

## Holly Regan

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### SUMMARY

I am a writer, editor, and journalist who explores the intersection of culture, underrepresented identities, and altered states. My work focuses on food, drink, drugs, and spiritual experiences, bridging the sensory, scientific, and metaphysical realms. My unique style interweaves reporting with history, metaphysics and philosophy, archaeology and anthropology, neuroscience, and holistic health. I also have experience with food and beverage education, a background in technology writing and marketing, and hold a B.A. in Anthropology and Political Science from the University of Washington.

### WORK HISTORY

#### **Freelance Journalist** | January 2013 - Present

- Researching, writing, and reporting stories about underrepresented people and consciousness-altering substances. Length, depth, and complexity ranges from 500-word news updates to 5,000-word features and multi-part series.
- Bylines include *The New York Times*, *Vice*, *DoubleBlind*, *LGBTQ Nation*, *Whetstone Magazine*, *Seattle Met*, *Psychedelics Today*, *Filter Magazine*, *The Stranger*, *Pellicle Magazine*, *Wellcome Collection*, *CraftBeer.com*, *Modern Farmer*, and *SOURCED Journeys*.
- Proposal and manuscript editing for *The Crossing* by Richard Parker, to be published by Mariner Books in Fall 2024.
- Interviewing a broad range of subjects, from underground psychedelics growers and medicine people to brewers, chefs, cheesemongers, farmers, and food-policy activists; academics, authors, archaeologists, anthropologists, and neuroscientists; and entrepreneurs and C-suite executives.
- Living as a digital nomad, traveling Europe and the U.K. in search of stories. Building cross-cultural connections and learning about global food and beverage histories and cultures.
- Ongoing work for *Good Beer Hunting*, a leading craft beer publication, as part of an international team of writers, editors, and artists. Pitching, developing, and writing stories; maintaining an editorial calendar; collaborative writing and reporting; assistant editing.
- Publishing a regular newsletter and digital zine, *The Both-Between*, through Substack.
- Creating a zine and podcast series on beer and cacao for *Bean to Barstool*.

#### **Owner, Bard Creative Content Services LLC** | June 2008 - Present

- Freelance writing and editing work for clients, including short blog posts and articles; SEO-driven web content; and research reports of 2,500+ words.
- Substantive, line, and copy editing and coaching individual writers for major global brands.
- Providing custom content marketing packages and editorial strategy consultation.
- Food and drinks-focused content, including beer, wine, and cheese descriptions and pairings.
- Consistently meeting demanding deadlines while juggling multiple projects.

#### **Creative Lead, Gilbert's Cheese Experience** | Dec 2018 – Nov 2019

- Co-hosting full-sensory cheese pairing pop-up events with local food and beverage producers involving public speaking, food education, guided tastings, and a high degree of interactivity with attendees and producers.
- Community/industry outreach; recruiting partner vendors and securing event space. Marketing, public relations, and web/social media maintenance.

#### **Editor-in-Chief, Wowza Media Systems** | March 2017 - January 2018

- Lead content writing, editing, strategy, and planning responsibilities for an international streaming media company. Art direction for infographics and reports.

- Creating and managing editorial calendar; collaborating and forging connections across siloed departments to create developer-focused marketing content.

**Content Writer/Editor, Software Advice/Gartner Research** | April 2013 - March 2016

- Editing all content produced by a 12-person writing staff. Helping individual writers improve their work and develop technical proficiency.
- Ghostwriting for C-suite executives, both on a personal blog and in guest posts for top-tier sites such as Entrepreneur and the Wall Street Journal.
- Taking on the work of two editors and completing it faster than before; consistently completing more articles per month than any writer on the team.
- As a member of the leadership team for a global technology company, collaborated to create a new department strategy and calendar and refine processes.

**Editorial Director, PARKER Media** | November 2011 to March 2013

- Successfully managing workflow of writers, editors, and graphic artists for 2012 election coverage through a political social media community reaching millions online.
- Managing staff of four with frequent sponsor interaction and lead writing and editing responsibilities. Story planning and idea generation under rapidly changing conditions/priorities.
- Writing and research for articles published in *The New York Times*; reporting to the president.

**RECOGNITION & ACHIEVEMENT**

- 2022: [Winner of Curve Award for Emerging Journalists](#) from the NLGJA: The Association of LGBTQ Journalists and the Curve Foundation
- 2021: Winner of [NAGBW Diversity in Beer Writing Grant](#)
- 2021: Third Place Winner, Best Travel Writing, North American Guild of Beer Writers (NAGBW) Awards in Beer Journalism for "[Past Meets Presence: A Voyage to Seattle's Ballard Brewery District.](#)"
- 2020: Independently designed and administered a survey to collect previously unreported demographic information and personal experiences of diversity and inclusion among U.S. craft beer workers, especially the LGBTQIA+ population. The results and content analysis were published in the series "[All in the Chosen Family: How Queer Erasure Plagues Craft Beer,](#)" recognized as a vital work for the industry.

**VOLUNTEER**

Cooking/Prep, Gardening, and Event Support, The Edible Flower.

Laborer/Farmhand, Workaway. Food Prep/Service, The Atrium Kitchen at Pike Place Market.

Laborer, Habitat for Humanity.

