Spring is coming and features many campus events open to all. A few of the upcoming events include:

**International Festival, April 4 to 26**
Sponsored by Princeton University’s Consortium of International Student Organizations and the Davis International Center, the festival will include nearly a month of special events, lectures, and programs. The opening gala at 8 p.m. April 4, 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. The Festival concludes with a final ceremony on April 26 at 7 p.m. in the Carl Fields Center. For more information, visit [www.princeton.edu/~intlctr](http://www.princeton.edu/~intlctr).

**Communiversity Saturday, April 25**
The annual town-gown celebration sponsored by the students of Princeton University and the Arts Council of Princeton will take place on April 25 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](http://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, the Office of the Dean of Undergraduate Students, and the Undergraduate Student Government 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.
Summer Camps
Registration has begun for Campus Recreation’s summer day camps to be held on campus this summer. Junior camp is offered for ages 6 to 10 and Senior Camp for ages 11 to 13. University affiliates’ children can register now. Registration for others in the community will open on April 6. Information and all necessary forms can be found on the Campus Recreation website at www.princeton.edu/campusrec/summer-camp. Additional information is needed, e-mail reccamps@princeton.edu or call Jessica Ward at 258-0880. Bring forms to Room 103 of Dillon Gym between the hours of 9 a.m. and 4 p.m., Monday through Friday.

University Sports Camps offer either an overnight or day camp experience for young athletes in 22 sports. For more information or to register, go to the summer camp website at www.princeton-sportscamps.com. For questions, e-mail camps@princeton.edu or call 258-3369.

Also see the Work/Life section of this publication for information on more summer opportunities.

Group and Instructional Classes
For those trying to keep a New Year’s resolution in the winter weather, group and instructional fitness classes are a fun and motivating way to stay on track. Campus Recreation offers classes in Group Fitness, Yoga/Pilates, Spinning, dance (ballroom, Latin, social, swing, Hip Hop and belly dance), martial arts and instruction in swimming, tennis, squash, golf, figure skating, and scuba diving.

For more information on group and instructional programs, visit www.princeton.edu/campusrec or come to Dillon Gym, Room 103.

The 1,000-Point Challenge
In this popular event, participants get 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, water bottle, or travel mug. The program will run from February 9 to March 15. Register for the event in the Stephens Fitness Center.

Wellness Screenings
The Stephens Fitness Center will host three free wellness screenings: blood pressure (February 23 to 27); body composition (March 30 to April 3); and flexibility (April 13 to 17). During those weeks, you can simply ask a member of the fitness staff to do the screening any time from 8 a.m. to 8 p.m. Appointments are not required.

Results of Fitness Events
Several fitness events were held in the fall semester in which many faculty/staff and graduate students “left their mark.”

In the Rope Climb Challenge on November 13, participants climbed 555 feet, the approximate height of the Washington Monument, on a rope-climbing machine. The men’s winner was Mike Lucchino. On the women’s side, Nina Wurzberger was the runner-up, missing first place by one second. On November 20, a contingent of faculty and staff won the seventh annual Fitness Challenge, beating out the four classes of undergraduates and the graduate students. It was their fourth win in a row. Among the men, Ryan Harper and Wayne Meyer placed second and third overall, respectively; among the women, Nina Wurzberger and Maia Reim placed second and fourth overall, respectively.

Did you know?
You can treat yourself or someone special to a massage at Dillon Gym. Campus Recreation offers massage therapy during the times that Dillon Gym is open. Gym memberships are not required and gift certificates are available. For more information on rates, times, and to sign up for a massage go to www.princeton.edu/campusrec/massage-therapy. Chair massages are available for groups, offices, and gatherings at on-campus locations. The cost for one hour is $60.

