

## **Introduction Regina Lang**

Regina Lang has a wealth of hands-on experience in coordinating public outreach and community development programs. Prior to relocating to Maysville, Kentucky, from Louisville, KY, in 2011, she worked as a non-profit Administrator, a theatre professional and an Art Therapist. For more than 20 years, she was immersed in the work of developing programs that assisted individuals and communities heal from trauma; with a primary focus on youth and women.

Regina is an only child, who was raised in a military family. She spent her formative years in El Paso, Texas and Mainz, Germany and she speaks conversational German. She is also a veteran of the United States Army, as was her father who is a native of Germantown, Kentucky (A daddy's girl.) A life-long traveler who has sojourned throughout Europe, and the United States, including study broad experiences in Cameroon Africa and Costa Rica, she meets no strangers. Regina is consummate researcher who loves history and exploring the intersections between history, social dynamics and culture.

Regina earned a Master's Degree in Global Studies with emphasis in conflict resolution from the University of Denver; a Master's Degree in Expressive Therapies from the University of Louisville and a B.F.A. in Theatre from the University of Memphis, and most recently a A.S. Culinary Arts, Maysville Community and Technical College.

Regina's new venture is Freedom Tyme Legacy Tours, where she conducts tours for 25 or more, throughout Mason County, KY, and surrounding areas. Ms. Lang's Grand-father, Isaac Lang, was featured in a New York Times Story where he recounted boy-hood stories of playing around the Anderson Slave Pen which was found on a Mason County farm and later transported to the National Underground Railroad Freedom Museum in Cincinnati, OH.