Summer in Princeton

Classes are not in session during the summer but the campus is alive with activity. Over 100 groups will bring 10,000 people to campus for conferences, meetings, practices and performances, summer programs, and camps. Overseen by the Office of Conference and Events Services, many of these events and programs are open to the public.

There are 23 sports camps on campus for middle and high school students, and some still have openings. For more information go to www.princetonsportscamps.com or call 258-3369. The University also offers the Campus Recreation Summer Camp for children ages 6 to 10. It begins on June 25, ends on August 17, and is broken up into eight weekly sessions. There are still openings in all but the third and fourth weeks. For more information go to www.princeton.edu/~campusre/facilities/daycamp.html, e-mail recamps@princeton.edu, or stop by Room 3 in Dillon Gym. Payment is expected with registration.

Several performing groups practice and perform on campus. Princeton Summer Theater, a Princeton University student performing group, presents an ambitious season from June through August. All shows are at the Murray-Dodge Theater and ticket costs are very reasonable (students and seniors get a special rate). The season includes Bell, Book, and Candle, June 14–17, 21–24; Biloxi Blues, June 28–July 1, 5–8; Tim Little Indians, July 12–15, 19–22, 26–29; Art, August 2–5, 9–12. Two children’s shows also will be performed: The Emperor’s New Clothes, July 5–7 and 12–14; and The Nightingale and the Pied Piper of Hamelin, July 26–28 and August 2–4. Also, there is still room in the children’s workshops offered throughout the summer. For information about tickets, special events, season subscriptions, or group sales, call 258-7062 or go to www.princetonsummertheater.org.

The Golandsky Institute Summer Symposium and International Piano Festival will be on campus the third week in July. The festival will feature recitals by world-class performers, some of whom teach at the symposium. Nightly recitals will be held at 8 p.m. in Taplin Auditorium from July 15 to July 21. Tickets are $25. To learn more, including artist and program information, visit www.golandskyinstitute.org or call 877-343-3434.

Two opera groups will be here this summer. The Princeton Festival will practice on campus and perform at McCarter Theatre and other locations on campus and in Princeton. The season features the music of Spain with Bizet’s Carmen on June 23 and 29 and July 1 and Man of La Mancha on June 28 and June 30. These will alternate with flamenco, jazz, piano, and chamber music. For more information call 537-0071 or go to www.princetonfestival.org. The New Jersey Opera Theater will be on campus with their 2007 summer institute. Their season features Die Zauberflöte (The Magic Flute), Romeo and Juliet, and The Pirates of Penzance. The season runs Fridays through Sundays, July 13 to 29, at McCarter Theatre. There will be a Summer Preview Concert at the Princeton Public Library on June 22 and a Music Under the Stars performance at Palmer Square on June 29. For more information, visit www.njot.org or call 799-7700.
Health

Using a Collaborative Care Model to Improve Depression Care on College Campuses

University Health Services was featured in the April 6, 2007, edition of Psychiatric News as co-leading a regional initiative to improve the quality of depression care on college campuses with a special emphasis on improving care for a diverse group of underserved college students.

The article reports that as part of this initiative, campus-based primary care and mental health clinic staffs at Princeton, NYU Student Health Center, Cornell University Health Services, Case Western University Health Services, and the New York City Department of Health and Mental Hygiene are participating in a collaborative pilot project to ensure that students with depression do not slip through the cracks.

Through the project, called “Using the Collaborative Care Model to Improve Depression Care on College Campuses,” clinicians are screening students systematically using the nine-item depression scale known as the Patient History Questionnaire 9 (PHQ-9). The PHQ-9 is based on the nine diagnostic criteria for major depressive disorder listed in DSM-IV. The scores, which range from 0 (no depression) to 27 (severe depression), can help clinicians determine the most suitable treatment milieu for patients. Students with high scores are referred to campus counseling services for treatment, which may include antidepressants, psychotherapy, or a combination of both. The schools are tracking the students using care managers who actively reach out to remind them to keep their appointments, fill prescriptions, and to send back information concerning their progress in the form of repeat PHQ-9s.

Dr. Daniel Silverman, chief medical officer at Princeton University, reports in the article that, “An increasing number of students arrive at college already having been diagnosed with depression, bipolar, eating, and stress-related disorders. We believe that integrating medical and psychological services in a rigorous approach that includes proactive screening, early detection, and referral for needed mental health care will greatly improve the treatment of depression and other psychological conditions on college campuses. Our hope is that this program will serve as a model for the rest of the nation’s colleges and universities.”

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.

