Princeton University is more than a place of employment and education. It also offers lectures, readings, concerts, theater, music, films, exhibitions, athletic events, peaceful places of solitude, and ways to stay fit and healthy.

Spring at Princeton

The spring semester is a time of activity all over campus and spilling into the community. A few of the upcoming events include:

International Festival, March 28 through April 26

Sponsored by Princeton University’s Consortium of International Student Organizations and the Davis International Center, the festival will include a month of special events, lectures, and programs. The opening gala on Friday, March 28, at 8 p.m. in Richardson Auditorium, will feature an international cultural and fashion show and 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 information go to www.princeton.edu/~intlctr.

Communiversity, Saturday, April 26

The annual town-gown celebration sponsored by the students of Princeton University and the Arts Council of Princeton will take place on April 26 from noon until 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.

Spring Farmers Market

Watch for more information about the spring farmers market on campus beginning in mid-April. Sponsored by the Greening Princeton student organization, in collaboration with Dining Services, the Office of Community and Regional Affairs, the Office of Sustainability, Building Services, Facilities, Office of the Dean of Undergraduate Students, and the USG Projects Board, the program will continue in its efforts to support local agriculture and educate students, faculty, and staff about the benefits of sustainably produced foods.

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Alcohol Coalition Hosts Three Workshop Sessions

The new University-wide coalition to address high-risk alcohol use among undergraduates has set the dates for three workshops on February 15, 22, and 29. On consecutive Fridays, the workshops will start at 1 p.m. and end at 5 p.m. with a reception and feedback session to follow. The workshops topics are Reasons and Ways to Address High-Risk Drinking, Structures That Affect High-Risk Drinking, and Responsibilities Regarding High-Risk Drinking. All members of the University community are invited to participate.

The coalition has been charged by the Healthier Princeton Advisory Board with taking a comprehensive look at issues related to high-risk alcohol use. For more information go to www.princeton.edu/acc. To sign up for a workshop go to acc@princeton.edu or call 258-5980 and give your name, affiliation, and which workshops you would like to attend.

February Is Heart Health Month

HeartSmart Screening

In recognition of National Heart Health Month in February, University Health Services is encouraging faculty and staff to participate in HeartSmart, a program designed to help identify risk for cardiovascular disease, diabetes, and renal and liver problems. This confidential program takes place over two sessions. Participants first have a fasting blood sample drawn and tested for cholesterol and blood sugar levels, and kidney and liver functions. At a one-on-one follow-up session, a clinician will conduct a brief physical examination, discuss risk-reduction techniques and help participants develop a strategic plan to improve their health. Specialist care will be advised if necessary. Program cost is $15. To schedule a HeartSmart appointment, call Employee Health at 258-5035.

Walk-In Blood Pressure and Diabetes Screening Day, 2/14

On February 14, faculty and staff may walk in for a free blood pressure and rapid diabetes screening at Employee Health. No appointments are necessary—walk in between 8:30 a.m. and 3 p.m.

March Is National Nutrition Month

Faculty, staff, and students are invited to explore hot topics in nutrition with UHS clinical dietitian Karen Konopelski, MS, RD. 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 location.

Smoking Cessation Group

Faculty, staff, dependents, and graduate students who smoke and want to quit are encouraged to participate in a five-week smoking cessation group. This free program consists of five 1-hour sessions. Free nicotine patches (for those who are benefits eligible) are included. For more information about the next smoking cessation program contact Employee Health at 258-5035.

Skin Cancer Screening

Employee Health is offering free skin cancer screenings for faculty and staff in April. A board certified dermatologist will meet with individuals privately for a full body exam or to examine specific areas of concern. Referrals will be provided as appropriate. Look for the upcoming flyer for date and location. Call Employee Health at 258-5035 for more information.

May Is National Blood Pressure Awareness Month

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

Confidential Online Health Risk Assessments

Faculty and staff may access confidential online screening tools for alcohol use, bipolar disorder, depression, eating disorders, food intake, generalized anxiety, heart disease, physical activity, and post-traumatic stress. To access the health risk assessments:

- go to the UHS website at www.princeton.edu/uhs
- drag your cursor over the iHealth button on the UHS home page
- scroll down to Online Health Risk Assessments and click again

Blood Drive Reminder

The next blood drive for faculty and staff will be held on May 8 from 9 a.m. to 3 p.m. and May 9 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 after April 1, please visit www.pleases giveblood.org or call Employee Health at 258-5035.

