

Episode 20: Commemorating Juneteenth

Introduction:

You are listening to the UnDeniably Well podcast hosted by the University of Delaware's Employee Health and Wellbeing team. Keep listening to discover ways to be your best self each and every day.

On this episode of UnDeniably Well, we will be talking about Juneteenth. We will learn a bit about the history of this commemorative day; ways we can support our Black students and colleagues; and how Juneteenth contributes to feelings of belonging and other markers of wellbeing.

Ryan Shuler:

Hello and welcome to this episode of UnDeniably Well. I am Ryan Shuler, the Associate Director with Employee Health and Wellbeing at the University of Delaware. Today, we will be talking about Juneteenth and I am joined by Kathryn Benjamin Golden. She is an Assistant Professor of Africana Studies at the University of Delaware and teaches courses in early African American history, Black women's history and slave resistance in the Atlantic world. Her work has been published in the *Journal of African American Studies*, *Slavery and Abolition*, *The Black Scholar*, and in the edited volume published by the University of South Carolina Press entitled, *Challenging History, Race, Equity, and the Practice of Public History*.

She is currently writing a book that explores the extraordinary and quotidian ways enslaved men and women used the Great Dismal Swamp to defy and refuse the imposition of bondage, confinement, and capture, transforming it into a site of insurgent power and resistance throughout the period 1700 to 1865. Welcome Professor Golden. It is wonderful to have you here.

Dr. Kathryn Golden:

Well, thank you so much for having me. It's delightful to be here.

Ryan Shuler:

I want to start just by acknowledging that as a white female, many of my experiences will be different from what you were talking about. So I just want to acknowledge that this is not my lived experience, so I'm really showing up as a learner today. So to start, can you give us a bit of history, both nationally and on the state level about Juneteenth?

Dr. Kathryn Golden:

Yeah. Absolutely. Absolutely. Juneteenth is probably the oldest Commemoration of, you know, and most enduring, commemoration of the ending of slavery in the United States. It commemorates the day, June 19th, hence Juneteenth, celebrated on June 19th, annually. , the day, June 19th, 1865, where a Union Army Officer and General Gordon Granger went and traveled to Galveston, Texas, and announced that slavery was over in Texas and everywhere. And this happens a few months after Robert E. Lee surrenders at Appomattox, and that's two years after the Emancipation Proclamation, which is 1863. So during those few months, between when you know the war is over and this news comes into Galveston, Texas, there's fighting that is ongoing. So the Southwest, the army in the Southwest, the Trans-

Mississippi Army continue to fight. So Juneteenth is when they finally stop fighting and actually surrender in this Western state of Texas. So it wasn't just a matter of the fact that the Confederates in Texas were keeping this secret for two years since the Emancipation Proclamation that the Union had already, you know, in essence proclaimed enslaved peoples immediate emancipation through that proclamation.

But it's also important because we're commemorating the end of fighting, the surrender of the Confederacy in Texas and essentially slavery is over effectively in this state of Texas. So now on June 19th, 1865, people are no longer fighting. Granger comes with this news. And this is the first Juneteenth, and Black Texans continue to celebrate that day, for years, and took it with them, took this tradition of celebrating the day of, you know, total emancipation in Texas, with them, wherever they were going, and we know that moving into the 20th century, there are many migratory waves and people are moving all over the country and bringing with them this tradition. And sort of, yeah, the importance of looking back and thinking about not only the history of slavery, but this question of emancipation. And I say question because it certainly is a question. There's a saying that I use in my classes "emancipation without freedom, without complete freedom." So we are still struggling. And so at part of Juneteenth, as well as looking at the sort of ongoing business of struggle and freedom making.

Ryan Shuler:

Can I jump in and ask a quick question? And you're making me. You know, so the fighting ends and, you know, it's supposed to be, you know, all enslaved peoples are free. What does that look like? Does that mean that they are just let go from who has ownership of them to like fend for themselves? What does that process actually even look like? Because I imagine that that in and of itself is such a challenge that enslaved people had to overcome of what that actual move to freedom looks like.

Dr. Kathryn Golden:

It's a transitional period. Absolutely, but people are ready. People have been ready, and people are eager. And it means folks might decide to leave. It also means folks might decide to stay. And we know that this opens a period of more and continued, exploit, exploited labor called share cropping or debt peonage. And people are still sort of stuck in this system of cyclical, poverty and exploited labor, but with this label that they are now emancipated, right? So freedom making continues, you know, in the context of continued bondage in, in a particular way, continued oppression, bondage no longer in the way that looked like captivity and actual enslavement, but a kind of being tethered to the land in ways that are harmful, being tethered as well to these exploitable relationships with former enslavers. So it is a transitional moment, but again this first Juneteenth is a moment of, of, of joy. It's a moment of a kind of victory and celebration. So yeah, I would, I would respond in that way, but it does take time and it takes, it takes a bit of help in terms of policy from the state local, federal government. This is this period of, of reconstruction, right?

