

*Center for Justice and Peacebuilding
Eastern Mennonite University
Harrisonburg, Virginia*

Participant Handbook

2019

“I feel so renewed and re-energized, not only by the new knowledge I have gained, but also by the warm loving spirit that I felt at SPI.”

Loreta Castro, SPI 2012 participant from the Philippines

The Summer Peacebuilding Institute (SPI) provides useful and intellectually stimulating opportunities to learn more about yourself, others and the world around you. Courses are designed for people interested in integrating conflict transformation, peacebuilding, restorative justice, and related fields into their own work and personal life.

Learning Community

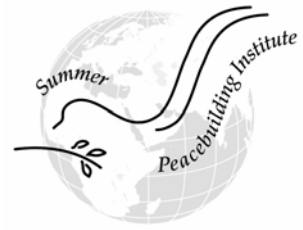
The SPI community is one of mutual respect and elicitive learning. An interactive approach is used in all courses to draw upon the rich experience of participants as well as instructors. Participants are encouraged to reflect and to share from their own experiences in the safe space created by SPI. Minds and hearts are further opened outside of the courses with stimulating conversations, laughter, hiking, volleyball, group meals, and other activities.

“CJP is one of the best peacebuilding programs in the world!”

—Johan Galtung, PhD – Norwegian sociologist and pioneer in peace and conflict studies

Welcome!

Warm greetings to the 24th annual Summer Peacebuilding Institute at Eastern Mennonite University. We welcome you into a special community – a space and time where distinct lines are blurred. Here we are all students and all teachers, struggling and growing together as a community united by a hope for a better, more peaceful world.



Some of you have been here before. For others, this is your first time to experience the extraordinary community of practitioners who gather from across the globe to live, study, eat, play, and learn together. Into this sacred gathering space, we each bring our own stories and experiences, offering them for mutual reflection and transformation. We hope you will enjoy the warmth of the fellowship, the safety of the circle, and the bond of our common search for healing and hope in a broken world.

The staff of the Summer Peacebuilding Institute wishes to help make your stay as beneficial as possible. This booklet has been put together to answer some of your many questions and to provide tips for getting what you need on campus and in this community. If there are other things we can do to facilitate your living and learning, please do not hesitate to approach us.

May the insights from your time here encourage and renew you. As you return to your home and community... Please stay in touch!

Bill Goldberg & Alison D'Silva

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The SPI Community

Learning Environment

Our objective at SPI is to provide a structured environment where people can share ideas and experiences in order to learn. Some of these ideas may be new to us, or may contradict cherished beliefs. Some of the experiences may be challenging to articulate or to listen to. In public sessions and in classes, everyone at SPI commits to do their best to listen respectfully to others and to engage in learning activities.

Our fields of work and study expose many of us to difficult and sometimes traumatic experiences. We try to establish an environment which is conducive to learning for every person. SPI has also arranged with a local counseling service to assist anyone who feels they need counseling. Nonetheless, if an individual is unable to adjust to the learning environment and thereby threatens the learning or safety of that individual or the group, SPI reserves the right to intervene, to outline behaviors that are required in order to participate, to make available counseling and mediation services, and, if necessary, to ask the individual not to return to class.

Trauma Sensitivity in SPI Programming

The Summer Peacebuilding Institute (SPI) welcomes students and instructors from all over the world, each person bringing unique gifts and stories. Some SPI participants may arrive with various symptoms of traumatic stress from violent events in their lives, communities or countries. Even if an individual does not outwardly appear traumatized, they may be holding within themselves the results of one or more traumatic events or something in one of their courses may trigger a personal traumatic event.

In addition to an organizational culture that promotes hospitality and learning from each other, SPI is here to help and support you if trauma occurs or is ongoing.

Body-mind activities during SPI

Body movement and the connection between the body and the brain are essential for trauma healing. SPI is arranges for activities to connect the body and the mind to move past trauma and build resilience. Some of these include:

- Yoga: Westernized yoga with no religious focus, to give you time to connect your body and mind through breathing exercises and stretching poses without the outside world imposing.
- Journey Dances: Free movement with some guidance to help you relax and drop away the concerns of the day.

Title IX and Sexual Violence

Sexual violence is a reality for many people and takes many different forms. No setting is immune, including EMU. Sexual violence is not just a women's issue. It is everyone's issue and must be a concern to all those who seek justice and peace.

Title IX is a law passed in 1972 that requires gender equity for boys and girls in every educational program that receives federal funding. Among its provisions are those which protect



victims of sexual violence. Educational institutions are required to have policies and procedures in place to respond. The below is meant to outline what you need to know about Title IX at EMU.

Title IX: *The following policy applies to any incidents that occur (on or off campus) while you are a student registered at EMU. It does not apply if you are talking about incidents that happened prior your enrollment at EMU.* It is important for you to know

that all faculty and staff members are required to report known or alleged incidents of sexual violence (including sexual assault, domestic/relationship violence, stalking). That means that faculty and staff members cannot keep information about sexual violence confidential if you share that information with them. For example, if you inform a faculty or staff member of an issue of sexual harassment, sexual assault, or discrimination he/she will keep the information as private as he/she can, but is required to bring it to the attention of the institution's Title IX Coordinator. If you would like to talk to this office directly, Rachel Roth Sawatzky, Title IX Coordinator, can be reached at 540-432-4849 or rachel.roth.sawatzky@emu.edu. Additionally, you can also report incidents or complaints through the online portal at <http://emu.edu/safecampus/>. You may report, confidentially, incidents of sexual violence if you speak to Counseling Services counselors, Campus Ministries' pastors, or Health Services personnel providing clinical care. These individuals, as well as the Title IX Coordinator, can provide you with information on both internal and external support resources. Please refer to the Student Handbook which can be found at <http://emu.edu/graduate-and-professional-studies/graduate-student-handbook.pdf> for additional policies, information, and resources available to you.

Registration, Check In/Out & Departure

Registration & Check In

- Registration for each session will be held on the morning of the first day of classes in the upper level of the Seminary between 7:30 and 8:30 a.m. This is the time for you to settle any unpaid bills—tuition or training fees, lodging, or transportation—and to clarify any questions you might have regarding academic credit, housing, special needs, etc.
- For those of you who have signed up for more than one session, it will still be necessary for you come to registration each time, to pick up your new name tag and session schedule. Course material will be available in your classroom on the first day of classes.
- A buffet breakfast will be served during registration for all SPI participants, instructors, staff and guests.