For more information go to the University Health Services website: www.princeton.edu/uhs
Faculty/Staff Night at Winter Sports Games

The Department of Athletics and the Princeton University Federal Credit Union are offering free tickets to faculty and staff to the following sporting events:

**Men’s basketball vs. Yale**
Friday, February 15, 7:30 p.m.

**Women’s basketball vs. Harvard**
Friday, February 22, 7 p.m.
Show your Princeton ID at the door for free admission.

Tickets can be picked up at the following locations:
- Princeton University Credit Union, located at 104 Carnegie Center, Suite 103; Monday–Thursday, 8:30 a.m. to 4 p.m.; Fridays, 8:30 a.m. to 6 p.m.
- Credit Union Kiosk, Frist Campus Center, 100 level; Monday–Friday, 10 a.m.–3 p.m.

**Summer Camps**

Registration for summer camps is now open for faculty/staff of Princeton University. This year, Summer Day Camp for ages 6–10 and a new camp for ages 11–13 is offered.

Summer Day Camp information and all necessary forms can be found at [www.princeton.edu/~campusre/facilities/daycamp.html](http://www.princeton.edu/~campusre/facilities/daycamp.html). Bring your forms to Room 3 of Dillon Gym between the hours of 9 a.m. and 4 p.m., Monday through Friday. If additional information is needed, e-mail reccamps@princeton.edu or call Cristine McCarthy at 258-0880.

**The 1,000-Point Challenge**

This event, formerly known as the “Cardio Challenge,” gives participants the opportunity to earn points for doing any type of physical activity (with one minute of activity equaling one point). You can walk, swim, lift weights, or do any other type of physical activity that you prefer. Besides improving your fitness, attaining 1,000 points will also earn you a free prize of your choice such as a T-shirt, tote bag, or water bottle. The program will run from February 11 to March 17. You can register for the event in the fitness center from Monday, February 4, through Sunday, February 10.

**Wellness Screenings**

The Stephens Fitness Center will play host to three free wellness screenings: Blood Pressure (February 25–29); Body Composition (March 31–April 4); and Flexibility (April 14–18). During those weeks, you can ask a member of the fitness and wellness staff to do the screening any time from 8 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 6. The rules are simple: hang from a pull-up bar for as long as possible. Try to beat the time of Bernie LaFleur, sexton at the University Chapel. He holds the all-time school record for faculty/staff with three minutes!

**2008 Faculty/Staff Fitness Decathlon**

The 2008 Faculty/Staff Fitness Decathlon will be held in the Stephens Fitness Center from March 24 to April 27. As the name suggests, 10 different activities are completed (2 per week for 5 weeks). Competitors must bike 5 miles, hang from a chin bar as long as possible, row 2,000 meters, stretch, run 3 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.

**Indoor Triathlon**

This year’s Indoor Triathlon will be held in the Stephens Fitness Center and Dillon Pool on May 1. Fitness enthusiasts compete as three-person teams with one participant swimming roughly 0.5 mile, one cycling 10 miles, and one running 4 miles.

**Think Pink!**

All fans who wear pink will gain free admission to the Princeton women’s basketball game vs. Dartmouth on Saturday, February 23 at 6 p.m. In an effort to raise awareness about breast cancer, the University team will wear pink uniforms. Any proceeds raised will benefit the Breast Health Center at the University Medical Center at Princeton and the YWCA Princeton Breast Cancer Resource Center. For more information go to [www.goprincetontigers.com](http://www.goprincetontigers.com) or call 258-5666.

**Links**

For information about instructional programs, intramural sports, sport clubs, fitness, and recreational facilities, go to [www.princeton.edu/campusrec](http://www.princeton.edu/campusrec).
DON’T FORGET!
The deadline for filing a claim to be reimbursed for 2007 Health Benefit and/or Dependent Care Expense Account(s) expenses is March 31, 2008. Those not filing for eligible expenses by that date will forfeit any remaining monies, since the IRS does not allow unused funds to roll over into the next plan year. Information about the Expense Accounts along with the claim forms may be found on the Human Resources website at www.princeton.edu/hr/ben/eatoc.htm. The claim form(s) along with the supporting documentation must be mailed or faxed to Crosby Benefit Systems for processing. Contact the Human Resources Benefits Team at 258-3302 or benefits@princeton.edu for more information.

Backup Care Options Program
Princeton University has contracted with the Work Options Group to provide our faculty and staff with backup care when they experience temporary disruptions in their child, adult, and elder care giving arrangements that would otherwise prevent them from fulfilling work or study obligations.

To use the program, one can either request care when a need arises or register in advance by visiting the Work Options Group website www.workoptionsgroup.com or by calling them at 800-557-0847.

The Backup Care Options Program is available 24 hours a day, 365 days a year, for infants through the elderly, whether they are healthy or mildly ill. Family members need not reside in the home of the employee to be eligible. Work Options Group has providers in all 50 states and Canada.

