today/mr-mayor-stars-talk-improv-what-the-hardest-part-of-filming-season-1-was/2789358/>

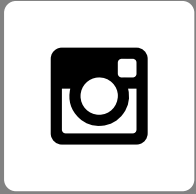


<https://theknockturnal.com/bobby-moynihan-ted-danson-kyla-kennedy-cast-talk-mr-mayor-video/>



<https://www.amfm-magazine.tv/mike-cabellon-on-role-as-chief-strategist-tommy-tomas-in-nbc-comedy-mr-mayor/>

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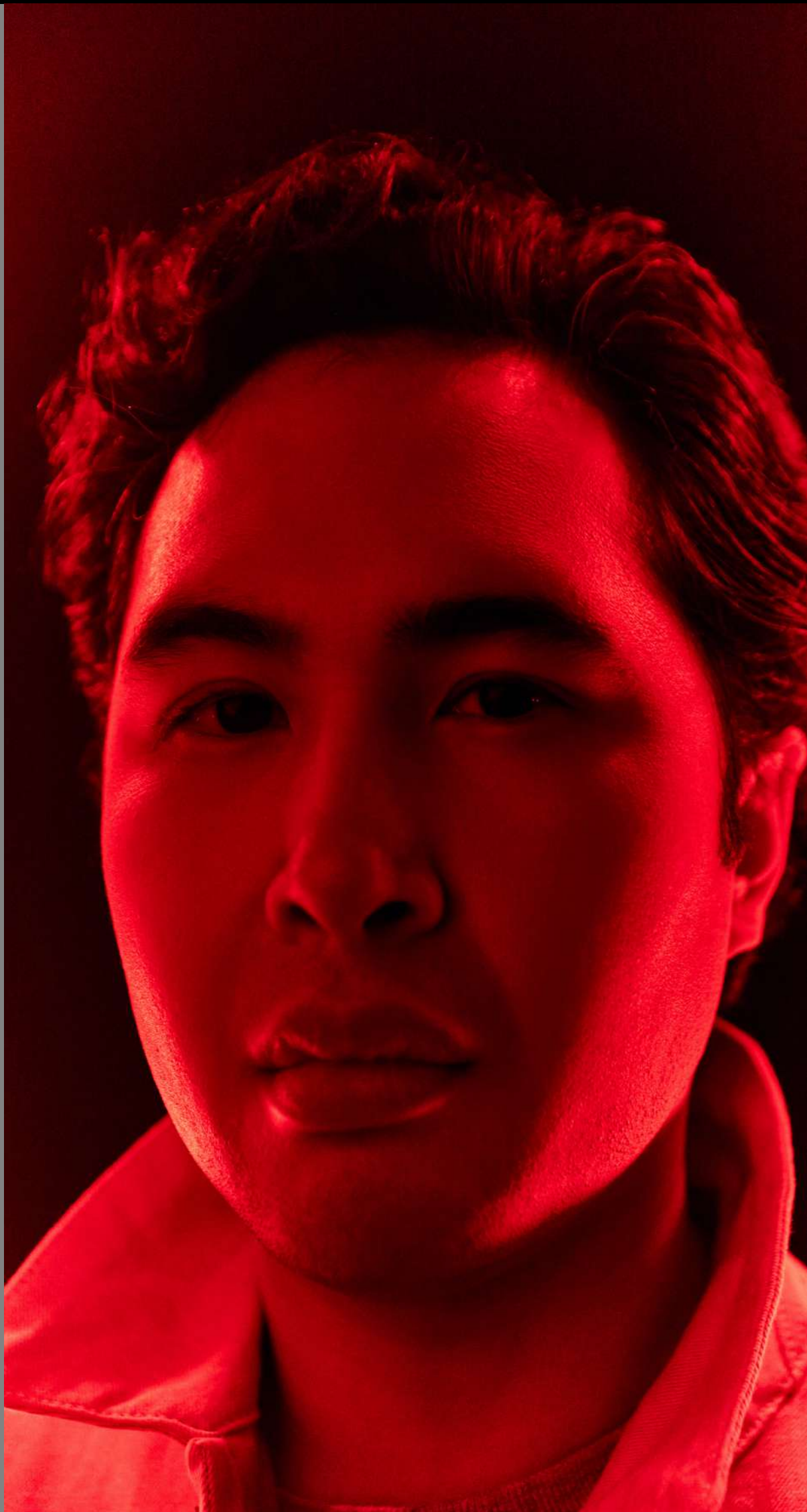
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