Ryan Shuler:

So that was all taking place in Texas. What about in the state of Delaware? Because I know you shared when we had previously met some sort of shocking statistics to me, specifically around sort of acknowledgement of the 13th amendment and some of this specifically in regards to Delaware,

Dr. Kathryn Golden:

Yes. So yeah, Delaware has a very striking history when it comes to this again, question of emancipation and abolition. There were so many opportunities for Delaware to start to employ gradual emancipation laws from the late 18th century throughout, you know, until the Civil War and other states, our neighboring states like Pennsylvania, you know, not Maryland, but Pennsylvania and further north of, you know, New York, they begin to adopt these gradual emancipation laws that gradually slowly free enslaved people, but essentially thrust them into another kind of labor, which is indentureships, right? But Delaware is, you know, the Southern county of Sussex out votes the Northern counties, you know, New Castle, which is pretty, Quaker influenced, over and over and over, beginning in the 1780s and moving into the 18 hundreds, all throughout the 18 hundreds until the Civil War where no, it was not, , they were not able to pass legislature that would begin to start employing these gradual emancipation laws.

So the Sussex county folks are heavily steeped in slavery, certainly more than the Northern counties are. And this state failed to begin to think about emancipation and actually get that off the ground. You know, even as the state and we can recognize even as the state, the economics of slavery weren't as profitable here as indentured servitude was, so that's one failed opportunity, but then certainly as well when the federal government ratifies the 13th amendment in December of 1865, this state refuses to recognize that. And at the state level, refuses to ratify the 13th amendment here until 1901. So you have the sense that there is a lingering legacy of slavery and the spirit of slavery and enslavement in this state. Of course there were, at the time of 1865, under 1800 enslaved people were living here and, you know, that's in a ratio compared to around 20,000 already, legally manumitted Black people. But those 1800 enslaved people, this state really dragged its heels around recognizing their freedom, which was recognized, in terms of what the federal government is saying, and part of this is because Delaware's non-secession from the Union meant that the 1863 Emancipation Proclamation didn't apply to enslaved people. It literally, so the Emancipation Proclamation literally says that all persons held as slaves within the rebellious states, not including Delaware, our and hence forward shall be free, so it didn't apply to this state. And so there was a question of, you know, what to do when it actually become when the 13th amendment is put on the table and ratified, and that was the decision of the state.

Ryan Shuler:

I am just shocked hearing this in the sense of that even little phrase you just added on that it's slaves in the rebellious states, that is left out of everywhere. That's left out of a lot of history unless you're looking for it. And I think that just really can sort of shake perspectives up, and really put a lot of perspective on how we look at this, you know, specifically looking at the University of Delaware, you know. It's no secret that a lot of times students and faculty and staff report lower feelings of belonging or higher feelings of struggle. They're not seen in positions of leadership. There's less opportunity for them. There are less programming specifically geared towards the Black community. And when you, learn facts like that, it kind of paints a clearer picture.

You know, the University has been here since 1743, white students have been going since 1743. But when you look at, in this sense where the state of Delaware clearly was dragging their feet to until 1901, that's not that long ago. So I think it just really helped shapes our perspective on, it's not been that long and, and how much we have to do to support our students and our colleagues who have experienced this sort of, you know, legacy of Delaware dragging its feet.

Dr. Kathryn Golden:

Absolutely. I mean this is the kind of residue of this period of enslavement, which is really ground zero for all of our current race relations and our ideas about one another and difference as it materializes and looks today, right? So I think that's a very well made point. But you know, in Delaware, you know, Black folks can continue to celebrate Juneteenth and have done so, you know, for, forever. But maybe we should think about and talk about as well. Some of those efforts to do that work of memory and, and collective remembering, and celebration of not just those struggles and not just, not just the systems that have worked against us but also the way we have worked against unjust systems.

