



**October 22–28, 2018**



# Sir Steven Cowley: PPPL's director is knighted

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Read more at  
**PPPL Today**





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# **Just Breathe — *Mindfulness Series***

**Tuesdays, Oct. 23, Nov. 20, Dec. 12  
12-12:30 p.m.**

**PPPL Furth Plasma Physics Library**

**For PPPL students, faculty, and staff  
Drop-in as often as you can!**



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# Open Enrollment 2019

**Monday, Oct. 15–Friday, Nov. 9**



# Open Enrollment 2019

- If you are enrolled in a medical plan, and do not make an election for 2019, you will be defaulted into the Consumer Directed Health Plan (CDHP) at the same coverage level.
- Use ALEX, an online decision support tool to help you choose the best healthcare plan options for you. Ask ALEX at <https://www.myalex.com/princeton/2019>.
- New Voluntary Benefits for 2019

**Contact the Benefits Team at 8-3302 or [benefits@princeton.edu](mailto:benefits@princeton.edu) with questions**



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# Open Enrollment 2019

## Main Campus Benefits Fair

Wednesday, Oct. 24  
10 a.m.–2 p.m.

Frist Multipurpose Rooms and B

## PPPL Benefits Fair

Thursday, Oct. 25  
10 a.m.–2 p.m.

Lyman Spitzer Building



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Thursday, Oct. 25  
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Lyman Spitzer Building

# Open Enrollment 2019

## Walk-In Office Hours

Location: HR Conf. Rm. B173

**Oct. 22** 9 a.m.–11 a.m.

**Oct. 24** 9 a.m.–5 p.m.

**Oct. 30** 9 a.m.–5 p.m.

**Nov. 7** 9 a.m.–5 p.m.



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# Families of Princeton students tour PPPL on Oct. 12 for the Princeton First-Year Families Weekend





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# Process confirmed to reduce fusion ash

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# PPPL'ers go out to sea on annual fishing trip





