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Yoga, 1 to 1:45 p.m., McCormack, 1st floor, room 208. Every Tuesday. Drop-in basis, instruction provided, beginners welcome, free. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

"Modernization vs. Westernization in East Asia" lecture series, 2:30 to 4:30 p.m., Chancellor's Conference Room, Quinn, 3rd floor. Dr. Michael Laffargue present "Confucianism and Human Rights in East Asia." Sponsored by the East Asian Studies Program. For more information, call 7-5675.

"Stress Reduction/Life Enhancement Program," 1 to 2 p.m., McCormack, 1st floor, room 613. Three sessions, continues March 11 and 18. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5680.

"Adult Women's Addiction Awareness Week," sponsored by the P.R.I.D.E. Program. For more information, call 7-5685.

"The Quality of Life of Asian Americans with Disabilities," 12:30 to 2 p.m., McCormack, 4th floor, student lounge. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

Other Activities

Drop-in basis, stretching, mental, physical balance, self-massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5680.

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Other Activities

P.R.I.D.E. Program. For more information, call 7-5680.

Yoga, 1 to 1:45 p.m., McCormack, 1st floor, room 613. Every Thursday. Drop-in basis, instruction provided, beginners welcome, free. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5680.

"Adult Women's Addiction Awareness Week," sponsored by the P.R.I.D.E. Program. For more information, call 7-5685.
Calendar of Events (Continued)

March 1999

Chemistry Seminar, 4:30 p.m., Science, room 89. Jiangqian Wang, UMass Boston, will present, "Synthetic Peptide Librar­ies," a literature seminar.

Wednesday 3/10
Luncheon Discussion Series: Spiritu­ality and Academic Life, 11:30 a.m. to 1 p.m., Wheatley, 4th floor, room 22. Sessions offer an opportunity for students, faculty and staff to discuss the part that spirituality plays in academic life. Lead by Kathleen Sands, Study of Religion, and Joel Grossman, Coordinator of the Health Promotion Program of University Health Service. Sponsored by the Center for the Improvement of Teaching. To register, call 7-5685.

Family Alcoholism Series, 12 to 2 p.m., McCormack, 2nd floor, room 413. "Adult Children of Alcoholics: How Do You Know If You Are One?" Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

Friday 3/12
"How to Help a Friend with an Alcohol or Other Drug Problem," 11 a.m. to 12 p.m., McCormack, room 413. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

Racquetball Clinic, 12 to 2 p.m. All are welcome—beginners to advanced. Sign up at the Beacon Fitness Center.

Ski Trip, March 12-14. Trip to Mt. Sunapee Ski Resort in New Hampshire; Saturday 9 a.m. to 3 p.m., Sunday 9 a.m. to 12 p.m., McCormack, 2nd floor, room 617. Every Monday. Drop-in basis, stretching, mental calm, physical balance, self-massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

Tuesday 3/15
Special Seminar on Global Scarcity, 3 to 4:30 p.m., CPSUS Conference Room, Wheatley, 4th floor, room 127-2. "Quality of Life in Advanced Dementia" will be presented by Ladislav Volcker, M.D., Ph.D., Professor, Boston University School of Medicine/Clinical Direc­tor, E.N. Rogers Veterans Memorial Hospital. For more information, call 7-7310.

Chemistry Seminar, 4:30 p.m., Science, room 89. Prof. Andrew A. Carpineto, UMass Amherst, will present, "A New Family of Base- and Nucleophile-sensitive Amino­ protecting Groups."

Getting Started in Business, 6 to 9 p.m., Boston Empowerment Center. Sponsored by the Massachusetts Small Business Development Center Network/Minority Business Assistance Center. 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 3/16
Modernization vs. Westernization in East Asia (Continued), 2:30 to 4:30 p.m., Chancellors Conference Room, Quinn, 3rd floor. Kate Hartford presents "The Internet in China." Sponsored by the East Asian Studies Program.

Saturday 3/20
WUMB Used CD and Record Sale, 9 a.m. to 5 p.m., McCormack, cafeteria. For more information, call 7-6911.

