The University of Princeton offers a wealth of programming throughout the year. Most of the programs, lectures, exhibitions, and performances are open to the public and many are free or offered at a reasonable fee. For more information, go to public.lecture.princeton.edu or calendar.princeton.edu.

Campus Programs, Lectures, and Performances

International Affairs

Woodrow Wilson School of Public and International Affairs

University Ticketing

University Ticketing E-newsletter

(available on most University venues including Athletics)

Graduate Affairs

GradSchool.princeton.edu/studentlife/

The Office of Human Resources website at www.princeton.edu/hr/worklife/eccap.htm.

The University also announced a similar child-care assistance program for students. The deadline to submit applications for the student program for the 2007-08 academic year is July 1. More information about the new child-care benefit for faculty and staff is available on the Office of Human Resources website at www.princeton.edu/hr/worklife/eccap.htm.

The employee child-care benefit is intended to assist those with pre-kindergarten children whose family income does not exceed $130,000 and who do not have a non-working spouse or partner who can take on primary responsibility for child care. The awards are based on household income and can be used to pay for a wide range of possible arrangements, from in-home care to licensed day-care centers. The maximum award per year for one eligible child is $5,000; an additional $1,000 grant per year is available for a second eligible child. The deadline to submit applications for the new program is May 1 for the fiscal year beginning July 1. More information about the new child-care benefit for faculty and staff is available in the Office of Human Resources website at www.princeton.edu/hr/worklife/eccap.htm.

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Countrywide Home Loan Program

Princeton University faculty, staff, and graduate students are eligible for a new homeownership program recently launched with Countrywide Home Loans. It offers local service and discounts to the University community for purchase, refinance, home equity, second mortgage, and investment property transactions. General information sessions on homeownership topics including “Refinancing your Home,” “First Time Home Buyers,” “Credit Repair 101,” and “the Pre-approval Process” are held monthly. To attend a session or for further information, contact Mary Piteo at 258-8543 or mpiteo@princeton.edu.

Countrywide

Home Loan Program

Child-Care Assistance Program

In an effort to make Princeton a more family-friendly environment, the University has announced a new child-care benefit for faculty, staff, and students.

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Smoking Cessation Group

Employee Health at UHS, Human Resources, and the Benefits Committee have collaborated to offer free nicotine replacement products (NRT) to benefits-eligible faculty and staff only. Along with the free NRT products, Employee Health offers free individual and group counseling services. Faculty, staff, and students who smoke and want to quit are encouraged to participate in a six-week smoking cessation group. This free program consists of six one-hour sessions and free nicotine patches and medications are included. The next smoking cessation program will be held on Thursdays, March 29 through May 3, from noon to 1 p.m. in the McCosh Health Center. For more information or to sign up, contact Employee Health at 258-5035.

March is National Nutrition Month

Faculty, staff, and students are invited to explore hot topics in nutrition with UHS Clinical and Sport Dietitian Mandy Clark, R.D. Look for the upcoming flyer for lecture topics. Bring your lunch. All sessions will be held on Wednesdays in March at noon. Call Employee Health at 258-5035 for the location.

May is National Blood Pressure Awareness Month

Faculty and staff may visit Employee Health for a free and confidential blood pressure screening. Our clinical staff is also able to come to your department to conduct a group screening. The goal is to reduce illness and deaths from stroke, heart and kidney disease, blindness, and even dementia. Call Employee Health at 258-5035 to schedule an appointment.

News for Graduate Students

Changes to Cost for Birth Control Supplies

As a result of changes to the Federal Deficit Reduction Act, institutions of higher education no longer qualify for special reduced pricing for contraceptive supplies and will be charged a significantly higher rate by pharmaceutical companies. UHS has taken steps to address this issue. It has ordered as large a supply of brand-name contraception at the lower rates in advance as possible. Limited quantities are available. UHS will offer some generic brand birth control pills on site for a fee. Staff clinicians will provide prescriptions for those students who prefer to use brand-name contraceptives. For more information, visit www.princeton.edu/uhs.