# PPPL'ers go out to sea on annual fishing trip



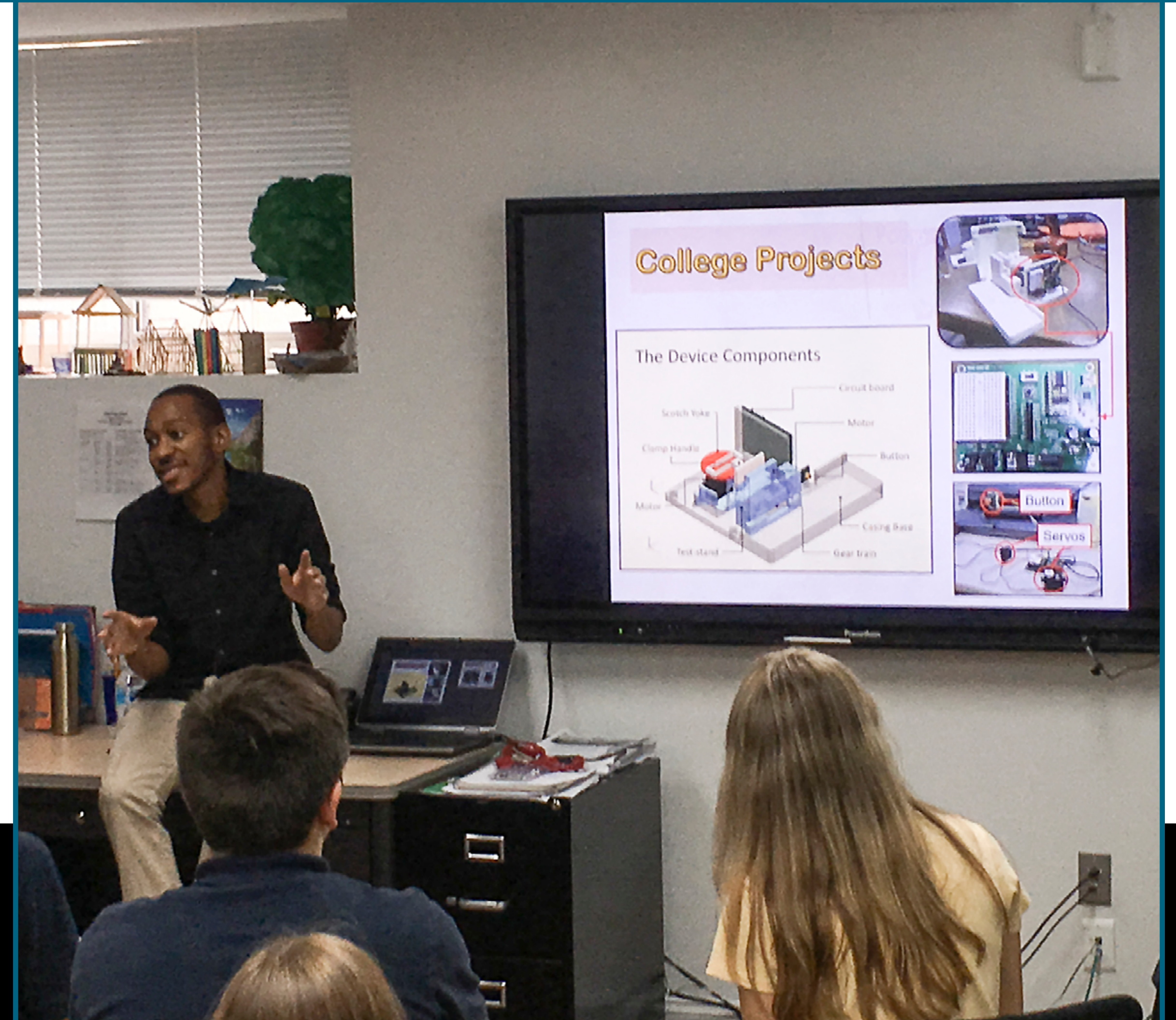


# PPPL'ers go out to sea on annual fishing trip





# A lesson in engineering: Science Education visits the Cambridge School





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# Make an appointment for your flu shot

Please call the Occupational Medicine Office (OMO) at x3200 to schedule an appointment.





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# ***Clean the Can!***

**Make sure your work area is recycling correctly for recycling survey**

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PPPL will celebrate America Recycles Day on Nov. 16 and the Green Team will be doing a recycling survey of various areas around the Laboratory to find out how well they are recycling.

**Think green, keep it clean**



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**America  
Recycles Day  
Clothing Drive**

**Nov. 1–28**

**Contribute to the clothing drive  
for the Trenton Rescue Mission**



Save  
the Date

**World of  
Thanks**

**Monday, Nov. 19  
12:15 p.m.**



# Wanted: Tour Guides!

**Show off the Lab  
to the public!**



**Contact Jeanne Jackson Devoe, ext. 2757**



# **Individual Retirement Counseling**

**Vanguard and TIAA are offering individual counseling sessions on campus to help you with your retirement planning.**

**To schedule a session, contact Lynn Herbine, [lherbine@princeton.edu](mailto:lherbine@princeton.edu)**



**Can I do a STOP  
observation with  
someone else?**



**Yes!**

**Don't go it alone! You can  
conduct STOP observations  
in pairs (or more). List all  
observers on one card.**

**Safety first:  
Use the STOP program!**



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BROCK

Premier

Jerry Vazquez

Chef Manager

Café

at PPPL

BREAKFAST ..... 7 a.m. • 10 a.m.

CONTINENTAL BREAKFAST ..... 10 a.m. • 11:30 a.m.

LUNCH ..... 11:30 a.m. • 1:30 p.m.

SNACK SERVICE ..... until 2:30 p.m.

	Monday October 22	Tuesday October 23	Wednesday October 24	Thursday October 25	Friday October 26
Sizzle AM	<b>Loaded Western Omelet</b> Eggs Folded with Ham, Peppers, and Onions	<b>Taylor Ham, Egg, and Cheese on Fresh- Baked Brioche</b>	<b>Chicken and Waffles</b>	<b>Grande Burrito</b> Loaded with Peppers, Onions, and Meats Wrapped in a Tortilla	<b>Peppers, Potatoes, and Eggs</b>
Stock		<b>Chicken Orzo</b>	<b>Vegetarian White Bean</b>	<b>Beef Rice</b>	<b>Shrimp Bisque</b>
Craft	<b>Waldorf Chicken Salad</b> Chicken Salad with Cranberries and Walnuts	<b>Falafel with Tzatziki Sauce</b>	<b>Tuna Salad Croissant</b>	<b>Asian Vegetable Sandwich</b> Roasted Vegetables with an Asian Sauce	<b>Turkey and Ham Club</b> Turkey, Ham, Bacon, Lettuce, and Tomato on Ciabatta Roll
Sizzle PM	<b>Fish Cake Sandwich</b> Fish Cakes Made with Assortment of Fish Served on a Fresh-Baked Brioche Roll	<b>Turkey Reuben</b> Sliced Turkey with Sauerkraut, Swiss Cheese, and Russian Dressing	<b>Sausage and Peppers</b> Italian Sausage made with Peppers and Onions on an Italian Roll	<b>Crispy Buffalo Chicken</b> Breaded Chicken on Ciabatta roll with Blue Cheese, Tomatoes, and Lettuce	<b>B.B.Q. Bacon Cheese Burger</b>
Discover	<b>Asian Noodle Bowl</b> Lo Mein Noodles with Fresh Vegetables and Chicken; Vegetarian Option Available	<b>All-American Pot Roast</b> Savory Eye Round Steak with Mashed Potatoes and Vegetables	<b>Fish Tacos</b> Seasoned Cod Filet Served in Tortillas	<b>Pork Tenderloin</b> Roasted Pork Tenderloin with Apples and Cranberries	<b>Tailgate Wild Wings</b> Broiled Wings with Your Choice of Sauce
Panini	<b>Steak Au Poivre</b> Sliced Flank Steak Encrusted with Peppercorn and Swiss Cheese	<b>Chicken Parmesan</b>	<b>Chicken Greek Salad</b> Chicken Breast, Feta Cheese, Spinach, Tomatoes, and Homemade Greek Dressing	<b>Roast Beef and Cheddar Melt</b>	<b>Fresh Mozzarella, Roasted Peppers, Arugula, and Tomatoes</b>

MENU SUBJECT TO CHANGE WITHOUT NOTICE





Jerry Vazquez  
Chef Manager



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