Outdoor Action’s Climbing Wall

The Outdoor Action (OA) state-of-the-art climbing wall is inside the southeast column on the second level of the football stadium. The wall is open to students, faculty, and staff of Princeton; a PUID is required. Children of members of the University community may climb with a parent present. Climbers of all abilities are welcome. Experienced instructors will be on hand to teach skills and assist in solving particular climbing routes. Outdoor Action will provide a harness and climbing shoes. The climbing wall is open throughout the academic year except during breaks and final exams. Departments and organizations interested in scheduling a private group at the wall can contact Eric Cielinski at ecielinski@princeton.edu. Visit the OA website at www.princeton.edu/~oa or call 258-6230 for information on open hours, classes, day trips, bouldering competition details, and more.

Highlights

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Outdoor Action Day Trips for the Princeton Community
Visit the Outdoor Action website at www.princeton.edu/~oa or call 258-6230 for details on upcoming day trips for hiking, biking, canoeing, and climbing. Faculty, staff, and students are welcome. Join OA during fall break for a variety of trips, including canoeing in the Delaware Water Gap and backpacking in Shenandoah National Park in Virginia, or for local trips hiking, canoeing, and rock climbing. Sign up for these and other activities at the OA TripStore: https://oa2.princeton.edu/tripstore.

Outward Action Classes on CPR and Wilderness First Aid
Outdoor Action offers American Heart Association (AHA) Heartsaver CPR, first aid classes, and HEART Wilderness First Aid throughout the year. Sign up for courses 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 first aid courses for students, faculty, and staff. Departments interested in scheduling courses for private group sessions should contact the OA office.

With this edition, the Healthier Princeton News takes on a new look corresponding with the design of the Healthier Princeton website and other publications. We hope you enjoy reading about the many opportunities on campus.
Three Fall Challenges

Register in Stephens Fitness Center until the event start date

Strength/Endurance—On Thursday, November 6, test yourself against your peers. Do as many reps on a bench press as possible—bodyweight for men and half of bodyweight for women—followed by a three-mile run on a treadmill. For each rep you receive a five-second deduction from the three-mile run time. The person with the lowest adjusted time is the winner.

1,000-Point—This popular event gives participants the opportunity to earn points for doing any type of physical activity (with one minute of activity equaling one point). You may walk, swim, lift weights, or complete a different physical activity. Besides improving fitness, attaining 1,000 points will also earn you a free prize such as a T-shirt, tote bag, or water bottle. These 1,000 points are accumulated at a rate of 200 points per week over the course of five weeks. The program will run from November 10 to December 14.

Fitness—The seventh annual Fitness Challenge will take place on Thursday, November 20. There are six activities in this event: the bench press, bar hang, stretch, row, bike, and stairclimb. Compete in as many activities as you like. Points are awarded in each activity based on how you place. The man and woman who earn the most points will be declared overall winners. There is also a team competition.

Wellness Screenings

The Stephens Fitness Center will offer two wellness screenings in November and December: Body composition from November 10 to 14 and flexibility from December 1 to 5. Appointments are not required and there is no charge. During those weeks, ask a member of the fitness and wellness staff to do the screening any time from 8 a.m. to 8 p.m.

Ski Trip

Campus Recreation will run a skiing and snowboarding trip from January 25 to January 30, in Killington, Vermont. Included are roundtrip ground transportation, lift tickets for five days, five nights lodging at Mountain Green Condos, a pizza party, a volleyball tournament, and a farewell party with raffles and giveaways. For more information, contact Evan Moorhead at 258-3525 or moorhead@princeton.edu.

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.
Work/Life

Retirement Projections

Are you thinking about retirement? Did you know that you can go online to TIAA-CREF’s website and request a retirement projection? TIAA-CREF’s website address is www.tiaa-cref.org. You can also get a Social Security projection online at www.socialsecurity.gov.

Backup Care Program

Has “back to school” left you with a gap in child care? Now that children are back in school, the University’s work/life programs may be helpful for either temporary or ongoing child care. The backup care program can be used during school holidays, teacher in-service days, or when a child is mildly ill and cannot attend school. Contact the Work Options Group to request backup care up to 30 days in advance at 1-800-557-0847 or visit their website at www.workoptionsgroup.com.

Elder Care Assistance

The backup care options program also assists when there is a breakdown in elder care arrangements. Whether your regular caregiver just informed you that they will be away for the holidays or an elderly family member notified you that they have been scheduled for surgery, the Work Options Group can make temporary arrangements for care. The services are delivered through a national network of agencies to provide in-home care for adults. You may contact the Work Options Group at 1-800-557-0847 or visit their website at www.workoptionsgroup.com.

Open Enrollment, October 6–24

Reminder: The annual benefits open enrollment period for the University’s health and welfare plans runs from Monday, October 6, through Friday, October 24. It offers faculty and staff members the opportunity to review their current benefit elections and to consider changes to their coverage that will become effective January 1, 2009. There are a number of changes to the benefits offered. Detailed information can be found in the “Your Benefits for 2009” guide, which was mailed to home addresses.