- If you are staying on campus and are just arriving the morning of the first day of classes, you will receive your room assignment, key and nametag/meal ticket at registration.
- Immediately following registration, at 8:30 a.m., participants will gather for a Gathering Celebration in the Martin Chapel in the Seminary. Please note that this opening occurs on the first day of every session.

Check Out

- Participants who have been lodged on campus will need to set a time for check out with one of the Community Assistants (CAs) before departure. At check-out time, the room key must be returned and your room must be reviewed by a CA. Instructions for check out are posted inside the door of each suite and must be followed for a successful check out.
- The check-out list includes the following:
 1. Return your room key and name tag
 2. Leave linens on the floor in your room in two piles: 1) bed sheets and pillow case/slip, 2) bath towels and washcloths
 3. Remove food which you have purchased for your own use from cupboards and refrigerator (give to roommates who are staying, dispose of, or give to CA's)
 4. Wash all dishes and return borrowed pots, pans, and other cooking utensils
 5. Inspect the common living areas for anything that may be yours
 6. Remove all trash and recycling
- All fees should be paid at registration. Any unpaid SPI fees or fees for services contracted since registration (extra lodging days, added transportation, etc.) must be paid in full prior to your departure from campus. Please note that any childcare fees are to be paid directly to your childcare provider. If you owe any money, you will receive a final invoice a few days before you leave campus. Contact Bill Goldberg, SPI Director (x4664), with questions related to that invoice.

Departure

Confirming Transportation from Campus

- If you are relying on SPI to take you to the airport, train station, or elsewhere and you have not heard from the Transportation Coordinator 48 hours before you leave campus, please confirm your travel plans by calling (888) 774-9368.
- There may be other people traveling to the same destination as you. If this is the case, you will all travel in the same vehicle. Please arrive at the pick-up point on time and have all of your luggage with you.

Confirming Airline Reservations

- Most airlines ask for a confirmation of your reservation at least 72 hours prior to your departure in order to guarantee your seat. To do this, call the toll-free number of the airline

and give them your name, the date and the number of your flight. You can make these toll-free calls from your room extension. SPI staff are not responsible to make these calls.

- Numbers of the most frequently traveled airlines are as follows:

Air Canada	1-888-689-2247	Emirates	1-800-777-3999
Air France	1-800-992-3932	KLM	1-800-618-0104
American	1-800-433-7300	Southwest	1-800-435-9792
British Airways	1-718-425-5550	United	1-800-864-8331
Delta	1-888-750-3284	USAirways	1 (866) 418-8869

- If the airline on which you are traveling is not listed above, look for it online or call Turner Travel, a travel agency in Harrisonburg. Their phone number is 1-540-433-2438. They are open Monday – Friday, 9 a.m. - 5 p.m.
- Each airline has its own weight and size limitations on luggage so be sure to check this before heading off to the airport or you may end up having to pay a substantial amount for any overweight bags.
- For other questions related to departure, see the SPI Transportation Coordinator.



Campus Lodging

Dormitory Locks & Keys

- All EMU dormitories are kept locked at all times and operate by a key-card reader. The ID card that you receive operates as the key for the lock. At Hillside Suites, where most SPI participants are lodged, key-card locks are located on the south door by the main lounge and on the east door by the parking lot. You will need to swipe the ID card through the card lock to open the door. Loss of this card will result in a replacement fee which you will need to pay personally. Replacement cards are available from the Information Services Help Desk in the Library.
- Upon arrival, you will be issued a key to your suite and bedroom. Your key will open the door to your bedroom as well as the door to the suite that you share with others. Although all of your suitemates will have keys that open the suite door, only your key will open your bedroom door.

Community Assistants

- The Community Assistants (CA's) living in Hillside Suites (where most of the SPI participants are lodged), will be available during specific hours to respond to questions and needs of on-campus participants. The hours that they are available are posted outside their suite doors.
- Each CA will have specific on-duty hours, so please seek out the designated person on-duty if you need assistance.
- The CA on duty will have a master key and will be able to let you into your room if you find yourself locked out. S/he may also be able to help you get bed and bath linens, soap, toilet paper, and other items that might be needed when campus services are closed. Any problems or **emergencies** should be reported to the CA on duty.

Room Provisions

- Basic provisions in each room will include the following:
 - Bed Linens: one mattress cover, two flat sheets, one pillowcase/slip, one pillow, and one blanket. Please note that fitted sheets are not provided. We recommend bringing your own fitted sheet for a single size mattress.
 - Bath Linens: two bath towels, two washcloths, and a bar of soap.
- If you are staying at Hillside for more than one session, you can get clean bed and bath linens at the "Linen Exchange" which takes place every Wednesday morning between 7:00 & 8:15 a.m. on the third floor of Hillside Suites. You will need to bring your used bed and bath linens (**not** the mattress pad or dish towels) in order to get a clean set of linens. Each item you turn in will be replaced with a fresh one.

Laundry

- There are coin-operated washing machines and clothes dryers on each floor in Hillside.
- There is also a laundromat, Park View Laundry, on the road between the Center for Justice and Peace building and the service station on Mt. Clinton Pike. Ask the CA on duty for directions if you wish to use this facility.
- An ironing board and iron are located in the laundry room on each floor.

Kitchen

- Each suite in Hillside has a kitchen with stove, refrigerator, and microwave oven. Tableware, eating utensils, and cooking pots are provided in each suite. Food can be purchased and prepared individually or communally, as desired. Everyone is responsible for washing their own dishes and cleaning up after themselves.

Participant Lounge

- The first floor lounge in Hillside Suites has been designated as a common meeting area for all SPI participants. Feel free to meet there with friends and participants staying off campus. Supplies for making coffee and tea are usually available in the lounge for everyone's use.
- The Hillside lounge is also equipped with two computers for checking email. This equipment is to be shared by all SPI participants, so we ask that you be sensitive to the needs of the community. For more extended use, there are other computer labs available. (See *Computer Labs* in this booklet for more information.)

Care of Facilities

- The following are university regulations that also apply to SPI:
 - Smoking is not permitted in any campus building or dormitory.
 - Smoking is allowed only in the designated area (outside dormitory) where a receptacle is provided.
 - Alcohol and illegal drugs are not permitted on campus.
 - Pets are not permitted in campus dormitories.
 - Common areas in the suites are to be kept neat and ready for others to use.
- Brooms and dustpans are available in the laundry room on each floor. A vacuum cleaner can be requested from the CA on duty for more extensive clean up.
- Trash and items to be recycled (glass, aluminum, bi-metal cans and paper) are picked up from Hillside several times a week. Participants must take their trash and recyclable items to the Trash Room on the first floor and put them in the proper receptacles. See *Recycling* in this booklet for more information.

