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Law Library Newsletters/Blog

Law Library

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Law Library Blog (December 2019): Legal Beagle's Blog Archive

Roger Williams University School of Law

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December 2019 Library Blogs

Legal Beagle's Post

December 6, 2019

Exam Time Reminders!



December 6, 2019

Once again, exam time is right around the corner. Be sure to caffeinate, meditate, and be polite to your fellow students!

While studying in the library, please remember that sound travels across the library. Please be courteous by keeping conversations brief and as quiet as possible. If you enjoy background music or other sounds while you study, remember that you can borrow headphones at the circulation desk.

If you are planning on booking study rooms please be sure to read the [study room policy](#). Starting December 5th, the library staff has been closely monitoring room reservations and strictly enforcing the group study room policy. Study rooms may be [reserved](#) for individual or group study sessions. To ensure fair use by all law students, reservations will be cancelled if the policy is not followed.

When looking for a relaxing break, group chat, or snack, be sure to check out the Kent Student Lounge!

The library hopes to provide an accommodating study atmosphere for all students. Please be courteous to your fellow students, especially during exam time. For noise concerns, please contact the library staff.

December 12, 2019

Remembering to Take a Breath!



December 12, 2019

While this season is generally associated with gratitude and peace, around law schools this time of year is associated with stress and exams. It can be a difficult time for law students and those that love them.

This blog post is just a reminder to stop and Breathe! Deep breathing is a [good way to lower stress in the body](#). “[Deep breathing](#) also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration... Deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.”

Beyond practicing deep abdominal breathing, there are other ways you can let go of some stress and anxiety this finals season. One way is through [exercise](#). Another way is by [stopping by the library!](#)

The library will be showing live streams of cute baby animals in our main computer classroom during reading days and finals. If reading, exercise, and/or deep breathing aren't working, you always have cute baby animals! Please stop by the main computer classroom where we will be

streaming videos of the perkier puppies and the cuddliest kittens. Also, check out our library's [mindfulness guide](#).

Always remember, if you need someone to talk to during exam times, or any other times, please contact the [RWU Counseling Center](#).

December 20, 2019

Holidays



December 20, 2019

The holiday season is upon us again! This year, instead of focusing on solely on Christmas, we want to share some holiday traditions that take place throughout the world.

Let's start in Europe! In Austria, the night before the Feast of St. Nicholas the Krampus appears. The Krampus, a half-goat, half-demon swats at naughty children. It is believed that [Krampus](#) was created to counter St. Nicholas, who rewards good children with treats. On the flip side of the Krampus, St. Nicholas Day is celebrated in some of the [Low Countries](#) and Germany. Children will leave carrots or grass for [St. Nicholas'](#) donkey or horse and they will find cookies, candies, and gifts under their pillows or in their shoes or stockings.

[Hanukkah](#), or Chanukah, begins on the 25th of the Jewish month of Kislev. In the second century B.C. there was a large rebellion that broke out against the Jewish oppressors, the Greek-Syrians, in what is now known as the Maccabean Revolt. The Second Temple was cleansed and the menorah was lit. While there was only enough olive oil to have the menorah burning for one day, the menorah burned for eight nights. This has become known as the Hanukkah

“miracle”. To celebrate Hanukkah, there is the tradition to light the menorah each night for eight days. [In India](#), Hanukkah is celebrated by using wicks dipped in coconut oil instead of candles to light their menorah. They also choose to celebrate with native Indian treats of burfi, puranpoli, and modak laddus and sweet rice instead of the more traditional Hanukkah foods of latkes and chocolate gelt.

[Winter Solstice](#) is celebrated around the world, and typically falls on December 21st. Newgrange, a tomb located in Ireland in the Boyne Valley, is known for its passage chamber being illuminated during the winter solstice. The theory is that the Stone Age farmers who built Newgrange intended this day to mark the start of a new year. Visitors can apply for the lottery to be one of the lucky few who can be onsite when the sun starts to illuminate the passage.

[Kwanzaa](#) is an African-American holiday celebrated from December 26th through January 1st. Professor Maulana Karenga created the name and celebration in 1966. Each day of Kwanzaa is dedicated to one of the seven principles: unity, self-determination, collective responsibility, cooperative economics, purpose, creativity, and faith. There are also seven symbols of the holiday symbolizing the seven principles: fruits, vegetables, and nuts; a straw mat; candleholder; ears of corn; gifts; communal cup; and seven candles in red, green, and black. Each day during the celebration, the family gathers to light the candles and talk about the principle for that day. On December 31st, families have a community feast known as karamu.

The [Chinese New Year](#) is a 15-day festival in China and in Chinese communities across the world. The Chinese New Year starts with the new moon, which falls between January 21st and February 20th. One of many popular legends about the Chinese New Year says that thousands of years ago a dragon attacked villagers on the new year. Since the monster was afraid of loud noises, bright lights, and the color red, the villagers used these things to scare him away. People around the world celebrate the Chinese New Year with fireworks and red clothing. For the Lantern Festival, the last event celebrated during the Chinese New Year, people hang glowing lanterns in temples or carry them during a nighttime parade. A parade of dancers carries a colorful dragon, a symbol of good fortune in the Chinese culture.

Whatever your plans are during the winter months, we hope you all stay safe and healthy!