Monday 2/8
Advanced Microsoft Excel (Macintosh Office 98), 10 a.m. to 12 p.m., Learning Center, Healey Library, Lower Level, Presentation Room 1. Participants should have completed Intermediate Microsoft Excel or have similar experience. For faculty and staff. To register, call 7-3990.

Tai Chi, 1 to 1:30 p.m., call 7-5685 for location. $1; drop-in basis. Stretching, mental calm, physical balance, self massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service.

Tuesday 2/9
Netscape Messenger (Windows), 10 a.m. to 12 p.m., Learning Center, Healey Library, Lower Level, Multimedia Development Room. Part 2 of 2. For faculty and staff. To register, call 7-3990.

Yoga, 1 to 1:45 p.m., call 7-5685 for location. Free, drop-in basis. Beginners are welcome, instruction provided. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service.

Introduction to Computers, 1 to 3 p.m., Learning Center, Healey Library, Lower Level, Multimedia Development Room. Part 2 of 2. For faculty and staff. To register, call 7-3990.

Wednesday 2/10
Searching and Supersearching the Web, 10 a.m. to 12 p.m., Learning Center, Healey Library, Lower Level, Presentation Room 1. For faculty and staff. To register, call 7-3990.

Advanced Microsoft Word (Windows), 2 to 4 p.m., Learning Center, Healey Library, Lower Level, Presentation Room 1. For faculty and staff. To register, call 7-3990.

Food for Thought, 3:30 to 5 p.m., CSCS Conference Room, Wheatley, 4th floor, room 147-2. "How Do We Market This New Curriculum to Students or How Do We Include Students into This Venture?" with Phyllis Freeman. Part of the Forum on CSCS Course Revision series. For more information, call 7-7200 or 7-6737.

Thursday 2/11
Introduction to QuarkXPress 4.0, 9 a.m. to 4 p.m., Learning Center, Healey Library, Lower Level, Presentation Room 1. Part 2 of 2. For faculty and staff. To register, call 7-3990.

Weight Management Support Group, 2:30 to 3:30 p.m., Quins, Upper Level hallway. Sponsored by the ARD Experience the Community Group. Free ice cream courtesy of Ben & Jerry's. Open to whole university community.

Friday 2/12
Basic HTML Scripting, 9 a.m. to 4 p.m., Learning Center, Healey Library, Lower Level, Presentation Room 1. For faculty and staff. To register, call 7-3990.

Sunday 2/14
Black History Month Special, 7 p.m., WUMB 91.9 FM. "A Small Southern Town: The Nation's Capital in Slave Times," a two-hour special combining dramatic readings of first-person accounts with modern day analysis to shed light on little-known aspects of slave life and times. From Washington's WAMU.

Tuesday 2/16
Yoga, 1 to 1:45 p.m., call 7-5685 for location. Free, drop-in basis. Beginners are welcome, instruction provided. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service.

Advanced Microsoft Excel (Windows 97), 2 to 4 p.m., Participants should have completed Intermediate Microsoft Excel or have similar experience. For faculty and staff. To register, call 7-3990.


Monday 2/15
Modernization vs. Westernization in East Asia Lecture Series, 2:30 to 4:30 p.m., Chancellor's Conference Room, Quins, 3rd floor. Susan Wels presents "Attitudes to Law and Legal Traditions East and West."

Thursday 2/18
Forum for the 21st Century: Shaping Boston's Future, 8:10 to 10:30 a.m., Federal Reserve Bank of Boston, 600 Atlantic Ave. "Getting Ready for the Millennium: How Are We Doing in Boston?" with speakers Geri Guardino, First Night; Michael Taylor, Boston 2000, Inc.; Hilled Schwartz, Encinitas, CA, Consultant to Millennium Projects in Europe; David Lee, Small and Tree Associates; and David Davies, Division of Local Services, Massachusetts Department of Revenue. With moderator Paul Guzzi, Greater Boston Chamber of Commerce; and commentator John Drew, World Trade Center Boston, Boston 2000, Inc. Sponsored by UMass Boston in cooperation with the Greater Boston Chamber of Commerce. WGBH-FM and the Boston Globe are media partners. Free of charge. Any person requiring accommodations in order to fully participate in this activity should call 7-6800 by Wednesday, Feb. 10.

Saturday 2/20
Getting Started in Business, 10 a.m. to 1 p.m., Boston Public Library, Dudley Branch, 55 Warren St. Sponsored by the Massachusetts Small Business Development Center Network. The Small Business Center is a part of the network. Workshops discuss licenses/ taxes/fees, forms of organizations, business plans, financial statements and projects, marketing strategies, and other topics. For more information, call 7-7750.

Wednesday 2/17
"Women and Information About the University of Massachusetts Boston" Open to Law and Legal Traditions East and West."

Sunday 2/21
Black History Month Special, 8 p.m., WUMB 91.9 FM. "Remembering Slavery." Hear the stories of men and women who experienced the auction block, plantation life, a master's whim, a daring escape. Part 1 of 2, presented by Public Radio International.
Tai Chi, 1 to 1:30 p.m., call 7-5685 for location. Free, drop-in basis. Stretching, mental calm, physical balance, self massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service.

Yoga, 1 to 1:45 p.m., call 7-5685 for location. Free, drop-in basis. Beginners are welcome, instruction provided. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service.

Gaston Institute Speaker Series, 1 to 2:30 p.m., Faculty Club, Healey Library, 11th floor. Amaro Laria, Ph.D., presents, "Dissociative Spiritists, Mediums and Mental Health Patients."