Upcoming Fitness Events
We offer a variety of fitness events throughout the year. The events are open to the campus community, including faculty, staff, and graduate students. Here’s what you can expect in the spring semester:

• February Frenzy! (February 9 to 27)
• Get-A-Grip Challenge (March 5)
• Faculty/Staff Fitness Decathlon (March 23 to April 26)
• Bench Press Challenge II (April 9)
• Indoor Triathlon (April 30)

Note: Rules, recent results, and records for these and other events can be found at www.princeton.edu/campusrec/stephens-fitness-center/special-events.

New Equipment
During or before spring recess, we’ll be replacing several pieces of equipment in the free-weight area of the Stephens Fitness Center. This includes three plate-loaded machines (chest/back, row, and gripper) and two bodyweight apparatus (back-extension benches).
Milestones in Retirement Planning

- **59 ½**: Withdrawals from retirement plans are no longer subject to the 10 percent early withdrawal penalty.
- **62**: Minimum age to receive Social Security income
- **65**: Medicare Eligibility age
- **70 ½**: Age at which you must generally withdraw a minimum amount from retirement plans if you are no longer employed.

Contact the Social Security Administration at 1-800-772-1213 or visit [www.ssa.gov](http://www.ssa.gov) to request a current Social Security Statement.

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**2009 Spring Break and Summer Care Options**

Although there is still quite a chill in the air, spring and summer break are right around the corner. Recently, the University invited many Princeton area organizations to participate in the 4th Annual Spring Break and Summer Camp Expo to provide information regarding classes, camps and activities that they will be offering this spring and summer season.


For more information regarding spring break and summer care options, contact Audry Rosenbloom at 609-258-9118 or via e-mail at audryr@princeton.edu.

Also see the Campus Recreation section on page 2 for information on Athletics’ Summer programs.

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**New Option in Retirement Plan**

The Princeton University Tax Deferred Annuity Plan, also known as the Supplemental Retirement Plan or the 403(b) Plan, will now accept rollovers from employees who have qualified plan accounts from a prior employer. The rollovers may be made into the Tax Deferred Annuity plan even if an employee is not currently a participant in our plan. The money you roll over, once received, will be available for loans and pre-retirement distributions. Please note that IRA and SEP (Simplified Employee Pension) accounts are not eligible for the rollover option.

If you are interested in taking advantage of this option, contact Elaine Richards at 258-9109 to obtain the necessary forms. The rollover may be invested in either TIAA-CREF or Vanguard.

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**Child Care Resources**

Princeton University’s Employee Child Care Assistance Program (ECCAP) is designed to help faculty and staff meet the cost of child care. ECCAP is being offered to all benefits-eligible faculty and staff with pre-kindergarten-aged children who are currently in child care or will be enrolled in child care and whose total annual household income is less than $130,000. The maximum award for one child is $5,000. An additional $1,000 may be awarded for a second child; 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. Applications are accepted throughout the year.

To receive the full award amount, applications must be received by May 1 of each year. Applications received after the deadline will be prorated. For more information about this benefit, contact the ECCAP coordinator at 258-9118 or visit [www.princeton.edu/hr/worklife/eccap.htm](http://www.princeton.edu/hr/worklife/eccap.htm) for the program overview and to print out an application.

Princeton University also provides a Faculty and Staff Assistance Program, CareBridge, which may be useful in assisting faculty and staff members by providing child care resourcing and information as well as a national child care database that contains information on more than 500,000 providers in the U.S. CareBridge can be reached at 1-800-437-0911 or via their website at [www.myliferesource.com](http://www.myliferesource.com), using the access code TW8AE.

**Backup Care** is provided through Work Options groups to all benefits-eligible faculty and staff and may be used when your regular caregiver is unavailable, your child or adult family member is mildly ill, school or daycare is closed, an adult family member is recovering from medical treatment, or for business travel. Benefits-eligible faculty and staff members may receive up to 100 hours per year. The charge for in-home care is $4 per hour for up to three dependents and $2 per hour for center-based care. For more information or to register with Work Options, call 1-800-557-0847 or visit the website at [www.workoptionsgroup.com](http://www.workoptionsgroup.com).

