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THE UNIVERSITY

Reporter

News and information about the University of Massachusetts Boston

Volume 3, Number 2 October 1999

Study and Oct. 29 Conference Signal Renewed Student Retention Efforts

In 1998-1999, 1,389 students earned undergraduate degrees from UMass Boston. These new alumni varied widely in age, ethnicity, and social background, as anyone attending Commencement could see. Not so apparent were equally wide variations in their academic careers. Few of them spent the traditional four years at UMass Boston. Some entered as beginning freshmen, many more as transfer students. Some came directly from other schools, others had spent years away from formal education. Some were traditionally prepared for university study, others were not. Most surmounted obstacles that traditional students do not have to face.

Another group of UMass Boston students—over 2,100 of them—might also have joined that Commencement celebration. These

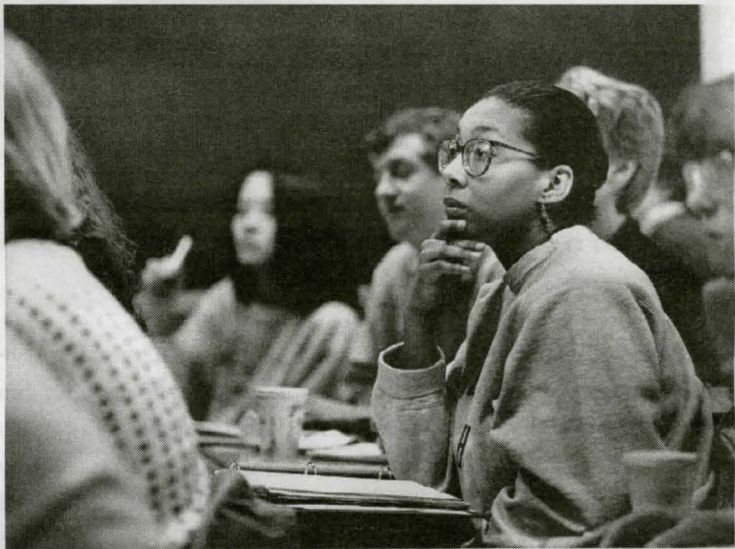
students began with high hopes and a good chance of finishing their undergraduate studies at UMass Boston, but they left the University before doing so. Their stories are not unusual. In a typical year, according to the University's Office of Institutional Research, for every 1,000 graduates there are more than 1,500 non-graduates who enter the same "pipeline" but do not leave it with a UMass Boston degree (see the 1996-1997 figures on pg.6). What happens to these students? Do we serve them as well as possible? What can we do to keep them?

All colleges and universities wrestle with such questions, particularly urban public institutions. UMass Boston has worked hard over the years to keep students enrolled, and the University's retention rates are comparable to

those of its peers. Now new information and renewed retention efforts may help UMass Boston's rates to rise.

A comprehensive analysis of data on student cohorts entering UMass Boston from 1984 through 1996 has recently been completed by Jennifer Wilton of the Office of Institutional Research. The study sheds light on many issues, perhaps most strikingly on the problems of newly enrolled students. It shows that students are most at risk of failing to persist at the University

- during the first four semesters;
- if they progress slowly;
- before they reach upper-division status;
- if they "stop out" during the first few semesters; or
- if they start full-time and then drop to part-time.

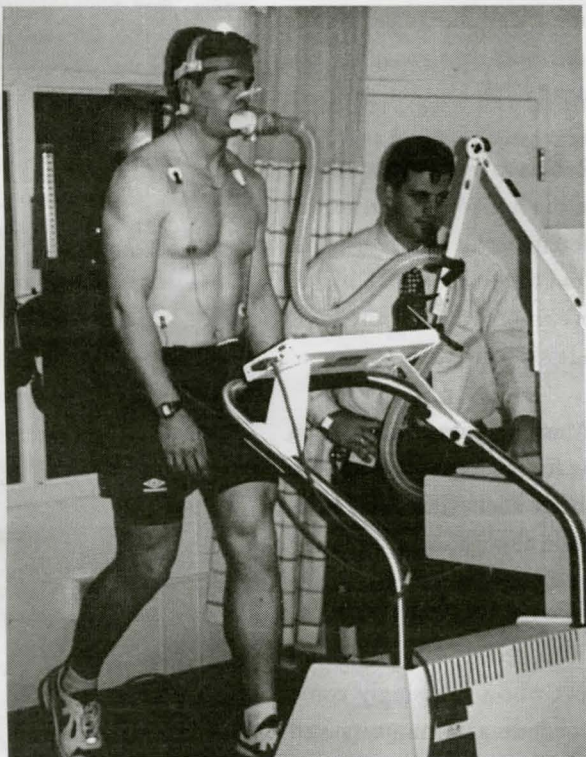


"These risk indicators," concludes the study, provide "clear evidence that efforts to increase retention are needed early in a student's career." Summaries of the study have already been distributed to many faculty members and administrators. Copies of the summary and the study are available through the Enrollment and Communications Office (x 7-6020).

The process of gathering and analyzing retention data will continue,

providing information, raising new questions, and suggesting ways to invest resources for maximum effect. So will efforts to translate information into action, led jointly by Patricia Davidson, vice provost for academic support services, and Kathleen Teehan, associate chancellor for enrollment management and university communications.

Among these efforts is an all-day, campus-wide conference on *Continued on page 6*



Prof. Kyle McInnis of the Human Performance and Fitness Program measuring caloric expenditure in a trained participant during a treadmill exercise.

Another Health Benefit of Resistance Training Discovered

We've all heard that resistance training, such as work with free weights and nautilus, is important for muscular strength and bone and joint health, as well as for overall fitness. Also, previous research has shown that the more muscle mass a person has, the more efficient he or she is at burning calories while in a state of inactivity, either sleeping or sitting. Even though these facts are well known, a large percentage of us still remain unmotivated to incorporate weight-lifting or any other type of resistance training into our workout regimen. Recently, Prof. Kyle McInnis of the Department of Human Performance and Fitness,

along with his colleague Gary Balady from Boston University, has given us another compelling reason to consider hitting the weights at the gym. Their research shows that resistance training, and the added muscle mass that results from it, helps to boost metabolism (calorie-burning efficiency) during any type of physical activity such as walking or jogging.

Their study, "Effect of body composition on oxygen uptake during treadmill exercise: Body builders versus weight matched men" indicates that the more muscle a person has, the more calories he or she burns during exercise independent

of body weight. McInnis uses the following analogy, "Its like going from a car with a V6 to a V8 engine; the bigger your engine, the more gas you burn. Well, the more muscle you have, the more calories you burn."

Most exercise machines that calculate calories expended are based on body weight and level of work being performed. This calculation, however, does not take body composition, or the amount of body fat vs. muscle, into account when deducing the amount of calories burned.

Continued on page 6



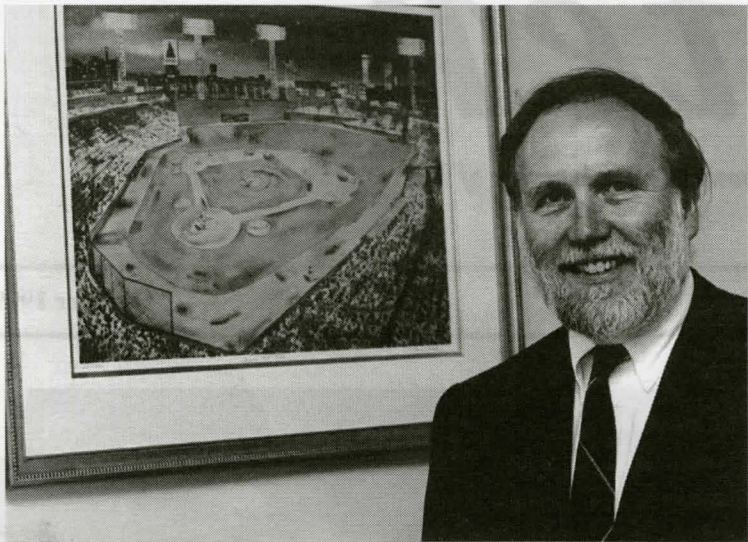
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Mark Your Calendars!

