



Archives in Context

Season 5 Episode 2: Dorothy Berry

Aired December 16, 2020 • Length: 36:08 minutes

SPEAKERS

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SUMMARY KEYWORDS

archives, self care, work, professional, pandemic, colleagues, finding aids, job, kindness, radical self care, professional organizations

Nicole Milano 00:10

From the Society of American Archivists, this is *Archives in Context*, a podcast highlighting archival literature and technologies, and most importantly, the people behind them.

JoyEllen Williams 00:26

Hi, everyone, and welcome to another episode of *Archives in Context*. My name is JoyEllen Williams and I'm here with my cohost, Nicole Milano.

Nicole Milano 00:37

Hi, everyone.

JoyEllen Williams 00:39

Nicole and I are here today with Dorothy Berry, who is the Digital Collections Program Manager at Houghton library at Harvard University. Dorothy received a BA in music performance from Mills College, and an MLS and an MA in ethnomusicology from Indiana University. Previously, she worked as the Metadata and Digitization Lead for Umbra Search African American History at the University of Minnesota, as a Mellon fellow at the National Museum of African American History and Culture, and also as a graduate assistant at the Black Film Center/Archive, and the Archives of African American Music and Culture.

Nicole Milano 01:22

At the 2020 Society of American Archivists' Women Archivists Section meeting, Dorothy gave a presentation entitled "Toppled Trucks and Acidic Folders: Taking Care of Yourself When Work Isn't Working." The presentation was part of an interactive workshop with attendees entitled "Self Care is a Radical Act!" We're thrilled to have Dorothy here today to talk more about self care, a much needed topic in 2020. Welcome, Dorothy.

Dorothy Berry 01:52

Hi.

Nicole Milano 01:53

So, Dorothy, we want to get started with kind of a straightforward question. How do you define self care?

Dorothy Berry 02:01

So, I- it's actually kind of a complicated question for me because self care isn't really something I think of myself as engaging with. Partially because I feel like when I've received self care, it's usually sort of a way in which I see people and I see myself putting what should be basic acts of humanity into a separate box from all the things that we have to do. So, like your job has importance, and your responsibilities have importance, and making money has importance, and then there's a side box, that's things like making sure you take a nice shower and drinking water every day. And I think that those priorities are sort of- that's the- they should be switched around in a best case scenario. So, I think of self care as sort of centering, centering yourself. I think of self care as centering yourself in a way that helps you to interact more healthfully with your community and the people around you. So, it's both about self but also about, more importantly, the way that self interacts with all the other selves.

Nicole Milano 03:09

I love that. And what makes self care radical?

Dorothy Berry 03:14

I think it's- so this was actually a very- another sort of complicated thing for me. I remember when I was asked to talk about radical self care I actually reached out to friend and colleague, María Matienzo at Stanford, another archivist, and I was talking with them about what makes it radical and what would be unradical self care. And I think that there's- there is a construct in which all care for the self for marginalized people, so women in this context, and people of color, and people of marginalized sexualities and genders, anytime that you value yourself there is a radical act there because the world doesn't want you to have value... the world doesn't value you. I think that that's something that it's important to keep an eye on. Because there are also ways in which that is another type of trickery, where you can say to yourself, you know, it's radical for me to buy \$20 nail polish, because the world doesn't want me to be beautiful. And that might be true, the world might not support your beauty, but there's ways in which you know, this becomes sort of perverted by capitalism by market forces. So I think the radical act of self care is interesting, because it's been so decontextualized. When we think of Audre Lorde, talking about radical self care, she was talking about that in response to her own cancer diagnosis. And that is, you know, and that has somehow sort of trickled down to like, life is- my work stinks. And so, me eating this brownie is radical self care. And I think it's good to not lose sight of that, but at the same time, because I'm a person full of contradictions and paradoxes, like sometimes treating yourself to a nice piece of food is a type of very important self care.

JoyEllen Williams 05:03

I'm glad that you talked about or just touched on Audre Lorde, the writer and self described Black lesbian mother, warrior, poet, who famously wrote in her 1988 book, *A Burst of Light*, "Caring for myself is not self

indulgence, it is self preservation, and that is an act of political warfare." So I'm glad you- you already mentioned that. In contemporary US American society, there is sometimes a stigma surrounding the idea of self care, which Lorde clearly rejects. How have Lorde and others influenced your thinking about self care?

