

Colonial Williamsburg favors James River ferries, no bridge

Colonial Williamsburg has gone on record in favor of upgrading the James River ferry service between Jamestown and Surry and opposed to a bridge or tunnel crossing.

In a letter this week to C. A. Nash, Jr., district engineer in the Virginia Department of Transportation's Suffolk office, president Charles R. Longworth wrote, "As the major employer and leading economic factor in the Williamsburg area, we have weighed the advantages and disadvantages of the various options. While giving particular attention to the realization that a bridge would be very popular with our employees who live in the Surry area, I have nevertheless concluded that the greatest benefits and fewest detriments to our entire area would come through improvement to the existing ferry."

Mr. Longworth believes this option will "eliminate the dangers to the panoramic view and peaceful ambiance so important to Jamestown." It will also "save the wetlands, other historic sites and archaeological areas, and our local road system that would be threatened by a bridge and the accompanying increase in traffic."

He asked the highway department to "consider far more pressing transportation needs," such as the Route 199 extension around Williamsburg, the flyover from Interstate 64 to Busch Gardens and a solution to problems at the York River crossing.

Another relevant factor is that a bridge across the James River would heavily impact the already congested road systems of Williamsburg, its two neighboring counties and possibly Charles City County, and could lead to a need for improvements to the Chickahominy River bridge.

Mr. Longworth believes improving the ferry system is the logical answer to the James River question, and could be accomplished within two years or so, thus bringing relief to employees and others who use that route to Williamsburg in a much shorter time and at less inconvenience than a bridge.

United Way Pacesetter Campaign begins August 7

"Together we make it happen." Here at Colonial Williamsburg, we all depend upon one another to make sure that we provide the best educational experience, hospitality and courtesy possible to our guests. This is just as true for United Way of Greater Williamsburg. Over 60 programs sponsored by United Way agencies serve more than 22,000 people in the greater Williamsburg area--that's about one in three residents. You can help make it happen, by supporting the Greater Williamsburg United Way during our sixth annual Pacesetter campaign. The campaign will kick off Monday, August 7. Our goal this year is \$86,000. You can help in one of three ways:

-Make a pledge--perhaps a dollar a week--payable through payroll deduction. You'll hardly miss it, and you'll get the satisfaction of helping the United Way and its agencies all through the year.

-How about a one-time contribution? If you don't receive a regular paycheck through the year this may be a good way for you to help out.

-Don't have the cash...Why not volunteer? Many of your co-workers here at Colonial Williamsburg have discovered the joys of giving, by serving as volunteers for Big Brothers/Big Sisters, Scouts, Hospice and many other United Way-supported agencies. More importantly, they've discovered the personal satisfaction that comes by giving just a few hours per month.

To provide an additional incentive, prize drawings will be held once again this year, on August 16, 23 and 30. The Grand Prize drawing will be held September 6. Make your contribution early so that you're eligible for every drawing! Watch your bulletin board and upcoming issues of the "Colonial Williamsburg News EXTRA" to get a complete listing of this year's prizes.

Your contribution helps 21 agencies

Your United Way contribution supports 21 agencies in the greater Williamsburg area, providing for a broad range of community needs. This year's overall community goal is \$800,000. This is the minimum amount needed to continue present services. Additional money that is raised allows for grants to non-member agencies whose services are already a part of the community, and provides "seed" money for new agencies which arise from identified needs.

United Way agencies help us all...

United Way funded services are used by all kinds of people--not as a charity, but as an aid to everyday living. Your contribution helps assure that no one in need will be deprived. People who can afford to pay do so on a sliding scale, according to their means.

You don't have to be a resident of Williamsburg to benefit from the services provided by many United Way agencies. If you live or work in the City of Williamsburg, James City County or the Bruton district of York County, the services and responsibility to support them are yours.

Rest easy that your contribution will go where it's intended. In March, 1989, United Way implemented a dual-control deposit process and an internal audit review system. Hiring practices were revised to include an expanded employment application process and in-depth reference checks. Also, the United Way has created a local community task force to develop recommendations for financial safeguards for non-profit organizations.

