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.

Innerpeace Waterpolo, 2:30 to 4 p.m., Clark pool. Tuesdays and Thursdays. Explore this new and exciting activity.

Gerontological Colloquium, 3 to 4:15 p.m., CPCS Conference Room, Wheatley, 4th floor, room 147-2. "Effect of Diversity on Health Care Use by Elders" will be presented by Nirsiki Labanat-Cabeza, Ph.D., candidate, UMass Boston. For more information, call 7-7330.

Chemistry Seminar, 4:10 p.m., Science, room 89. Prof. Hans van Willigen, UMass Boston, will present "Photochemistry and Photophyscis of Bucky Balls," a FT-ESR Study.

Women's Addiction Awareness Week, "Calculating Risk for Women: Evaluating Your Relationship with Alcohol and Other Drugs," 10 to 11 a.m., McCormack, 2nd floor, room 413. Open to all UMass Boston students. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

Tai 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. $1. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.


Tuesday 3/2

Red Cross Blood Drive, 9 a.m. to 3 p.m., Clark Athletic Center. Sponsored by the Health Promotion Program of University Health Services. For more information or to reserve a donation time, call 7-5685.

"How to Help a Student with an Alcohol or Other Drug Problem," 10 to 11:30 a.m., Learning Center, room 401A. Sponsored by the P.R.I.D.E. Program. To register, call 7-3990.

Women's Addiction Awareness Week, "What Every Woman Should Know About Alcohol and Other Drugs," 12 to 1 p.m., McCormack, 2nd floor, room 413. Open to all UMass Boston students. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

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.

Psychology Lecture, 2:30 to 4 p.m., the Harbor Gallery, Dr. Chu, Clinical Director of the Trauma and Dissociative Disorders Program at McLean Hospital, will speak. Refreshments served following the lecture. Sponsored by the Psychology Club and Psi Chi.

"Modernization vs. Westernization in East Asia" lecture series, 2:30 to 4:30 p.m., Chancellor's Conference Room, Quinn, 3rd floor. Winston Langley and Michael Lafargue present "Confucianism and Human Rights in East Asia." Sponsored by the East Asian Studies Program.


Thursday 3/4

"Stress Reduction/Life Enhancement Program," 1 to 2 p.m., McCormack, 1st floor, room 613. Three sessions, continues March 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 Services. $12. To register, leave name, phone and address at 7-5685.

See our Web site for last-minute additions!
### Calendar of Events (Continued) March 1999

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

**Wednesday 3/10**

Lunchtime Discussion Series: Spirituality and 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.I.R.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, 2nd floor, room 413. Sponsored by the P.I.R.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. Fee $5. Sponsored by the P.R.I.D.E. Program. For more information, call 7-5680.

**Wednesday 3/17**

"Modernization vs. Westernization in East Asia" lectures series, 2:30 to 4:30 p.m., Chancellor's 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.

**Wednesday 3/24**


Directions for Student Potential Open House, 5 to 7 p.m., University Centre. Prospective undergraduates must meet admissions criteria for six-week summer program.

**Thursday 3/25**

Meditation, 4 to 4:30 p.m., McCormack, 1st floor, room 613. Every Thursday. Drop-in basis, instruction provided, beginners welcome, free. Promote concentration and relaxation. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

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

**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.I.R.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. $1. 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., CPSC Conference Room, Wheatley, 4th floor, room 413. "English Language 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.

Chemistry Seminar, 4:30 p.m., Science, room 89. Prof. Amy A. Carpinella, 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 3/24**


**Friday 3/26**

Weight Management. Develop a Smarter, Not Harder, way to lose weight. Learn to use study time more effectively. Provides help in dealing with test anxiety and procrastination. Call to make an appointment.

**Monday 3/29**


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. $1. Sponsored by the Health Promotion Program of University Health Service. For more information, call 7-5685.

**Tuesday 3/30**

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., CPSC Conference Room, Wheatley, 4th floor, room 147-C. "Quality of Life in Advanced Dementia" will be presented by Ladislav Volicer, 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. Carlos Tassa, UMass Boston, will present his thesis defense.

**Wednesday 3/31**

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

Special Seminar on Global Sustainability, 2:30 to 4 p.m., Lipke Auditorium, Science, 2nd floor. Sandra Postel, 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 Environment Studies Program in cooperation with the Environmental, Coastal and Ocean Sciences Department and the Urban Harbors Institute. For more information, call 7-5778.

"Women in Societies or Cultures in Transition," 2:30 to 4:30 p.m., Wheatley, 3rd floor, room 617. Leslie Kraker, UMass Boston faculty, including Weili Ye of East Asian Studies and Women’s Studies, and Ramona Hernandez of Latino Studies. Sponsored by Women’s Studies. Reception will follow panel discussion. For more information, call 7-6780.

### 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 johnsonr@umbhsky.cc.umb.edu.

McCormack Institute Faculty Summer Research Grant applications due March 15. The Institute will award mini-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 7-5550.

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.I.R.D.E. Program. 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 7-6900.

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 your name, phone number, 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.

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For more information and updates, visit the Health Promotion Program’s website at [HealthPromotion.umb.edu](http://HealthPromotion.umb.edu).