And so celebrating and commemorating that, and I'm thinking about the Delaware Juneteenth Association, which at least since 1994 has done that work here locally, in terms of organizing and putting together public celebrations, celebrations that bring many, many different kinds of people into this kind of thinking about reckoning with our racial past, since at least again, 1994 is when they're founded. So yes, while the history of Delaware is not pretty, in terms of slavery and, you know, racial injustice and anti-blackness, we can also think about the ways that local black communities here, have said, Hey, we are here. And we will be seen and remembered.

Ryan Shuler:

I feel like when a lot of times when we were talking about this sense of belonging, this word of community continues to be brought up. And it's really this stronghold of community that is making change and really reshaping the way this looks. So what does Juneteenth really mean for the Black community now? I know you spoke about sort of back in 1865, what it meant, but what does that really mean for, for the Black community now in 2022?

Dr. Kathryn Golden:

Yeah. I think for one, it is a, and I've said this a bit already, but I just want to impress this point around commemoration and this subject. And really a priority of memory because memory and looking to our past is the stuff, it's the substance of first being able to engender a new kind of future. But also being able to, and I mean, imagine it, but also being able to walk with the tool of what we know and what we've studied about past injustice and past experience, in order to actually make new experience and justice, right. Social change and move closer to real true, authentic liberty. So memory is really important, and I think Juneteenth is about a remembering and commemorating. And so the commemorating part means that we are collectively doing that work of reckoning and thinking and looking back and retrieving backwards in order to move forward where we actually wanna go.

It's also a celebration, so it is celebrating the profound resiliency of Black folks, Black communities, plural, through parties, through picnics, through gatherings, informal and formal celebrating our blackness and our self-determination, which has been key in our struggle for permanent freedom. Because we, we won't release our grasp, on what freedom means for us, which Black folks have always said should be full, true, immediate and not fractured and not conditional. And then in addition to it being a celebration, it's a critique. So we're recognizing too that we have work to do, as you've said, we have to move forward on different fronts though. Not just federalizing holiday, not just of taking a day off on Juneteenth or, you know, perfunctory really sort of because everybody else's, we're gonna observe Juneteenth or... You know, I dropped my kids off today and there was a sign on the door that

said the school will be closed because of Juneteenth. And I wondered how many parents are reading that and understanding what that means. So while it's a celebration, while it's commemoration, it's also a critique of everything unfinished. It's really to open the floor for us to have a collective conversation about repairing, about recognizing that there is still much work to be done in terms of structural and attitudinal change. So the way we think about Black people, the way we think about our own privilege, perhaps. So to really have those kinds of critical conversations, and not simply take the day to, you know, sit back and not go to work. It's really a matter of being critical and critiquing what is left to be done, and what is still here that is sort of pushing Black people to even say or think about freedom as something that's unfinished or incomplete.

Ryan Shuler:

As you're talking through this, I'm curious for those outside of the Black community, is there a way that others can support Juneteenth, or how should it be honored if you're not a part of the black community? Is it still appropriate to engage in celebrations? Should we use the day as, as a sort of a day of learning? You know, what would your recommendations be for those who are sort of not inside this lived experience? How should Juneteenth be honored?

Dr. Kathryn Golden:

So that's a really good question. I think, and I'll begin with what Juneteenth means again, for black people and then depart there because I think we recognize that there is a risk involved. There is potential danger involved in having this celebration be a nationalized, mainstream celebration and commemorative effort. There is potentially going to be unfortunate co-optation of the day. That means that, you know, gestures like... Walmart are going to offer an ice cream line that's called Juneteenth ice cream, which is made in an effort, right, to, well retain and gain Black business. But also potentially a gesture to give a nod to Juneteenth, whatever that means, to the masses, to the mainstream, and that can be dangerous because it's a blind celebration without much critical thought required or necessary, and risks, cheapening this holiday. And actually, I don't, I don't wanna say holiday risks... because it's become a holiday... risks, cheapening, this tradition. It is a tradition of celebration of freedom, gained freedom, unearned freedom, still, as we are grasping onto it, right? So that potentially furthers harm really through exploiting Black people and Black historical perspectives, which is a danger, right, and actually something very meaningful, for risking something very meaningful for corporate profit, which is actually what slavery was doing as well. So it's a real miss to do those sorts of things, that we've seen as of late as, you know, social media has also really, really helped with making Juneteenth more and more discussed in this post George Floyd society that we're in.

And I think people really are eager to have these conversations because they're being inundated with images of Black people, men, women, girls, and boys who their bodies continue to be violated, their communities continue to be policed in unjust ways, so I think people are interested in, in these links between this formative foundational period of slavery and what they're seeing in their, in real life, in modern life. So, what can people do, who are not of African descent, who don't share this experience, this historical experience of being held captive and sold and commodified right, and forced to labor? I think that deep listening is required and I think that being mindful of what slavery means, and I know that that may be hard as we struggle to even teach slavery.

