

Hi, I am Leira Satlof, Artistic Producing Director of Ferndale Repertory Theatre and I am here to talk to you about your health. Did you know that live theatre is good for you? In a way that your television, computer and phone screen cannot, watching a live theatrical performance engages your brain and body and connects you to your friends, family and community.

Here in Humboldt County we are lucky to have an abundance of live theater companies. Ferndale Repertory Theatre, established in 1972, is the longest running community theater in our area but we are certainly not alone. You can see shows all year round at Redwood Curtain Theater, North Coast Repertory Theatre, Humboldt Light Opera Company, the Arcata Playhouse, Dell'Arte International and at Humboldt State University.

Live theatre is a uniquely human experience. Everything you see is happening in real time. Being in the moment with the actors- sharing the same time, same space, same breath- you share in their catharsis.

In a world full of digital and virtual everything, live theatre commands your full attention for the duration of the performance and challenges you to connect with your emotions, humanity, and capacity for empathy in a way that no other medium does. When you leave the theatre, you walk away not only with a unique and lasting memory, but with a sense of vitality and appreciation for the shared human experience.

This shared experience of live performance can unify people in ways that little else does. By putting us in touch with our most primal emotions and experiences, the gap between ourselves and others narrows. Our capacity to empathize and recognize our commonalities as people increases. And what's more...it is just fun!

There are wonderful human stories being told in all our local theaters. Whether you crave a comedy, drama, or musical adventure the theaters of Humboldt County have just the answer to your craving. Many of these companies offer fantastically affordable season tickets so you can treat yourself to live theater all year round. So, after your next walk through our majestic redwoods or along our beautiful coastline, think about taking your family to see some live theater. You'll be glad you did.