Campus Facilities



Bookstore

- The Bookstore, located in the University Commons (near the SPI information table), carries textbooks, a variety of trade books, school and office supplies, gift items, clothing, greeting cards, snack foods, and toiletries.
- Check the Bookstore web site for book availability and ordering: www.emu.edu/bookstore
- Bookstore hours for the summer are as follows:

8:30 a.m. - 4 p.m.	Monday through Friday
Closed	May 26 for Memorial Day

Library

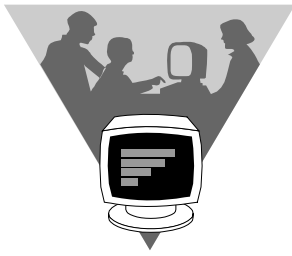
- If you would like help using the EMU automated library system, please feel free to ask at the main library desk. You can also check the library website for more information and for the online catalog: www.emu.edu/library
- Library hours are as follows:

8 a.m. - 6 p.m.	Monday-Thursday
8 a.m. - 5 p.m.	Friday
10 a.m. - 2 p.m.	Saturday
Closed	May 26 for Memorial Day

Post Office

- The Post Office, located in the Campus Center (first floor entrance, up the stairs to the right), sells stamps and provides fax services as well as full postal services (including UPS, certified, registered, and insured mail).
- Specific hours will be posted at the window. However, generally the post office will be open Monday - Friday, 9 a.m. - noon and 1 - 3 p.m.
- Participants can receive mail from May 4 to June 12 at the following address:

Participant's Name
c/o Summer Peacebuilding Institute
Eastern Mennonite University
1200 Park Road
Harrisonburg, VA 22802-2462
- Each participant has a mail folder that will be kept at the SPI information table in the University Commons (upper level). Please be sure to check your mail folder often for any mail that may have arrived for you, or messages from the SPI staff.



Technological Services

Telephones

Campus Phones

- All campus phones have a 7-digit number. The last four digits are referred to as the phone “extension”. When calling anywhere on campus, you need only use the 4-digit extension.
- You can make off-campus, local calls from most of the campus phones without any charge. You simply dial 9, then dial the 7-digit number you are calling.
- You can make toll-free calls (1-800 or 1-888 numbers) from campus phones without charge.
- When making long-distance or international calls from a campus phone, you will need to use a phone card. You can purchase prepaid phone cards from the CA’s or the SPI information table. Please inquire there about rates. Ask for Bill Goldberg.

Emergency Phones

- There are two emergency phones on campus. These are only for use in reporting emergencies. They are located in the library parking lot and between the Science Center and the turf field. Instructions for use are on these telephones.

Campus Information Operator

- There is a Campus Information Operator who provides information and answers questions related to the University.
- To call the Campus Operator, dial 0 from an on-campus phone or dial 432-4000 from an off campus phone.
- Information available from the Campus Operator:
 - ~ directions on campus
 - ~ telephone numbers of University personnel
 - ~ emergency assistance

Computers/Labs

- EMU has several Computer Labs available for use by participants. If you brought your own laptop and are having trouble connecting, please visit the Information Systems office in the basement of the Library for assistance. You can also reach them at (x4357).
- The Computer Labs are open during the following hours:

LTC in Library Basement See Posted Library Hours	Science Center 109 Monday – Friday: 8 a.m. - 5 p.m.
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- Hartzler Library has public computers on the main floor and in the basement in the LTC classroom. If you wish to print items, use the LTC classroom in the library basement.
- There are two computers available for checking email in the Hillside Lounge. There are also two computers available near the SPI information table in the University Commons. There is no printer attached to these computers and we encourage a ten minute time limit.
- Please contact Alison D'Silva (x4295) with computer related questions.

E-mail and Wireless Internet

- If your e-mail is accessible directly through the Internet, you can access e-mail at one of the computer labs on campus (see page 9 for locations), in the Hillside Lounge, or in the University Commons lounge near the SPI information table.
- If your computer has wireless capabilities, you can utilize wireless connections in the following locations: Hillside Suites, Parkwoods, University Commons, Library, Dining Hall, CJP, Campus Center. The wireless connection is called "EMU".

To connect to the EMU wireless, select "EMU" from the wireless network list and if you are running Windows 7 or Mac OSX you will be prompted to enter your Royal username and password. Accept any messages that appear about a certificate. If you are running Windows XP or Vista there are instructions on our website (<http://emu.edu/is/nac/wireless/>) about configuring your computer to connect to our wireless network. You will be prompted to install our policy key once you are connected to the wireless network and open up your web browser. The policy key makes sure that your operating system has the latest updates and that antivirus software is installed.

If you need any assistance in setting your computer up for wireless connection, please visit the Information Systems Helpdesk.

Photocopy Services

- There is a photocopy machine located on the main floor of the Hartzler Library. Photocopying using these machines will cost you 10 cents per page which you can pay at the front desk. If you are unfamiliar with the equipment, Library staff can assist you.
- If you need to make photocopies at the request of an instructor, please seek assistance from your Classroom Aide. However, please note that the Classroom Aide will not be able to make copies for your personal use.

Faxes

- Faxes can be sent from the Post Office during their open hours. The charge for sending local faxes and faxes to toll-free numbers is \$1.00/page. The charge for sending to a long distance number in the US is \$1.50/ page. For international faxes, you will need to use your phone card and there is an additional service charge of \$1.00/page, payable in cash to the Post

Office when you send the fax. You will need to complete a cover page as well (no charge for cover page).

- Faxes can be received at 540-432-4449. To ensure delivery, they must include your name and “SPI participant” on the cover page. Faxes received for participants will be placed in the individual mail folders located at the SPI information table in the University Commons.



Food

Meals On Campus

EMU Dining Room

- Lunch on weekdays is included in the cost of lodging for those staying on campus. Lunch is served between 12:00 p.m. and 12:45 p.m. in the cafeteria, located in the basement of Northlawn Dormitory.
- The cost for lunch in the cafeteria for those staying off campus is \$7.50/meal. Meal tickets can be purchased at the SPI information table.
- Once during each session, there will be a special *Horizons of Change* meal. At this meal, the entire SPI community will meet to hear from and interact with an invited guest speaker. The cost of this event is included in the registration fee of all SPI participants but tickets must be purchased for other persons wishing to attend. Guests or family members may purchase tickets (at \$18 each) for this event from Alison D’Silva at the SPI information table. Tickets should be purchased at least three days in advance to ensure enough food is prepared.

