June was a busy month for OIS with birthdays, so we decided to celebrate! Several OIS staff members ventured out of Oakland for a special lunch treat up to Squirrel Hill to Bangkok Balcony! Squirrel Hill is easily accessible by any of the 61 bus routes and offers a wide range of different restaurants. Bangkok Balcony features Thai food and offers a tranquil atmosphere overlooking Forbes Ave. The lunch special is very reasonable and includes a salad, spring roll and entrée. For my main course I chose one of my favorite Thai dishes, the green curry. Green curry is a great combination of sweet with coconut milk and spice with the curry paste (and I chose my dish at a heat level of 7). Bangkok Balcony’s food is fresh and very flavorful. My dish had an abundance of vegetables including broccoli, eggplant, snow peas, and peppers and I chose to have tofu as my protein. As you can see, everyone enjoyed their meal and our time together. For a typical American birthday celebration, the meal ends with cake for dessert, but we decided to get a different dessert. We walked across the street to Ben & Jerry’s for some ice cream! I sampled the Liz Lemon, a lemon flavored Greek frozen yogurt with a blueberry lavender swirl.

**HAPPY BIRTHDAY TO YOU!**

Top Row: Lauren Panetti, Katy Gongaware, Kati Von Lehman
Bottom Row: Diane Saran, former OIS member Cynthia Yializis, Alison Zappa, and Melissa Reinert
**Spotlight: Human Resources Benefits**

**Benefits at a Glance**

Pitt offers **medical**, **dental** and **vision** coverage, a range of **life insurance** options, **long-term care insurance**, and income protection in the form of **short** – and **long-term disability** benefits.

**Tuition remission** is available for all regular full-time staff members, their spouses, domestic partners and dependent children, as long as they are otherwise admissible and meet eligibility requirements.

A variety of **retirement plans** are available and Pitt may match pre-tax contributions up to $1.50 for every $1 invested by the employee, up to 8 percent of his salary.

For a review of benefit eligibility for your situation, please review the [Benefit Eligibility page of the Human Resources website](#).

**Other Benefits of Working at the University of Pittsburgh**

**Health and Wellness**

**Fitness for Life Health Initiatives** encourage proactive healthcare management for faculty and staff members as well as their family members.

Example opportunities offered through the Fitness for Life include **2013 Weight Loss Program with Weight Watchers** which enabled interested individuals to attend Weight Watchers meetings at work; **America on the Move** which encourages participants to Move more, eat less; **free Nutritional Counseling** by telephone to help plan and comply with a diet; **Reimbursable Smoking Cessation Coaching**; and **Farms to Pitt** which brings in season and fresh foods from local farms right to Pitt’s campus.

Learn more about these and other programs by visiting the [Fitness for Life Health Initiatives and Incentives website](#).

Access to **workout facilities** is provided for faculty and staff at the **Bellefield & Trees** Fitness Centers. Although facilities will be closed in observation of the Fourth of July holiday, the [summer 2013 schedule is viewable here](#).
**Spotlight: Human Resources Benefits**

**Family and Children’s Resources**

The **University Child Development Center** serves the University community by enrolling children of staff, faculty and students. The Center provides care for children ranging from six weeks through five years of age and is open Monday through Friday from 7:00 am until 6:00 pm. Learn more on the University Child Development Center website.

**Lactation Rooms** are provided to assist nursing mothers to find a convenient location to express breast milk on the University of Pittsburgh Oakland campus. Review the list on the Lactation Room Locations webpage.

**Education and Professional Development**

In addition to the **tuition remission** available for all regular full-time staff members, the University of Pittsburgh does offer other opportunities for training and Professional Development.

The **Faculty and Staff Development Program**, offered through the Office of Human Resources, offers a variety of workshops to enhance the professional and personal development of Pitt faculty and staff. Workshops are offered in the fall and spring of each year. Categories vary from Professional Development, Leadership Development, International Services Development, Technology, Health and Safety, and Personal Finance, among others. To see available course offerings and to register, visit the Faculty and Staff Development Program webpage.