Help us make it happen!

Please, consider making a contribution--through payroll deduction, a single payment, or by donating your time. Together we can make it happen, and keep on happening, by giving to the United Way!

United Way volunteers are the highlight of the 1989 fund-raising campaign!

Do you volunteer time with a United Way agency? Do you know someone who volunteers their time? Tell us! We want to recognize you for your time, effort, and support of United Way agencies, but we can't recognize you if we don't know about you!

Send your name, work extension, and the United Way agency or agencies that you volunteer for to Dianne Hardy, GBO by August 15.

Over the few next weeks, as the United Way Campaign gets going, you'll be seeing your fellow employees featured on our posters promoting the campaign. Four of our United Way volunteers are featured in the July/August CW News. Thanks for your

The Invasion of the Pin-Snatchers!

They invaded Williamsburg Bowl on May 9. From eleven departments all across Colonial Williamsburg, the bowlers came. It wasn't easy luring the sportsmen and women away from the "big sports" -- volleyball and softball. But there was an incentive awaiting all summer bowlers that volleyball and softball players didn't receive: during open bowl (when lanes were available), regular members bowled for only 50¢ a game!

It should be understood that the "Bowlers of Summer" are not your average "Joe" (or "Josephine").

While those of you were playing volleyball and softball among other activities that required its participants to generate so much "perspiration" that you could create another Waller Mill Reservoir, the "Bowlers of Summer" were enjoying their activity in air conditioned comfort. And to add insult to injury (sorry folks!) they were never rained out!

After ten weeks of intense competition, JCT of Chowning's fame, took first place. The first place team members are: Etta Davis, captain; Pat Baytop; Frank Walker; and Wesley Walker.

Other awards that will be handed out at the awards ceremony are:

High Team Handicap series: "Bowling Stones"
(Luther Jenkins, captain; Terry Stanton; Millie Jackson; and James Richmond.

- Individual winners of awards include:

High Game: Mike Binsfeld 214

Pat Baytop 209

High Series: Luther Jenkins 596

Ruth Johnson 521

High Handicap Game: Gerald Hale 265

Frances Edwards 271

High Handicap Series: Mutt Cason 751

Kim Austin 710

The next 10-week Bowling Mini-league is scheduled to begin in September. Until then, the "Bowlers of Summer" will see all the rest of you at the bowling

Six pay phones to be installed throughout Historic Area

Six pay telephones are to be installed in locations throughout the Historic Area, according to Pete Wrike in Telecommunications. The telephones are to be installed in vending locations at:

-The Robert Carter Office, near the Palace;

-The Holt Storeroom, near the Tayloe House on Nicholson Street;

-Near the Blue Bell Tavern, east of the Capitol;

-Wetherburn's Stable (Bus Stop 3) on Francis Street;

-Prentis Stable, at Nicholson and Botetourt Streets;

-The "Up and Down" Building, at Francis and Queen Streets.

The pay phone in the Palace parking lot is also being relocated, close to Bus Stop 1/9. Plans are also underway to replace the pay phone in the Capitol parking lot, according to Pete.

"All the phones will be accessible to the handicapped," Pete says. "We're also working with F&PM to make sure each area is properly prepared and accessible, with as little disruption as possible. We've received outstanding support from everyone--Historic Area Services, Architecture and Engineering, Facilities Maintenance, Landscape and others."

The project is being funded by C&P Telephone. Colonial Williamsburg's costs are limited to preparing each area for the phones. Once installed, CW will receive a commission for each of the pay phones.

A long-term objective of the project, according to Pete, will improve service for visitors to the Historic Area. "We'd like to experiment with some 'house phones' located throughout the area," Pete explains. "These would allow guests to make free calls anywhere within our phone system, to call Security, make reservations, or get information."

The pay phones should be installed and operating by September 1.

Annual Fun Night Bowling Tournament:

Wednesday, August 16, is Annual Fun Night Bowling Tournament at the Williamsburg Bowl! This event is open to employees only -- forming four-person teams.