Vending Machines

- Snack and drink vending machines are located in the Campus Center, to the right of the Campus Post Office; in the first floor lounge at Hillside Suites; and on the lower level of the University Commons across from the entrance to the gymnasium.

Bookstore

- The EMU Bookstore has packaged snacks and candies for sale.

Hillside Suites

- Each suite at Hillside has a fully equipped kitchen. Participants may purchase and prepare their own food. If you need additional pots, pans, baking ware, etc check with your CAs to see if they have what you need. Morning, evening and weekend meals are the responsibility of the participant.

Grocery Stores

El Dorado Mexican American Grocery (432-6766) *Approximately 2 miles from EMU*

- Location: 3432 North Valley Pike (Highway 11 North), across from the Scottish Inn
- Specialties: Latin Foods

Eastern Gifts Store – Halal Foods (433-2779) *Approximately 1.5 miles from EMU*

- Location: 20 Charles St, between Fine Auto Sales & Flowers Bakery
- Specialties: Middle-eastern spices and foods

Food Lion (434-7573) *Within walking distance of EMU*

- Location: 1751 Virginia Avenue, about 6 blocks from EMU in Harmony Square
- Specialties: baked goods and deli foods

Friendly City Food Coop (801-8882) *Approximately 2 miles from EMU*

- Location: 150 E Wolfe St, near post office and Kline's Dairy Bar
- Specialties: natural and bulk foods, organics, self-serve soup/salad/coffee

Kate's Natural Products (433-2359) *Approximately 6 miles from EMU*

- Location: 451 University Boulevard, off Rt. 33 East, behind K-Mart
- Specialties: organic foods, bulk goods, health foods for special diets, nutritional supplements

Kroger Food (432-1830) *Approximately 5 miles from EMU*

- Location: 1790 East Market Street (Rt. 33 East) across from Valley Mall
- Specialties: baked goods, deli foods, specialty food, fresh flowers, pharmacy

Mi Mercadito (432-9272) *Approximately 6 miles from EMU*

- Location: 1765 South Main Street
- Specialties: Latin and imported goods.

Neighbors Convenience Store (432-9546) *Within walking distance of EMU*

- Location: 1168 Virginia Avenue (Rt. 42), at the gas station
- Specialties: drinks, packaged snacks, basic foods

Oriental Food Market (432-6157) *Approximately 4 miles from EMU*

- Location: 912 South High Street (Rt. 42 South) past Harrisonburg High School, behind Taste of Thai
- Specialties: Asian and Latin foods and spices; varieties of rice and tortillas

Red Front Super Market (433-9171) *Within walking distance of EMU*

- Location: 677 Chicago Avenue, off Mt Clinton Pike
- Specialties: fresh produce, baked goods and deli foods

Sharp Shopper (434-8848)

Approximately 6 miles from EMU

- Location: 2475 A South Main Street, South on Rt. 11, next to the Dollar General
- Specialties: food items in bulk or carton, cheap prices

Restaurants

If you check out <http://rockingham.va.golookon.com/menuguide?destination=20>, you will find an extensive list of almost all of the services Harrisonburg has to offer, including dining options with menus and coupons. To get you started, below are a few favorite places:

A Bowl of Good (437-9020)

Within walking distance of EMU

- Location: 831 Mt. Clinton Pike
- Entrees: Priority on using local, fresh and all-natural ingredients.
- Price Range: \$6-\$8

A & A Kabob Grill (568-1894)

Within walking distance of EMU

- Location: 625 Mt. Clinton Pike
- Entrees: Kurdish Cuisine.
- Price Range: \$6-\$12

Indian American Café (433-1177)

Approximately 2 miles from EMU

- Location: 91 North Main Street
- Entrees: Authentic Indian Cuisine, including vegetarian dishes
- Price Range: \$5-\$11

Ciro's Lasagna House (434-5375)

Approximately 3 miles from EMU

- Location: 778 E. Market St. (beside Sheetz)
- Entrees: NY style pizza, pasta, subs, Stromboli
- Price Range: \$6-\$11

Capital Alehouse (564-2537)

Approximately 2 miles from EMU

- Location: 41 Court Square
- Large selection of beers and wines, pub fare
- Outdoor Terrace in good weather
- Price Range: \$7-\$20

Clementines (801-8881)

Approximately 5 miles from EMU

- Location: 153 South Main St
- Entrees: Unique entrees & sandwiches
- Music, art, and film events often: www.clementinecafe.com
- Price Range: \$5- \$20

Local Chop House and Grill (801-0505)

Approximately 2 miles from EMU

- Location: 56 W. Gay St.
- Entrees: steak, burgers, soups & salads
- Live music most Saturday nights (see <http://www.localchops.com/events/>)
- Price range: \$8-\$30

Cuban Burger (860-0855)

Approximately 2 miles from EMU

- Location: 70 W Water St (across from the parking garage)
- Entrees: Lunch and dinner; Burgers, Cuban fare, Sandwiches
- Price Range: \$5-\$10

Dairy Queen (433-8308)

Within walking distance of EMU

- Location: Harmony Square (plaza with Food Lion), 1751 A Virginia Avenue
- Entrees: Hamburgers, chicken, ice cream, frozen treats
- Price Range: \$2-\$6

Finnegan's Cove Seafood Bar (433-9874)

Approximately 2 miles from EMU

- Location: 30 W. Water St. (1 block south of the square)
- Entrees: seafood, salads, steak, sandwiches, wraps, soups
- Open late; nightly specials
- Price range: \$7-\$15

Francesco's (442-7174)

Within walking distance of EMU

- Location: 1751 Virginia Ave, Harmony Square Shopping Center, near Food Lion.
- Entrees: Pasta, Chicken, Veal, Seafood, Pizza, Calzones, Pasta, Subs, etc.
- Price range: \$5-14

Greenberry's Coffee & Tea Co. (434-0111)

Approximately 2.5 miles from EMU

- Location: 400 S. High St. (across from JMU Memorial Stadium)
- Entrees: Coffee & specialty drinks, café sandwiches & wraps, soups, pastries & treats
- Free wifi
- Price Range: \$3-\$6