HPV Vaccine to be Covered by Student Health Plan

Beginning February 1 the new Gardasil vaccine for Human Papillomavirus (HPV) will be covered by the Student Health Plan (SHP). Coverage is limited. For more information about health plan coverage, visit the UHS website at www.princeton.edu/uhs. The new vaccine is considered highly effective in preventing infections that are the cause of most cervical cancers. It is now available at University Health Services by appointment and is administered in three immunizations over six months. To schedule an appointment, call 258-5357. For more information about HPV or the HPV vaccine, visit the Centers for Disease Control and Prevention at www.cdc.gov/std/hpv/default.htm#vaccine.

Graduating This Spring?

All graduating students* who use University Health Services after April 30 will have to pay for services at the time of their visit. The following billable services may be paid by cash, check, or Visa/MasterCard: immunizations (travel vaccines), contraceptive supplies, orthopedic supplies, copies of medical records, Pap smears, and lab tests (applicable only to students and their dependents with private insurance). For more information, please contact Sherry Burns, finance manager at UHS, at 258-2767.

* Princeton University dependents with private insurance pay for all services at the McCosh Health Center. Princeton University dependents on the Student Health Plan pay only for services listed above.

Blood Drive Reminder

The next blood drive for faculty and staff will be held on May 9 from 9 a.m. to 3 p.m. and May 10 from 8 a.m. to 2 p.m. in Frist Campus Center Multipurpose Rooms A and B. For more information or to sign up online visit www.pleasegiveblood.org or call Employee Health at 258-5035.

Skin Cancer Screening in April

Employee Health is offering free skin cancer screenings for faculty and staff in April. Dermatologist Dr. Rachel Grossman will meet with individuals privately for a full body exam or to examine specific areas of concern. Referrals will be provided as appropriate. Skin cancer screenings will be held on Fridays, April 20 and 27 from 8:30 to 11:30 a.m. at McCosh Health Center, Room G07. Call Employee Health at 258-5035 to register.

International Travel Planning

Faculty and staff may schedule a travel planning appointment by calling Employee Health at 258-5035. Please schedule a visit for four to six weeks before the date of travel.

For more information go to the University Health Services website: www.princeton.edu/uhs
**Distance Challenge**

Do you need a little incentive to jump-start your program or continue with what you’ve been doing? Participate in our distance challenge. Here’s how: Pick your favorite conditioning activity and complete a specified distance in a four-week period (February 12 to March 9 and April 2 to April 27). Besides improving your fitness, you’ll also receive a free “Fitness Champion” T-shirt. (Last year, we gave out 140 T-shirts to participants!)

**Indoor Triathlon**

This year’s Indoor Triathlon will be held in the Stephens Fitness Center and Dillon Pool on April 26. Fitness enthusiasts compete as three-person teams with one participant swimming roughly 0.5 mile, one cycling 10 miles and one running 4 miles.

**Portion Size Matters!**

In a recent study, 85 individuals were invited to attend an ice cream social. Unbeknownst to the participants, they were randomly given either a small or large bowl as well as either a small or large spoon with which they scooped their serving. Those who used a larger spoon and a larger bowl consumed 56.8 percent more ice cream than those who used a smaller spoon and a smaller bowl. Perhaps even more fascinating is the fact that the “subjects” in this study were faculty, graduate students, and staff members of a nutrition and food science department at a large university.

**Summer Camps**

Registration is under way for the Summer Day Camp and Travel Camp for faculty/staff children in Room 3 of Dillon Gym from 9 a.m. to 4:30 p.m., Monday through Friday. General public children can register starting on March 1.

For more details and pricing, visit our Web page at [www.princeton.edu/~campusre/facilities/daycamp.html](http://www.princeton.edu/~campusre/facilities/daycamp.html).

**Wellness Screenings**

The Stephens Fitness Center will play host to three free wellness screenings: Blood Pressure (February 26 to March 2); Body Composition (April 2 to 6); and Flexibility (April 16 to 20). During those weeks, you can ask a member of the fitness and wellness staff to do the screening any time from 7 a.m. to 8 p.m. Appointments are not required.