The program gives access to a team of backup care specialists who provide advice, present options, and schedule the care. Contracted home care agencies require that all caregivers are FBI background checked, CPR/first aid certified, licensed, insured, and have the relevant experience in child or adult/elder care. All child care centers in the network must meet or exceed state licensing regulations and guidelines.

In-home care will cost the participant $4 per hour (for up to three dependents) and center-based care $2 per hour per child. Each benefits eligible staff member will have 100 hours of care available for each calendar year.

Carebridge Employee Assistance Program
For long-term disruptions in child, adult, and elder care giving arrangements, contact our Faculty and Staff Assistance and Work/Life Program, which is administered by Carebridge to assist with referrals to qualified providers. In addition, the Carebridge Employee Assistance Program provides services for managing work, personal, or family issues at no charge to employees (for up to 6 visits). Employees may also access Carebridge’s extensive online library of educational materials on a wide variety of topics. The services provided by Carebridge are available 24 hours a day, 7 days a week, 365 days a year. For more information or to use the Carebridge library, visit their website at www.myliferesource.com. Enter the Company Code TW8AE, and your name, and “Princeton University” to access the website.

Contact Carebridge at 800-437-0911, the Human Resources Benefits Team at 258-3302, or benefits@princeton.edu for additional information about these programs.

Did you know?
You can make changes to your personal information online by logging on to the HR Self-Service website. Go to www.princeton.edu/hr, select “Self-Service,” and sign in with your University netID and password to update your personal information.

Staff Educational Assistance Plan
This plan is a tuition reimbursement program available to assist employees with the cost of their own undergraduate and graduate education. The plan pays 85 percent of tuition and mandatory educational fees up to a maximum of $5,250 per plan year (July 1–June 30). Employees are eligible after one year of benefits eligible service and must be enrolled in an undergraduate or graduate degree program, an eligible certificate program, or a class to enhance their professional skills.

Please note that an application for Course Approval and Reimbursement must be completed within 31 days of the start of the semester. For more information on the Staff Educational Assistance Plan, call the Office of Human Resources at 258-3302 or visit our website at www.princeton.edu/hr/ben/edasst.htm.

Employee Child Care Assistance Program (ECCAP)
The Employee Child Care Assistance Program helps eligible faculty and staff meet the cost of child care for pre-kindergarten-aged children. In its first year ECCAP has helped over 150 eligible faculty and staff.

The deadline for submission of an application is May 1, 2008, for the fiscal year 2008-09. Faculty and staff who are currently receiving ECCAP must reapply. Awards are based on combined annual household income; the maximum award per family is $6,000. The award may be used to offset the cost of most child care arrangements from in-home care to licensed day care centers or providers.

To view eligibility requirements and print out an application, visit www.princeton.edu/hr/worklife/eccap.htm, or call Audry Rosenbloom, the University’s ECCAP coordinator, at 258-9118.

Work/Life continued on page 5
### Dining

**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 22nd?

Did you know that:
- All ground beef at Dining Services residential and retail units is grass-fed beef and locally sourced from Natural Acres in Millersburg, Pa.
- All fresh chicken at Dining Services residential and retail units is raised without antibiotics or growth hormones and is fed a hexane-free all-vegetable diet?
- Dining Services was the first University to be a full partner with Monterey Bay Aquarium in the Seafood Watch (www.seafoodwatch.org) in order to promote awareness of the importance of consuming seafood from sustainable sources?

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

### Spirituality

**Spirituality**

All are welcome to come to the lobby in Murray-Dodge now through next fall to view a photography exhibit by the Princeton University community called “What Is Family? Princeton Views.” Through images of a baby resting on a father’s chest, an ill mother smiling with her son, and even laundry floating in the sky, viewers are encouraged to recognize the powerful connective force that family holds in the life of each individual. The Office of Religious Life hopes that all who view this exhibit might be inspired to celebrate and be thankful for those people and communities who are family in their own life.

**Weekly Chapel Services**

In 1756, Princeton’s founders established a weekly University worship service that met in Nassau Hall in what is now known as the Faculty Room. Since that time, each Sunday the University holds an ecumenical Christian service that welcomes all students, faculty, and staff. The service is now located in the beautiful Princeton University Chapel and features preaching by the University’s Religious Life deans and visiting theologians and pastors from around the country, along with the 80-member strong Princeton University Chapel Choir. Last year this choir made up of students, staff, and faculty gave a concert at Carnegie Hall in New York City.

Sunday church services are held at 11 a.m. during the academic year and at 10 a.m. during the summer. All are welcome. For a complete list of University Chapel services and information regarding worship services from all different religious traditions go to the Princeton Office of Religious Life website http://web.princeton.edu/sites/chapel.