For the Years of Service Recognition Awards, which will take place in the Wheatley Building cafeteria on November 22. Join Chancellor Penney in honoring those among us who have devoted 5, 10, 15, 20, 25, 30, or even 35 years of service to UMass Boston.

MacKenzie Set to Tackle A & F Challenges



New Vice Chancellor of Administration and Finance David MacKenzie was photographed in his new office shortly after the start of the academic year in September.

Being responsible for the fiscal health and growth of a large, complex public university like UMass Boston is not a task for the faint of heart. But interim Vice Chancellor for Administration and Finance David MacKenzie sounds more excited than daunted when he talks about the challenges ahead. "There's a great deal to learn here," says MacKenzie, whose appointment was announced by Chancellor Sherry Penney on August 17.

"I think the biggest challenge," Mackenzie observes "is to help manage the growth of a dynamic university like this. "There's been a strong building on the graduate side and in the overall quality of the offerings, and there's a great desire to continue that process, and that comes at a cost." Another area needing attention is the campus infrastructure: "There are a number of unmet needs that continue to exist. There's been progress on them, but there still needs to be more work done." In addition, MacKenzie will be occupied with upcoming facilities projects, including the new campus center and the newly acquired pump house. "So the challenge is meeting the needs of the past, current growth, and future needs of the university, all within a very constrained budget."

MacKenzie, who replaces Jean MacCormack (recently appointed interim Chancellor at UMass Dartmouth), brings to his new position a strong background in public-sector finance and management. From 1979 through 1993, he worked for the Massachusetts Senate Ways and Means Committee, holding several positions including chief of staff, chief legisla-

tive counsel, deputy staff director, and director of fiscal policy. Since 1993, he has served as general counsel for the Massachusetts Health and Educational Facilities Authority (HEFA). MacKenzie believes that both of these experiences will be helpful to him in his new job: "From the Ways and Means Committee I think I have a pretty good perspective on how the University relates to the wider state budget, where it fits in that context, and what it has to do to get its share of the pie, to grow and get support from the central state government. From HEFA, I've had a lot of experience in what it takes to do capital projects for health and educational institutions."

Although he has been working at UMass Boston only since September 1, MacKenzie is no stranger to the University community and its resources. "I'm an avid listener to WUMB," he declares, expressing a strong interest in the upcoming Boston Folk Festival. "I'm a Massachusetts native, and I believe the state is at the forefront in many areas and always has been. UMass Boston has done a lot in the last few years and I think it's got a great future in front of it. It's a dynamic place, with people who have lots of plans and dreams to make it an even better place, and that's very exciting."

—Brian Middleton

Appointments and New Hires

Over the summer, administrative changes were made in several areas of the University, and new personnel were hired in several departments. Changes and new hires include:

Chancellor's Office

Ed Toomey has been appointed associate chancellor. In addition to retaining his duties as Chancellor's chief of staff, he will oversee the University's outreach activities and share coordination of the Administrative ReDesign Project. Donna Smerlas joins the University as executive assistant to the Chancellor. Prof. Kiran Verma has been appointed assistant chancellor. David Wilson has joined the university as ACE Fellow for 1999-2000.

Provost's Office

Prof. Thomas Ferguson of the Political Science Department has been appointed senior associate provost.

Institutional Research

Appointments include James Castiola, associate research analyst; Fernando Colina, data specialist; Melissa Fassel, administrative assistant; Daniel Horn, research analyst, Jennifer Wilton, senior research analyst, and Hailin Zhang, data specialist.

Administration and Finance

David MacKenzie has been appointed interim vice chancellor (See story, this page).

Institutional Advancement

Mary Welch was appointed director of major gifts for the College of Management. Charles Anderson was appointed director of major gifts for the McCormack Institute and the College of Liberal Arts. Gary Messinger was appointed director of major gifts for the Faculty of Science.

Enrollment Services and University Communications

Tony Holmes, Brian Middleton, and Anne Marie Kent of the Division of Continuing Education

have joined the Enrollment Services and University Communications staff.

Student Affairs

Kelly Meehan was appointed director of the UMass Boston Child Care Center, and Joyce Sangrey Morgan has been appointed director of student life.

Healey Library

Daniel Ortiz has returned to the University as associate director of libraries. Sara Baron joined the staff as coordinator of library instruction, and Billy Kwan joined the staff as systems librarian.

Other new employees are: Aditi Pain, Auxiliary Services; Brooke A. Craveiro, Student Financial Management; Victoria Ladipoh, Academic Affairs; Patric McCormack and Rasheed Watson, Enrollment Marketing and Information Services; Erin Smith, Biology Department; Debbie Wade, Bursar's Office, Erica White, McCormack Institute; and Angela Zarella, University Advising Center.

Promoting Massachusetts Resources is Goal of Mass Studies Project

Most Massachusetts students only study their own backyard when they read about the American Revolution and perhaps one or two other events or services tied tightly to the Commonwealth.

For people like Mass Studies Project Dir. Barbara Robinson it's unfortunate that a state with the history and resources of Massachusetts doesn't do a better job linking classroom learning with hometown reality.

"Take a class studying the civil war. The text book might be boring to the kids, but if you find out down the road is a civil war memorial that has the names of people from the town that died in the war, then maybe it's not as boring to the kids," she explains.

But how do you put that information in the hands of the teachers? A major piece of the Mass. Studies Project is world-wide-web accessible database of resources. A teacher goes to the Mass Studies site, searches for particular topics and can then use that information to build a very tangible lesson plan for the students.

"As far as we know we are the only organization in the state trying to promote these resources," says Robinson.

Even in its startup, the Mass. Studies Project has more than 800 resources in its database, plus more than 500 organizations for teachers to turn to for more information, and about 80 primary sources — scans of documents and images that teachers and students can download.

Still Robinson sees greater potential on the horizon, but to realize that potential will take getting the word out to teachers and building support among them and educational leaders in the state.

The Mass. Studies Project is an avenue for students of all ages to learn more about their communities while also building a greater, localized, understanding of many subjects — something that can't be done with generic text books and teachers who increasingly come from outside a community and even the state.

"Every town has a story to tell but for most of them it hasn't been told yet," says Robinson.

The Mass. Studies Web Site is found at the following address: <http://k12s.phast.umass.edu/~masag/>

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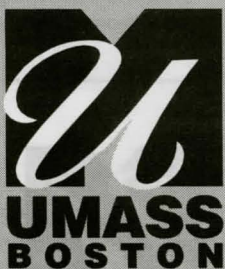
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Send your news items to:
The University Reporter at the above mailing or e-mail address.



New Provost Committed to Strengthening Academic Excellence

With only a few months under his belt as the University's new provost, Charles Cnudde, newly arrived from Florida, first needed to find his way around Boston. But once he was on campus, he was ready for business.

Cnudde says he was drawn here because UMass Boston is engaged in fighting the tide that typically sweeps a maturing university away from its original mission. He observes that, as they grow older, most institutions of higher education experience "mission drift," bogging down in a competition that drives them to become more alike. "This campus," he says, "is not characterized by drift. Faculty and staff have expressed their concern about the urban mission of UMass Boston, and about taking a leadership role among national universities in urban centers." He says he hopes to maintain that focus.