Outdoor Action Offers CPR Classes

Outdoor Action offers a range of CPR courses for students, faculty, and staff. Departments interested in scheduling a custom CPR course for their staff should contact Jennifer Bornkamp in the OA office at 258-6230. CPR courses are open to all University students, faculty, and staff. Certified Outdoor Action instructors teach the CPR classes. To check the current schedule, visit the OA TripStore at oa2.princeton.edu/tripstore.

UHS Summer Hours

Beginning June 11, University Health Services (UHS) hours will change for the summer.

Student Medical Care: 8:45 a.m. to 4:15 p.m. Monday and Wednesday through Friday, and 10:15 a.m. to 4:15 p.m. on Tuesday.

Counseling and Psychological Services: 8:45 a.m. to 4:15 p.m. Monday through Friday.

X-ray: 8:45 a.m. to 4:15 p.m. Monday and Wednesday through Friday, and 10:15 a.m. to 4:15 p.m. on Tuesday.

Lab: 9 a.m. to 3 p.m. Monday through Friday.

Employee Health: 8 a.m. to 4 p.m. Monday through Friday.

Inpatient Services will close on June 6 and re-open in September.

Subscribe to the Healthier Princeton Listserv!

Join the Healthier Princeton listserv to receive tips on how to stay healthy and information about health and wellness events on campus! To subscribe: e-mail listserv@princeton.edu. Leave the Subject section blank. In the body of the e-mail write “Subscribe healthierprinceton [insert your name].” For more information, call Gina Baral in Health Promotion and Wellness Services at 258-5036.

Vanguard at Princeton

Princeton University has offered the Vanguard Company as an approved vendor for the Supplemental Retirement Plan for the past 15 years. Vanguard is now offering individual counseling on campus to help you with your retirement planning. You can meet with a Vanguard counselor to discuss the financial issues that matter most to you.

A consultation can help you learn how to:
• Set aside more money for retirement.
• Select investment options for your savings.
• Estimate the amount you need to save to meet your financial goals.

You do not have to be enrolled in the plan or invested with Vanguard to meet a counselor. Your spouse or partner is welcome to attend your meeting. For more information contact Elaine Richards at 258-9109 or erichard@princeton.edu.

For more information go to the University Health Services website: www.princeton.edu/uhs
Dates to Remember at Dillon Gym

Tuesday, June 4
Summer hours begin. 6:30 a.m. until 8:45 p.m. Monday through Friday and noon until 5:45 p.m. on Saturday and Sunday

Friday, June 22
Deadline for individual locker clean out

Saturday, June 23
Gym closed for locker clean out

Wednesday, July 4
Gym closed for Independence Day

Monday, September 3
Gym closed for Labor Day

Dillon Gym Main Floor To Be Closed

From August 11 to September 1, Dillon Gym courts will be closed for a floor refinishing project. During that time the main ball courts and the multipurpose and group fitness rooms will be inaccessible. This affects all the informal recreational sports that take place at Dillon Gym including pick-up basketball and badminton.

During the project the squash courts and the Stephens Fitness Center will be open on the summer schedule and one can access the men’s and women’s locker rooms.

Facility Memberships

The dates for recreational facility memberships will be July 1 to June 30 to coincide with the fiscal year. New memberships will go on sale no later than Monday, June 20. After purchasing a membership, your University ID will be programmed to serve as your permit card. Payroll deductions are available.

Tennis Anyone?

Due to construction of the soccer fields adjacent to the Pagoda Tennis Courts, only six of the 15 courts will be available throughout the summer. The Lenz Tennis Center will also be closed for resurfacing. Recreational players may utilize these courts free of charge when not in use by the University varsity, junior varsity, and club teams or a scheduled program/tournament. The schedule will be posted at the reception desk in Jadwin Gym. For more information call 258-5057.

Springdale Golf Course

Faculty and staff may use the golf course Tuesdays through Fridays. Greens fees are $35 for 18 holes and $25 for nine. To secure a tee time, call 924-3198 up to a week in advance.

Summertime Massages

Campus Recreation will continue to offer massage therapy during the summer months during the times Dillon Gym is open. Gym memberships are not required for massages. For more information on rates and times and to sign up for a massage, go to www.princeton.edu/~campusre/massage.html. Chair massages are available for groups, offices, and gatherings at on-campus locations. The cost for one hour is $60.

Fitness Winners at Stephens Fitness Center

Four challenges were held in February and March. The second annual February Frenzy drew a record 89 participants who competed in six rounds of fitness events with winners continuing after each round. Advancing to the “Final Four” by virtue of winning the faculty/staff region were Chris Brock in the men’s bracket and Michele Dejuliis in the women’s region. Chris lost in the semi-finals while Michele claimed the women’s title, avenging her second-place finish of last year.

