

Before Bed: The Wing's Curator Falls Asleep to *Sabrina the Teenage Witch*, and Dreams of Rearranging Art

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The Wing curator, Lolita Cros
Photo: Courtesy of Chandler Kennedy

Maybe it's the news, or the natural disasters, but it's been harder to get to sleep lately. So we're asking some of the busiest people we know how they get ready for a good night's rest.

Lolita Cros is the art curator and consultant behind the collections that decorate the walls of The Wing's three locations in New York City, as well as one in D.C. In the next six months, she'll outfit several new Wing locations in New York, in California, and in Europe, averaging 65 pieces per space. A company of one person, plus two interns, Cros's ambition as a curator is distinctive as she works to make artwork more accessible, financially and intellectually.

Cros hopes to inspire investments in art by granting access to artists' stories. She explains that, to her, buying art is similar to the warm sentimentality of a priceless hand-me-down t-shirt. "I hope people will like a piece not because they think 'it's pretty' but because they're interested in the story, or maybe they had the chance to interact with the artist at a salon-style event, or maybe they went to an artist's studio."



Coreen Simpson's "Diana Ross with Berry Gordy at 'The Wiz' film opening in New York," 1978.
Photo: Sara Wight/ Courtesy of The Wing

Art at The Wing is made exclusively by female identifying artists. It is all for sale, and work is described by material, dimensions, as well as with some context for its creation.

As Cros describes her busy days, she mentions the importance of her food intake not twice, but three times, (her meals are often documented on her boyfriend's Instagram). The two, divided daily by her love for sunlight in the morning and his need to sleep in the day ("he works in night life") live in the East Village in Manhattan, on Fifth street.

Cros currently has a show up with Danielle Gottesman—a project inspired by the patterns and shapes in the architectural plans of a development at 90 Morton street. Actually located within the construction site, Gottesman's anthropological work suggests that we better assess our surroundings. Cros' curation of The Wing has a similar aim. By placing work by women of varying ages, identities, and nationalities in a space that hosts conversations between a large range

of female professionals, Cros exposes Wing women to the political and societal issues portrayed in pieces by artists such as Yasmine Diaz and Suné Woods.

On recent nights, Cros has been dreaming about "hanging work, moving it, packing it..." Despite her neighborhood's constant stream of garbage trucks, sirens, and car alarms, Lolita is asleep around 1 am, wakes up at around 8 am, and she meditates before her first coffee. Though she admits she's never been a likely contender for meditation, she makes time for 20 minutes before and after work, which she says is like "catching up" on sleep. Throughout her days, which seem to be getting busier and busier, she doesn't plan on losing touch with herself.

What is on your bedside table?

I have, right now, *Bel Ami*, by Guy de Maupassant. I know it sounds like something you just have there for a month without reading, but I'm actually reading it. Which is nice! I have a tube of homeoplasmine which I'm not going to try to pronounce in English because it's just going to sound butchered, but it's a fattening cream that you put anywhere...on cuticles, cuts...dry lips. Then, I have 40 empty glasses of water, because I can't figure out how to bring them to the sink in the morning after drinking them at night.



Lolita's bedside table
Illustration: Courtesy of Pauline De Roussy De Sales

Do you look at your phone at night?

I do look at my phone until about 30 minutes before going to bed...which is not good. Not right before I fall asleep, because I plug it in, but then I switch to the iPad and watch TV.

What's queued up on your iPad right now?

I have shows that I watch because they're they're fun, and I have shows that I watch because I want to fall asleep. The show I'm watching right now to fall asleep is *Sabrina the Teenage Witch*. I like to re-watch shows I know by heart. Before that, it was *That 70's Show*, before that it was *Friends*, before that, *Sex and the City*. The show I watch when I want to relax with my boyfriend, right now, is *Homeland*.

Is there a sound that helps you fall asleep?

Whatever happens when there is no fire alarm, no garbage truck in the streets, no construction. So I guess silence, which rarely happens in New York.



Senga Nengudi's "Performance Tryptich," 1978.
Photo: Sara Wight/ Courtesy of The Wing

Where do you call "home"?

I grew up in France, I lived in Casablanca, and I went to high school in New York. Home is New York, and is Paris, but more and more it's been this tiny medieval town in the South of France full of people with frosted tips and fanny packs. It's called Puisserguier.

How do the sounds in France and in Morocco compare to the mayhem of NY?

New York is so loud, it's crazy.