Cnudde joins UMass Boston after most recently serving as dean of the College of Social Sciences, professor of political science, and professor of public administration and policy at Florida State University. He has been on the faculty at

the University of North Carolina, the University of California Irvine, the University of Wisconsin, Michigan State University, and the University of Texas at Austin. He has been a visiting senior lecturer at the University of Essex in Colchester, England, and a visiting professor at the University of Arizona.

Cnudde's appreciation of public higher education was earned through experience. He is the first in his family to graduate from college, thanks to the opportunities he found at state universities—he received his bachelor's degree from the University of Michigan and his Ph.D. in political science from the University of North Carolina. "The public university experience made a big difference in my life, so I understand what it can do for people," he said.

One of his important commitments, he says, stems partly from this background. That is the commitment to opening and maintaining educational opportunities for women, minorities, and lower income groups, through fostering the academic excellence of the

University's teaching, research, and service. "These opportunities must provide quality experiences," he asserts. "Otherwise they would be mere window-dressing."

Cnudde aims to put that commitment into action as he begins work on the University's strategic plan. He plans to focus on two areas. One is public policy, especially as it relates to urban needs in general and public schools in particular, in and around Boston. The other is international affairs, a topic he hopes to target in accordance with faculty strengths.

He also hopes to address trends he has noticed at the national level—like inadequate funding. Cnudde says universities around the country need to find both new ways of saving money and new sources of funding, whether from grants or fundraising activities. "Every public university is fundraising," he observes. "That's something they hadn't done before."

In recent years Cnudde has spent a great deal of his time building up university endowments; he plans to share this expertise by helping



New Provost Charles Cnudde, a strong proponent of public higher education, will provide leadership as the campus chief academic officer. He names public policy, international affairs, and endowment building as some of his interests.

to build up UMass Boston's endowment, which he labels, "the single most important thing we can do for the students of the future."

There is a lot of work ahead, but Cnudde says what keeps his interest strong is his love for universities. "They allow people to think," he asserts, "to create, to research,

to live in a world of ideas. "I think we owe it to future generations to make sure universities are strong and continue doing what they do."

Evaluation of Chancellor Penney Set by President's Office

In accordance with trustee policy concerning the evaluation of chancellors, President William M. Bulger is undertaking a review of Chancellor Sherry Penney's performance as chief administrator of the Boston campus.

As part of the evaluation process, President Bulger is formally soliciting statements from vice chancellors, administrators, duly constituted campus-wide governing bodies, faculty, and students, as well as from other individuals knowledgeable about the chancellor.

As stipulated by the Trustees and the President, the principal areas for assessing Chancellor Penney include:

- How successful has the Chancellor been in creating a sense of unity, civility, and purpose, as well as momentum and growth on the campus?
- How effective has the Chancellor been in choosing and working

with her Provost, Vice Chancellors, and Deans/Directors? Has the Chancellor assisted the administration in maintaining good relations and encouraging good morale among University employees?

- How effective has the Chancellor been in establishing good relations with the faculty, staff and students on the campus?
- How effective has the Chancellor been in supporting, maintaining and enhancing the quality of the academic mission of the campus?

• Has the Chancellor successfully maintained and enhanced relations with alumni and with external funding agencies, such as foundations and federal agencies? Has she assisted the campus and the University in maintaining good relations with the state legislature?

- How effective has the Chancellor been in projecting an attractive image of her institution to the people of the Commonwealth?

• Has the Chancellor assisted the campus in developing well-articulated and detailed planning documents and policies? Has she provided mechanisms for implementing and revising policies and plans? Has she successfully explained plans and policies?

• Has the Chancellor effectively supervised the overall allocation of campus resources such as budget, personnel and physical plant?

• How well has the Chancellor worked with the President and the Board of Trustees?

• In light of the fundamental changes affecting higher education today, how effectively has the Chancellor led the campus, enabling it to face future challenges?

• How effective has the Chancellor been in restructuring, reallocating, and reinvesting resources to improve institutional quality?

• Has the Chancellor responded to state needs?

• How effective has the chancellor been in developing industrial relations, seeking sources of private fundraising, and pursuing other forms of external support?

Faculty, administrators, students and staff interested in expressing their opinions about the Chancellor's performance in these areas are invited to send written statements by October 27, 1999 to President William M. Bulger, University of Massachusetts, 1 Beacon Street, 26th floor, Boston, MA. 02108.

An evaluation team will also visit the campus to meet with various groups and constituencies. A notice will be published with the dates and times of the evaluation team's visit.

Thank you for your participation in this important process.

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**Check out the newly
revised academic
programs page
and the
news and events page
for updated information
on campus events**

Board Supports UMass Boston First Campaign



Retired Professors Joel Blair and Ruth Butler announcing the establishment of the Endowed Faculty Career Development Fund at UMass Boston's 35th Anniversary Gala in April

In less than three years, the *UMass Boston First Campaign* has raised \$33.4 million and has increased the University's endowment to over \$20 million, providing the benefits of new student scholarships, faculty chairs, technological resources, and facilities. Behind this success are the many friends, supporters and alumni who have made not just their money, but also their efforts and resources available to the University

The newly formed Board of Directors of the University of Massachusetts Foundation at Boston is composed of just such individuals, who give time and energy in support of the Office of Institutional Advancement as it progresses towards its \$50 million goal. These individuals serve both as advisors and as links between the wider community and UMass Boston.

Presently serving on the Board are the following alumni: Gordon Abbott (UMass Boston '90), author, editor, and former Director of the Trustees of Reservations; Genevieve Keohane Burlingame, (Teachers College of the City of Boston '46) teacher, writer, and a trustee of the Burlingame Foundation; Attorney Richard P. Campbell, (UMass Boston '70) a founder of Campbell, Campbell and Edwards PC; Richard W. Dinsmore, Jr., (UMass Boston '80), vice president, State Street Bank and Trust Company; Patricia C. Flaherty, (UMass Boston '81), senior vice president, The Putnam Fund, and director of the Boston Natural Areas Fund; Lola McGrail, (Teachers College of the City of Boston '35) retired after 38 years of teaching spanish in the Boston Public Schools; David Outerbridge, (UMass Boston '70), teacher in the Newton Public Schools now retired; Stephen J. Sweeney, (Honorary Doctorate '85), former chair and CEO, Boston Edison Company; and Pamela L. Trefler, (UMass Boston '93), philanthropist and teacher, and president of the Trefler Foundation.

Former faculty and administrators on the Board include Joel Blair, retired UMass Boston English professor, and former assistant chancellor; Ruth Butler, Professor Emerita and former chair of the Art Department; Betty Taymor, founder and former director of the Program for Women in Politics and Government, now of the McCormack Institute, UMass Boston; and Robert C. Wood, former University of Massachusetts president, Secretary of the Department of Housing and Urban Development (HUD) and former superintendent of the Boston Public Schools.

Friends of the University include Sue B. Reamer, Ph.D., former Simmons College nursing professor and relentless volunteer in the health and women's political arenas; Joseph Corcoran, founder and CEO of Corcoran-Jennison Companies; Dr. Edward G. Fey, co-founder of Matritech, a biotechnology company, and founder and principal of Biomodels LLC; and Robert A. Glassman, co-founder and co-chair of Wainwright Bank and Trust Company.

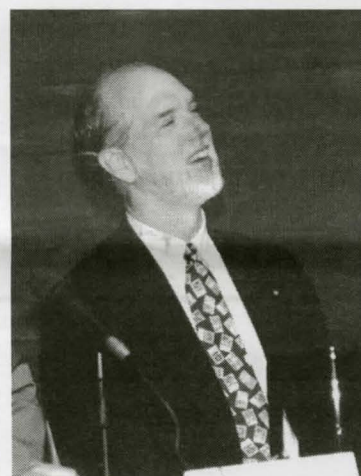
"The Board adds tremendous strength to our efforts," says Judy Byrne-Ariel, director of Donor Relations for the Office of Institutional Advancement. "In addition to promoting the progress, excellence, and general welfare of UMass Boston, they provide inspiration and encouragement to our entire staff." To Byrne-Ariel, the members of the Board are more than supporters of public education, UMass Boston, and its mission. They are friends who can also be counted on to add value to the University's efforts to build for the future. "Each Board member individually possesses extraordinary personal strengths which are given to the University in the form of time, talent, expertise, and influence. Together, they comprise a Board which is an invaluable resource to me in my efforts as director of donor relations."