Dorothy Berry 05:42

So, I think about this a lot, and sort of the ways in which I am willing to say, I don't have time to do the things that actually are important to me, but I do have time for another work meeting. So things like, you know, how can I schedule in this dinner with a friend? I can't, but of course, I can schedule in another publication? Or how can I schedule in, I don't know, a church service I would like to attend? Well, it's after work so I can't do it, because I'm too tired and too busy. But if someone had a work event, I probably would say, oh, yeah, I guess I can. And so for me, it's sort of about looking at ways that you can center the things that actually have true value to you, then the value is not monetary value and survival value. We all have to make money to survive in the society, etc. And that is a fact. But putting that aside, as much as you can, intellectually and also emotionally to think like, at any point, everything could be gone. Is this what I want to have been doing? So, my contexts, a lot of my subjectivity comes from having two parents that are deeply involved in spiritual life. My dad is a retired archpriest. And so I watched them growing up, and my formation was with people who had a clearly different set of priorities from making money for sure. That's a fact. And also from things like, you know, what sort of middle class things that are important, quote-unquote, you know, what are the things that we're supposed to do? What do you strive for? And people often say, like, oh, aren't your parents so proud of you? And like, my older brother is a successful tech bro out in Seattle. Like, aren't they proud of you? Like yes, they're proud of us but they would be equally proud of us, if we didn't have good jobs, as long as we were doing things that were important to helping others. And that, you know, I came from much more of a good people versus like, good accomplishments, background. And I think that, you know, that's not- I guess my parents are individuals but that sort of framework is always with me, even if it's not, you know, even if I don't live it in the same way.

Nicole Milano 07:56

So we are, of course, recording this episode in the middle of a pandemic, the week after the presidential election was just decided. It's a lot to really wrap our minds around sometimes, and how have these events of 2020 changed or shifted your understanding of self care?

Dorothy Berry 08:17

I think that they've sort of helped with that recentering work of thinking, you know, what do you want to take with you? And people always say, you know, well, you wouldn't when you're on your deathbed, you're not going to think I wish I'd worked more. And that's- maybe it depends on your work. But you know, if you were saving lives, you might think you would like to save more lives. But I think it's that sort of always memento mori sort of thing, where you have an awareness of everything changing, and it's nothing being predictable. And that's always the case. If nothing was predictable, and everything was always changing. Two years ago, everything was always changing before 2016. But this has really sort of called into stark awareness, especially for those of us, like me, who have a lot of currently, you know, at this stage of my life, who have like class privilege, and who have stable jobs, etc. It really makes me refocus on thinking things like how have I said to myself, because I think a lot about self care as being actually something that interacts more with the outside. So, things like how have I said, I don't have enough money to, you know, give to this local food bank previously. And then looking now and

especially at a time where walking through Cambridge where I live, you know, I now pass two different food banks with lines around the block, at least twice a week when I go to work or when I go to get a coffee once a week. And that sort of- which is mixed... this all sounds kind of terrible, me saying it out loud. But it's speaking of that sort of being present that very like Ram Dass "Be Here Now" awareness of where we're at, and what actually is important. So, things like how am I feeling in this moment? Not how will I feel in the future, which I actually don't know exists? Or how did I feel in the past which no longer exists? But that sort of, I think it's really helped with that, trying to be present and in the moment in ways that I feel content with.

Nicole Milano 10:31

Dorothy, just to kind of follow up on that, I'm thinking a lot about this sort of work/life divide that a lot of people have been talking about both before and during the pandemic. And if, if that ever really exists, I don't know. But it seems like that divide has been blurred even more in an environment where a lot of us work from home. And we also eat from home, we live from home, and sometimes we can't even leave our home, depending on kind of the what is happening in the pandemic around us. So, what are your thoughts on that work/life divide? Is that something that we can actually do? And is it something we should be striving for? Or does the work/life divide not really exist?

