



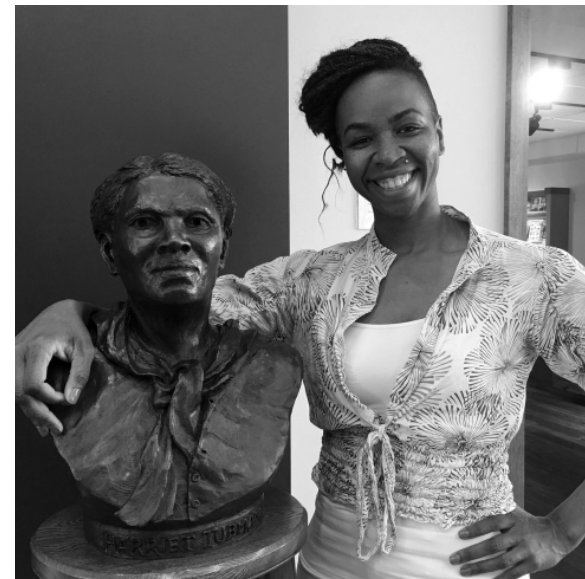
# A WALK IN HER SHOES

A FILM BY METRA LUNDY



## *Synopsis*

"A Walk in Her Shoes" is a full feature film that shares one woman's intimate story of personal discovery, empowerment, and triumph. In a quest to overcome one of the biggest obstacles of her life, Metra Lundy simulates a walk to freedom by re-tracing the steps of the great American heroine, Harriet Tubman. In doing so, Metra discovers who she really is.



## *Production Stills*



*"I want to live my life  
on purpose."*



# PRINCIPAL CAST

## *Metra Lundy* (Filmmaker/Producer)

“Stories have the power to transform” – these are words that guide Metra Lundy as a mother, professional coach, speaker, CEO and owner of Kinetics Personal Training and Group Fitness, and author of the non-fiction book, *The Detox Life*. For over a decade, Metra has helped to transform the lives of others using her signature system of self-improvement - “strong leaders lead by example.” Her most recent project is a full feature documentary entitled, “A Walk In Her Shoes.” This documentary shares Metra’s intimate story of personal discovery, empowerment, and triumph. Metra aspires to continue leading the masses toward growth and development.





## *Selina Garcia* (Director)

Selina is a filmmaker, photographer, and writer from Central NJ. She graduated from Rutgers University with a certificate in Digital Filmmaking. Selina has collaborated with other independent filmmakers and directors on music videos, short films, and has had her work featured in the university's Campus MovieFest. Selina is proud to present *A Walk in Her Shoes* as her first feature-length project and she hopes to continue to tell one-of-a-kind stories.

## *Kymberly Golden*

Kym is a native of Camden, NJ. She's given more than 20 years of service to the community through social work. She is currently a crisis intervention specialist for children and families in New Jersey. She also offers help to others who are in emotional crisis or experiencing distress from trauma. Kym has significant experience traveling abroad and has spent some time serving communities in developing countries, through education. Kym holds an undergraduate degree in Psychology and a master's degree in Urban Education.



# INTERVIEWS



## *Saladin Allah*

Saladin Allah is the great-great-great-grandson of Underground Railroad forerunner Josiah Henson and a Therapeutic Recreation major who attended Central State University in Wilberforce, Ohio. He is also a Region 6 Representative of the Five Percenters in WNY/Southern Ontario and founder of the Atlantis School for Gifted Youngsters, A.S.I.A., A.S.I.A. TV, Atlantis Build Talk Radio, and Quanaah Publishing. Saladin is a commissioner for the Human Rights Commission in the City of Niagara Falls, New York, a preschool teacher for the NFHA Universal Pre-Kindergarten Program, Visitor Experience Specialist at the Niagara Falls Underground Railroad Heritage Center, Black Pioneers of Niagara Falls board member, Senior Program Facilitator for the STYA (Successfully Transitioning Youth to Adolescence) Program, public speaker, and celebrity consultant.



## *Rochelle Bush*

Rochelle Bush is a Trustee and the resident historian of the Salem Chapel, British Methodist Episcopal Church, Harriet Tubman Underground Railroad National Historic Site, and the owner and operator of Tubman Tours Canada. Her maternal great-great-grandfather was the minister-in-charge of the Salem Chapel for a period in the 1850s when Harriet Tubman was a member. Over twenty years ago, Rochelle began to preserve, promote, and protect Canada's rich Black history. This included participating in the development of the early Black history narrative and government tourism initiatives in St. Catharines and the Niagara region. In addition, Rochelle is a social service worker and a Niagara College graduate.