**Did you know?**

The University Chapel is available for weddings and memorial services for all Princeton University employees. Contact Chapel Administrator Elizabeth Powers at epowers@princeton.edu or 258-3048 for more information.

### Work/Life continued from page 4

**Daycare Openings at the Dow Jones Family Center**

As part of the University’s continuing efforts to provide assistance to faculty and staff with pre-school children, last year Princeton University and the Dow Jones Family Center in Monmouth Junction entered into an agreement whereby Princeton faculty and staff are eligible to enroll their children in the center on a space-available basis. Bright Horizons Family Solutions operates this full-day child care program for children from the age of 6 weeks old to 5 years old including a full-day kindergarten. The center is open from 7:30 a.m. through 6:30 p.m., Monday through Friday, and is located in the Dow Jones complex on Route 1 near Ridge Road.

There are a limited number of openings in the center. For more information about the center’s program and costs, contact the director of the program, Sandy Alu, at (609) 520-7501 or dowjones@brighthorizons.com. She also can arrange a tour of the center. Those interested also can visit the center website at http://centers.brighthorizons.com/dowjones. If there are additional questions or concerns, contact the University’s Human Resources Benefits Team at 258-3202 or benefits@princeton.edu.

For more information go to the Religious Life website: web.princeton.edu/sites/chapel
Fristfest Weekend 2008, May 1–3

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. Fristfest Weekend will kick off at 4 p.m. on Thursday, May 1, with an outdoor picnic and carnival featuring live entertainment, games, and giveaways on the Frist South Lawn. Festivities will continue on Friday, May 2, and conclude on Saturday, May 3, with other activities for the University community to enjoy. Further details including a complete entertainment schedule will be available on the Frist website (www.princeton.edu/frist) closer to the event date.

Discounted Movie Tickets

Students, faculty, and staff may purchase discounted Princeton Garden Theatre movie tickets at the Frist Campus Center Ticket Office. Tickets are $5 for the Monday, Tuesday, and Wednesday showings only. A PUID is required at purchase. The Frist Ticket Office is open Monday through Friday, noon to 6 p.m. For further information, please contact a University Ticketing representative at 258-9220 or visit the Frist Ticket Office.

Renovation of U-Store on University Place

A newly renovated Princeton U-Store is expected to open its doors in the spring of 2008 at 36 University Place. Customers will find an expanded offering of grocery and prepared food items, dorm and school supplies, an expanded technology section, sporting goods, backpacks, health and beauty items, magazines, and greeting cards. The U-Store will continue to stock eco-friendly products such as Seventh Generation chlorine-free items, GE soft white spiral light bulbs, and Greening Princeton recycled notebooks. The U-2 convenience store, Princeton Pharmacy, and Pequod will continue to operate at this location. All Princeton insignia apparel and gifts may be found at the U-Store’s new insignia shop located at 116 Nassau Street.

Achebe and Appiah to Speak at Labyrinth Books Event

Labyrinth Books, Princeton Public Library, Princeton University’s Center for African American Studies, and the African Studies Program at Princeton join in inviting you to a discussion between Chinua Achebe and Kwame Anthony Appiah on March 26 at 6 p.m. at Nassau Presbyterian Church, 61 Nassau Street. Achebe is the father of modern African literature. Appiah is the Laurence S. Rockefeller University Professor of Philosophy. Their conversation will be about Achebe’s work and about the state of literature in Africa as well as around the world. For more information and a schedule of additional spring events at Labyrinth Books, visit www.labyrinthbooks.com and click on Events & News, stop by the store at 122 Nassau Street, or call (609) 497-3919.

New Options for TigerCard, Paw Points

The TigerCard Office is expanding the number of places where students, faculty, and staff can make purchases using their TigerCard, the University’s ID card. Students, faculty, staff, and affiliates may use the TigerCard like a debit card by purchasing Paw Points. Paw Points are now accepted forms of payment at the newly opened Labyrinth Books and at the Princeton University Store insignia and apparel shop on Nassau Street. The Princeton University Store’s primary location on University Place will begin accepting Paw Points after renovations are completed in the spring. University Ticketing also plans to begin accepting Paw Points at select ticket office locations during spring semester.

Paw Points can be purchased at any time through the TigerCard Office website, the TigerCard Office at New South, and at the Value Transfer Station at the Frist Campus Center. For a complete listing of locations where Paw Points are accepted, please visit the TigerCard website at www.princeton.edu/tigercard.

Arts Events Online

A new website about Arts at Princeton can be found at the Lewis Center for the Arts website www.princeton.edu/arts. The calendar on the site (under Events/Calendar) gives information on a range of campus events in the creative and performing arts.