Dorothy Berry 11:12

It's a great question. I think the work/life divide is, as you point out, almost impossible. Now, I mean, I've done so many Zooms from this exact position, which is my kitchen table. And I have to clean up the one cutting board that is tall enough every time, so I can have a laptop that looks like I'm being a professional, but I'm not, I'm at home. And you know, I think we've all had complaints with friends, sort of like with colleagues or whoever, like I never planned on inviting this person into my house and now apparently, they can just come in here whenever they want. I think it can also be really difficult working in fields like archives, where you might have a lot of your non-work interests actually do overlap. You know, if you love history as a topic, as a hobby, you know, it- there's a crossover where I feel like I have a ton of books to read, we all do this point, and a lot of them are nonfiction because I generally read nonfiction, I generally read historical fiction, a lot of it has overlap with my work stuff. But that didn't used to feel as much of a, you know, snake eating its own tail work situation with no escape than it does recently. I do think work/life balance is important. It's definitely important. For a- for variety of reasons, including, you know, at the end of the day, you've worked to get paid. And the extra work we're all putting in is- I don't know anybody who's getting hazard pay for, you know, doing all the extra work after hours. So, I think as much as you can take, take those steps that I've seen others recommend like if you are out, really putting up away messages that say, and by out I just mean not working. So maybe out is in the exact same spot on the same computer. Yeah, putting up a message that actually say, I will not be answering email, and not answering your email, if it's possible for you, you know, really having hard starts and stops as if you are in the office. And I know a lot of us even when we're in the office, you still came home and checked the email again, but really doing as much as you can with what you have. I know some people- I've read, you know, like the "don't use your work computer for nonwork". And I think well, that really implies I have a lot more stuff going on the computers than I do, or you know, and that's- I think we all have to deal with the situations that we have. But those hard stops and starts I think are really important. And also, just not letting other people's work styles and ways of coping affect your work. I have noticed that some people, you know, have very little work, maybe because they've had more public jobs, or have a ton more work because they maybe had, you know, tech service job that

actually is not even affected at all. And the tension between people wanting to add more and more new projects because they have time to do something new on top of your work that maybe didn't go away at all. And just sort of this is a tie- I guess that's a way in which it's really important to look out for yourself in the workplace and be able to say as much as you can, you know, depends on the support systems you have in place at work. But just, you know, this is what I'm doing right now I don't have time to do this other project. Or I don't have time to move on to this new thing; really looking for yourself in a- in a professional way.

Nicole Milano 11:35

And I think your comment about working from the kitchen table really resonates with a lot of us and it brings up questions and considerations that we may not have had to think about before, like our Zoom background, for example. You're literally bringing people into your home. And you may say you're working from your kitchen table, but it's a beautiful background and that we can see books, we see posters, we see beautiful artwork. And I remember thinking about this at the beginning of the pandemic, like should I be sitting in front of a bookcase so people will think that I'm smart and I'm reading all the time at home or...

Dorothy Berry 15:01

Definitely, yeah. And I mean, it is funny. My mom was saying to me that she thinks I have a very nice Zoom background because she saw some picture. And then she said, I know because I've been there that that's pretty much your whole apartment. And it's, you know, and she's not wrong. But yeah, I think that there's a lot of sort of insecurities like that that have come up because it feels- it can... I think there's a new competitiveness or a different competitiveness that can feel in place, because some people do seem like, wow, they're doing so much more work from home, and I'm stressed, you know, and then you're thinking to yourself, maybe I'm stressed, because I'm working at home, and I've got to homeschool these two kids, not a teacher, and whatever other care you have on hand, and my spouse is taking the other office, so I'm actually on the couch. And some other colleague is now publishing five books it seems like.

Nicole Milano 15:53

Right.

Dorothy Berry 15:54

So, I do think that there's just a lot of- it should be easier. And, you know, I feel like I'm very- my manager at Houghton has been doing a lot of work to make sure everyone is aware that this is not normal times, that we all need to be taking care of ourselves before the work. And that, you know, expectations around productivity are not the same as they are in house, and they are very much shaped by individual circumstance. But I think even knowing that, a lot of people still struggle with believing it. Because we're hearing like productivity, and we all know it's lower right now, but at the same time, we're also hearing jobs might be cut. So that balance is rightfully concerning.

JoyEllen Williams 16:35

I want to talk a little bit more about that. You brought up some issues that are very specific to the archives profession, like the threat of jobs being cut, or even the hobby/work overlap that often takes place. Do you have any other thoughts on why self care is particularly important for archives professionals?

Dorothy Berry 17:00

I guess what I could say is that I don't know if it's particularly important for archives professionals, but because that is what I do I'm more attuned to the ways in which it is important for archives professionals. I think that there are a variety of ways in which that comes in, depending on just even as simply as the content you're working with. You might be working with content that is obviously traumatic, or maybe even just traumatic for you personally, that other people might not see what the impact is, you know, history is full of things that affect us. And that's always in the mix. I think it's also depending on your setup and your university, for most people it's not a very appreciated work. It's not appreciated work, even just on the emotional level or the interpersonal level, beyond even the financial underappreciation. But we're also in a moment in which, because of the remote situation suddenly, appreciate it or not, it's become center stage in terms of access. So, you have a very underappreciated job, no one's been giving you funding for digitization for years and years and years, all of a sudden, it's you know, why can't you all digitize all this for us right now in the best quality from scanners that we said two years ago, you can't buy?