The University offers other **online training courses** such as Preventing Employment Discrimination, Sexual Harassment Prevention, and guidance for supervisors online through the University Training Resources webpage.

The **Writing Center**, staffed by experienced consultants who have been trained to help others with their writing, provides services to Pitt students, faculty and staff to improve their writing skills. For more information about the services they provide or the programs offered, please visit the Writing Center webpage.

**Other Resources**

**Pitt ARTS** brings art to Pitt Students, Faculty and Staff through on-campus programs and discounted tickets. For more information or to get discounted tickets, visit the Pitt ARTS website.
The Fourth of July in 1776 was the day that the Second Continental Congress signed the Declaration of Independence. This document announced to the Kingdom of Great Britain that the 13 colonies were forming an independent nation (the United States of America). This period in the United States history is referred to as the American Revolution.

**Holiday Customs**

On the Fourth of July, people traditionally celebrate Independence Day by watching fireworks displays, cooking food on the barbeque, hosting family reunions, enjoying baseball games, and attending parades. Many people also light sparklers, like the international students pictured at left, while enjoying the Fourth of July night activities. In addition, this is a day where some people take the time to honor the men and women in our armed forces who continue to protect our freedoms.
Experience America: OIS Summer Picnic

Thanks to everyone who came out to join us for the summer picnic! We were thrilled to see 86 of our graduate students, J-1 scholars and their dependents during a busy summer day! We enjoyed sharing a meal with you and talking with you about your experiences at Pitt thus far. We hope you learned a bit about us too and also about our planned activities for Experience America for the coming academic year. You can learn more about these sessions on the Experience America page of our website. We hope you will be able to join us for some of the sessions we will feature this Fall!

~The Staff of OIS

CONGRATULATIONS STEVEN ADAMS!

International student Steven Adams has been drafted by the NBA to the Oklahoma City Thunder! He is from New Zealand and played basketball with the Pitt Panthers for one year, making it to the NCAA tournament!

Click here to see Steven Adams learn to fold a pocket square!
Get Involved Pittsburgh—Local Farmer’s Markets

Farmer’s markets are a great way to purchase fresh, organic produce while supporting local farmers. Farmer’s markets offer a wide range of fruits, vegetables, flowers, and even prepared foods and baked goods. Shopping at a farmer’s market is a great way to buy healthy foods that are in peak season. Many different neighborhoods in Pittsburgh have farmer’s markets each week until November! Check out the different locations and times below and help to support Pittsburgh’s farmers!

OAKLAND:

- Schenley Plaza – Fridays 3 – 6 pm
- Phipps Conservatory – Wednesdays 2:30 – 6:30 pm

POINT BREEZE:

- Shiloh Farms, Thomas Blvd. & Homewood Ave. – Thursdays 3 – 7 pm

STRIP DISTRICT:

- Farmers at Firehouse, 2216 Penn Ave. – Saturdays 9 am – 1 pm

BLOOMFIELD:

- Cedarville St. & Friendship Ave. – Thursdays 3:30 – 7:30 pm

SOUTHSIDE:

- Carson & 18th St. – Tuesdays 3:30 – 7:30 pm

EAST LIBERTY:

- 5800 Penn Circle West – Mondays 3:30 – 7:30 pm

DOWNTOWN:

- Market Square – Thursdays 10 am – 2 pm
- City County Building – Fridays 10 am – 2 pm
July
9th — Ramadan Begins
21th — Dinner Dialogues – Hesselbein Academy

August
3rd — Summer Classes End
7th — Ramadan Ends
12th to 16th — No Student Team Walk-in Hours
26th — Fall Classes Start!

ONGOING
Every Friday OIS hosts a session on Optional Practical Training (OPT) from 2PM—3PM.
You can register for the OPT Info Session here.