

News & HEADLINES

Journey to a Hate-Free Millennium

Auburn Montgomery's Campus Activities Board sponsored a workshop on Feb. 19 for faculty, staff and students featuring national presenter Mark Vickers and his program "Journey to a Hate-Free Millennium."



Mark Vickers uses a student from the audience for an experiment during Tuesday's presentation.

Vickers used several volunteers from the audience during the presentation to physically demonstrate his points. During one exercise, Vickers stood behind a student as she held her arm outstretched, shoulder high. Vickers asked the student to begin talking about a fight she had had with her sister, without allowing him to push her arm down. While talking about the fight, the student's arm immediately began to fall under the slight pressure of Vickers's palm. The student tried the experiment again, only this time she spoke about something positive. Vickers could not make the student lower her arm. This demonstrated to the audience how our muscles react to negative feelings, disappointment and stress.

Vickers also showed a documentary, "Journey to a Hate-Free Millennium: Stories of Hope and Compassion."

"For the next 34 or 32 minutes, I don't want you to watch this video," said Vickers. "I want you to experience it."

Vickers encouraged the audience to "really listen to the family members," without giving away what they were about to see. The opening scene displayed a cloud of hateful words and nicknames. The documentary included interviews with the families of Matthew Shepard, a gay Wyoming University student who was attacked and murdered in October 1998; James Byrd, Jr., who was beaten by three men, tied to a truck and dragged for more than two miles; and the student shootings at Columbine High School.



Mark Vickers addresses the crowd before showing a documentary during Tuesday's presentation.

For more information on the presentation, contact Lakecia Harris, director of student life, at 244-3903.

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