**Get-A-Grip Challenge**

A Get-A-Grip competition will be held in the Stephens Fitness Center on March 8. The rules are simple: Hang from a pull-up bar for the longest amount of time. Try to beat the time of Bernie LaFleur, sexton at the University Chapel. He holds the all-time school record of three minutes!

**2007 Faculty/Staff Fitness Decathlon**

The 2007 Faculty/Staff Fitness Decathlon will be held in the Stephens Fitness Center from March 26 to April 29. Last year’s inaugural event drew 36 participants who ranged in age from 24 to 66.

As the name suggests, there are 10 different activities (two per week for five weeks). Competitors must bike five miles; hang from a chin bar as long as possible; row 2,000 meters; stretch; run three miles; bench press a designated weight; stair climb 100 floors; broad jump; ladder climb 1,000 feet; and hold a designated weight with arms parallel to the floor. Points are awarded based upon performance relative to others.

**Take-home message:** A good tactic for weight loss is to use smaller plates, bowls, and glasses/cups.

**Links**

For information about instructional programs, intramural sports, sport clubs, fitness (including The Fitness and Wellness Bulletin), and recreational facilities, go to [www.princeton.edu/campusrec](http://www.princeton.edu/campusrec).
HR Self Service Website

You can make changes to your personal information online by logging on to the HR Self Service website. Log onto www.princeton.edu/hr, select “Self Service,” and sign in with your University netID and password to update your mailing address, change your marital status, report a legal name change, or update your beneficiaries. A change in your marital status will not automatically update your benefits. If, due to a change in your marital status, you are eligible to alter your benefits, please contact the Office of Human Resources at 258-3302 within 31 days of the change.

Service Recognition and President’s Achievement Award Luncheon

The Service Recognition Luncheon, to be held Wednesday, March 28, 2007, in Jadwin Gymnasium, acknowledges staff members who during the 2006 calendar year have completed 10, 15, 20, 25, 30, 35, 40, 45, and 55 years of service to the University. Also, the winners of the President’s Achievement Award will be announced and celebrated by President Tilghman at the luncheon. The Service Recognition Luncheon is organized by the Service Recognition Committee and coordinated by the Office of Human Resources. For more information regarding this year’s luncheon, please visit the HR website at www.princeton.edu/hr/recog/luncheon.htm.

Carebridge Seminars

Benefits eligible faculty and staff, and graduate students are invited to attend the following Carebridge seminars. All the one-hour sessions will be held on Wednesdays in Frist Campus Center:
• Setting and Keeping Goals, February 21, Multipurpose Room A, two sessions at 10 a.m. or 1:30 p.m.
• Identity Theft, March 21, Multipurpose Room C, one session at 10 a.m.
• Medicare, Medicaid, Social Security, and Long Term Care Insurance (Long Term Care Needs: Planning Ahead), April 25, Multipurpose Room A, two sessions at 10 a.m. or 1:30 p.m.

Register by going to the OIT training website at www.princeton.edu/training and select Class Offerings and then HR Learning Curriculum, or contact Sheryl Farah at 258-9112. Walk-ins are welcome.

Retirement Planning

New 2007 Tax-Deferred Annuity Limits

In 2007, faculty and staff may contribute up to $15,500 or 100 percent of their compensation, whichever is less. In addition, if you are over age 50, you may contribute $20,500. Faculty and staff who have worked at Princeton University for 15 years or more may be eligible to defer additional monies, up to a maximum of $23,500. Contact Elaine Richards at 258-9109 to increase your deferrals or sign up for the first time.

Supplemental Retirement Plan Vendor Counseling Sessions

Our Supplemental Retirement Plan vendors offer individual counseling for participants. TIAA-CREF is on campus every Wednesday and Thursday. Call the Princeton TIAA-CREF office at 800-842-8412 for an appointment. The Vanguard Group is available during the first quarter on February 26, and March 26 and 28 on the main campus and February 27 at PPPL. Call Elaine Richards at 258-9109 to schedule an appointment with the Vanguard Group.