Solve Urban Problems by Working Together, Forum Speakers Urge



Harvey Gantt and Anne Finucane

What is the largest problem facing the Boston area? When a group of urban planners got together to discuss Boston's future, a consensus emerged that the true problem facing Boston and other cities is far less tangible than a pothole or pollution. It's the fact that we can't get people working together to recognize and solve problems.



Bob Watt

The Forum for the 21st Century, sponsored by UMass Boston, tackled "Preventing Urban and Regional Problems before they Happen" on Sept. 21 at the BankBoston Auditorium.

Seattle Chamber of Commerce President Bob Watt and former mayor of Charlotte, N.C., Harvey Gantt, offered their insight into those things that go into making a successful city. "A lot of it is luck,"

said Gantt explaining leaders need to be prepared for the bad breaks, such as industry relocating to other areas of the country.

Watt and Gantt both cautioned that as the pace of change quickens, the Boston area cannot afford politics as usual. "One thing that will not serve you well in the future is this notion of politics as some kind of combat sport," said Watt.

Anne Finucane, senior vice president of Fleet Bank, said the problem facing Boston business is attracting good employees. The shortage speaks to the need to improve education and also the need for affordable housing for Boston's workforce.



Deborah Jackson

To solve these problems, Finucane noted, requires leaders to expose themselves to criticism. "And in this town, when you expose yourself like that you can be eaten alive."

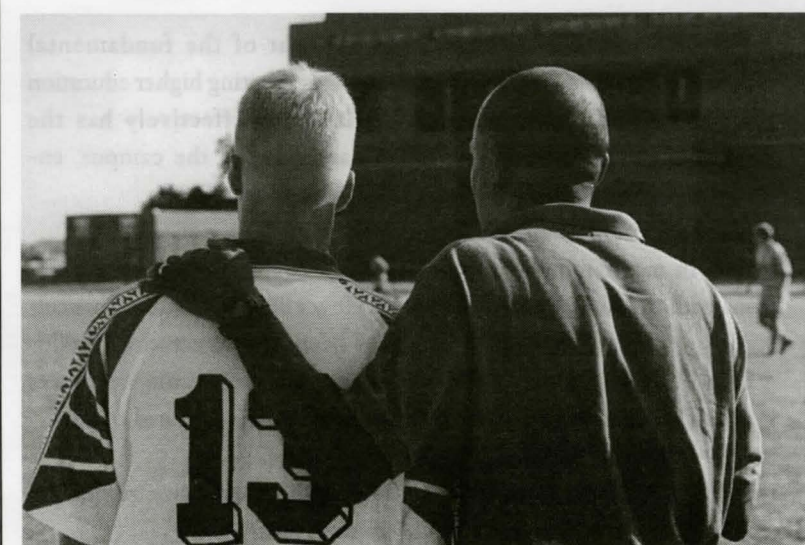
Badi Foster, director of Tufts University's Lincoln Filene Center, agreed solutions require courage from our leaders and institutions. He emphasized that people need to understand the level of interdependence among various groups.



Badi Foster

"Ten years ago, no one heard of El Nino," he said discussing the role of the media. "Today you can stop someone on the street and they can tell you how the water temperature in the Pacific affects weather on the Atlantic. Why can't we have the same type of education about something like sustained economic growth?"

Deborah Jackson of the Boston Foundation served as forum moderator. The next Forum is Dec. 13 at State Street Bank discussing the future banking in Boston.



Wonder what these two are looking at? Turn to page 6 for the answer to that question

SPOTLIGHTS

Boston Writing Project Celebrates its 20th Year with Conference

In celebration of its twentieth year, The Boston Writing Project (BWP) held a conference on September 25th entitled "Celebrate our Visions and Revisions: Twenty Years of a Teaching Community." The Boston Writing Project brings writing teachers from local schools and universities together to write, discuss writing and engage in critical dialogue as teachers of writing. The event's keynote speaker Joseph McDonald, a 1980 BWP Summer Institute graduate and professor of teaching and learning at New York University, addressed "Professional Development in the Age of Reform." A panel discussion and workshops followed. Presenters included Vivian Zamel, director of the undergraduate ESL Program at the University of Massachusetts Boston; Cathie Desjardins, a poet, journalist, book reviewer and director of the Children's Literacy Center at UMass Boston; and Nancy O'Malley, a Boston Latin teacher and occasional instructor at UMass Boston's Graduate School of Education. An open reading concluded the conference program, followed by a cake cutting in honor of the anniversary. Afterwards, the celebration continued with dinner and dancing at Amelia's in Quincy.

—Anne Marie Kent

Academic Programs Web Page Revamped

The UMass Boston academic web site recently underwent a facelift. The main academics page was redesigned to provide better access to the school's many academic programs and to better introduce the university to prospective students. "One of the ideas was to tell people what makes each of our five colleges unique," explains University Webmaster Joe Peters. "This gives people an idea of why we offer the programs that we do and what students in those programs can

expect." The problem in the past was that academic information came directly from the print catalogs. The catalogs don't always translate well to the web. Now, as the web site is updated for the new undergraduate and graduate catalogs, the university web team hopes the redesigned pages will provide better access and more appeal to this information. To access the academic programs section of the university web sit, log on to http://www.umb.edu/academic/_programs/

Russian Women Leaders Visit University



Three Russian women, here to observe the American political and economic systems, were guests at a luncheon hosted by the Center for Women in Politics and Public Policy on Sept. 20. The group was accompanied by Betty Bumpers, wife of former congressman Dale Bumpers, who is a leader in the PeaceLinks organization which organized the itineraries for the Russian visitors. Representing UMass Boston at the luncheon were Elizabeth Sherman and Jain Ruvich Higgins from the Center for Women in Politics and Public Policy, Kiran Verma, assistant chancellor, Prof. Rachel Rubin from American Studies, and Community activist Jovita Fontanez, a board member of the Center for Women in Politics and Public Policy. The visitors, Iren Fedorovna Podlubnaya, Zilya Rakhimyanovna Valeyeva, and Svetlana Leonidovna Plotkina, are among 3,000 Russians who are visiting the

United States through the Library of Congress Russian Leadership Program (RLP). This program aims to provide current and emerging Russian political leaders with direct exposure to the American free market economic system and the operation of the American democratic process. Library of Congress partners in the program include such organizations as PeaceLinks, Rotary International, and the American Foreign Policy Council, which can provide the visitors with direct experience of American institutions and systems. After the luncheon, the Russians toured the JFK Library.

Camp Telecom Provides Rich High Tech Experiences for High School Students

This summer, twenty six high school students, who could have been sleeping late, instead arrived bright and early on the UMass Boston campus to participate in Camp Telecom, a three week program that offered them a unique opportunity to be trained in state-of-the-art technology. Courses in Java, computer animation, and computer repair, among others, were offered. This pilot program was a collaboration between the Massachusetts Telecommunications Council (MTC), a dozen area secondary schools, and several departments within UMass Boston, including the Chancellor's Office, the Department of Mathematics and Computer Science, the Graduate College of Education, the Physics Department, and the Learning Center. John Ciccarella, Assistant to the

Chancellor for Economic Development, coordinated the camp's implementation. The Camp Telecom experience was provided to the high schoolers for only \$75, thanks to 27 MTC members companies which contributed \$2000 each to sponsor a student. According to the evaluation forms submitted by students, their experiences were overwhelmingly positive. Sponsors of the camp, meanwhile, look to cultivate a more highly skilled workforce for the future through programs such as Camp Telecom.