Getting Started in Business, 10 a.m. to 1 p.m., Boston Public Library, Codman Square Library, 690 Washington St., Dorchester. Sponsored by the Massachusetts Small Business Development Center Network/Minority Business Assistance Center. 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 3/22
"How to Help a Friend with an Alcohol or Other Drug Problem," 11 a.m. to 12 p.m., McCormack, 2nd floor, room 413. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

T’ai Chi, 1 to 1:30 p.m., McCormack, 3rd floor, room 617. Every Monday. Drop-in basis, stretching, mental calm, physical balance, self-massage; 24 Movement Form. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

Tuesday 3/23
Yoga, 1 to 1:45 p.m., McCormack, 1st floor, room 208. Every Tuesday. Drop-in basis, instruction provided, beginners welcome, free. Mats provided, no change of clothes needed. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

Gerontology Colloquium, 3 to 4:15 p.m., CPSUS Conference Room, Wheatley, 4th floor, room 127-2. "Proficiency Among Older Hispanics: Patterns and Implications" will be presented by Jan Murchler, Ph.D., Associate Professor, Gerontology Institute and Center, UMass Boston. For more information, call 7-7310.

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Wednesday 3/24
Family Alcoholism Series, 12 to 2 p.m., McCormack, 2nd floor, room 413. "The Adult Child Goes to College: Identifying Risks and Planning for Success." Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

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Chemistry Seminar, 4:30 p.m., Science, room 89. Carlos Tassa, UMass Boston, will present his thesis defense.

Wednesday 3/31
Special Seminar on Global Sustainability, 2:30 to 4 p.m., Lipte Auditorium, Science, 2nd floor. Sandra Pastel, Director of the Global Water Policy Project, will speak on "The New Water Wars: Food Security, Ecosystem Health and the Politics of Scarcity." Presented by the undergraduate Environ­ ment Studies Program in cooperation with the Environmental, Coastal and Ocean Sciences Department and the Urban Harbors Institute. For more information, call 7-5778.

Graduate Studies Information Fair, 4:30 to 7:30 p.m., Wheatley, 3rd floor, cafete­ ria. Information on admissions, academic programs, career opportunities, and more.

Monday 3/29
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Chemistry Seminar, 4:30 p.m., Science, room 89. Carlos Tassa, UMass Boston, will present his thesis defense.

Women in Societies or Cultures in Transition, 2:30 to 4:30 p.m., Wheatley, 2nd floor, room 413. Sponsored by the Center for the Improvement of Teaching. To register, call 7-5685.

Other Happenings
1999 James Bradford Ames Fellow­ship Program applications due March 15. 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 7-6790 or at johnson_r@umbsky.cc.umb.edu.

Mc McCormack Institute Faculty Summer Research Grant applica­tions due March 15. The Institute will award up to five faculty grants, each worth $4,000 for the summer of 1999. Proposals should fit with the interests and priorities of the Institute and its four centers. Applicants are urged to contact center directors to discuss the appropriateness of their projects at 7-5530.

Alcohol and Other Drug Peer Leader Training. Peer Leaders receive training and a Certificate of Achievement upon completion of the Peer Leader Series. Three sessions focus on how to help a friend with drinking or other drug problem, symptoms of use and abuse, and resources for help. Training sessions are now forming for the fall semester. Sponsored by the P.R.I.D.E. Pro­ gram. For more information, call 7-5680.

WUMB Spring Member Drive, March 5 to 15. A donation of $60 or more will receive a WUMB membership and one-of-a-kind CD. For details, call 7-6990.

Programs offered by the Health Promotion Program of University Health Service, call 7-5685 for more information:

• Weight Management. Develop a healthy approach to weight manage­ment. Call to make an appointment.

• Study Smarter, Not Harder." Learn ways to use study time more effectively. Provides help in dealing with test anxiety and procrastination. Call to make an appointment.

• AIDS Awareness Team. Volun­teers sought to help develop on­ campus programs. Call 7-5685 and leave a message, name and available times. Health Promotion will contact you.

• Smoke Cessation. Help with considering quitting, quitting, and staying quit.

• Meditation, 12:30 to 12:50 p.m., McCormack, 1st floor, room 613. Daily. Drop-in basis, instruction provided, beginners welcome, free.