Getting Started in Business, 6 to 10 p.m., Boston Empowerment Center. Sponsored by the Massachusetts Small Business Development Center Network. Workshops discuss licenses/taxes/fees, forms of organizations, business plans, financial statements and projects, marketing strategies, and other topics. For more information, call 7-7750.

Monday 2/22
Tai Chi, 1 to 1:30 p.m., call 7-5685 for location. $1; drop-in basis. Stretching, mental calm, physical balance, self massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service.

Tuesday 2/23
Yoga, 1 to 1:45 p.m., call 7-5685 for location. Free, drop-in basis. Beginners are welcome, instruction provided. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service.


Getting Started in Business, 6 to 10 p.m., Boston Empowerment Center. Sponsored by the Massachusetts Small Business Development Center Network. Workshops discuss licenses/taxes/fees, forms of organizations, business plans, financial statements and projects, marketing strategies, and other topics. For more information, call 7-7750.

Wednesday 2/24
"Spirituality and Academic Life," 11:30 a.m. to 1 p.m. Three session lunch series; continues March 3 and 10. For students and faculty/staff to discuss the part spirituality plays in academic life. Sponsored by the Center for the Improvement of Teaching. Address the deeper purposes of being a student or faculty/staff member, how traditions and convictions fit into classroom experience, the relationship of religion to spirituality, the range of paths to spirituality, etc. Facilitated by Dr. Kathleen Sands, Study of Religion faculty member, and Joel Grossman, coordinator of the Health Promotion Program of University Health Service. Call CIT at 7-6767 to register. For more information call Grossman at 7-5685.

Weight Management Support Group, 2:30 to 3:20 p.m., McCormack, 1st floor, room 613. Four sessions; continues March 3 and 10. Develop a healthy approach to weight management. Learn effective means to behavior change. Sponsored by the Health Promotion Program of University Health Service. To register leave name, phone and address at 7-5685.

Thursday 2/25
"Stress Reduction/Life Enhancement Program," 1 to 2 p.m., McCormack, 1st floor, room 613. Four sessions; continues March 4, 11, and 18. Incorporates mindfulness meditation and teachings on how our thinking helps or hinders us. Sponsored by the Health Promotion Program of University Health Service. $12. Register by Feb. 23, by leaving name, phone and address at 7-5685.

Friday 2/26

Sunday 2/28
Black History Month Special, 8 p.m., WUMB 91.9 FM. "Remembering Slavery." Hear the stories of men and women who experienced the auction block, plantation life, a master's whim, a daring escape.

Miscellaneous

1999 James Bradford Ames Fellowship Program applications due March 30. Established to stimulate and support research into Black life and history on Nantucket Island. Grants will range from $500 to $2,500. Full-time faculty and professional staff in colleges and universities are invited to submit applications for consideration. For more information, contact Prof. Robert Johnson Jr., Africana Studies Department, 7-6794 or 6790 or at johnson_r@umbsky.cc.umb.edu.

John W. McCormack Institute of Public Affairs Faculty Summer Research Grant proposals must be received by March 15. The Institute will award up to five faculty grants, each worth $4,000 for the summer of 1999. For more information on project criteria and preferred subject areas, contact Sandra Blanchette at the Institute, 7-5510.

Ongoing programs offered by the Health Promotion Program of University Health Service:

- Meditation, daily, 12:30 to 12:50 p.m., McCormack, 1st floor, room 613.
- Free, drop-in basis. Promote concentration and relaxation. Beginners welcome, instruction provided.
- "Study Smarter, Not Harder." Help with performing better, with less stress, in studying for and taking exams, writing papers, etc. Call 7-5685 to schedule an appointment.
- Smoke Cessation. Help with considering quitting, quitting, and staying quit. Call 7-5685 to schedule an appointment.
- AIDS Awareness Team. Volunteers needed to plan and implement outreach activities on campus. Call 7-5685 to leave your contact information and available times.

WUMB 91.9 FM programming:

- Acoustic Specials, Monday through Friday, 7 a.m. and 8 p.m.
- Acoustic Sunrise, Saturdays and Sundays, 6 a.m.
- Afropop Worldwide, Saturdays, 11 a.m.
- American Routes, Sundays, 10 a.m.
- Blues Before Sunrise, Sundays, 1 a.m.
- Celtic Twilight, Saturdays, 5 p.m.
- E-Town, Saturdays, 4 p.m.; repeated Thursdays, 8 p.m.
- The Festival Tapes, Sundays, 2 p.m.
- Folk Radio, Monday through Friday, 6 a.m.; Saturdays, 10 a.m.
- Into the Blue, Sundays, 1 p.m.
- Issues and Images, Sundays, 7 p.m., 8 p.m., 11 p.m.
- Live at Noon, daily at 12 p.m.
- Mountain Stage, Saturdays, 2 p.m.
- Odyssey, Sundays, 5 p.m.
- Power Point, Sundays, 9 p.m.
- The Quiet Storm, Mondays, 1 a.m.
- Portraits in Blue, Saturdays, 12 a.m.
- Reggae Connection, Saturdays, 9 p.m.
- Roots Radio, Monday through Friday, 9 p.m.
- Traditional Folk, Sundays, 2:30 p.m.

For more information, contact johnsoll@umb.cc.umb.edu.

- The Quiet Storm, Saturdays, 2 p.m.
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For more information, contact johnsoll@umb.cc.umb.edu.