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**Don’t Forget**

The deadline for filing a claim to be reimbursed for your 2008 Health Benefit and/or Dependent Care Expense Account(s) expenses is March 31, 2009. If you do not file for eligible expenses by March 31, you will forfeit any remaining monies, since the IRS does not allow you to roll over unused funds 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/etac.htm](http://www.princeton.edu/hr/ben/etac.htm). The claim form(s) along with the supporting documentation must be mailed or faxed to Crosby Benefit Systems for processing.

If you have any questions, please contact the Human Resources Benefits Team at 258-3302 or benefits@princeton.edu.
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, February 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.

Hot Topics in Nutrition

Faculty, staff, and students are invited to explore hot topics in nutrition with UHS clinical dietitian Victoria Rosenfeld, R.D., L.D.N. 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

You can quit smoking; many of your co-workers have already done it. Quitting smoking has immediate as well as long-term benefits for you and your loved ones. In this program, learn effective techniques in a supportive environment. Free nicotine replacement products are available to benefits-eligible participants. Call 258-5035 for more information or stop by the first Thursday of each month at noon in McCosh Health Center, Room G20, to talk with a health professional.

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 homepage
- scroll down to Online Health Risk Assessments and click again

International Travel Planning

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

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, B. For more information or to sign up online after April 1, please visit www.pleasegiveblood.org or call 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.

Blood Pressure Screenings

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 and heart and kidney disease. Call Employee Health at 258-5035 to schedule an appointment.

Weight Watchers at Work

Are you thinking about living a healthier lifestyle? Many of your co-workers have already had success in the Weight Watchers at Work program on campus. They have achieved a healthy weight in a fun and supportive atmosphere that promotes healthy habits from making smarter food choices to fitting in exercise. The convenience of having the weekly meetings on campus has enabled busy Princeton employees to take advantage of this successful program.

Two 17-week sessions of the Weight Watchers at Work program on campus are currently running but you can join any time and your cost will be prorated. One group meets on Tuesdays at noon in Robertson 023 and the other meets on Thursdays at 11:30 a.m. in the Helm Building. A 17-week session includes 19 weeks of free eTools on the Weight Watchers website in addition to the weekly meetings. The cost for the full 17 weeks is $186 and payment plan options that let you spread the cost out over three months are available. If you have a Health Benefit Savings Account and your doctor prescribes weight loss, you can use the money in your account to pay for the program.

For more information, or if you wish to join the Weight Watchers at Work program but cannot attend either of the current group meetings, please contact Kathy Wagner at 258-5137 or akwagner@princeton.edu.
Dining Services Featured in PEI News

The most recent issue of the PEI News featured an interview with Stuart Orefice, the director of the University’s Department of Dining Services, on “Sustainable Eating at Princeton: Dining Services Makes the Grade.” In it, Orefice discusses both the mission to create sustainable menus at Princeton and how to achieve it. “We are looking for products that are local, humane, and organic, but buying local products is our priority because we are trying to reduce the University’s carbon footprint.”

To view the article in the PEI News, go to page six in the online version of their newsletter at web.princeton.edu/sites/pei/pdf/PEI_News_FW2008.pdf. For more information on the Princeton Environmental Institute, go to their website at web.princeton.edu/sites/pei.

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

Outdoor Action

OA Day Trips for the Princeton Community
Visit the OA website at www.princeton.edu/~oa or call 258-6230 for details on upcoming day trips for hiking, biking, kayaking, canoeing, and rock climbing. Faculty, staff, and students are welcome. Sign up for these and other activities at the OA TripStore at https://oa2.princeton.edu/tripstore.

CPR and Wilderness First Aid Classes
Outdoor Action will be offering American Heart Association Heartsaver CPR classes to the University community. The cost is $35 for students and $45 for faculty/staff.

OA also is offering several sections of HEART Wilderness First Aid on various dates during the 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 $105 for students and $130 faculty/staff.

Sign up for either course at the OA TripStore at 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 can contact the OA office at 258-6230.