International House of Pancakes (438-9251)

Approximately 6 miles from EMU

- Location: 109 University Blvd, beside the Valley Mall
- Entrees: breakfast dishes: omelets, pancakes, etc.
- Price Range: \$4-\$15

Jack Brown's Beer and Burger Joint (433-5225)

Approximately 2 miles from EMU

- Location: 80 S. Main St.
- Entrees: burgers and fries
- Price Range: \$5-\$7

Jalisco Mexican Restaurant (434-8634)

Approximately 6 miles from EMU

- Location: 243 Neff Avenue, behind the Valley Mall
- Entrees: Authentic Mexican Cuisine
- Price Range: \$5-\$22

Jess' Lunch (434-8282)

Approximately 2 miles from EMU

- Location: 222 South Main St, on Court Square
- Entrees: Hotdogs, burgers, and milkshakes
- Price Range: \$3-\$7

Kline's Dairy Bar (434-6980)

Approximately 2 miles from EMU

- Location: 58 East Wolfe St
- Entrees: Homemade custard-style ice cream, a local favorite open February through November
- Price Range: \$1.80-\$4

La Morena (432-8855)

Within walking distance of EMU

- Location: 751 Chicago Ave
- Entrees: Mexican Deli
- Price Range: \$1.99-\$14.99

The Little Grill Collective (434-3594)

Approximately 2 miles from EMU

- Location: 621 North Main St (Rt. 11)
- Entrees: Vegetarian and ethnic specialties
- Price Range: \$4-\$10
- Special evening meals
- Closed Mondays

Mr. J's Bagels and Deli (442-1997)

Within walking distance of EMU

- Location: 1741 Virginia Avenue, in Harmony Square (plaza with Food Lion)
- Entrees: Bagels, sandwiches, salads, soups
- Free wifi
- Price Range: \$.55-\$6

Rick's Cantina (434-1637)

Approximately 2 miles from EMU

- Location: 14 E Water St (half block from the corner of Water and Main St)
- Entrees: "Tex-Mex and Tequila," Tacos, Soups, Salads, Burritos
- Price Range: \$5-\$12

Subway (568-9866)

Within walking distance of EMU

- Location: 1751 Virginia Avenue, in Harmony Square
- Entrees: Various subs (long roll sandwiches), salads, wraps, drinks
- Price Range: \$3-\$8

Taste of Thai (801-8878)

Approximately 3 miles from EMU

- Location: 917 South High St (in front of the Oriental Market)
- Entrees: Thai cuisine
- Price Range: \$8-\$15

Thai Café (433-2201)

Approximately 6 miles from EMU

- Location: 182 Neff Avenue, behind the Valley Mall
- Entrees: Thai food
- Price Range: \$7-\$12

Traditions Family Style Dining (438-0301)

Within walking distance of EMU

- Location: 625 Mt. Clinton Pike (in the Shopping Square)
- Entrees: North American country-style foods
- Price Range: \$6.99 for lunch

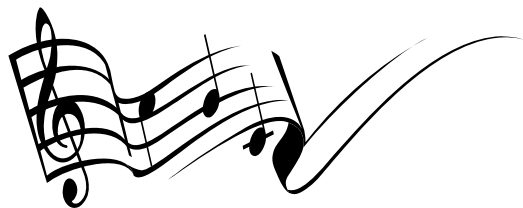
Union Station Restaurant (437-0042)

Approximately 2 miles from EMU

- Location: 128 W. Market St. (on the corner of W. Market and Rt. 11)
- Entrees: burgers, soup, salad, steak, chicken, vegetarian options
- Price Range: \$8-\$18

Pizza Shops that deliver to the EMU campus

- Chanello's Pizza - 574-4700
- Domino's - 433-3111
- Papa John's - 433-7272
- Pizza Hut - 433-1821



Religious Services

Walking from EMU

Park View Mennonite Church

Meeting Place:

Time of Worship:

Contact Persons:

Phone & e-mail:

1600 College Avenue (4 blocks north of EMU)

Morning worship 9:30am-10:45am

Fellowship 10:45-11am, Sunday School 11am-12pm

Barbara Moyer Lehman, Phil Kniss, Ross Erb, Pastors

434-1604; office@pvmchurch.org or www.pvmchurch.org

Shalom Mennonite Congregation

Meeting Place:

Time of Worship:

Contact Person:

Phone & e-mail:

In EMHS Auditorium, 801 Parkwood Drive

Sunday worship at 9:30 a.m. - 11:00 a.m.;

Fellowship, 11:00-11:15am.

Second hour, 11:15-12:00

Emily North, Pastor

432-1659; shalommc@verizon.net or

http://shalomcongregation.va.us.mennonite.net/

The Table

Meeting Place:

Time of Worship:

Contact Person:

Phone & website:

Seminary- Room 203

Sunday worship at 10:30 am, followed by meal

Laura Lehman

277-4725; www.thetablefellowship.net

info@thetablefellowship.net

Driving from EMU

Catholic Campus Ministries

Meeting Place:

Time of Worship:

1052 South Main Street in Harrisonburg.; JMU campus

Sunday Mass, 11:00a.m., 5:00 p.m., 9:00 p.m

Daily Mass: Tuesday-Thursday, 5pm
Contact Person: Father Peter Nassetta
Phone & website: 434-7360; www.jmuccm.com

Blessed Sacrament Catholic Church

Meeting Place: 154 North Main St in Harrisonburg
Time of Worship: Daily Mass 12:10pm on Tuesday, Thursday & Friday;
6:00pm on Wednesday
Saturday Mass, 9am 1st Saturday of month & 5pm weekly
Sunday Mass, 8:00am & 10:00am; Spanish Mass at 1:00pm
Saturdays 3:30-4:30pm
Confession:
Contact Person: Father Silvio Kaberia
Phone & website: 434-4341 (in Spanish: 434-0849); www.bsccva.com

Community Mennonite Church

Meeting Place: 70 South High St in Harrisonburg
Time of Worship: Worship at 9am (Sunday School 10:30am)
Contact Person: Jennifer Davis Sensenig, Lead Pastor; Jason Gerlach,
Associate Pastor; Steven Schumm, Associate Pastor
Phone & e-mail: 433-2148; www.cmcva.org

Congregation Beth-El

Meeting Place: 849 Old Furnace Road, one half block from Rt. 33
Time of Worship: Rabbinical Services 7:30 pm, every Friday
Contact Person: Rabbi Joe Blair
Phone & website: 434-2744 ; www.bethel-harrisonburg.org/