And there there's a lot of backlash around the 1619 project and thinking about Critical Race Theory, which is really just a gesture to understand how race shapes the world we live in, and what is race, as a constructed series of narratives about a particular group of people, but also as real life power and difference in power and how that affects resources and opportunity and, you know, the entire gamut, right? But for, particularly for people whose DNA, literally, you know, our DNA has been shaped in irreversible ways by slavery and slave trade. This means something very distinct, this commemorative effort means something very distinct. So I think it's a time for people who don't share that, to deeply admire Black people's tenacity, Black people's perseverance.

And to celebrate that yes, but also to think about and recognize again, the shared work that must be done. And maybe do some study on troubling one's own privilege and how that privilege may actually be lending a hand in the oppression of someone else and doing some deep reflection on that, and again, for Black people, I think we're gonna continue to celebrate as we have since June 19th, you know, 1865 with joy and with mirth. But also with mourning and with the gravity and heaviness of how far we've come and a again, what's left to be done.

Ryan Shuler:

I love that sentiment of just sort of showing up as a learner and a deep listener for those outside of the black community. And I think. There are so many ways to do that now. you spoke about social media and even something as simple as, you know, diversifying the people that you follow. What does your Instagram feed look like? Is it all white women that look just like you, or are you hearing other voices and seeing other perspectives? And are you, you know, only following a white family of four, or are you also following a Black family of four? What does life look like for the difference? And I think that we have opportunity collectively, to change a lot of conversations, to change a lot of momentum, but it, as you've said, it requires a lot of deep listening and intentional effort for those outside of the community to really understand what this means, to really understand how it has shaped lives and systems and, and the work that we do and, and where we all live. , but I think that that's a great, just a great point to bring up. On Juneteenth and, and ongoing, to take some time and really understand what that means and how you can support in your community, how you can support, you know, here at the University.

I just, I think that's such a great way to really push this forward is it's not just the day where, Hey, we get an extra day off work. Well, it's because of, you know, to your point because of what the Black community has accomplished. And, and we need to look at that on a continuing basis, what you continue to accomplish. So sort of on that topic, how can the, you know, since we're here at UD, how can the University of Delaware community sort of get involved with this effort? Are there, you know, organizations or funds we can support or anything that you have from a resource perspective, I think would be helpful.

Dr. Kathryn Golden:

Yeah. And I like this question because it really demonstrates, and in line with what you've just said, observance is not enough. Observance is not involvement. So how can the UD community get involved in efforts like Juneteenth or Juneteenth itself? I think to echo what you've just said, immersing one's self beyond the self, taking that step of self-education, that's a responsibility. It is completely up to us on an individual level, but also collectively to do the work of knowing who we are, how this country has been built, and what are the consequences of over 200 years of enslavement in this country? In terms of

practical involvement, locally and at UD, I again, would just offer that this Delaware Juneteenth Association is very active all year round, but also in terms of putting together fantastic Juneteenth celebrations that are educational, but also celebratory. So there's music, there's dancing, there's drumming, there's reflections, there's poetry and Africana studies. This year will be represented as well in this Freedom Festival as it's called, Freedom Festival and parade. So this is happening on June 20th, 2022. So if you are interested in being involved, this is open to everyone.

You can come, you can hear about Juneteenth and its history. You can learn about its importance to Black people here and beyond, and again, we will be there. So please come to Tubman-Garrett park, which is, you know, this is a park named after hugely important abolitionists, again in this state, but also beyond. Harriet Tubman, okay. So come to this celebration. I would also suggest reading and I did say, you know, self-education, but elect to and expand your horizon around what is this celebration of Juneteenth? Why did Biden sign, you know, this into our now, our national slew of holidays, you know why? I would recommend Annette Gordon-Reed's "On Juneteenth". She's a Texan and she's a prominent historian and she has written about what it meant for her growing up a Black Texas, young girl. And what it means more generally in terms of the history and the culture of American society, I would say, listen to a podcast, which obviously you are doing right?

So these are small ways that we can get involved, that we can do more than simply take the day off, as you've said. And I think, as an institution, the University can pour into Africana studies, pour into Black students, and since Juneteenth is about reckoning and Juneteenth is about acknowledgement of past injustices, show that as an institution there is active, you know, efforts to work against that. Any ongoing injustice, any ongoing inequality in terms of both quantities of Black students and Black faculty, but also quality programming, robust resources, you know, fund us, show that we matter and, you know, give us the hires we need, in order to retain our Black faculty, but also add to the array of perspectives that our students are going to get.

