

IRENE VELENTZAS IS BEST KIND.

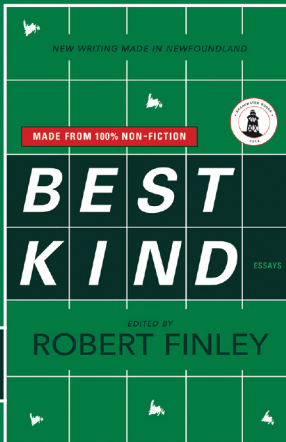
Irene Velentzas is a PhD candidate at Memorial University, working under the supervision of Prof. Nancy Pedri. She has an academic background in Psychology, English, and Education and interests in archiving and creative writing. Her doctoral work examines comics' capacity to reconstruct representations of mental illness through autographic narratives. She is currently co-editing a volume entitled *Sexuality and Mental Illness in Comics* and is organizing a special exhibition of original comics art in St. John's, NL, entitled *War in Comics*.

JOAN SULLIVAN: Do you have any work routine/habit/ritual?

My general routine can be summed up in one word: Mayhem. My work is largely academic, which is always a deadline roulette of marking, meetings, classes, conferences, papers, and interesting side projects. I love having a creative project whenever I can, which I find so fulfilling and highly invigorating. I find this happens best during my "off-time," away from my scheduled work, where I can put on some music, daydream, walk around the pond and think, or cozy up in a blanket and read – because reading is just as inspiring when you're trying to write. My biggest routine in creative writing is taking a large break between drafts or stages of the work. I need the time away to reflect, think, and even *gasp* delete.

PAUL WHITTLE: What is your favourite part of the writing process?

I think my favourite part is trying. When you're quietly trying to encapsulate a thing all by yourself there's no right or wrong to it. It's just you with yourself and your feelings and an attempt to see the sensation or reflection you are trying to capture on a page. This is a process of discovery. You discover so much about yourself, about your relationships, about your values, and about your limitations when you try. And when you share the piece, when you take that tentative step trying to communicate with someone other than yourself, the joy is in the affect. That something you did was a process of discovery for someone else. That they went on your journey, or their own, through your writing.



best kind *adjective (Nfld)* excellent, a superlative state of being.

The cover and back-cover design of *Best Kind* are an homage to the former Newfoundland Margarine Company.

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