The fifth annual Fitness Challenge was held in the fitness center on February 8. For the second year in a row, the faculty/staff won the team event. Leading the way were David Buschman, Alison Fisher, David Huse, Maia Reim, and John Ritter.

A Get-A-Grip competition was held on March 8. The rules were simple: Hang from a pull-up bar for the longest amount of time. The best time among the faculty/staff was Bernie LaFleur, who held on for two minutes and 48 seconds. Clearly, Bernie has a grip!

The 2007 Faculty/Staff Fitness Decathlon was held from March 26 to April 29. On the men’s side, age-group winners were Tony Bleach, Chad Boutin, Chris Brock, Mike Fassel, David Huse, Brian Rounsavill, and Tom Voigtsberger; on the women’s side were Charity Bonfiglio, Cheri Drysdale, Joan Hsiao, and Maia Reim. The overall winners were Cheri Drysdale for the women and Brian Rounsavill for the men.

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.
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.

Work/Life

Work/Life Links for Summer Care

Some of the summer camp programs offered by Princeton University are still accepting applications. For more information, go to www.princeton.edu/hr/worklife/summercamps.htm or contact the benefits/work/life office at 258-3302.

To obtain additional information about other summer camps and programs, contact Carebridge, the University’s resource and referral program at 800-437-0911 or visit www.myliferesource.com.

During the summer months the Backup Care Options Program may be helpful when you experience a temporary breakdown in your child, adult, or elder care arrangements. To discuss backup care needs with a specialist, contact the Work Options Group at 800-557-0847 or visit www.workoptionsgroup.com.

Learning and Development Summer Curriculum Schedule

The following summer courses are being offered through the HR core learning curriculum:

June: Managing Effective Interactions; Coaching Others toward Improvement; Getting Started as a New Manager; Guiding the Development of Others; Legal Aspects of Supervision

July: Coaching Others toward Improvement; Leveraging Diversity, Parts I and II; Building an Environment of Trust; Communicating with Others; Team Performance Fundamentals

August: Managing Effective Interactions; Managing Performance Problems; Leading Change

For more details about these classes and the Management Development Certificate program, go to www.princeton.edu/hr/l&d/index.htm, or contact Nicole Volpe at 258-9105 or nvolpe@princeton.edu.

College Planning

This fall series of classes is targeted for employees who would like to learn more about the college planning process for their children and how to get the money to pay for it. Further information will be posted on the HR website.

Retirement Dinner

The Office of Human Resources hosted the annual staff retirement reception and dinner at Prospect House on Wednesday, May 16, to honor Princeton University staff retiring during the 2006–07 fiscal year. Retirees were recognized by President Tilghman and others for their years of dedicated service and many contributions to the University. For more information, go to www.princeton.edu/hr/recog/retiree.htm.

Tuition Grant Program Changes for 2007–08

The University’s Benefits Committee has reviewed the Children’s Educational Assistance Plan and has increased the amount of the annual tuition grant for the 2007–08 academic year. The program provides assistance for an eligible employee’s child who is pursuing undergraduate study at an accredited two- or four-year college. For 2007–08, the University will provide a maximum annual tuition grant of one-half tuition and mandatory educational fees up to $11,840 ($5,920 per semester or $3,946.66 per trimester or quarter), an increase from last year’s maximum grant of $11,360.

For more detailed information or to print a tuition grant application, please go to the Human Resources website at www.princeton.edu/hr/ben/edasst.htm, or contact Human Resources at 258-3302 (benefits@princeton.edu). The application for the 2007–08 academic year will be available at the end of June.
Dining Services Introduces E-Squared Foods

Dining Services has introduced organic grass-fed beef burgers from a farm in Pennsylvania into their menus. Grass-fed pastured beef is significantly leaner and healthier than its grain-fed counterpart, containing as little as one-third as much total fat as a similar cut from a grain-fed animal. This type of beef also contains higher levels of “good fats” such as Omega-3s, as well as abundant amounts of Vitamin E. In addition, organic grass-fed beef is free of added hormones, antibiotics, and other drugs and chemicals, making it a healthy and tasty addition to students’ diets. Pair the burger with a locally baked whole-wheat bun and you have an E-squared entree. E-squared designates earth-friendly entrees, which are 80 percent by weight local, sustainable, organic, humanely treated, and/or fairly traded.

