Princeton in the Summer

Classes are not in session during the summer. Still, the campus is alive with activity. Nearly 140 groups will bring 12,000 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 20 sports camps on campus with 49 sessions for middle and high school students, and some still have openings. For more information, visit www.princeton.edu/camps or call 258-3369.

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 Dial M for Murder, June 16–26; Picasso at the Lapin Agile, June 30–July 10; Godspell, July 14–31; and the Voice of the Turtle, August 4–14. Two children’s shows also will be performed: The Jungle Book, July 7–16, and Tales of Wonder, July 21–30. Three special events are also offered: An Evening of Jazz on June 10 and Stand-Up Comedy on June 22 and July 27. For more information, visit www.princetonsummertheater.org or call 258-7062.

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 17–July 23. Tickets are $15, but University ID holders will receive a discount at the box office. To learn more, including artist and program information, visit the Institute’s Web site at 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 Sondheim’s Sweeney Todd at the Kirby Arts Center of the Lawrenceville School on July 3, 9, 15, and 16. For more information call 537-0071 or go to www.princetonfestival.org. The New Jersey Opera Theater will be on campus with their 2005 summer institute in July and August and will perform several shows at a variety of locations (Pettoranello Gardens, the Princeton Library, and the Berlind Theater at McCarter) from July 22–August 21. For more information, visit www.njot.org or call 799-7700.

The 13th annual Summer Carillon Series will take place on Sunday afternoons beginning at 1 p.m. from July 3 through September 4. The free lawn concerts are held at the Grover Cleveland Tower at the Graduate College, off College Road in Princeton, and performed on the University’s Class of 1892 Bells, which is the fifth largest carillon in the country. For more information, call 258-3854.

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International Travel Planning

Faculty and staff can schedule a Travel Planning appointment by calling Employee Health Services at (609) 258-5035. Please schedule a visit four to six weeks before the date of travel.

Online Forms for Managers Now Available

Employee Health Services and Human Resources have updated the Temporary Disability Forms. These forms are available online at www.princeton.edu/hr/ben/tdhome.htm.

Faculty and staff can now print out these forms from any computer with an Internet connection by selecting the Application for Temporary Disability and Medical Certificate link. (Managers should discard the old yellow multipart forms.)

Summer Construction at UHS

We will be undergoing construction to improve the safety compliance of our facility, beginning June 6, 2005. Please bear with us as we make improvements, including installing a sprinkler system, to make the building safer!

Graduating This Spring?

All graduating students* who use University Health Services after April 15 must pay for services at the time of their visit. The following billable services may be paid by cash, check, or Visa/MC:

• 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, contact Sherry Burns, finance manager at UHS at 258-2767; sburns@princeton.edu.

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

National Blood Pressure Education Month

Faculty and staff can visit Employee Health Services for a free confidential blood pressure screening. Control of high blood pressure can dramatically reduce health risks related to stroke, heart and kidney disease, blindness, and dementia. Call to schedule an appointment; or walk-in during the times seen below. For more information or to sign-up, contact Peggy Henke, office manager for employee health, at 258-5035; phenke@princeton.edu.

Did you know?

New Practice Management System to Launch June 24

UHS is pleased to announce the upcoming launch of a new software system, Medicat™, on June 24, 2005. The new system will allow us to enhance our service to patients through self check-in for appointments and other improvements. Please be patient with us during the last week of June as we adapt to our new system so that we may serve you better!

Blood pressure screening walk-in times

Wednesday, May 18, 2–4 p.m.
Thursday, May 19, 10 a.m.–noon

For more information go to the University Health Services
Web site: www.princeton.edu/uhs
Renewing Your Facility Permits

The new recreational facility membership will go on sale on Monday, May 16. This year, once you purchase your membership, your university ID will be programmed to serve as your permit card. The first date that you’ll be able to use your card will be Wednesday, June 1.

Register for Summer Classes

Registration for the second session of summer physical education classes will be in Room 3 of Dillon Gym from 9 a.m. to 4 p.m., starting on Tuesday, July 5 and continuing through Friday, July 22. The class dates are Monday, July 11, to Friday, September 16 (10 weeks). To view the summer course offerings, go to www.princeton.edu/recsport/pe. Don’t miss out on this outstanding opportunity to get fit.

Springdale Golf Course

Faculty and staff can use the golf course after 3 p.m. on Tuesdays and Wednesdays and any time on Thursdays and Fridays. Greens fees are $30 for 18 holes and $20 for 9. A golf cart is $20 for 18 holes and $10 for 9. (You may rent a pull cart for $3 or use your own.) To secure a tee time, call 924-3198 up to a week in advance.

Renovations Are Coming

Approval has been given to proceed with significant renovations to Dillon Gym. In order to do these renovations, it will be necessary to close certain areas of the building from time to time (such as the main gym floor and locker rooms). Your understanding of the situation is greatly appreciated.

Outdoor Tennis Courts

The Pagoda Tennis Courts are located next to Lot 20 and Lourie-Love Fields. The courts are available to faculty and staff—at no charge—from dawn until dusk, except for the time that they are being used by the varsity, junior varsity, club sport team, or a scheduled program or tournament. No facility permit is needed to use the courts. For more information, please call 258-5057.