## *Angela Crenshaw*

Born in West Virginia, Crenshaw identifies more strongly with her Baltimore roots. “I grew up near Gunpowder Falls State Park,” she says, where she spent many summers developing a passion for the environment and nature. She received her bachelor’s degree in Economics and Environmental Studies from Washington College, and later earned her master’s degree in Energy and Environmental Policy from the University of Delaware. Ms. Crenshaw became a Maryland Park Ranger in 2013 and worked at Elk Neck and Gunpowder Falls before being approached to work at Harriet Tubman Underground Railroad State Park. The Harriet Tubman Underground Railroad State Park and Visitor Center, which opened in March 2017, has educated hundreds of thousands of guests on the life and legacy of an incredible Maryland leader. Such a place itself requires passionate leadership, which it has clearly found in Assistant Park Manager Ranger Angela Crenshaw.





## *Dr. Kate Clifford Larson*

Dr. Kate Clifford Larson is a New York Times and Wall Street Journal bestselling author of three critically acclaimed biographies: *Bound for the Promised Land: Harriet Tubman, Portrait of an American Hero*; *Rosemary: The Hidden Kennedy Daughter*; and *The Assassin's Accomplice: Mary Surratt and the Plot to Kill Abraham Lincoln*. Her award-winning consulting work includes Maryland's Harriet Tubman Underground Railroad State and National Historical Park, the Harriet Tubman Underground Railroad Byway and All-American Road, and the Harriet Tubman Home in Auburn, NY. Dr. Larson has appeared on local, national, and international television including the BBC, PBS, and C-Span, cable networks and most recently CBS Sunday Morning.





## *Audrey Davis-Dunning*

Audrey Davis-Dunning is a powerhouse innovator, renowned motivational speaker, educator, and Mom-preneur. She founded

Get Your Goddess, a women's empowerment organization designed to amplify women to the next level, in 2015 after re-defining what it means to be a Goddess in both her personal and professional life. By combining her two loves, African Dance and Personal Development, Audrey has helped transform women of all ages into empowered Goddesses destined for greatness. An educator by profession, Audrey-Davis Dunning is known for her energetic and positive outlook. She became an avid student of personal development and empowerment while attending graduate school. Having received her masters from Cornell University, she has gone on to mentor and advise hundreds of women on their personal journey to success and fulfillment as a College Professor and Academic Advisor. She is also proud to say she is certified in the True Colors Personal Success System!





## *Stephanie Field*

Stephanie Field is an experienced Clinical Social Work/Therapist, LCSW, LCADC. She has 20+ years of experience working with a range of human challenges such as: family conflict/divorce, addictions, anxiety, depression, behavioral problems, emotional issues, and anger management. She provides individual and family support, works with children with ADHD, school refusal, anger management, drug/alcohol use, and behavioral issues. Her mission is to provide outstanding therapy for every one of her clients.



## *Jeffrey Ludwig*

Jeffrey Ludwig earned his PhD in History from the University of Rochester in 2015. His dissertation was an intellectual biography of the late social critic, Christopher Lasch. He now works at the Seward House Museum as a Director of Education.



### *Paul and Mary Liz Stewart*

Paul and Mary Liz Stewart are co-founders of Underground Railroad History Project. Since its incorporation in 2003, Underground Railroad History Project of the Capital Region, Inc. promotes and encourages knowledge and understanding of the Underground Railroad Movement and its genesis and legacy in the Capital Region and in New York State, and as a significant element of the history of the United States. It encourages historical research on the Underground Railroad Movement in the Capital Region, in New York, and in the United States; gathers, preserves, displays, and makes available for study artifacts, relics, books, manuscripts, papers, photographs, and other records and materials relating to the history of the Underground Railroad Movement in the Capital Region and New York State; and places the Underground Railroad movement in its proper context as the first civil rights movement, and as part of the ongoing struggle for equity, freedom, and justice.

*"I started with this idea in my head, there's two things I've got a right to, and these are Death or Liberty - one or the other I mean to have. No one will take me back alive; I shall fight for my liberty, and when the time has come for me to go, the Lord will let them kill me."*

*- Harriet Tubman  
Scenes in the Life of Harriet, 1869*