Nicole Milano 18:17

Right.

Dorothy Berry 18:18

And I think sort of having that context, it makes it really important to just sort of step back and say to yourself, what do I do? How do I feel about what I do on an individual level? And is that good enough for me? Not is it good enough for your manager at the institution, but just do you do something that at the end of the day you can feel good about? Or at least not bad about? I think about this because you know I often run into people. Just yesterday, I've met a young woman who just moved to Boston for going to the Hellenic College. And she said, "What do you do?" And I said, "Oh, I work at Harvard. I manage digitization and digital scholarship work for the big rare books library." And she was like, "Oh, that must be so cool. That's just so neat. Working with all that stuff all the time." And my response was like, "Yeah, it's, you know, it's a job. It's pretty okay," which is a terrible response. But I was tired, but also more importantly, like she's not wrong. It's pretty neat. What I get to do is pretty neat. And it's pretty neat to talk to students who are excited about stuff, and to find out new ways to make them excited. You know, I recently talked to a class- a GenEd class, which I assigned Greg Wiedeman's (*The Historical Hazards of Finding Aids*), which is wild of me, and they had so many questions about the history of finding aids. They were mainly English and History students and they wanted to know how, you know, data coming in- big data coming in will affect the humanization of individuals in historical records. They wanted to know how finding aids interact with marginal... great questions. And that, you know, it's a small part of your day, but that's pretty neat. And I think that sort of like taking time to be appreciative on a small scale is important. And I think if you can't find anything, to feel even small level appreciative about, then it's a situation of like really needing some deeper self-evaluation, both of self and also the position, because even in a terrible crummy situation, hopefully, you can find something that's neat, even if it's something inanimate like, these papers are great, if you can't say that for any single person there. So, I think that, you know, for archives professionals it's often a very put upon position that is underappreciated. But what I found especially in talking to classes and seeing how excited students are about like finding aids, and historical description, and discovery tools, I think

that sometimes- I think we might be underplaying to our own selves, how interesting, or how interested people are in the work we do.

Nicole Milano 21:05

So, in describing the, quote "Work that isn't working" end quote, in your presentation last August to the Women Archivists Section, you talked about an all too common experience among some archivists and librarians: the feeling that they're not respected by their colleagues and that their work isn't valued. Do you have any thoughts about why archivists and librarians are sometimes not as supportive of each other in the workplace as they could be? And perhaps how this could change?

Dorothy Berry 21:33

It's an interesting situation. I think every library and every archive has its own little ecosystem of personalities. And, you know, the reasons why anyone doesn't get along at any institution are so bespoke and so tied to that place's history. I think that there's often, at a lot of places, I think that there is insecurity about change and the ways we express that change. I've noticed and heard from a lot of colleagues at different places a tension between innovation in the field and people who have been in the field for a long time feeling as if their knowledge and experience is undervalued. And I think that that has a lot of the tensions, and stories people have told me I think really does come down to its core that, you know, both with like the professionalization of the field, if you have an MLS, if you think you have the knowledge, and someone else is like, well, I worked here for 30 years and we did it this way, and then the other person comes in and you think, why would you ever do it that way? And maybe even if you're young, or just, you know, talk too much like some of us on- you know, like myself sometimes, you say something like, "Why would it be done this way?" Which is maybe even if it's a good point, at its core, a hurtful thing for the person who did it. And I think on the flip side of that, there's the tension of, you know, trying to not call people out, but then you're fixing old records that, let's say, have terminology or something like that that you're going through and fixing, and you know that this was made by someone you still work with. I think that there's those sorts of tensions, but it is like a strangeness of academia writ large that that doesn't sort of just get washed away, as- as office tension. But often those things sort of explode or become like huge issues in workplaces. So I do think, for archives, that sort of interpersonal, sometimes cruelty or just tension, comes down to that classic academic joke of like, well, it's so intense because the stakes are so low of everyone really needing to prove that like, "no, this is so important that we do it this way," and fighting about controlled vocabularies, because if we don't do it, how will researchers find things? What about all the researchers who know Library of Congress subject headings? You know, these things are really important to us and if we- if we act like they're not important, then are we saying all the work that I dedicated to learning these things isn't important? And if that's not important then am I not important? There's a lot of like, psychoanalysis that could go into it. But at the end of the day, I feel like the question of like, "how could we be kinder to each other in the workplace?" sort of goes to me of wanting to move away from some, you know, informal traditions in archives and academia, to just thinking of more professional behavior, like how would someone who didn't work in this context think of this behavior? And a lot of times if you were talking to a friend who worked in a functional office, or at a startup or wherever, they would think the behavior that goes on at some of our archives is bananas in terms of the way people are interacting with each other. So for me, a lot of times I try to think of like, "what is just a more strictly professional way I could handle this with kindness?" Which can be hard because sometimes in libraries, you know, you're meeting interpersonal- you're meeting like very personal