Ryan Shuler:

And, and I think also I do have a follow up question, but just to point out, there are, within UD, available resources. So, you know, the Center for Black Culture does so much on campus all the time for students. The Office of Institutional Equity. There's courses. So if you're interested in, in topics like this, there's, you know, courses that employees can take to learn more. Take a class in Africana studies. There is, I will just sort of give, Professor Golden a shout out that she hosts Black Table Talks, those are all posted on the UD website to hear, and I've been listening to them and it, it really is just, it's just so lovely to hear the open conversation and it's very raw, I will say, in a way that we at the University have not typically heard in the past that they is sort of, you know, speaking truth. This is our experience. This is how we need to move forward, so for those sort of looking as ways to get involved, there's a lot of really great speakers and a lot of really great ideas, in that space.

So I would encourage everyone to listen to. You know, Delaware State University does a lot. There are a lot of resources available to support our Black colleagues and our Black students, but we need to engage with them. We need to support them. We as employees need to step up too and say, you know, I hear you. I see you. I support you. And I'm actively doing things to support you. Not just, you know, Hey, I'm giving you a shout on podcast. I'm really actively doing things to support you. So I would encourage everyone to listen, but I did have a quick question and you just sort of spurred this thought. It sort of seems ironic to me that Biden then was the one to sign Juneteenth into a federal holiday. Is there any

irony that someone from the state of Delaware who was sort of dragging their feet on this for so long is the one that sort of made that official.

Dr. Kathryn Golden:

What a great question. I think Biden feels and knows how in debt he is to Black women and men for getting him elected. I think he recognizes that. I think he also sees how heinous it is that Black people are getting killed by the police to such an extent that you have Black Lives Matter, that needs to be in existence, that we still need political movements. And that, you know, you know, political mobilization that is still needed in this country. And I think Biden recognizes that. And this was a gesture again, I will say. It's appreciated. I think Black people up and down appreciate that, but it's just not enough. We have to look at it, within the totality of, of what's unfinished and what is remaining.

And so while we can celebrate and appreciate this kind of commemoration, you know, we, we can put up new historical markers. , we can change , the names of buildings and recognize. Some of our own founders here at the University of Delaware had relationships with enslaved people, were slave owners, were, you know, maintaining, you know, indentures that were exploited and of children, Black children, you know, Black adults as well, Black families. And that is part of the legacy here, you know, I think, it's great to make these changes, but without systemic change as well, policy change as well, it falls short. So I think we need a totality of change. And, I again would think that Black Delawareans and Black folks beyond, appreciate that extra nod to Black suffering. And which is continued that Biden has done, has placed into effect. But again, we still are going to make our demands on our own terms.

Ryan Shuler:

So I just want to sort of bring some perspective to this in regards to wellbeing and why this is being discussed on a wellbeing podcast. First and foremost, so many of the things that you speak of will directly impact Black community's mental health. It's impacting the mental health of our Black employees when they show up at work and they don't feel that they can truly be themselves in a workplace that's not totally supportive. It affects the mental health of students, Black students that show up on campus. And, you know, they may, and I've heard this, that, you know, there may be another group of students that crosses to the other side of the street or crosses to the other sidewalk. If they see a Black student, you know, walking down campus at night, this is still very much a reality for a huge, a huge section of, of our employees and our students at the University of Delaware.

And it is directly affecting mental health, burnout, capacity of all of these things. So, so we sort of felt a collective responsibility and wellbeing to make sure that this is included in, in what we are addressing and how we are doing it. And I really just want to take a second to thank Professor Golden for really just bringing a lot of history and context to this conversation, and just to really sort of charge all of us with going forward in an active way to combat this. This is not just something that's going to dissipate. It's been around for a very long time, and it's going to take a lot of work together to push through. But another thing that we have spoken of a lot recently is this concept of belonging. So we at UD define belonging as meaningful connection to the people, places and systems that shape you in which you influence. It's your communities of work, learning and living where individuals are valued. So something like Juneteenth has capacity to increase feelings of belonging at the University of Delaware, specifically.