Links

For information about physical education classes, intramurals, club sports, fitness (including The Fitness and Wellness Bulletin), and recreational facilities go to www.princeton.edu/recsport.

Exercising in the Heat

With the summer quickly approaching, it’s important to safeguard your body against heat-related disorders that include heat exhaustion, heat stroke, and heat cramps. Here are several tips for exercising outdoors in the heat and humidity:

• Acclimatize to high heat and humidity. This means that you should exercise during the cooler parts of the day such as the early morning and late evening.
• Rehydrate with cold liquids as needed. Drink about 16 ounces of water for every pound of bodyweight that you lose while exercising.
• Wear loose clothing that is lightweight and light-colored. Lighter colors reflect the sun’s rays; darker colors absorb them.
Carebridge Seminars

All benefits-eligible faculty and staff members are invited to attend the upcoming Carebridge seminar scheduled for Wednesday, August 24. The topic is “Helping Your Child Succeed in School.” This seminar will be held from 10 to 11 a.m. and again from 1:30 to 2:30 p.m. in Multi-Purpose Room A in the Frist Campus Center.

To attend, contact Sheryl Farah at 258-9112 or sheryl@princeton.edu. You will receive additional details as we approach the seminar date.

Carebridge counselors are available 24 hours a day, 7 days a week, to answer your faculty and staff assistance and work/life questions. Call (800) 437-0911 to speak with a counselor.

Children’s Educational Assistance Plan

We are pleased to announce that 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 next year, the tuition grant program will provide a maximum annual grant of one-half tuition and mandatory educational fees up to $10,830 ($5,415 per semester, or $3,610 per trimester).

If you have any questions about the tuition grant program or would like to request a tuition grant application, please contact the Human Resources Solution Center at 258-3300 or hr@princeton.edu. Tuition grant program applications are also available online at www.princeton.edu/hr/ben/tgrantR&P.pdf.

For more information go to the Human Resources Web site: www.princeton.edu/hr

Health & Well-Being News Survey

The HWB News editors are very interested in soliciting your feedback about this newsletter. Please take a few moments to fill out the survey (below) and return by campus mail. Thank you.

How familiar are you with Health & Well-Being News (HWB News)?
- I’ve seen it but haven’t read it
- Read it occasionally
- Read every issue

How have you read HWB News?
- E-mail version
- Printed version

How much of HWB News do you read?
- Entire issue
- Most of it
- Scan it only
- None of it

How do you rate the quality of HWB News?
- Poor
- Average
- Good
- Excellent

For the health & well-being issues below, please indicate those that should have more coverage in the newsletter. (Please check as many as you’d like.)
- Health
- Fitness
- Childcare
- Food/nutrition
- Work/life
- Spirituality
- Special events and services

Did you know?

You should review your life insurance and retirement plan beneficiary information at least every year or two. If you experience a major life event such as a marriage, divorce, or birth or adoption of a child, your beneficiary information may need to be changed. To update your life insurance beneficiary information, you may complete a Life Insurance Beneficiary Designation Change Form which can be found online at www.princeton.edu/hr/ben/life.pdf. Please forward your completed beneficiary form to the HR Solution Center, 1 New South. If you have additional questions about your life insurance benefits, please contact the HR Solution Center at 258-3300. To update your retirement plan beneficiary information, contact TIAA-CREF at 800-842-2776.

Health & Well-Being News has been sent to faculty, staff, and graduate students in two ways: as an e-mail attachment and as a printed version through campus mail. Which do you prefer?
- E-mail
- Printed
- Both
- Neither

In the future, readers may have the option of viewing HWB News on its own Web site. Would you be interested in this option?
- Yes, instead of receiving the printed version
- Yes, instead of receiving an e-mail and attachment
- Yes, in addition to receiving the printed version
- Yes, in addition to receiving an e-mail and attachment
- I prefer not to receive HWB News

Please answer the following questions, then cut out and send the survey in campus mail to the address below:

Demographic information—are you a:
- Faculty member (prof./assoc./assist.)
- Faculty member (other)
- Administrative staff
- Professional/technical staff
- Biweekly staff
- Research staff
- Library staff
- Postdoctoral fellow
- Graduate student
- Other

Should we consider sending printed versions of HWB News to home addresses instead of campus addresses?
- Yes
- No

We welcome any additional comments you have on HWB News:
Retreat!