critique with professional critique. And it is tough. And I don't know, I think maybe things change with time, but I struggle with it because, you know, I'm an emotional human like anyone else. But I do think it's important to really just try to do kindness. And even if that means you're performing kindness, and it's not, you know, organic and ornate, I mean, in your performing kindness it's not organic and innate; if it's still kind to the other person, that's good enough. And sometimes for me, that's, you know, following up with an email, like, "Oh no, that's fine. I didn't- that's hard to remember to do XYZ." Sure, just do that, because it's nice, and it makes the other person feel better. And I think that that's all I can say, that's that sort of thing of what self care- for me a lot of it is the work that you do outwards towards others. So yeah, I think it's- individually you can think about how do I contribute to kindness in my workplace, because all you can really do is fix things on the individual level, or that's the only power you have as an individual.

JoyEllen Williams 26:08

Even beyond our own workplace ecosystems I know many of us are very involved in other archival organizations. What role, if any, do you feel that national, regional, and local archival professional associations should play in helping archivists practice self care and create a professional culture of support and nurture?

Dorothy Berry 26:35

So, I'm involved with a few organizations, and I was thinking of this question earlier today, seeing this week is Digital Library Federation Forum. And I saw them post on Twitter that they have a break. It's all virtual, of course, because we're all virtual now, but they have a break that will have- I can't remember who, but they will have a guest who will be reading a story book for all the parents who have children with them during this virtual forum. And I thought, you know, that that's really sweet as an option. And I don't have children so I don't know if it's- I don't know how a parent would really feel, I think it seems really nice. But I think it's that sort of active care, and I think I see that a lot. DLF, for me, is a great example of that with childcare. And I have seen staffers at conferences, you know, really making sure that the hotel staff has, for example, labeled bathrooms as gender neutral so people have safe places to use the restroom. And I've seen discussions with hotel staff who thought maybe not putting up the sign wasn't a big- big deal. And of course, it is a big deal, both because that's what we they agreed to, and because it's a big deal to those individuals who would like to use that restroom safely. And I think our responsibilities as organizations is to bring that sort of ethic of care as part of the professional standard. So not letting unprofessional cruelty, or professional cruelty, but I think a lot of it actually is outside of the bounds of normalcy in a professional context, but we just accept it, which I guess maybe makes it normal. But we might think, "Oh, well, that's how x person is," or, "Well, that's that guard of you know, that certain group of people always has a question at the Q&A that's very biting and mean." And I think that the professional organizations have responsibility to have codes of conduct that have moderation. And also to have a, you know, the informal code of conduct that is displayed through behavior of professional kindness. And I think that that's something that can both be codified in writing, and is also sort of an air that you establish through your behavior, both the people that are actively, you know, formal members of those orgs, and as smaller scale members. And I think that we have seen, you know, we've seen what happens when people mindlessly or thoughtlessly try to sort of stir the pot in professional organizations to make points or to be edgy. And not only- I feel like not only is that often mean and inappropriate, it generally doesn't work as well as people would like either. So there's no- there's no level on which that sort of behavior is successful. And I think as much as professional organizations can, respecting the diversity of their memberships, really standing up for a sort of,

you know, golden rule level of behavior of just treating our professional colleagues as we want to be treated as professional colleagues. And that might mean, you know, I want to receive a fair critique when it's due, and if the critique is negative because I deserve in that moment, or would benefit from a negative critique, it's happening. But the difference between negativity and sort of, you know, sport are pretty, pretty clear.

Nicole Milano 30:09

So Dorothy, you've already shared some examples in our talk today, but do you have any additional wisdom from your own personal experience navigating conflicts between the demands of work and your own needs that you would feel comfortable sharing with our listeners?