Again, if we, as Blue Hens are inviting those to be a part of it. Right? So you still, again, you still hear colleagues being passed over for promotions. You still hear students that are struggling with, you know, financial aid or, again, these feelings of belonging. And this is something that I just want to make very clear to all those listening. This is a responsibility of every single person that steps foot on this campus to create a welcoming environment. So we're really talking about Juneteenth in this context of belonging in this context of mental health, that it absolutely impacts the wellbeing of our students, our faculty, and our staff. , so Professor Golden I'll, I'll sort of put that to you.

Dr. Kathryn Golden:

Yeah.

Ryan Shuler:

How do celebrations like Juneteenth increase feelings of belonging in the Black community. And again, we've talked a little bit about this, but is there anything really specific to UD that we could be doing to increase feelings of belonging outside of Juneteenth, but just overall day to day at UD, what are the things we can be doing to improve this?

Dr. Kathryn Golden:

The principles behind Juneteenth are principles that should be lived and thought about, reflected upon deeply all year long, 365 days. Of course we take a moment to, , pause on June 19th, but again, thinking about our own, , contributions to other people's feelings of safety. Or lack thereof, other people's feelings of welcome other people's feeling of having place, having a place, having a seat at the table. How are we shaping, contributing, and influencing others. And based on where we come from our historical experiences, which are varied, which are different here and beyond outside of the University as well. When an institution asks its community to reflect, or to take a moment to think about slavery, to think about race, to think about anti-blackness, and exclusion, diversity, and Black people. It is something that is appreciated. And I do, I believe, as you're sort of hinting here, that it does add to feelings of being seen feelings being welcome. So when your history as well is being recognized in, you know, Black people's history, hasn't always been recognized. You know, many of my students, , will also still today complain and rightfully so that they never learned about slavery beyond maybe the middle passage, you know, and even then that is somewhat rare even, and most of my students are from Delaware.

We are thinking about sort of the silences, the even erasers of Black history, which has been ongoing and Black studies, Africanist studies has always really done that work of saying, well, no, we need corrective narratives. We need our own versions of history. And we need to focus on the lived experiences of Black people, the cultures of Black people globally, nationally to celebrate that. And recognize it as important as valid as a legitimate history. So when we're thinking about Juneteenth and when we're here on this day of June 19th, I think when it's incorporated into the University's, you know, new tradition, the University's future, I think that that does increase and help many, not even just Black students and faculty, right.

But people of color, people who are, are not included in dominant society, not white, and so I think that that, because we're, we're talking about... we're disturbing the normative white-centricity of our teaching, our thinking, and that is helpful to people who don't, when they look around their classroom,

they don't see anyone that looks like them to people, to students who, you know, as you're saying, are getting these kinds of microaggressions or who are experiencing doubt or lack of support of their abilities from their instructors, you know, these are real student experiences.

And again, as you're saying, they do contribute to unwellness, you know, and mental unease. And so this is part of a greater landscape, I think, of gestures to aid and remedy. But Africana studies has been here doing this work since this department was founded, actually rather recently. It was founded as a program, and it was very slow to get departmentalized. But beyond when it was just a program, when it was just one course, you know, in the seventies, one Black studies course, right, and then moving slowly in this University to become a full-fledged department. All along though, trying to do that work of creating a home, a home base for Black students, a place where again, we value our own history and historical experiences, even if no one else will, so when the University says we're going to do Juneteenth, we're going to think about Juneteenth, and in a critical way, that is helpful.

Ryan Shuler:

This has been incredibly informative to me. I know that listeners will appreciate your just very, I appreciate your very direct way of talking about this it's facts. It's history, and sharing your perspective on all of this. It's really just been so wonderful. And again, I encourage all our listeners to just do something, show up as a learner, understand that you don't need to have all the right things to say you don't need to know all the answers right now, but can you show up?

As supportive of this community, can you learn, you know, one new thing. I tell my kids that at school, please just learn one new thing today. So what can you do? Can you follow someone new on social media? Can you take a course? Can you, you know, learn more about institutional equity? What is the one thing that you were going to do to support our Black colleagues and our Black students at UD? Because really, we're shaping the collective experience and trajectory of the University for years to come. So it is sort of our duty and our responsibility to one another to make sure that we're doing this the right way. So Professor Golden, thank you so, so much. I very much appreciate it, and hopefully we can get together at some point again soon.

Dr. Kathryn Golden:

Absolutely. It was a pleasure speaking with you

Outro:

Thank you for listening to the UnDeniably Well podcast. For all things wellbeing at UD, visit our website [Udel.edu/wellbeing](https://udel.edu/wellbeing). There you can access our on-demand library, subscribe to our newsletter and see what's coming up to help you on your wellbeing journey. Until next time, be well.