Spring Break and Summer Camp Care

A Spring Break and Summer Camp Expo was held on February 8 to let parents of school age children know of care options. Many local organizations participated and are currently signing up students. Included were the Arts Council of Princeton, Broadmead Swim Club, Carebridge, Nassau Swim Club, Princeton Day School, Princeton Family YMCA, Princeton Friends School, Princeton Public Library, Princeton University Summer Day Camp and Travel Camp, Red Green Blue, Work Options Group, and the YWCA Princeton. For more information, contact Mary Piteo, work/life coordinator at 258-8543 or via e-mail at mpiteo@princeton.edu.

UNOW and University League Summer Programs

The two nursery schools affiliated with Princeton University are offering summer programs for University families with preschool children. The University League Nursery School has openings for children age three through Pre-K. Full- and part-day options are available. Sessions run from June 18 through August 17 and are available for two-week intervals. University families not currently enrolled may register from April 1 through June 1. The cooperative school requires parents to provide assistance to the program. For information, contact Jennifer Bartell at 258-9777 or by e-mail jbartell@princeton.edu.

The University N.O.W. Day Nursery offers a full-day summer program to all currently enrolled children and those accepted for next fall’s class for three- and four-year olds. The program starts on July 2 and will end on August 24. Call 258-9600 or visit their website at www.princetonol.com/local/unow for further information.
Did you know?

Chef Cary Neff, the author of the New York Times best-selling cookbook Conscious Cuisine®, has assisted Dining Services by reviewing recipes and concepts to promote his vision of healthy eating. Menu items are now featured campus-wide with the Conscious Cuisine® Choice logo. This logo indicates great-tasting foods that are “consciously prepared with wellness in mind so you can feel good about what you eat.”

For more information go to the Dining Services website: www.princeton.edu/food

Every Day is Earth Day

At Dining Services we like to think of every day as Earth Day. How will you celebrate Earth Day on April 22? Did you know that:

• Our floor cleaners are Green Seal approved and do not contain toxic chemicals?
• We fry only in trans fat free oil?
• All tofu purchased is organic?
• We use unbleached unbromated flour in items made by our Bake Shop?
• We promote the use of reusable mugs in our retail operations with discounted prices and provide every member of the freshman class with a reusable mug?
• We work closely with Greening Princeton and the Princeton Sustainability Committee to identify new ways to make the dining operation healthier for you and for the planet?

Nutritionist at the Prospect House Tap Room

On Wednesday, April 4, a nutritionist will be onsite in the Tap Room at Prospect House during lunch from 11:45 a.m. to 2 p.m. Handouts and samples of healthy food options will be provided.

Spirituall

What’s Sacred? Princeton Views

All are welcome to drop by Murray-Dodge Hall lobby and view this photography exhibit by and for the Princeton University community which includes everyday images of people, buildings, nature, sculpture, and icons that are portrayed in such a way that they point the viewer beyond the ordinary to the transcendent and the profound. The exhibit will be up through spring semester. For more information contact Paul Raushenbush at praushen@princeton.edu.

Hour of Power

An interdenominational Christian service is held on Wednesdays from noon to 1 p.m. for the University community in the Murray-Dodge Hall, West Room.
A box lunch is provided, however you must RSVP to Joanne Sismondo at sismondo@princeton.edu by Monday evening. For more information, contact Deborah K. Blanks, associate dean, Office of Religious Life.

Meditation, Mindfulness, and Stress Management

Throughout the week there are various opportunities to reduce stress, practice mindfulness, and adopt a balanced approach to work and life. The following are ongoing meetings that are open to all on a drop-in basis and some provide lunch. All are welcome. For more information contact the various sponsoring centers.

