

**THE MARSH BERKELEY PRESENTS  
KATHRYN SEABRON'S THOUGHT-PROVOKING  
ANGRY BLACK WOMAN 101**

Written and Performed by Kathryn Seabron

Directed by Lynn Vidal

In association with Bay Area Women's Theatre Festival

**March 15 - April 13, 2025**

BERKELEY, CA (4 February 2025) — Writer/performer **Kathryn Seabron** returns to **The Marsh Berkeley** with her solo show, *Angry Black Woman 101*, showcasing the resilience, brilliance, and strength of Black women as they navigate and overcome adversity. Inspired by a personal and painful experience at a nonprofit, this bold and thought-provoking one woman show delves into the microaggressions, tropes, and systemic misogynoir that Black women face in the workplace and beyond. In this work, Seabron creates a compelling blend of vignettes, storytelling, poetry, and multimedia elements, to explore the intersection of racism and misogyny that Black women navigate daily, at work, in school, on the street, or at the market. The performance also confronts the weaponization of White women's tears, shedding light on their use as a tool to silence and disenfranchise Black women and the broader implications of these dynamics in professional and social spaces. Engaging, raw, and deeply resonant, *Angry Black Woman 101* invites audiences to witness, reflect, and challenge the pervasive injustices Black women routinely endure. The show was presented at the Atlanta Black Theater Festival in 2024, where it won the Best Performance Award. It returns after a brief but highly successful run last summer at The Marsh's *In Front of Your Eyes* Performance Festival. Written and performed by **Kathryn Seabron**, directed by **Lynn Vidal**, and in association with **Bay Area Women's Theatre Festival**, *Angry Black Woman 101* will run **March 15 - April 13, 2025** (*press opening: March 22*), with performances **8:00pm Saturdays** and **3:00pm Sundays** at **The Marsh Berkeley** (2120 Allston Way, Berkeley). For tickets (\$25-35 general admission, \$50 and \$100 reserved) or more information the public may visit [themarsh.org](http://themarsh.org).

**ABOUT THE CAST AND CREATIVES**

**Kathryn Seabron** (Playwright/Performer) began her theatrical journey as a stage manager for the legendary Lorraine Hansberry Theatre before expanding into directing for the Asian American Theatre, African American Theater Company, and Oakland Ensemble Theatre

Company. Seabron later stepped into the spotlight, joining the cabaret and burlesque community, where she is widely known as Juicy D. Light. Under this persona, she has gained international recognition as a burlesque performer, choreographer, and leader of the award-winning troupe Rubenesque Burlesque. Her performance credits include AfroSolo, Playground SF, National Women's Theater Festival, and San Francisco Fringe Festival, where she received a "Best of the Fringe" award. She also presented *Angry Black Woman 101* at the Atlanta Black Theater Festival in 2024.

**Lynn Vidal** (Director), an actor, director, musician, iconoclast returns to the stage as the director of Kathryn Seabron's powerful one-woman show, *Angry Black Woman 101*.

**The Bay Area Women's Theater Festival (baWTF)** (Co-Producer) is dedicated to advancing gender parity, diversity, and inclusion in the performing arts as the Bay Area branch of the National Women's Theater Festival (North Carolina). It's collective of writers, actors, producers, directors, designers, and technicians are committed to creating, producing, and promoting extraordinary theatre by women+. The festival's journey began with a simple invitation to Bay Area theaters: "Are you considering producing a play by a woman+? If not, can we help you find one? If so, would you commit to a woman+ director and gender parity in the cast and design team?" In 2020, over 40 companies responded positively—though plans were disrupted by the pandemic. Since then, they have produced several initiatives, including the Classical Women Reading Series (curated by Michaela Goldhaber) in collaboration with six Shakespeare companies across the Bay Area, the BIWOC+ Reading Series (curated by Kathryn Seabron) at Brava and Aurora Theatres in 2022 and 2023, and the Disabled Women Speak Out performance series (curated by Michaela Goldhaber) at Aurora Theatre in 2023. In 2024, the festival co-produced *Kudzu 2012* by Tracy Baxter, an expansion of the BIWOC+ Reading Series, at BAM House in Oakland. In 2025, they are partnering with The Marsh Berkeley to co-produce Kathryn Seabron's *Angry Black Woman 101*.