Campus Organic Garden

As part of the University’s sustainability efforts, the Greening Princeton student group, the Facilities Department, the Princeton Environmental Institute (PEI), and the Office of Sustainability are partnering with Forbes College to establish an organic garden at the College. Managed by a Princeton student, the project aims to not only grow crops but to offer student activities through the year and to increase interest in sustainable agriculture.

Did You Know?

Having eliminated fryer oils containing trans fats several years ago, today University Dining Services is committed to producing food without adding artificial trans fats. All of our baked goods featured in our campus cafes and residential dining halls that are produced from the University Bake Shop do not contain artificial trans fats. Prospect House, Palmer House, Genomics Café, and EQuad Café have greatly reduced and in some cases, completely eliminated the presence of trans fat in their daily food preparation and catering menu offerings. The facilities now use zero-trans fat cooking oil and provide many zero-trans fat snacks and products.

Summer Barbecues at Prospect House

Summer barbecues are back at the Tap Room at Prospect House. The barbecues will kick off on Thursday, June 7, and run every Thursday until August 30. Reservations are not required; the cost is $8.25 per person. For more information, visit www.princeton.edu/prospecthouse.
Frist Summer Concert Series

The Frist Campus Center will once again present its annual summer concert series. The free concerts will take place at 4:30 p.m. on the Frist South Lawn (rain location: A Level) on the following six Wednesdays: June 13, June 20, June 27, July 11, July 18, and July 25.

The concerts are open to the public and will feature genres from blues to rock. Refreshments will be provided. For a complete listing of performers, visit the Frist Campus Center website at www.princeton.edu/frist in early June.

Frist Campus Center Summer Hours

June 6 to August 31, 2007

Monday to Friday ... 8 a.m. to 5 p.m.
Saturday .................. 9 a.m. to 5 p.m.
Sunday ................. 1 to 5 p.m.

The Frist Campus Center will be closed on Wednesday, July 4, for Independence Day. Frist will close at 6 p.m. on the following Wednesdays for the Frist Summer Concert Series: June 13, June 20, June 27, July 11, July 18, and July 25.

Summer Concerts at Richardson Auditorium

Princeton University Summer Concerts will present four concerts this summer starting at 8 p.m. at Richardson Auditorium in Alexander Hall. The summer program includes:

Thursday, June 14 ...... Johannes String Quartet
Tuesday, June 19 ..... Tempesta di Mare Chamber Players
Tuesday, July 10 ...... Arianna String Quartet
Monday, July 16 ...... Biava String Quartet

Free tickets will be available at the Richardson Ticket Office at 6:30 p.m. on the evening of each performance. For a complete listing of performances during the summer at Richardson Auditorium, visit www.princeton.edu/richaud or call 258-5000.

Exhibitions at Firestone Library

An exhibition on African exploration, “To the Mountains of the Moon: Mapping African Exploration, 1541–1880,” can be seen in the Main Gallery of Firestone Library through October 21. Curatorial tours will be held on July 1 and September 9 at 4 p.m.

Also at Firestone in the Milberg Gallery is the exhibition supporting the world premiere of the Princeton production of Boris Godunov. It will be on display through September 4. Tours of the exhibition will be on Saturday, June 2, at 2 p.m. and Sunday, September 2, at 11 a.m. For more information about the exhibitions, library hours, and location call 258-3184 or go to the library website at www.princeton.edu/~rbsc/exhibitions.

Princeton University Art Museum

Pop Art through August 12

The Pop Art at Princeton: Permanent and Promised exhibition celebrates the promised gift from Professor John Wilmerding of an important collection of sculptures, paintings, drawings, and prints, featuring later works by leading figures of the American Pop Art movement plus works from the museum’s permanent collection. It will be on display through August 12.

‘57 Collects: A 50th Anniversary Celebration

Organized on the occasion of the 50th anniversary of the Princeton University Class of 1957, the exhibition ‘57 Collects features works of art drawn from the personal collections of class members; a number of works are current or promised gifts made in commemoration of the event. Objects in various media, spanning a broad cultural and chronological spectrum, reflect the remarkable collecting achievements of the Class of 1957. The exhibition extends through August 12.

Family Day, June 16

From 10 a.m. to 2 p.m. on June 16, join the University Art Museum for Family Day: A Celebration of the Americas. This festival will celebrate the artistic traditions of the Americas with activities and performances highlighting the Pop art exhibition and the museum’s collection of ancient American art. Admission is free.

Did You Know?

The Princeton U-Store carries a selection of sporting goods year-round at its main location at 36 University Place. Customers can find men’s and women’s swimwear and swim accessories, yoga mats, an assortment of protective gear and equipment, balls for just about any sport from footballs to golf balls, and sport duffels in varying sizes.