Emmanuel Episcopal Church

Meeting Place: 660 South Main St
Time of Worship: Sunday Eucharist, 8:00am; service with music: 10:30am
Thursday Eucharist, 6:00pm
Contact Person: Rector Daniel Robayo
Phone, email & website: 434-2357; <http://www.emmanuelharrisonburg.org/>

First Presbyterian Church

Meeting Place: 17 North Court Square in Harrisonburg
Time of Worship: Sunday School 10:15 a.m.
Sunday Worship, 9:00 & 11:15 a.m.
Contemporary worship service, 6:33pm
Contact Person: Dr. John F. Sloop
Phone & website: 434-6551; www.firstpreshbg.org

Harrisonburg Mennonite Church

Meeting Place: 1552 South High St in Harrisonburg
Time of Worship: Adult Sunday school 8:30; Worship 9:40 am; Sunday School
classes (adult & children) 11 am
Contact Person: Lead Pastor Craig Maven, Associate Pastor Jake Lee
Phone & e-mail: 434-4463; www.hmcchurch.org

Harrisonburg Unitarian Universalists

Meeting Place: 4101 Rawley Pike (Rt 33 west) in Dale Enterprise

Time of Worship: Sunday Worship, 10:30-11:30 am
Contact Person: Claire Hahn
Phone & E-mail: 867-0073; office@HUUweb.org; www.huuweb.org

Immanuel Mennonite Church

Meeting Place: 400 Kelley St in Harrisonburg
Time of Worship: Sunday School 9:15am; Worship 10:30am
Contact Person: Derek King, Interim Pastor
Phone & email: 432-0711; immanuelmennonite@gmail.com
<http://immanuelmennonite.wordpress.com/>

Islamic Association of the Shenandoah Valley

Meeting Place: 1330 Country Club Road in Harrisonburg
Time of Worship: Friday Sermon & Prayers, 1:00-2:00 pm
Contact Person: Ehsan Ahmed, Secretary
Phone & website: 433-8186; iasvharrisonburg@gmail.com; www.iasv.org

John Wesley United Methodist Church

Meeting Place: 445 Sterling Street
Time of Worship: Sunday, 11:00am
Contact Person: Faith Fowler, Pastor
Phone: 434-9795

Muhlenberg Lutheran Church

Meeting Place; 281 East Market St in Harrisonburg
Time of Worship: Sunday at 8am, 9:30am, 11:00am; 9:30 am Sunday School
12 noon on Wednesdays
Contact Persons: Rev. David Nelson
Phone & e-mail: 434-3496; info@muhlenberglutheran.org;
www.muhlenberglutheran.org

Pacto De Gracia (Grace Covenant Church)

Meeting Place: 3337 Emmaus Rd (off S Main past Waffle House)
Time of Worship: Worship, 9am & 11am; Spanish service: 1:30pm & Weds 7pm
Contact Persons: Merle Shank, Pastor: mshank@gcch.org
Erick Arnez, Spanish services: earnez@gcch.org
Phone & website: 433-9244; www.gcch.org; questions@gcch.org

Ridgeway Mennonite Church

Meeting Place: 546 Franklin St in Harrisonburg
Time of Worship: Worship at 9:30am; Sunday School at 11:00am
Contact Person: Ben Risser, Pastor
Phone & online: 434-3476; _ridgewaymennonitechurch@yahoo.com;
<http://ridgewaymennonite.org/>

Seventh Day Adventist Church

Meeting Place: 609 W. Market St. (33 West near Westover Park)
Time of Worship: Sabbath School at 9:30am; Worship at 11am
Contact Person: Elder Frank Cox, fcox@pcsd.org
Phone & website: 434-0121; <http://harrisonburg22.adventistchurchconnect.org>

Trinity Presbyterian Church

Meeting Place:

Time of Worship:

Contact Person:

Phone & online:

725 South High St (corner of High and Maryland)

Worship at 9:30am; Church School at 11:00am

Pastor Ann Reed Held

434-9556; trinitymail@verizon.net; www.trinitypreshburg.us

Valley Friends Meeting

Meeting Place:

Time of Worship:

Contact Person:

Phone & website:

363 High St, Dayton

Sunday, 10:00am

Doris Martin, Clerk

433-7291; <http://valleyfriends.org>

Self-Care Resources

Carolyn Yoder (810-3841)

- Location: 1820 Country Club Road in Harrisonburg
- Services: Trauma counseling, Emotional Freedom Technique (EFT), Eye Movement Desensitization and Reprocessing (EMDR)

The Healing Touch (434-8892)

- Location: 1966 Evelyn Byrd Avenue in Harrisonburg
- Services: Massage therapy, hydrotherapy

Dr. Ronda Weber (568-1876)

- Location: 6 Southgate Court., Suite 102 in Harrisonburg
- Services: Mental health services, trauma intervention

Rivendale Massage Therapy (564-9819)

- Location: 225 North High Street in Harrisonburg
- Services: Massage therapy

Shen Dao Clinic (421-5671)

- Location: 725-B East Market Street in Harrisonburg
- Services: Acupuncture, tui na, qi gong, craniosacral therapy

Solace Therapeutic Massage (650-8766)

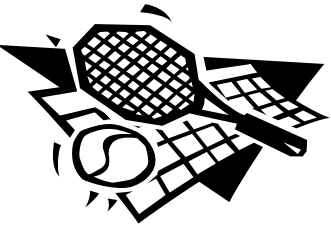
- Location: 850 W. Market Street, Suite. A in Harrisonburg
- Services: Massage therapy, acupressure, reflexology

Wellspring Health Group – Dr. Susan Sweeten (432-6860)

- Location: 1737 Erickson Avenue in Harrisonburg
- Services: Chiropractic, acupuncture, massage therapy

Wholistic Wisdom (830-1565)

- Location: 451 D University Blvd. in Harrisonburg
- Services: Massage therapy, reflexology, reiki, aromatherapy



Activities

Workshops

Several times during the Summer Peacebuilding Institute, participants will have the option of attending a forum, workshop or interactive discussion on an issue of importance in conflict transformation that is not covered in classes. These sessions will be offered during the noon break, in the evening hours, or on the weekends and may be led by an SPI participant or a guest of the Summer Peacebuilding Institute. There may also be an additional fee charged in some cases. See the “Daily Announcements” for more details.