Biology Prof. Brian White Commended for His Contribution to Research Link 2000 Institute

Hard work, professionalism, and love of teaching were three of the qualities attributed to Biology Prof. Brian White in a commendation from the Council of Undergraduate Research (CUR) after his participation in the Research Link 2000 Institute held this summer at Ferris State University in Minnesota. White was one of 13 individuals who, having developed a research-based system for introductory biology laboratory instruction, were chosen to present a two-day, hands-on workshop based on his system to 75 biologists from 30 institutions. White's research method involves having students work with a strain of yeast, and asking them to observe and experiment in order to gain an understanding of scientific process. Prior to his workshop presentation, White spent a year preparing for the Institute. His article, "The Red and White Yeast Lab: An Introduction to Science as a Process" will be published this month in the journal *American Biology Teacher*. His system will also be the topic of a Biology Department Seminar on October 15.

Boston Light House and Little Brewster Island Now Accessible to the Public, Thanks to The Hurricane

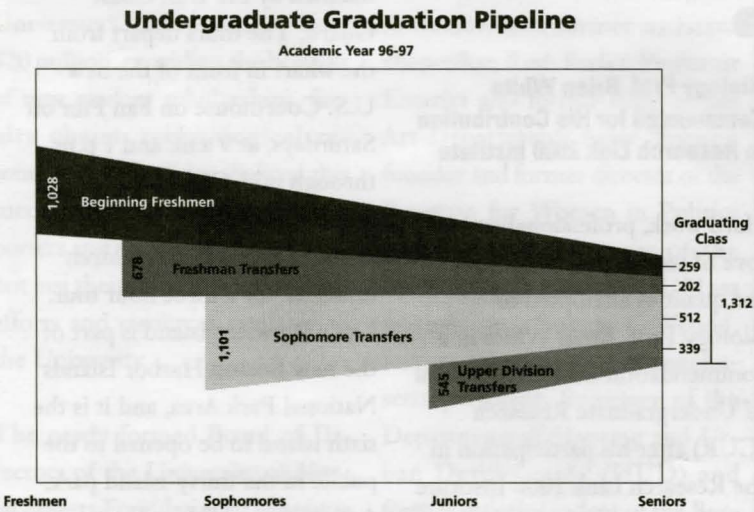
In July, the UMass Boston boat Hurricane began bringing the public to Little Brewster Island for the first time ever, making it also the first time that the U.S. Coast Guard Light Station, known as the Boston Light, on the island has been accessible to the public since it was built in 1716. It is the oldest continually operating lighthouse in the country, and the only one still manned by the U.S. Coast Guard. The tours depart from the wharf in front of the new U.S. Courthouse on Fan Pier on Saturdays, at 9 a.m. and 1 p.m. through mid-October. The cost is \$20 for adults, \$15 for senior citizens, and \$10 for children under 12 for a three hour tour. Little Brewster Island is part of the new Boston Harbor Islands National Park Area, and it is the sixth island to be opened to the public in the thirty-island park. According to UMass Dockmaster Chris Sweeney, since UMass Boston is the contracted ferry service provider, the Hurricane is also available for private charters and classroom excursions at group rates. For more information, call 7-5404.

Student Retention (From Pg. 1)

undergraduate retention, scheduled for Friday, October 29, and featuring a nationally recognized expert, Edward “Chip” Anderson of UCLA and Azusa Pacific University. The conference will open with a presentation on the factual and theoretical fundamentals of retention. A second presentation, “Strength-based Approaches to Advising, Teaching, and Learning: Building Blocks for Retention,” will focus on the concerns of people involved in advising. A third, “Reach for Optimal Learning and Let Retention Take Care of Itself,” will address teaching issues. Faculty and staff are encouraged to attend conference sessions. Registration details will be distrib-

uted soon. To follow up on the conference, Davidson and Teehan will establish a committee to refine and implement retention plans. Other efforts are already underway—for example, an “early warning system” being developed by the University Advising Center to help faculty and staff recognize signs of trouble in struggling students. Further examples include the First Year Seminar, intended to strengthen performance during the critical early stages of students’ careers, and an expansion of the Honors Program to the College of Management and the College of Nursing.

—Jeffrey Mitchell



This chart represents an extrapolation from persistence and graduation rates. Note that the horizontal axis represents student status, not time.

Health Benefits (cont. from pg. 1)

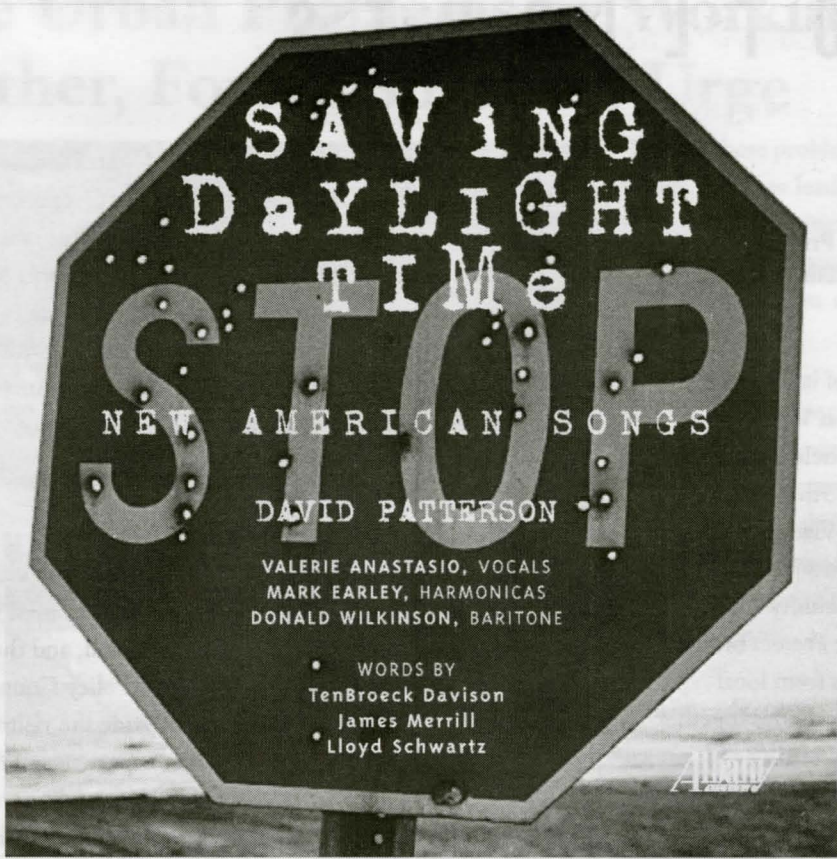
The key to this study was comparing the caloric expenditure of highly muscular body-builders to subjects who weighed the same, but had higher levels fat and lower levels of lean muscle. In this way, the variables of weight and workload could be held constant, making body composition the only significant varying factor.

According to McInnis, “This is the first study that really looked at the effect of body composition on energy expenditure independent of what you weigh.” The findings of the study are compelling. They show that “a greater number of calories are expended both at rest and during various matched levels of treadmill walking for highly muscular men verse their weight-matched counterparts. The differences between the groups were as much as 100 calories while walking at the same speed and inclination for 30 minutes at a moderate intensity.” This shows that the current method used to estimate caloric expenditure for a person of a given weight during exercise is most likely underestimated for highly muscular people and over-estimated for those with greater levels of body fat.

This has important implications for weight management. “One of the major problems with dieting is a reduction in fat free weight, which almost always accompanies rapid weight loss. This also reduces resting metabolism and makes the dieter more prone to rapid regain of lost weight after the diet ends. Therefore, preventing a loss of muscle, or even gaining muscle, is important in proper weight control and during periods of weight loss.”