For the 2009 Open Enrollment period, the University will continue to use eBenefits. This online system is available every day from 8 a.m. until midnight and may be accessed from work as well as from home. While faculty and staff members will not be receiving a paper personalized Benefits Enrollment Form (BEF) with their materials, a paper form may be requested. During the Open Enrollment period, the Benefits Team will be available at various locations to answer benefit questions and provide online enrollment assistance. To review your current benefit elections and covered dependents, go to www.princeton.edu/selfservice.

Supplemental Retirement Plan

Making changes is now easier for the Supplemental Retirement Plan (also known as the Tax Deferred Annuity, or 403(b) Plan). If you are currently a participant in the pre-tax Supplemental Retirement plan at Princeton, it is now easier to modify elections for retirement savings. The paper form is no longer required and changes can now be made online at any time throughout the year. Call Human Resources at 258-9109 (Elaine Richards) with questions or to request a change. The next day you will receive an e-mail with a link to the eBenefits option. Once there, change the dollar amount currently being deferred per pay, set aside a new percent per pay, or even waive out of the plan, effective the next pay period.

Still Time to Save

There is still time to save on taxes before the year’s end, sign up for the Supplemental Retirement Plan, or if you are already a plan participant, increase your deferrals. Just call 258-9109 (Elaine Richards). You will receive an e-mail and can increase your deferral online. It’s that easy. Don’t wait until April 15 of 2009 to do your tax planning for 2008.

For more information, go to the Human Resources website: www.princeton.edu/hr

Healthier Princeton News Fall 2008
FlueFest and Cirque De Santé 2008

Free Immunization for Students, Faculty, and Staff
The Centers for Disease Control and Prevention recommend the best way to prevent the flu is to get an annual influenza vaccination. November is an ideal time to get vaccinated because it allows ample time for the body to make antibodies that protect against influenza virus infection.

Please mark your calendars for FlueFest and our annual preventive health fair, Cirque de Santé: Flu shots will be available on Wednesday, November 5, and Thursday, November 6, from 10 a.m. to 8 p.m., and Monday, November 10, from 8 a.m. to 1 p.m. in the Frist Campus Center Multipurpose Rooms. Cirque de Santé, the interactive wellness fair, will take place on Wednesday, November 5, and Thursday, November 6, from 10 a.m. to 6 p.m.

Flu immunizations will be offered at no charge to Princeton staff, faculty, and students. Dependents will be charged $30. No appointments are necessary. Anyone who wants to reduce his or her chances of getting the flu should get vaccinated. Certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high-risk persons. People at high risk for complications from the flu include:

- pregnant women;
- people of any age with chronic medical conditions such as bronchitis, asthma, diabetes, or other conditions that compromise immune function; and
- people who live with or care for those at high risk for complications from the flu, including: household contacts of persons at high risk for complications from the flu (see above) and home caregivers of children less than six months of age (these children are too young to be vaccinated). Individuals under age 18 must have written consent from a parent or legal guardian before receiving the flu vaccination.

For more information about FlueFest and Cirque de Santé, contact University Health Services at 258-5036.

Top Three Reasons to Get Your Flu Shot

Protects other people. You should get vaccinated if you live with or care for others who are at high risk of complications from the flu. Getting a flu vaccination yourself can help protect your family members, including seniors and young children. Prevents severe illness. In the U.S., influenza puts about 200,000 people in the hospital each year. Children less than two years of age are as likely to be hospitalized as adults who are 65 or older. Prevents influenza-related death. Each year more than 36,000 people in the U.S. die because of the flu—most are 65 or older. More people die from flu than from any other vaccine-preventable disease.

Still Not Sure If the Flu Shot Is Right for You? For key facts about the influenza vaccine, visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/flu/protect/keyfacts.htm. Source: Centers for Disease Control and Prevention

Smoking Cessation Group Begins

October 23—Faculty, staff, dependents, and graduate students who smoke and want to quit are encouraged to participate in a five-week smoking cessation program. This free program consists of five one-hour sessions. Free nicotine patches (for those who are benefits eligible) are included. The next smoking cessation program will be held on Thursdays, October 23 through November 20, from noon to 1 p.m. in the McCosh Health Center, Room G20. For more information or to sign-up, contact Employee Health at 258-5035.

Diabetes Screening Available

In recognition of National Diabetes Awareness Month in November, University Health Services is encouraging faculty and staff members to have diabetes screenings. Screenings are available through University Health Services at a cost of $15 and will include two sessions. Participants will have blood drawn and be tested for cholesterol levels as well as basic kidney and liver function. An Employee Health professional will then conduct a brief physical exam, discuss risk-reduction techniques, and help participants develop customized plans to improve their health. Specialist care will be advised if necessary. To schedule a diabetes screening, contact Employee Health at 258-5035.

Healthy Holiday E-mails

Sign up to receive weekly healthy holiday tips in your inbox every Monday between November 17 and December 29. The e-mails will include recipes and tips for healthy eating during the holidays, remaining physically active during winter weather, and minimizing holiday stress and depression. Sign-up at FlueFest (November 5 and 6), call Health Promotion and Wellness Services at 258-5137, or e-mail akwagner@princeton.edu.