Horizons of Change Meal

Once each seven day session, the entire SPI community will meet together over a meal, to hear from and interact with invited guests who are experimenting with transformative approaches to conflict. (See more details on page 11 in the Food section.)

Graduate Seminars

- Participants who are taking courses for academic credit are required to attend one additional seminar per course to discuss academic requirements, other topics related to their graduate courses, and to share personal experiences, needs and progress in their academic pursuits.
- Each instructor will announce the actual time, place and date. Session schedules may list a time, place and date, but please note that this is flexible and may be changed.

Interest Groups

Participants are encouraged to arrange informal discussions around special interests, critical issues, or regional groups. Post your interests and a sign-up sheet on the SPI bulletin board in the University Commons. Ask at the SPI information table in the University Commons (upper level) to arrange a meeting place and time.

Gathering Celebrations

Each session will begin with registration and a buffet breakfast followed by an Opening Celebration led by students and participants from the various regions of the world attending SPI. Guests and family members are invited to attend. All SPI participants, instructors and staff will be introduced at this time. (See page 3 for more information.)

On the first night of each session there will be an orientation for new SPI participants. The orientation begins in the first floor lounge at Hillside Suites. This orientation provides an opportunity to meet the Community Assistants at Hillside, to get an introduction to the dorm and its facilities, and to ask some general questions. All participants are encouraged to attend.

Recreational Activities

- Outdoor athletic facilities (tennis courts, volleyball courts, basketball courts, track and the athletic fields) are available for your recreational use.
- Use of indoor athletic facilities (gymnasium, climbing wall, game room) must be coordinated and scheduled in advance. Please talk to SPI staff to schedule this.
- Anyone interested in organizing a sport tournament or informal play can post his or her interest on the SPI bulletin board in the University Commons. The SPI staff may be able to help you organize and get the needed equipment.

Spontaneous Events

Participants, whether lodged on campus or off, are encouraged to participate in the SPI community. If this Summer Peacebuilding Institute is like others before it, there will be informal music nights, game nights, dances, and communal meals. Only time, available resources, and your imagination limit the possibilities! The lounge in Hillside Suites is available for your use. For other space options or equipment needs, check with the SPI staff.



Fitness Facilities

Exercise Facility

Facility	Rates	Schedule
EMU Fitness Center 1200 Park Road Harrisonburg (x4328 or x4341)	Free with SPI ID and signed waiver on file	M-F: 6 a.m. - 8 p.m. Sat: 9 a.m. - 2 p.m. Sun: Closed

Swimming Pool

Westover Park 305 S. Dogwood Dr Harrisonburg (434-0571)	\$4.00 per person	M-Sat: 12 p.m. - 7 p.m. Sun: 1 p.m. - 7 p.m. Opens for summer on June 5th
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Area Attractions

Outdoor Activities

JMU Arboretum/Botanical Garden

- These twenty-five acres of natural forest and botanical plantings are open during daylight hours and are free to the public. Site also contains a prayer Labyrinth. Located off University Boulevard in Harrisonburg. Call 568-3194 for more information.

Canoeing

- The Shenandoah River has many lovely stretches for canoeing. Canoes can be rented from the EMU athletic department or from Shenandoah River Outfitters, Inc. in Luray (1-800-622-6632, www.shenandoahriver.com, or canoes@shenandoahriver.com).

Caverns

- The Shenandoah Valley has several spectacular caverns. Entry fees apply- call or visit <http://www.virginia.org/site/features.asp?featureid=30> for current rates. Choose between Luray 540-743-6551; Endless 540-896-2283; Grand 540-249-5705; or Shenandoah 540-477-3115.

Hiking

- Trail guides can be found at the EMU Athletic Department or at the Harrisonburg-Rockingham County Convention and Visitors Center. (see below)

Mountain Biking

- The Harrisonburg area is a haven for mountain bike enthusiasts. For rental information, check with Massanutten Resort, (540) 289-4957.

Panoramas

- Reddish Knob - To reach Reddish Knob from EMU, take Rt. 42 South into Bridgewater where you pick up VA 924. Continue west to the top of a mountain, to Forest Road 85. Follow Forest Road south, over the Augusta County line, until you reach Reddish Knob.

Rock Climbing

- An indoor rock-climbing wall is available in the University Commons. Check with the SPI staff to schedule a time.

National Parks and Forests

George Washington National Forest

- There are two major sections of this forest. The largest portion is to our west, on the border of West Virginia. By driving west on Rt. 33, you enter this section. Popular hikes include Hone Quarry and Lover's Leap. The second section spans the ridge on the Massanutten mountain range to our east. Try hiking Fridley's Gap near Camp Brethren Woods. See <http://www.jmu.edu/recreation/Programs/Adventure/GWHikes.pdf> for trail maps.

Shenandoah National Park

- Located near Elkton on U.S. 33 East, this park is home to the famous Skyline Drive. Good hiking runs throughout the park. Discover South River Falls, White Oak Canyon, Old Rag Mountain and Big Meadows. Maps are available at the park entrance. Passes, valid for one week, cost \$15 per private vehicle (up to 6 passengers) or \$25 per commercial vehicle (more than 6 passengers). See <http://www.nps.gov/shen/index.htm> for more info.

Tourist and Tour Services

- The Harrisonburg-Rockingham County Convention and Visitors Center offers very good local and regional tourist information. Located in the Hardesty-Higgins house on S. Main St Harrisonburg, 432-8935. Also see <http://www.visitharrisonburgva.com/>.



Traveling Around Town

Local Travel Options

Directions

A Harrisonburg area map will be posted on the SPI bulletin board in the University Commons for participants to consult for directions. Schedules for the Harrisonburg Transit will also be available at the SPI information table in the University Commons.

The Green Shuttle/ Green Taxi Service (718-2954)

The Green Shuttle is a joint program of the Green Taxi Service and New Community Project, a non-profit committed to social justice and care for our planet. The Green Shuttle can transport passengers to and from Washington D.C., Charlottesville, or around Harrisonburg. Call for more information and rates or see <http://greenshuttleva.com/rates/>.

Harrisonburg Cab – Yellow Cab (434-2515)

Please note that most cabs in the U.S. are very expensive. The rate for local use is \$2.25 per pickup, per taxi (not per person), plus \$1.80 per mile for out of town rides. For local rides, rates are \$2 per trip plus \$1.50 per mile.

Harrisonburg Transit (432-0492)

Before using the bus system, please visit <http://www.hdpt.com> to plan the routes and transfers that may be required for your trip.