Professor McInnis states that even though he used highly muscular men as subjects in his study, there is no reason why his findings couldn’t be extrapolated to persons of a more normal muscle amount, male or female. “You don’t have to look like Arnold Schwarzenegger” says McInnis. “Any amount of muscle will help you burn more calories.”

—Stefanie Lacey-Loya



The cover of the new CD, “Saving Daylight Time: New American Songs,” released in October by Albany Records. The CD is a collaboration between several UMass Boston affiliated artists.

University Artists Celebrate Release of New Poetry and Music CD

The release of a new music and poetry CD this fall is cause for celebration, and anyone familiar with UMass Boston will feel right at home. “An Evening of Words and Music” will be held Saturday October 16 at 8pm, at the Longy School of Music’s Pickman Hall, One Follen Street Cambridge. Admission is free, and a party follows the concert.

The CD, “Saving Daylight Time: New American Songs” (Albany Records, Troy 345), features a melding of poetry and art song, with settings by composer and UMass Boston music professor David Patterson. One of the poems is “Dead-Battery Blues,” by Frederick S. Troy Professor of English Lloyd Schwartz, who is also a winner of the Pulitzer Prize in criticism for his articles on music.

Other poems are part of a cycle called “Saving Daylight Time:

Songs from a Texas Border Town,” by Tenbroeck Davison, a 1982 UMass Boston summa cum laude graduate in English, whose poems here recall her adolescence spent in Brownsville, the southernmost point of the continental US.

One of America’s best-known and highly respected poets, James Merrill (1926-1995) wrote of Professor Patterson’s music “I love your settings—so full of light and intelligence.” Merrill’s voice will be heard during the evening, in a 1986 tape of “The Victor Dog,” one of his poems set to music by Patterson. The evening’s performances will also include a remembrance of the poet by his niece, Amy Merrill. There’s a UMass Boston family connection here, as well, because her father and James Merrill’s brother, Charles Merrill, Jr, has long been an important friend of the University, who has supported foreign students taking

their year abroad at UMass Boston for the last two years, served as a guest lecturer, and donated numerous gifts of art to the campus.

Other performers who will be heard include baritone Donald Wilkinson, who has appeared with the Boston Symphony and is a regular in Emmanuel Church’s famed Bach Cantata series (and a former voice instructor at UMass Boston); blues harmonica player Mark Earley, a UMass Boston Chancellor’s Scholarship student; and cabaret singer Valerie Anastasio, who appears regularly at Boston’s Club Café.

The CD is available at Tower Records and amazon.com. For more information about the event, call 617 876-0956.

—Dick Lourie

Coach Noel Cotterell and player Todd Terry kept their eyes on the ball in the photo on page 4, but the hard-fought game against Tufts University still came up a 5 - 1 loss for the home team on unlucky September 13



CAMPUS NOTES

Conferences and Presentations

Prof. **Zong-Guo Xia** of the Department of Earth and Geographic Sciences gave two presentations at the New England Geographic Information Science (GIS) '99 Conference in Sturbridge held in June. His presentations were "GIS Certification" and "Emerging Trends in GIS Research and Education."

CPCS Prof. **Joan Arches** and **Suzanne Allmendinger**, director of the Urban Program at CPCS, presented on the topic "Promoting Political Participation: Service Learning with Ethnically Diverse Teen" at the 12th Annual National Conference on Race and Ethnicity in Higher Education held in Memphis in June.

Joan Becker, asst. vice provost for academic support services, moderated a session at the Council for Opportunity in Education Conference in San Antonio. The session was "GEAR UP and TRIO: A Match Made in Congress."

Bill Pollard, director of Project REACH, presented a workshop at the Council for Opportunity in Education Conference in San Antonio. The workshop was "IEP, IDEA, 504, ADA...Serving Pre-College Students with Disabilities: Learn the Alphabet and Stay Out of the Soup."

Prof. **John Conlon** of the Division of Communications and Theatre Arts had a public reading of his play, *Peace Love and Tartuffe* at the Black and White Theatre in Middleboro in August. It is now in rehearsal there for Nemasket River Productions.

Prof. **Arindam Bandopadhyaya** of the Department of Accounting and Finance presented a paper at the 1999 European Finance Association meeting in Helsinki, Finland in August. His presentation was "An Analysis of Second Time Around Bankruptcies Using a Split Population Duration Model" which he will also present at an October conference in Orlando, Florida.

Chemistry Prof. **John Warner** has been invited to give the keynote address at a conference, "Chemistry and Innovations in the 21st Century" which will be held in Yokohama, Japan, in October. His topic will be "Designing Chemical Processes in Harmony with the Environment."

Gerontology Prof. **Nina Silverstein** presented a talk, "Aging Women Veterans: Knowledge and Use of VA Benefits and Services" at the National Women Veterans Coordinator Conference in Chicago in September.

Prof. **John Papageorgiou** of the Department of Management Science and Information Systems organized, chaired, and participated as a panelist in a session, "Teaching Operations Research/Management Science to Undergraduate Business Students: A

knapsack Problem" at the Decision Sciences Institute International Conference during July in Athens, Greece.

Prof. **Ron Nash** of the Division of Communications and Theatre Arts held a public reading of his new play, *Christmas Spirits* at the Manhattan Club in New York on September 12.

Zehra Schneider Graham, environmental coordinator of the Environmental Health and Safety Office, presented "Development of an Environmental Management Plan: Site-specific Plans under the New England Universities' XL Project" at the 17th Annual College and University Hazardous Waste Conference at Yale University in August.

Profs. **James Bierstaker** and **Sally Wright** of the Department of Accounting and Finance made a presentation, "The Effect of Practical Problem Solving Ability on Performance in Auditing Tasks" at two conferences: The Fifth Annual Auditing Mid-Year Conference in Atlanta (Jan. 1999), and the International Symposium of Audit Research in Los Angeles (June 1999). Another presentation, "The Effects of Fee Pressure and Partner Pressure on Audit Planning Decisions" was given at the Fifth Annual Auditing Mid-Year Conference and at the AAA Annual Meeting in San Diego (August 1999).

Honors and Awards

Prof. **Marian Spencer** of the Gerontology Institute and Center was the recipient of the 1999 Frank J. Manning Award, which was presented to her at the Governor's Conference on Aging in May. She was honored for her achievements in the fields of elder advocacy and health care, and she was also cited for her work to develop a course for grandparents raising grandchildren.

College of Management Senior **Darci M. Miller** is the first recipient of the Vitale, Caturano and Company PC Award, given to a rising senior concentrating in accounting who also demonstrates excellence in academics and service. The award comes from an endowment established by Vitale, Caturano and Company PC at the College of Management.

Mary Barrett, who retired from the University last year after a long career with the Athletics Department as associate director of athletics, will be honored with the 1999 Katherine Ley Award at the Eastern College Athletic Conference Fall Awards banquet on October 4. The Ley Award recognizes an eastern women's athletics administrator of demonstrated leadership ability, and a role model for women coaches.

Prof. **Zong-Guo Xia** of the Department of Earth and Geographic

Sciences has been invited to serve on the Chinese National Committee for the Standardization of Nomenclature in Geographic Information Science. He has also been invited to serve on the editorial board of a new electronic journal of the American Society for Photogrammetry and Remote Sensing, Applications and Advances in Remote Sensing.

Sharon L. Bostick, director of libraries, was elected president of the Boston Library Consortium (BLC) for the 1999-2000 academic year. The BLC is a resource sharing consortium of 16 research libraries in the Boston area and Rhode Island.

English Prof. **Lloyd Schwartz**, director of the Creative Writing Program, became the first UMass Boston faculty member to chair a Ph.D. dissertation defense committee at UMass Amherst. Schwartz also served as advisor to the graduate student, whose dissertation topic was poet Elizabeth Bishop.

