Subscribers changing a listserv subscription to "digest" can send an email to listserv@listserv.albany.edu with a blank subject line and one of the following commands in the body of the email (nothing else; no signatures or anything):

1) The command would be: set listname digest,
2) for IST-L, the command would be: set ist-l digest,
3) and for ISTJOBS, the command would be: set istjobs digest

The command is not case-sensitive.