ACC begins implementing strategic plan on high-risk drinking

The Alcohol Coalition Committee (ACC), the group of students, faculty, and staff appointed last year to address high-risk drinking among undergraduates, is continuing its work.

The ACC is collaborating with key University offices in small working groups to begin to focus on initiatives proposed in the strategic plan (www.princeton.edu/acc/alcohol-20080909). Issued in May, one group already has reviewed and revised the alcohol education program for first-year student orientation and launched a pilot project this fall.

Freshmen also received a brochure about the ACC, encouraging their participation. In addition to forming working groups, plans for the year may include organizing campus-wide events around a theme.

Co-chairing the ACC are Elizabeth Dilday ’09 and Amy Campbell, director of campus life initiatives. More information, including the list of new and returning members, is available on the ACC website at www.princeton.edu/acc or by e-mailing acc@princeton.edu.

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

**Princeton Gets an A**

University Dining Services was awarded an “A” rating for its food and recycling efforts by the College Sustainability Report Card 2008. The citation noted that Dining Services works with more than 20 local producers to provide as much local, sustainably grown food as possible, and has set goals to increase the amount this year.

The University uses reusable dishware in all dining halls, and containers at retail locations are biodegradable. Food waste is sent to a local farm for pig feed and provides green material for compost to the student-run, organic campus garden.

**Café Vivian**

Café Vivian, which was renovated over the summer, has reopened with a new focus on sustainability. The Dining Services staff has made every effort to use recycled materials in the remodeling. The new menu offers organic, sustainable, or local food.

The new Café “Viv” sports millwork and shelving produced from a particleboard made from sunflower seed shells. The quartz countertops do not require chemical sealers or cleaners, therefore contributing to better indoor air quality. The glass tile surrounding the oven contains a high percentage of recycled glass, and the lighting fixtures over the serving areas are made from 100 percent recycled aluminum. Many of the other fixtures in the café use LED lighting technology, an energy-efficient choice that does not contain mercury. Even the choice of paint has not been overlooked; a low-VOC (volatile organic compounds) wall paint was used.

The menu offers new items that show attention to both taste and sustainability. Patrons can enjoy organic or local (or both) deli meats and cheeses. Bread is baked on the premises, and pizza is cooked in a hearth oven. Jersey produce and organic sandwich spreads are featured, and a range of vegetarian and vegan options, including Healthy Eating Lab favorites, are available. Produce from the Forbes College organic garden also are on offer. The grain bar features macro-vegetarian salads, the coffee is Equal Exchange®, and a host of organic yogurt and drinks are available to go.

**Spirituality**

**Did you know?**

There are recognized religious leaders on campus who are available to staff and faculty for counseling and religious services. This year Princeton hired Sohaib Sultan, coordinator of Muslim life, and Vineet Chander, coordinator of Hindu life, who join the deans of religious life Alison Boden, Deborah Blanks, and Paul Raushenbush, and more than 13 chaplains from different religious traditions. You can find all their names and contact information on the Office of Religious Life website: [http://web.princeton.edu/sites/chapel](http://web.princeton.edu/sites/chapel).

**Get Connected!**

The Office of Religious Life has an e-newsletter that compiles a list of religious and spiritual events occurring on the Princeton campus. To sign up for this biweekly newsletter, send an e-mail to orl@princeton.edu indicating your interest or call 258-2452 and leave your e-mail address.

**Chapel Music**

The After Noon organ concert series has started with some of the finest musicians from across the country playing in the University Chapel on Wednesdays from 12:30 to 1 p.m. throughout the academic year. Take some time out and listen to this extraordinary instrument in the beautiful chapel setting.

**Meditation and Stress Management**

All are welcome to come to enjoy a peaceful hour of meditation and lunch every Thursday from noon to 1 p.m. in Murray-Dodge Hall. No experience is necessary. Guided meditation and healthy food is provided. Sponsored by the Counseling Center and the Office of Religious Life.

**Hour of Power**

An interdenominational Christian service is held on Wednesdays from noon to 1 p.m. for the University community in 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 Blanks, associate dean, Office of Religious Life.

For more information, go to the Religious Life website: [http://web.princeton.edu/sites/chapel](http://web.princeton.edu/sites/chapel)

For more information, go to the Dining Services website: [www.princeton.edu/food](http://www.princeton.edu/food)
Princeton University Transportation and Parking Services has launched a new Transportation Demand Management Program (TDM) for the campus community that is intended to reduce harm to the environment. TDM is the application of strategies and policies to reduce the number of single-occupancy vehicles coming to and parking on campus by promoting and providing alternative methods of travel.

The TDM program includes services and incentives for faculty, staff, and students including:

- a ride-share database to facilitate carpools with faculty and staff;
- a partnership with NJ Transit that will enable students to receive a discount on monthly rail/bus passes; and
- van pools, partially subsidized transit passes, and improved bicycle and walking paths that will be implemented throughout the academic year and years to follow.

For more information on TDM, visit the new Transportation and Parking Services website at www.princeton.edu/transportation or contact Andrea DeRose, TDM manager, at 258-1656 or aderose@princeton.edu.