• Mondays, noon to 1 p.m., in the International Center. Sponsored by the Counseling Center, the International Center, and the Office of the Vice President for Campus Life.
• Tuesdays, noon to 1 p.m., in Murray-Dodge Hall. Sponsored by the Counseling Center and the Office of Religious Life.
• Fridays, noon to 1 p.m., in the Women’s Center. Sponsored by the Women’s Center and Frist Campus Center.

For more information go to the Religious Life website: web.princeton.edu/sites/chapel
Come Celebrate!

International Festival, March 31 through April 28
Sponsored by Princeton University’s Consortium of International Student Organizations and the International Center, the festival will include a month of special events, lectures, and programs. The opening gala is on March 31 at 8 p.m. in Richardson Auditorium and will feature an international cultural and fashion show that is open to the public. It will culminate in a joined effort with Communiversity to feature international exhibits, foods, and performances, plus a flag presentation and procession by students from around the world. For more information go to www.princeton.edu/~intltr.

Communiversity, Saturday, April 28
The annual town-gown celebration sponsored by the students of Princeton University and the Arts Council of Princeton will take place on April 28 from noon to 5 p.m. (rain or shine). Numerous student and community groups will perform on four stages and the streets of Princeton and the front of campus will be filled with crafters, artists, food vendors, merchants, and community organizations. Campus groups that would like to participate should contact the Office of Community and Regional Affairs at 258-5144. For more information go to the Arts Council of Princeton website at www.artscouncilofprinceton.org.

Fristfest Weekend 2007, May 3–5
Students, faculty, staff, and University family members are invited to celebrate the spring season and another year of academic success at the annual Frist Campus Center Fristfest Weekend.

The weekend will kick off at 4 p.m. on Thursday, May 3, with an outdoor picnic and carnival featuring live entertainment, games, and giveaways on the Frist South Lawn. Festivities will continue on Friday, May 4, and conclude on Saturday, May 5, with other activities for the University community to enjoy.

Further details including a complete entertainment schedule will be available on the Frist Campus Center website at www.princeton.edu/frist closer to the event.

University Ticketing E-newsletter
Monthly updates on performances and other events at venues across campus are now available through a new electronic newsletter offered by University Ticketing. The e-newsletter includes details about concerts, theater performances, varsity athletics, and other events sponsored by various departments and organizations. Subscribers also will receive special discount ticket offers.

Venues represented include the Frist Campus Center, Richardson Auditorium, University Chapel, Berlind Theatre, Hamilton Murray Theater, 185 Nassau St., and all athletic event sites. The e-newsletter will be available only during the academic year. To subscribe, visit the University Ticketing website at www.princeton.edu/utickets/ensignup.html.

Outdoor Action Classes
Outdoor Action (OA) is offering one-time sessions of adult CPR courses in February and March. The courses are open to the University community and the cost is $20 for students, $25 for faculty/staff, and $16 for OA leaders.

OA also is offering several sections of HEART Wilderness First Aid during the spring semester. The seven-part intensive course covers patient examination and evaluation, body systems and anatomy, wound care, splinting, environmental emergencies, and backcountry medicine. Hands-on simulations provide firsthand training in treating patients. The fee is $95 for OA leaders-in-training, $100 for students, and $120 faculty/staff.

Sign up for either course at the OA TripStore: https://oa2.princeton.edu/tripstore or call the OA office at 258-6230 for more information. Outdoor Action offers a range of other CPR courses for students, faculty, and staff. Departments that are interested in scheduling courses should contact Jennifer Bornkamp in the OA office at 258-6230.

Environmentally Friendly Products at U-Store
In response to requests from the campus community, the Princeton U-Store now carries eco-friendly household products including Seventh Generation brand chlorine-free bath and facial tissue, natural paper towels, all-purpose cleaner, and liquid laundry detergent. The store also carries GE soft white spiral lights, which use less energy and last longer than traditional filament bulbs.

The store’s buyers teamed with Greening Princeton, a student organization which primarily works with Princeton University administrators to improve the environmental sustainability of practices on campus. As a result of this cooperation, the store has added recycled notebooks to its school supplies selection.