Publications

Prof. **Edythe C. Haber** of the Modern Languages Department has published two articles. "Teffi's Ved'ma: A Mythology of the Russian Soul" appeared in *The Works of N.A. Teffi and the Russian Literary Process of the First Half of the XX Century*, was published by the Institute of World Literature of the Russian Academy of Sciences in Moscow. "The Mythic Bulgakov: The Master and Margarita and Arthur Drew's 'The Christ Myth'" appeared in the *Slavic and Eastern European Journal*, (Summer, 1999). Haber also served as co-editor of the *Newsletter of the Mikhail Bulgakov Society*, nos. 4-5 (1998-99).

Anthropology Prof. **Barbara Luedtke** has published two articles, "Gunflints in the Northeast" in *Northeast Anthropology*, and "What Makes a Good Gunflint?" in *Archaeology of Eastern North America*.

Modern Languages Prof. **Brian Thompson** presented a paper, "De Boston Malagar: Rencontres mauriaciennes" at a colloquium on Mauriac at the Institut de France. His presentation will be published in the colloquium proceedings. Thompson spent the Spring semester as director of the UMass Year of Study in France.

Prof. **Arthur Goldsmith** of the Department of Management and Marketing and senior fellow, McCormack Institute, published an article, "Africa's Overgrown State Revisited" in the July 1999 issue of *World Politics*.

Prof. **Nina Silverstein** of the Gerontology Program and doctoral student **Jennifer Moorhead** have published a project report, "Raising Awareness About Aging Women Veterans in Massachusetts. This report, cosponsored by the Gerontology Institute and the Joiner Center, is available through the Gerontology Institute.

Prof. **James Bierstaker** published an article, "Internal Control Documentation: Which Format is Preferred?" in the winter issue of The Auditor's Report. Along with two colleagues, Bierstaker also published "The Effect of Problem Representation Shifts on Auditor Performance in Analytical Procedures" in the Spring issue of Auditing: A Journal of Practice and Theory.

Sociology Prof. **Stephanie Hartwell** co-authored a 1999 article, "Models of Care: Massachusetts Forensic Transition Program" which appeared in the journal *Psychiatric Services*. She also wrote "The Working Life of Homeless Street Addicts" which appeared in the *Journal of Substance Abuse*.

Prof. **Abhijit Chaudhury** of the Department of Management Sciences was written a web-based course on telecommunications fundamentals, "Essentials of the Internet, Intranet and Extranet" which is being offered by the Boston University Corporate Education Center. He also presented and published "Impact of Internet on Information Systems Skills and Requirements" in the Proceedings of IRMA Tenth Annual Conference in May.

Prof. **Thomas Hogan** of the Department of Accounting and Finance was co-editor of The Careers in Public Accounting Directory, 1999-2000 published by the Massachusetts Society of CPA's.

Sharon L. Bostick, director of libraries, presented a paper, "Trends in American Academic Libraries: Services, Collections, and Consortia" at two seminars entitled "Electronic Resource Sharing in Libraries" held in Taipei and in Hong Kong in August.

Dissertation Defenses

Regina Kuecks-Morgan, a doctoral candidate in the Clinical Psychology Ph.D. program, defended her dissertation, "A Transactional Dyadic Intervention for Foster Providers and Infants Prenatally Exposed to Illegal Drugs" on September 13.

Carson Tsao, doctoral candidate in the Public Policy Program, will defend his dissertation, "Regional Coincident Economic Indexes: The New England States' State of the Economy" on October 7 in the Public Policy Program Suite, Healey Library, 10th floor, room 26 from 12:30 to 2:30 p.m.

Grants

In August, a \$22,500 grant from the Massachusetts Cultural Council (MCC) was received by **WUMB 91.9 FM** in support of the Boston Folk Festival. This is the third year that the MCC has supported WUMB and its partners in their efforts to ensure the preservation of folk music in Massachusetts.

Four Academic Support Services programs have been re-funded by the U.S. Department of Education.

Upward Bound and Veterans Upward Bound were each re-funded for a four-year period at \$482,626 and \$325,810 per year, respectively. **Math Science Upward Bound and the McNair Fellows Program** were each refunded for a five year period at \$281,331 and \$222,150 per year respectively.

Displays

Artifacts and information from UMass Boston archaeological excavations on the Boston Harbor Islands are included in a new display at the Commonwealth Museum at the State Archives Building. Anthropology Prof. **Barbara Luedtke** served as a consultant for the display, "Archaeology of the Central Artery Project: Highway to the Past." It can be viewed weekdays from 9 to 5 through November 2000.

New Resources

The **Healey Library** installed a new web-based catalog in June. It may be accessed from the Healey Library home page at www.lib.umb.edu. For access to the most of databases from off-campus locations, users must have a university ppp account. However, library staff is presently installing patron identification software which will allow anyone with a valid barcode to search databases from the web using any commercial internet provider. Seven databases are already available in this manner, and two more popular databases, First Search and Uncover will be available in November.

Births

Kelly McLaughlin, coordinator for merit-based scholarships, gave birth to an eight pound baby girl on August 18. Her name is Jillian Margaret.

In the News

Senior **Colin Ward** was interviewed on *CBS Evening News with Dan Rather* on the topic of college tuition on September 13.

Seabird research by Biology Prof. **Jeremy Hatch** and colleague Ian Nisbet was highlighted in reports appearing on *WBZ-TV Ch. 4* and *WHDH-TV Ch. 7* this summer, as well as several newspapers.

Calendar of Events

The Calendar of Events is published monthly by the Office of Public Information. All events are open to the public and free, unless otherwise noted. From off campus dial (617) 28*-****. or email: univ_report@umb.edu.

Send submissions by the third Monday of the Month to Calendar of Events, Public Information, Quinn Administration Bldg., 3rd floor. Fax: 617-287-5305

Friday 1

Biology Seminar

2:30 p.m., Small Science Auditorium, Science Bldg. "Extinction patterns in birds and the roles of behavior" presented by Michael Reed, Department of Biology, Tufts University.

Monday 4

Learn the rules and how to play racquetball

Noon to 1 p.m., Clark Athletic Center. Low key, let's have some fun. Sponsored by Athletics Department.

Yoga

2:30 to 3:20 p.m., McCormack, 1st floor, room 209. Every Monday. Free, drop-in basis. Beginners welcome, instruction and mats provided. No change of clothes needed. Call Health Promotion Office at 7-5685 for more information.

Tuesday 5

Chemistry Department Seminar

4:30 p.m., Science Bldg., 1st floor, room 89. Literature seminar on HPLC Chromatography by Khai Bui, UMass Boston.

Yoga

1 to 1:45 p.m., McCormack, 1st floor, room 608. Every Tuesday, free, drop-in basis. Beginners welcome, instruction and mats provided. No change of clothes needed. Call Health Promotion Office at 7-5685 for more information.

Wednesday 6

Career Services Open House for Faculty

3 to 4 p.m., Career Resources Library, McCormack, 3rd floor, room 703. Call Lois at 7-5514 to RSVP.

ECOS Department Fall Seminar Series

2:30 to 4 p.m., Small Science Auditorium,

Science Bldg., 1st floor, room 006. Doctoral defense, "Fecal indicators in Boston harbor sediments and in resident bird populations" presented by David M. Ricca, ECOS Ph.D. Candidate, UMass Boston. Call 7-7440 for more information.

Thursday 7

Archaeology Conservation Laboratory Open House

10 a.m. to 2 p.m., McCormack Hall, 1st floor, room 521. An activity of Archaeology Week, sponsored by the Massachusetts Historical Commission. For more information, call Dennis Piechota at 7-6829.