When using the local bus system, keep the following in mind:

- Stand at the designated **bus stops** located along each route.
- Allow extra time for **delays** in schedule.
- Passengers desiring a transfer ticket should pick one up **as they board** the bus. A transfer is good for **one hour** and will be honored on any route except the one on which it was issued.
- Please **board by the front door** only and have exact change ready. **Drivers do not make change.**
- Pull **bell cord** to let driver know your stop is coming up, then **exit by rear door**. When outside, do not cross in front of the bus.
- Bus Rates: Regular: \$1.00
 Students: \$.50
 Disabled: \$.50
 Senior Citizens (age 62 & older): \$.50
 Transfers: No Charge
- Bus Stops and Routes
 1. The closest bus stop to EMU is along Park Road at the EMU Library.
 2. Check with staff at the SPI Table for the current bus schedule.
- Harrisonburg Transit offers alternate services for passengers unable to board a bus or access a bus stop. For further information on this service, please call 432-0492.

Miscellaneous

Emergency Numbers

Remember to dial 9 first to get an outside line if you are on campus.

- **Emergency (Ambulance, Fire, Police)** **911**
- **Campus Security** **x4911 or 540-478-3456**
- **Poison Center** **540-433-9706**
- **Rockingham Memorial Hospital** **540-689-1000**
- **EmergiCare (for minor medical emergencies & services)** **540-432-9996**

Health Services

- A nurse practitioner will be available during posted hours at the Wellness Suite in the University Commons. She will have medications for simple ailments such as colds, seasonal allergies or headaches which you may purchase. The nurse practitioner will be available **by appointment** during the lunch break most weekdays. Check the posted weekly schedule near the SPI information table. You may also call 432- 4317 (x4317) to leave a message or

make an appointment. A small fee will be charged to see medical personnel in the Wellness Suite (\$10-25 depending on service provided). Additional payment may also be required for medications requiring a prescription.

- For medical emergencies after hours or during weekends, call the CA on duty.
- For life threatening emergencies that need immediate attention, you can dial **9-911** from campus phones or **911** from off-campus phones and pay phones.
- SPI staff will assist you in any way possible to get the medical care you need while you are here, but will not be responsible for the payment of any medical services.

Lost and Found

If you lose something on campus, check the SPI information table. Lost and found items will be held for one month. EMU is not responsible for items lost or stolen while on campus.

Banking

- The Park View Federal Credit Union (PVFCU) is located at 1675 Virginia Avenue in the Harmony Square Shopping Center (near Food Lion), within walking distance from the EMU campus. Any SPI participant staying on for the fall semester as a student may open an account. The phone number of the PVFCU is 434-6444. Their business hours are:

Monday – Thursday	9:00 a.m. - 5:00 p.m.
Friday	9:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 12:00 noon
Sunday	closed
Memorial Day (May 27)	closed
- SPI participants can also cash checks (up to \$75) at the EMU Business Office in the Campus Center during regular business hours. Larger checks can be cashed at the Business Office but will an additional day or two to process. You will need to show identification in addition to your SPI id card for verification.

Parking on Campus

- Some campus parking lots require a parking permit. You may park in any area designated as an unrestricted lot without a parking permit or sticker. There is usually space in these areas for SPI participants. If you find you do need to get a temporary parking permit to display during your time on campus see Alison D’Silva to get a permit. See <http://www.emu.edu/physical-plant/parking/lots/> for more information about parking policies.
- Do not park in spaces marked “Handicapped”, in areas designated for University personnel, or in areas clearly marked “No Parking”. Yellow paint on a sidewalk curb signifies a “no parking” zone.



- We encourage all SPI participants to make use of the receptacles on campus designated for recyclable items. At Hillside the recycling bins are in a room just off the 1st floor lounge. You should remove any lids, rings, caps, and labels on items and rinse containers clean. Plastic, aluminum, glass, and tin all go in the same bin.

- The following items can be recycled:
 - Glass (soda bottles, juice containers, ketchup and other food bottles)
 - Plastic (any container labeled #1 or #2 – rinse and crush)
 - Aluminum (beverage cans, aluminum foil and foil baking containers)
 - Steel/tin (food cans/tins)
 - Newspapers (stack neatly and string tie or place in brown paper bag)
 - Misc. paper (magazines, catalogues, or junk mail that is non-glossy; must bag separately from newspaper)
 - Household batteries (place in clear wrapper & put in recycling bin)
 - Egg cartons (any clean and reusable styrofoam or pulp carton)
- Materials which are not acceptable:
 - Any unmarked plastic or plastic marked #3, #4, #5, #6, or #7.
 - Plastic bags (these can be recycled at Food Lion)
 - Cardboard (waxed corrugated boxes, pizza boxes, etc.)
 - Styrofoam (with the exception of reusable egg cartons)

SPI Staff

SPI Information Table

E-mail: spi@emu.edu

Campus extension: 4604

William Goldberg, *SPI Director*

E-mail: william.goldber@emu.edu

Campus extension: 4664

Alison D'Silva, *SPI Program Associate*

E-mail: dsilvam@emu.edu

Campus extension: 4295

CJP Staff & Associates

CJP Front Desk

E-mail: cjp@emu.edu
Campus extension: 4490

Jayne Docherty, CJP Executive Director

E-mail: jayne.docherty@emu.edu
Campus extension: 4627

Hannah Kelley, STAR Director

E-mail: hannah.kelley@emu.edu
Campus extension: 4651

Christen Peters, Admissions Program Associate

E-mail: christen.peters@emu.edu
Campus extension: 4672

Patience Kamau, CJP Office Coordinator & Asst. to the Director

E-mail: patience.kamau@emu.edu
Campus extension: 4979

Amy Knorr, Practice Coordinator

E-mail: amy.knorr@emu.edu
Campus extension: 4610

Lauren Jefferson, Marketing

E-mail: lauren.jefferson@emu.edu
Campus extension: 4234

Lindsay Martin, Associate Director of CJP Development

E-mail: lindsay.e.martin@emu.edu
Campus extension: 4581

Janelle Myers-Benner, CJP Program Academic Program Coordinator

E-mail: bennerj@emu.edu
Campus extension: 4986

Cheryl Helmuth Logan, CJP Director of Admissions

Email: cheryl.helmuthlogan@emu.edu
Campus extension: 4689

Irene Kniss, Director of Health Services

E-mail: Irene.kniss@emu.edu
Campus extension: 4302

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