Summer is the time when those of us who work in the University should try to take a deep breath and relax. While that can be done at home or on the beach, another approach is to go to a retreat center and focus on our spiritual and mental health. There are many different centers not far from Princeton that can help reinvigorate our spirits. These are just a few suggestions and many more can be found in a quick search online:

Dharma Drum Retreat Center
A Buddhist retreat center, Pine Bush, NY
For more information, send e-mail to ddrc@dharma DR Um retreat.org or call (845) 744-8114 to schedule a visit. (www.dharma DR Um retreat.org)

East Mountain Retreat Center
An interfaith retreat facility in the Berkshire Mountains, Great Barrington, MA.
For more information, call Reverend Lois F. Rose at (413) 528-6617. (www.east RET centre.org)

Isabella Freedman Jewish Retreat Center
Programs for all ages on foothills of the southern Berkshires with two lakes for swimming and boating. For more information, call (860) 824-5991. Fax (860) 824-7228 or send e-mail to info@isabella freedman.org. (www.isabella freedman.org)

St. Joseph by the Sea
A Catholic spiritual center on central New Jersey’s shoreline, South Mante- loking, NJ. For more information and a brochure describing their retreats, call (732) 892-8494 or send e-mail to sjbsea@comcast.net.

For more information go to the Religious Life Web site: web.princeton.edu/chapel

University Chapel Service Moves to Summer Hours

On Sunday, June 5, the Princeton University Chapel Sunday morning service will change to summer hours and start at 10 a.m. All are welcome at this ecumenical Christian worship service. For more information, e-mail Dean Thomas Breidenthal at tb reiden@princeton.edu.

Health & Well-Being News Survey

Campus Mail:
Karen Woodbridge
Office of Community and State Affairs
22 Chambers Street, Suite 101
University Services

University Staff Picnic, June 7

All staff and faculty are invited to attend the annual Staff Picnic on Tuesday, June 7. The picnic is a tangible way to thank staff for their hard work and dedication and to celebrate staff efforts that contribute to the overall success of the University. This year’s picnic will have a summer carnival theme and will be held on the historic West Campus, between Alexander Hall and Blair Arch, from 11:30 a.m. to 2:30 p.m.

Volunteers are welcomed to assist in setting up, making announcements, running events, taking tickets, distributing T-shirts, collecting items for share baskets, and cleaning up. Volunteers usually work for an hour and then enjoy the rest of the picnic. To sign up, please e-mail Lisby Ritchie at eritchie@princeton.edu. Volunteers will receive this year’s staff picnic T-shirt.

For further information, please visit www.princeton.edu/hr/recog/picnic.htm or www.princeton.edu/uservices and click on the University Staff Picnic link. Please plan to attend!

Frist Campus Center Summer Hours

June 1 to September 2, 2005
Monday through Friday 8 a.m.–5 p.m.
Saturday 9 a.m.–5 p.m.
Sunday 1 p.m.–5 p.m.

Frist will be closed on Sunday, July 3, and on Monday, July 4, for the Fourth of July holiday. Frist will close at 6 p.m. on the following Wednesdays to accommodate the Frist Summer Concert Series: June 15, June 22, June 29, July 6, July 13, and July 20. Frist will be closed from September 3–5 for Labor Day.

Frist Campus Center Summer Concert Series

The Frist Campus Center will present six concerts this summer starting at 4:30 p.m. on the following Wednesdays on the Frist South Lawn: June 15, June 22, June 29, July 6, July 13, and July 20.

The Frist summer concerts are free and open to the public. Refreshments will be served. Please visit the Frist Campus Center Web site at www.princeton.edu/frist in June for a complete list of performers.

Did you know?

Sushi is now available in the Tap Room at Prospect House.

Summer Concerts at Richardson Auditorium

Princeton University Summer Concerts presents four concerts this summer starting at 8 p.m. at Richardson Auditorium in Alexander Hall on the following dates:

- Wednesday, June 29
  - The Shanghai Quartet
  - The Miro Quartet
- Thursday, July 14
  - Gryphon Trio
  - The Enso Quartet
- Wednesday, July 20

Free tickets will be distributed at the Richardson Auditorium Ticket Office beginning at 7 p.m. on the day of the concert. For further information, please visit the Richardson Auditorium Web site at www.princeton.edu/richaud.

Orange Key

The Orange Key Tour Guide Service, a student-run volunteer organization, provides free campus tours to prospective students and campus visitors. It is comprised of University students with diverse backgrounds and interests who are united in their desire to share Princeton University with the broader community. Daily tours, which begin at the Frist Campus Center, are open to all and no reservations are needed except for groups over 15. Tours last approximately one hour.

During the summer from June 1 until September 2, tours are given Monday through Saturday at 9:45 and 11 a.m. and 1 and 3:30 p.m. and on Sundays at 1:30 and 3:30 p.m. No tours will be given on July 3–4 (Independence Day) or September 3–5 (Labor Day). Large groups should contact the Frist Campus Center Welcome Desk to make special arrangements. For more information, visit their Web site at www.princeton.edu/orangekey or call the Welcome Desk at 258-1766.

Summer Barbecues at Prospect House

Summer barbecues make a long-awaited return to the Tap Room at Prospect House starting Tuesday, June 7, 2005, and will run every Tuesday and Thursday through Thursday, September 1, 2005, from 11:45 a.m. to 2 p.m. Thursday barbecues will feature a special themed menu offering tastes of various cultures and regions. Reservations are not required. Cost per person: $8.25.

For further information, please visit the Prospect House Web site at www.princeton.edu/prospecthouse.

For more information go to the University Services Web site: www.princeton.edu/uservices