### **ABOUT THE MARSH**

**The Marsh** is known as "a breeding ground for new performance." Launched in 1989 by Founder and Artistic Director Stephanie Weisman, it annually hosts more than 500 performances across the company's two venues in San Francisco and Berkeley. A leading outlet for solo performers, The Marsh's specialty has been hailed by the *San Francisco Chronicle* as "solo performances that celebrate the power of storytelling at its simplest and purest." The *East Bay Times* named The Marsh one of the Bay Area's best intimate theaters, calling it "one of the most thriving solo theaters in the nation. The live theatrical energy is simply irresistible." In April 2020, The Marsh launched its digital platform MarshStream and hosted more than 700 live streams which provided 300 performers and its youth class participants a platform to continue discovering, developing, and producing art during the COVID-19 pandemic shutdown. Today, The Marsh presents both in-person live performances and content on its MarshStream, continuing to expand its reach to audiences onsite and around the world. The Marsh believes in the power of people's storytelling and has several classes for the public to create their own works as well as through its developing work performance series: Monday Night Marsh, Tell It on Tuesday, and Marsh Risings. The theater company also collaborates with over 25 San Francisco public schools providing a year-round youth program serving students at its theater and in the classrooms.

### **FOR CALENDAR EDITORS:**

**WHAT:** Writer/performer **Kathryn Seabron** returns to **The Marsh Berkeley** with her solo show, ***Angry Black Woman 101***, showcasing the resilience, brilliance, and strength of Black women as they navigate and overcome adversity. Inspired by a personal and painful experience at a nonprofit, this bold and thought-provoking one woman show delves into the microaggressions, tropes, and systemic misogyny that Black women face in the workplace and beyond. In this work, Seabron creates a compelling blend of vignettes, storytelling, poetry, and multimedia elements, to explore the intersection of racism and misogyny that Black women navigate daily, at work, in school, on the street, or at the market. The performance also confronts the weaponization of White women's tears, shedding light on their use as a tool to silence and disenfranchise Black women and the broader implications of these dynamics in professional and social spaces. Engaging, raw, and deeply resonant, ***Angry Black Woman 101*** invites audiences to witness, reflect, and challenge the pervasive injustices Black women routinely endure. The show was presented at the Atlanta Black Theater Festival in 2024, where it won the Best Performance Award. It returns after a brief but highly successful run last summer at The Marsh's In Front of Your Eyes Performance Festival.

***Angry Black Woman 101* is:**

Written and performed by Kathryn Seabron

Directed by Lynn Vidal

In association with: Bay Area Women's Theatre Festival

**WHEN:** **March 15 - April 13, 2025**  
*Press opening: March 22*  
No performance: March 29 & 30

**SHOWS:** **8:00pm Saturdays & 3:00pm Sundays**

**WHERE:** **The Marsh Berkeley, 2120 Allston Way, Berkeley**  
*Parking: Allston Way Garage, 2061 Allston Way between Milvia & Shattuck.*  
*BART station (closest): Downtown Berkeley BART*

**TICKETS:** \$25-\$35 sliding scale, \$50 and \$100 reserved

**INFO:** For information, the public may visit [themarsh.org](http://themarsh.org).

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**PRESS:** Contact Paige D'Encarnacao, CBCO Public Relations & Marketing.  
[paige@cb-pr.com](mailto:paige@cb-pr.com) | 415-570-2623

**PHOTOS:** Downloadable high-res photos are available here:  
<http://cbpr.co/press/angryblackwoman101>