Paris is kind of a buzzing sound—I

used to live in front of a train station with white noise at all times but I kind of liked it. In general, an ambulance in Paris is so much less loud [than in New York], it's not comparable. In Morocco I lived in a really calm district called Anfa, it was very residential and from afar I would hear the imam at the mosque sing on the speaker, which was really nice.

Geography aside...what is the best kind of blanket?

For some reason, people keep giving them to me for Christmas. I dunno, a cashmere throw blanket, a light gray, a beige, a camel...all those pretty colors that you can throw on a white couch? And for my duvet, there's some kind of feathers in this thing. Some kind of feather duvet.

How many pillows?

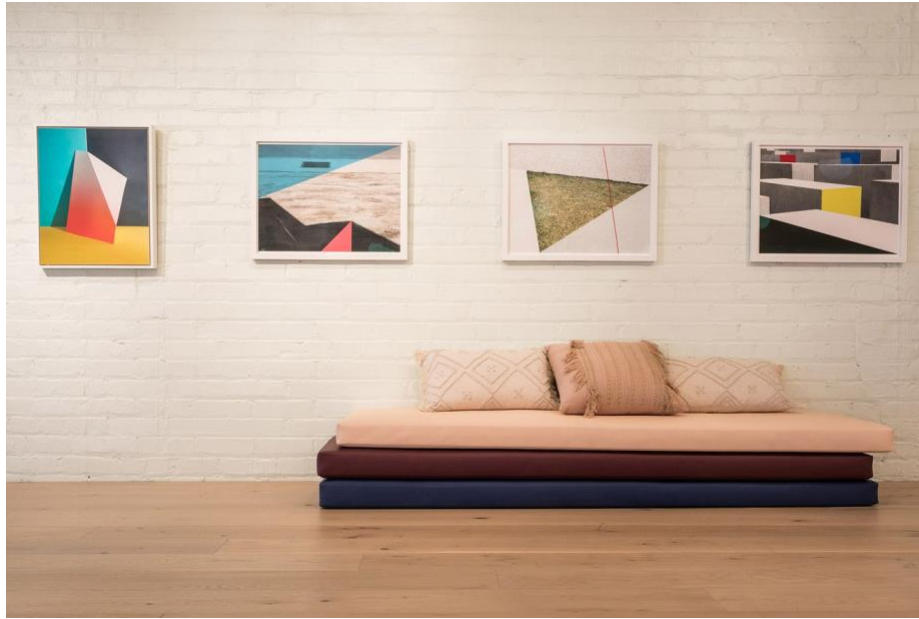
I have four. Two uncomfy ones and two comfortable ones. They're normal pillows.

Pajamas or au naturel?

In the summer I sleep naked, or on the weekends, because then I can lounge in bed and not wake up and feel cold. On the weekdays I try to steal my boyfriend's boxers, but he's not really cool about it, so I try to get some on my own...so, yeah, some kind of shorts and a t-shirt. And in the winter, when it's really cold, I wear these really cute J. Crew pajamas.

Do you set a bedtime?

I do when I wake up in the morning. I think, I'm def gonna go to bed at 10 pm tonight. Then the next thing I know I'm up until 1 am. Usually my bedtime is like 1 am.



Erin O'Keefe's "The Flatness #12," 2013.
From Rhea Karam's "Pieced Together" series, 2014

What about waking up in the morning?

I used to feel like I wasn't working enough. I had a full time job before this, and when I quit I was like, 'I need to be tough on myself and make meetings at 9 am so that I'll be out of bed!' Now I'm easier on myself, so when I can sleep past 8, I try to. I like to have

structure in my life. I see people who party on a Tuesday and sleep in all day; I can't do that. Weekdays are for work and weekends are for weekends.

What sound do you wake up to?

My alarm. The one that sounds kind of like a piano like DUGGA DUGGA DUUGA DUG—a classic iPhone alarm sound.

How did you pick up meditation?

I took a course called New York Meditation and it was great. I read an amazing book called 10% Happier, that I've recommend to so many people. It's basically about this guy, this news anchor, who had a mental breakdown and then went on to meditate. The book is kind of funny because it's for people who would never think about meditating. The guy that teaches in that book is the guy I took classes with.

Meditation doesn't take out the stress, it takes out the 'I'll never be able to do this,' overwhelmed feeling of 'where to start?' Before, it would be about 4 pm and I'd be SO tired, and with the meditation, you can catch up on whatever sleep you missed. Last week I actually fell asleep during meditation and woke up after 20 minutes, but woke up *perfectly* rested. It really helps with sleep—highly recommended.