Career Services Open House for Faculty

3 to 4 p.m., Career Resources Library, McCormack, 3rd floor, room 703. Call Lois at 7-5514 to RSVP.

Dissertation Defense

12:30 to 2:30 p.m., Public Policy Program Suite, Healey Library, 10th floor, room 26. Public Policy Program doctoral candidate Carson Tsao presents his dissertation research, "Regional Coincident Economic Indexes: The New England State's State of the Economy."

Squash Clinic

12:30 to 1:30 p.m., Clark Athletic Center. Learn the rules and play the game. All levels welcome. Sponsored by the Athletics Department.

Weight Management Support Group

Three sessions, 1:30 to 2:30 p.m., McCormack, 1st floor, room 613. Develop a healthy approach to weight management. Learn effective means to behavior change. Sponsored by Health Promotions Office. \$9. To register, leave name, phone, address at 7-5685.

Friday 8

Intercampus Catholic Retreat

Ipswich Retreat House, Friday Oct 8 through Sunday Oct. 10. Join other Catholic college students from the Boston area. For more information, contact Father Clancy or Sister Kim at 7-5839.

Biology Seminar

2:30 p.m., Small Science Auditorium, Science Bldg. "Features and possible functions of the unusual patterns of gene expression in spermatogenic cells in animals" presented by Kenneth Kleene, Department of Biology, UMass Boston.

Tuesday 12

Chemistry Department Seminar

4:30 p.m., Science Bldg., 1st floor, room 89. "Careers in the pharmaceutical industry: perspective of a charter class member of UMass Boston" presented by Dr. Berkeley W. Cue, Pfizer Inc.

Wallyball

1 to 2 p.m., Clark Athletic Center. Its like volleyball but played with a racquetball. Ten minutes of rules and instructions, 50 minutes of game play. Bring a friend or someone you would like to spike. Sponsored by Athletics Department.

Wednesday 13

ECOS Department Fall Seminar Series

2:30 to 4 p.m., Small Science Auditorium, Science Bldg., 1st floor, room 006. "Defining essential fish habitats: The coupling of biogeography and GIS technology" presented by Dr. Mark Monaco, chief, NOAA/NOS Biogeography Program. Call 7-7440 for more information.

Thursday 14

Gerontology Speakers Series

2 to 3:15 p.m., Troy Colloquium Room, Wheatley Hall, 2nd floor. "Determinants of transitions into and out of the disabled state among the young-old" presented by Prof. Namkee Choi, University of New York at Buffalo

Effective Communication

Learning Center, three Thursdays, through Oct. 28. Using DISC Personal Insight Tools, identify and enhance your own personal communication style. Offered by the Worker Education Program of SEIU Local 285 for its members. For more information, call Tricia Ridge at 617-541-6847 x 126

Health Services Open House

Noon to 3 p.m., Quinn Bldg., 2nd floor, near Health Services. Get screened for cholesterol, blood sugar, vision, body fat percentage, blood pressure and flexibility. Free food, including Ben & Jerry's frozen yogurt. Free raffle for gifts, including parking passes, coffee cards from Wit's End, Book-store prizes, and Sodhexo cafeteria meals. For more information, call 7-5685.

Friday 15

Biology Seminar

2:30 p.m., Small Science Auditorium, Science Bldg. "Research-based innovations in Biology 111" presented by Brian White, Department of Biology, UMass Boston.

Saturday 16

An Evening of Words and Music

8 p.m., Pickman Hall, Longy School of Music, One Follen St., Cambridge. New American songs melding folk and art. Poems of Lloyd Schwartz, James Merrill and TenBroeck Davison set to music by David Patterson. Accompanied by cabaret singer Valerie Anastasio, baritone Donald Wilkinson and harmonica player Mark Earley. Celebration of CD release, Saving Daylight Time, New American Songs. Admission free.

Tuesday 19

Peace Corps Information Session

2 to 4:00 p.m., McCormack Hall, 3rd floor, room 618. Sponsored by Career Services as part of the Fall 1999 On-Campus Interviewing Program.

Chemistry Department Seminar

4:30 p.m., Science Bldg., 1st floor, room 89. "Development of an ultrafast GC-MS for on-line chemical analysis" presented by Prof. Albert Robbat, Tufts University.

Gastón Institute Fall Speakers Series

1 p.m., Staff lounge, Healey Library, 11th floor. "The complexities of Latino parents' educational leadership" presented by Prof. Martha Montero-Seiburth with special guest, Sandra Alvarado, Latino Parents Association. For more information call 7-5790.

Wednesday 20

ECOS Department Fall Seminar Series

2:30 to 4 p.m., Small Science Auditorium, Science Bldg., 1st floor, room 006. "The distributed oceanographic data system (DODS): Matlab as a network client" presented by Dr. Peter Cornillon, Graduate School of Oceanography, University of Rhode Island. Call 7-7440 for more information

Thursday 21

Business and Technical Career Fair

2 to 6 p.m., Ryan Lounge, McCormack Hall, 3rd floor. Open to students and alumni of all majors. Top area employees will be in attendance. Co-sponsored by the College of Management Career Center and University Career Services. Call 7-5508 for more information.

Friday 22

Biology Seminar

2:30 p.m., Small Science Auditorium, Science Bldg. "Oral traditions of wild parrot populations" presented by Michael Schindlinger, Department of Organismal, Evolutionary Biology, Harvard University.

Tuesday 26

Chemistry Department Seminar

4:30 p.m., Science Bldg., 1st floor, room 89. Literature seminar, "The Passerini-Ugi reaction" presented by Benjamin Zack, UMass Boston.

Wednesday 27

ECOS Department Fall Seminar Series

2:30 to 4 p.m., Small Science Auditorium, Science Bldg., 1st floor, room 006. "Bridging the gulf between the academic and management communities" presented by Dr. Jerry Schubel, director of the New England Aquarium and ECOS adjunct professor. Call 7-7440 for more information

Friday 29

Biology Seminar

2:30 p.m., Small Science Auditorium, Science Bldg. "Asymmetric division and cell fate" presented by Nicole King, Department of Cellular and Molecular Biology, Harvard University.

Miscellaneous

Sign up for the racquetball and/or squash round robin tournaments at the Beacon Fitness Center Intramural Recreation Board, 1st floor, McCormack Hall.

The Catholic Campus Ministry offers Masses on Mondays at 12:30 and 6 p.m., Tuesdays at 6 p.m., and Wednesdays at 12:30 p.m. Ministry office hours are Mondays, Tuesdays and Wednesdays from 10 a.m. to 7:30 p.m., and Thursdays and Fridays from 10 a.m. to 4 p.m. Catholic student meetings are held every Monday at 2:30 p.m., all in McCormack Bldg., 3rd floor, room 717.

Meditation

12:30 to 12:50 p.m., daily, McCormack Bldg, 1st floor, room 613. Free, drop-in basis. Promote concentration and relaxation. Beginners welcome, instruction provided. Sponsored by Health Promotion Program, 7-5685

"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. Sponsored by Health Promotion Program, 7-5685

Weight Management Support

Develop a healthy approach to weight management. Learn effective means to behavior change. Call 7-5685 to schedule an appointment. Sponsored by Health Promotion Program.

Smoke Cessation

Help with considering quitting, quitting, and staying quit. Call 7-5685 to schedule an appointment. Sponsored by Health Promotion Program.

AIDS Awareness Team

Seeking student volunteers to develop HIV/AIDS education programs for the University Community. Call Health Promotion Program at 7-5685 for more information or to volunteer.

Don't Cancel That Class Program

The P.R.I.D.E. Program of the University Health Service provides this service for any faculty member who may have to miss a class for any reason. Instead, provide a guest speaker who can present a program on alcohol and academic awareness, alcohol risks and safety, or women and alcohol. Call 7-5680 for more information.