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## UM observes MLK's birthday

Paul Livingstone  
*University of Maine*

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• Faculty Senate

# UM observes MLK's birthday

By Paul Livingstone  
*Maine Campus staff*

With little debate, the University of Maine Faculty Senate voted unanimously Dec. 10 to approve university observance of Martin Luther King Jr. Day Jan. 19.

No classes will be held Monday, Jan. 19, in observance of Martin Luther King Jr.'s birthday. A variety of student groups, organized under the Multicultural Student Affairs Office, will celebrate with a day-long schedule of events.

"It's certainly about time we recognized it," said Richard Brucher, Faculty Senate member and associate professor of English. "Once the president gave approval it was a sure thing."

"There were several expressions of support for for the resolution," said Dana Humphrey, Faculty Senate president, "and no opposition at



Faculty Senate President Dana Humphrey applauds UMaine's newest recognized holiday, Martin Luther King Jr. Day. (Caleb Raynor photo.)

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## • Stress management

## Rideout recommends campus programs and facilities

By Andrea Page  
Maine Campus staff

Spring semester brings with it a chance for students to have a fresh start with their studies. It's good to keep in mind when the workload starts to seem overwhelming, that sometimes the answers can be found right on campus in people and programs.

Dwight Rideout, dean of students and community life, said teaching time management skills has been a pastime for him. It is one of the many activities he does to keep in touch with students at UMaine.

"Most of these ideas are not grand, eye-opening ideas. They are small things that most of us know about, but need to be reminded and prodded into doing," said Rideout.

One idea Rideout has for students is to make lists and focus on what is the most important task.

"People in all walks of life spend a good

deal of time on whatever is our work activity, but often times we spend a disproportionate amount of time on things which aren't the most important thing we should be doing at that moment," he said. "If you keep a list it helps you to know which items are of highest priority."

Taking study breaks and alternating subjects to study is another idea he has for students to consider when studying for tests.

"I would suggest when studying for exams to take breaks, 10 or 15 minutes long, or one every 30 to 35 minutes. You should walk around the dorm, or go outside to get fresh air and then come back in and study," he said.

"Alternate and disperse your time with other things. Give your mind a partial rest by using other parts of your mind."

Rideout said one of his colleagues used to swear by using candy to help studying for tests. By sucking on a piece of candy during the study process, and then sucking on the same

flavor of candy during the test, it is supposed to help take you back into the same study mode you were in and help you really focus on the material.

"Some of these methods are true. Many are different for different people," he said.

Rideout also suggests checking the library before studying for an exam because often the faculty places old exams on reserve for students to use.

Another source on campus for extra help is the Onward Tutor program. Ruth Doucette, tutor coordinator, said tutors work with an average of 400 students every semester at UMaine.

"This program is designed specifically to help students in 100- and 200-level courses only. It's not a tutorial where we re-teach the course to students. We use the course content to teach learning skills and study strategies," she said.

The Onward Tutor program only provides

tutors to students in one course per semester, because of limited funding. Students are placed in small groups with a tutor, rather than one-on-one tutoring.

"We find that this is more successful than straight one-on-one tutoring because we try to get the students to explain things to each other rather than the tutor always answering questions," she said. "This way they are taking away more information and internalizing it."

The deadline is March 20 for starting the tutor program. Doucette recommends coming right in to their office on the first floor of Dunn Hall during the second week of the semester to start the tutor process.

The Onward Tutor program and the Center for Students and Community Life are only two of the many places on campus where students can find help for their courses. Many other academic departments sponsor workshops and tutor programs as well to aid students throughout the year.

## MLK

from page 1

the senate meeting."

Originally, said Butcher, there were concerns that if this day was recognized others, such as Veterans Day, would have to be celebrated in the same way, but eventually everyone conceded official observance was appropriate.

Because of the few intervening class days between the date of the decision and actual day affected, the university is allowing certain classes to meet Jan. 19.

"It's okay for classes that meet only on Monday to hold class that day," said Dana Humphrey. "This exception holds only for the Mon-

day-only classes, and only happens this year."

Although Faculty Senate members assembled the resolution and approved it, with the support of Huff, other groups have been observing the day for many years.

"The process began toward the end of last semester," said Adonis Ferreira, assistant dean for multicultural programs. "Students from the Center for Community Life, SHAC, Black Student Union, and Wilde-Stein all pitched into organizing the events."

Ferreira said the ALANA leadership assisted greatly in bringing attention to the universi-

ty's lack of observance and credited the administration for finally taking action.

James Varner, president of the Bangor area NAACP, is "excited and very happy at the outcome."

For the last eight years Varner said he and on-campus groups have been working tirelessly to get the administration and Faculty Senate to enable students to focus on Martin Luther King Jr. Day.

"It's healthy for the campus to think about this," said Varner. "Just from looking at the three UMaine hockey players, it's obvious we

have a problem."

The university's theme is "Keeping the Dream Alive." Among the activities scheduled for Monday are a breakfast sponsored by the NAACP and film chronicling the life of Martin Luther King Jr. and the insights into the nature of discrimination. The breakfast will feature speakers such as Bangor Theological Seminary President Rev. Ansley Throckmorton and Ansony General Andrew Ketterer.

UMaine is the last land-grant university in the nation to recognize Martin Luther King Jr. Day as a holiday.

UNIVERSITY OF MAINE

## DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION

## "Creating A Society At Peace With Itself"

## 7:30-9:00 DR. MARTIN LUTHER KING BREAKFAST

Sponsored by the Greater Bangor Area NAACP Chapter and the University of Maine Human Rights Coalition, \$10/adults, \$5/students and children under 12. Tickets may be purchased at the Office of Multicultural Student Affairs, Memorial Union, and at the door.  
Wells Conference Center

## 9:00-11:00 "A CLASS DIVIDED"

A film, chronicling a third grade teacher's groundbreaking experiment and lesson on discrimination. Jane Elliot, the teacher, is America's most celebrated and dynamic diversity trainer. Followed by a facilitated discussion.  
Bangor Lounge, Memorial Union

## 11:00-12:30 DIALOGUES IN DIVERSITY: MULTICULTURAL VOICES SHARING THEIR REALITY

Dialogues In Diversity is a group of University of Maine student/paraprofessionals who are trained in and concerned about issues of diversity and multiculturalism.  
Bangor Lounge, Memorial Union

## 12:30-2:00 "MARTIN, THE EMANCIPATOR"

An educational documentary chronicling the life of Dr. Martin Luther King, Jr., as told by those who knew him and worked with him. Followed by a facilitated discussion.  
Bangor Lounge, Memorial Union

## 2:00-3:00 "KEEPING THE DREAM ALIVE"

A presentation by the NAACP and the University of Maine Human Rights Coalition.  
Bangor Lounge, Memorial Union

## 3:00-5:00 ENHANCING MULTICULTURAL RELATIONS ON CAMPUS

Part 1: 1992 satellite broadcast that joined together an expert panel that discusses positive methods, solutions, programs and strategies to enhance race relations on American college and university campuses.

Part 2: Open forum discussing methods of enhancing multicultural relations on the University of Maine campus. Forum facilitated by members of the Black Student Union, Los Colores Unidos, Student Heritage Alliance Center, and Wilde-Stein Alliance for Sexual Diversity.  
Bangor Lounge, Memorial Union

## 5:00 CANDLELIGHT VIGIL starting at the Memorial Union steps.

For more information call 581-1405



MONDAY  
JANUARY 19, 1998

Sponsored by:  
Multicultural Student Affairs  
and Peace Studies