Dorothy Berry 30:24

Sure. I'm one of the many people, and I think our field is probably full of them, who feel or has felt sort of like the guilt or fear of not being productive enough or not doing enough. Which is funny, because I'm also sort of always very booked and doing a zillion, jillion things. But much like a lot of my friends and colleagues, I often feel like, "Oh, I can't believe I don't have that many peer reviewed publications yet." You know, and I don't- and no one's ever said that to me and yet, it's a thing I, you know- it's a thing I feel. No one's ever said, "Dorothy. I don't think you're doing enough public facing work." And but I'm worried that everyone's thinking that and maybe that's- they'll take my job away and then I don't know what I'll do. So, really working on being aware of myself, being aware of my accomplishments, not in a, you know, self aggrandizing way, but in an objective way, sort of just keeping lists of things. And also making as much efforts as I can to 1, check out when need be and 2, as a specific example, lately, I've been- my manager, Susan Pyzynski at Houghton, told me at one point, you know, she's like, "You've been doing a lot of public stuff lately." And I said, "Yeah, I keep getting these offers. I've started having to tell people that I'm booked and stuff." And she said, "I think you should only agree to things from now on that seem like they would really be fun for you." And I kind of feel like that is advice I would like for everyone right now, during a pandemic and a crazy economy and politics that are, you know, unclear. And people are still very contentious, for good reasons. Maybe sort of think to yourself, unless it's truly like, "Okay, I don't want to write this article, but this is the- this is a real game changer," and you have some sort of quantifiable evidence that it will be a game changer for you, maybe you agree to do things that are fun for you. And fun can be, you know, everyone has their own types of fun. One of my colleagues, my friend Beth Coup at Houghton, was telling me that she has really been having fun cleaning up data in OpenRefine, a thing that she learned to do recently, and has been finding out new data about our finding aids doing that. And that's fun for her in a work way, you know. And I think that that's okay to have sort of figuring out what's my work fun, which still might not be hobby stuff. It's not as fun as watching *The Queen's Gambit*, but it's work fun. So think about like, how- what are the things I enjoy doing? Do I love writing (unintelligible) notes? Or do we have a bunch of collections that could use those? Is that a project I volunteer? You know, oh, I got asked to write something, is this an article that I actually think would be neat to research? Or do I just think that'd be good if I had more technical service specs on my CV, and I should probably get it done. Because this feels like a moment in time in which we are all so overburdened; if it's not at work, then it's just being alive. That trying to establish the ways in which you can find some small pleasures, even when you're doing work things, if it's at all possible, seems like the direction to go.

JoyEllen Williams 33:41

This is so great, Dorothy. We like to ask this final question to all of our interviewees. If you could have any superpower, what would it be and why?

Dorothy Berry 33:53

This was a tricky one for me because there are so many superpowers that I would like to have, but they all are sort of a monkey's paw situation in which they come back to bite you. In reflecting on this question, which I definitely reflected on more than all of the other questions that were provided to me in advance, I thought that I can't think of a single superpower, but I will say which X-Men I am most like, and the answer is Nightcrawler. Why am I like Nightcrawler? 1, he's very concerned all the time. 2, he can disappear when things get really stressful, which is a superpower I would like to have. 3, he was in the Weimar Circus. Never done it. Seems like it'd be great. Can't do it because it's in the past so that's another plus. Also, he's like the conflicted, religious agreed. And he's blue. And Alan Cumming played him in one of the movies. So those would be all of the superpowers I would have; superpowers that belong to Nightcrawler.

Nicole Milano 34:57

That may be the most unique superpower answer we've had in all of these seasons of *Archives in Context*, so thank you for that.

Dorothy Berry 35:03

I don't know what other people are looking for. I'm just looking for maybe to have a blue tail that I can disappear.

JoyEllen Williams 35:10

Absolutely. Thank you so much. We really appreciate you chatting with us today. Self care is an overlooked yet much needed a topic of discussion in our profession and this conversation that we had was just so in depth, and I think we can all resonate with the points that we've touched on today. So thank you again, Dorothy. We truly appreciate it.

Dorothy Berry 35:32

It was great to join you.

Nicole Milano 35:37

You've just listened to an episode of *Archives in Context*, the official podcast of the Society of American Archivists. Members of the podcast team include Bethany Anderson, Chris Burns, JoyEllen Freeman (Williams), Nicole Milano, Colleen McFarland Rademaker, and Anna Trammell. Opinions expressed in this podcast are our own and are not reflective of a particular institution. Be sure to like us on iTunes if you enjoyed what you heard and join us again next time.