Spirituality

What Is Peace?
These photographs, taken by University staff and graduate students, are selections from an exhibit titled “What Is Peace?” We hope that the viewer might be inspired by this exhibit to consider where you find and create peace within your own life and your communities. “What Is Peace?” will be on view in Murray-Dodge Hall through December 1, 2009. The full collection of 34 photographs may also be seen at web.princeton.edu/sites/chapel/whatispeace.

New Religious Life Website
The Office of Religious Life encourages all members of the Princeton community to check out our new website, web.princeton.edu/sites/chapel. The site contains up-to-date information on services, lectures, and meetings from many religious traditions.

Alcoholics Anonymous Meetings on Campus
Alcoholics Anonymous meets Sundays at 9:30 a.m., and Mondays at 12:15 p.m. Both meetings are in the Murray-Dodge Café, located in the basement. Murray-Dodge Hall is an alcohol-free building throughout the year.

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

In January, the University launched its new integrated campus transit system, TigerTransit, featuring new routes and new environmentally friendly buses. The new TigerTransit transportation system offers stops at academic and administrative buildings; faculty, staff, graduate student, and undergraduate housing; Nassau Street; and the Forrestal Campus and Princeton Plasma Physics Lab. Other new TigerTransit services include stops with more shelters, connections to NJ Transit and the Princeton Borough FreeB shuttle, service to local shopping centers, an improved on-demand service, and extended hours.

The new buses for the transit fleet will be phased in by September 2009. All will be fully accessible, have low floors and bike racks, and will run on environmentally friendly B20 biodiesel fuel.

TigerTransit buses will also be equipped with Web-based Global Positioning Systems that can track buses in real time. Riders will be able to track the location of any TigerTransit bus on any route online or by cell phone.

For additional information, including downloadable TigerTransit route maps and service hours, please visit the Transportation and Parking Services website at www.princeton.edu/transportation.

TDM Incentives

Last semester, Transportation and Parking Services launched a new Transportation Demand Management Program (TDM) for the campus community including services and incentives for faculty, staff, and students. Beginning spring semester, several new incentives will be available including:

• $25 gas cards for faculty and staff who participate in a carpool to and from campus. Each carpooler will receive one card on a quarterly basis. To sign up, visit the Transportation and Parking Services website at www.princeton.edu/transportation.

• A 50 percent reimbursement on any monthly bus/rail pass purchased and used by faculty or staff.

• 25 percent off NJ Transit train, bus, or light rail monthly passes for students.

For more information, please contact Andrea DeRose at aderose@princeton.edu or 258-1656.

Fristfest Weekend

April 30 to May 2—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, April 30, with an outdoor festival featuring live entertainment, games, and activities on the Frist South Lawn. Festivities will continue on Friday, May 1, and conclude on Saturday, May 2, with other activities for the University community to enjoy.

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

Richardson Auditorium Spring Shows

Richardson Auditorium’s spring 2009 schedule will showcase a variety of Princeton University groups within the Department of Music including Princeton University Orchestra, Chamber Choir, Wind Ensemble, Glee Club, and Jazz Ensemble. The New Jersey Symphony Orchestra, Princeton Symphony Orchestra, Westminster Community Orchestra, and the Tim Keyes Consort are also scheduled to perform.

For further information, visit the Richardson Auditorium website at www.princeton.edu/richaud or call 258-5000. To buy tickets online, visit www.princeton.edu/utickets. Advanced tickets may be purchased at the Frist Campus Center Ticket Office, Monday through Friday, noon to 6 p.m. The Richardson Ticket Office, in Alexander Hall, is only open for walk-up service two hours prior to the start of any ticketed event or performance.

Princeton/Trenton Food and Sustainability Forum

Labyrinth Books will host a forum to discuss food and sustainability in the Princeton and Trenton area on Wednesday, February 25, at 5:30 p.m. The forum is open to the public and admission is free. For more information, e-mail Dorothea von Moltke at dorothea@labyrinthbooks.com. Labyrinth Books is located at 122 Nassau Street.