Team Captains can pick up team registration forms from Sue Houser in Room 102 in the Franklin Street Office Building between 9 a.m. and 5 p.m. Monday through Friday -OR- call ext. 7029 and the form will be mailed to you. If you are not on a team and want to bowl; Luther Jenkins, Bowling Representative on the Recreation Committee, will find a team for you! Come to Room 102 to sign up and pay your \$1 fee.

You can choose to bowl at 6:30 p.m. or 8:30 p.m. (based on first forms received - first placed). There is a \$1 registration fee per person. Shoe rental is free. Standard ABC-WIBC rules will apply.

Your team or individual registrations forms and fees must be received by 5 p.m. Friday, August 4.

There will be door prizes and everyone will receive a momento of the occasion! So form a team and come out and bowl!

Reduced Price Mammograms available in August:

Williamsburg Community Hospital is offering CW employees, retirees, and dependents reduced price mammograms for two weeks between August 14 and 25. The mammograms will cost \$50. Most insurance carriers do not reimburse for screening mammograms. If your doctor recommends a mammogram due to a symptom or high risk status, ask for a referral -- this may influence your insurance carrier's reimbursement decision.

A mammogram is a special low-dose x-ray which produces a sharp, detailed picture that can reveal breast cancer usually before detected by physical examination. The American Cancer Society recommends that every woman have a screening mammogram at least once

after age 35, every one to two years between the ages of 40 and 50, and annually after age 50.

Call Sue Houser at ext. 7029 for an appointment. She has the correct form you must complete and return before you have the mammogram.

Getting your picture taken for your employee I.D. even snapper!

Beginning Friday, September 1, pictures for dependent passes and replacement employee passes will be taken at the Visitor Center.

Pictures will be taken seven days a week from noon to 7 pm. This change in location will give employees and dependents more opportunities to have their pictures taken at their convenience.

The procedure for obtaining these passes is as follows:

1) Call Peggy Bender at extension 7185 or come to Room 102 in the Franklin Street Office Building Monday-Friday, 9:00 am-5:00 pm, to pick up the pass.

2) The employee or dependent signs the pass.

3) The signed pass will be taken to the VISITOR CENTER processing booth (main floor next to the Bookstore) where the photo will be taken.

Until September 1, pictures will continue to be taken in Room 102 of the Franklin Street Office Building on Thursdays, noon to 5 p.m. (There is a \$5 replacement fee for lost employee passes.)

Shields Kitchen Towels Our Newest Product Offering

Looking for a festive touch to liven up your kitchen or bar? How about the Shields Tavern kitchen towel? This new product features the motif from the Shields Tavern sign, which was based on a transfer-printed creamware tile dating to the mid-18th century. The tile pictures an English cook between a pewter tankard and a hock of ham.

The towel, which is 100% linen, is manufactured by Stevens Linen. It may be purchased for \$4 each at the Craft Houses, Sign of the Rooster, Visitor Center Bookstore, Gift Shops and by mail order. Ask for product #191536. Use your employee or dependent's pass and receive a 25% discount!

Moving up, moving in...

In Human Resources, Bob Cramer has been named to the position of Director of Compensation and Benefits. This is a new position created when the division reorganized. It combines duties formerly held by Pam

Reiss, who is now the director Employee and Labor Relations and Bonnie Devine, who is now the director of Human Resources Information Systems.

M. Douglas Smith has rejoined Colonial Williamsburg as Human Resources Information Services Analyst. Doug was previously with Information Systems. Doug replaces Cathy Bergstrom, who has relocated to Illinois.

Craft House-Inn to close early on July 31

The Craft House Inn will be taking inventory on Monday, July 31. The store will close early, at 4 p.m.

The "Extra" is published twice monthly by Human Resources Development Department. Deadlines are 5 p.m. the first and third Thursdays of each month. Our next deadline is August 3. Call Heidi Moore, ext. 7121, for assistance. Send announcements to "CW News Extra", FSO 245.

Surviving the Summer--Second in a Series

Don't Be Beat By the Summertime Heat...

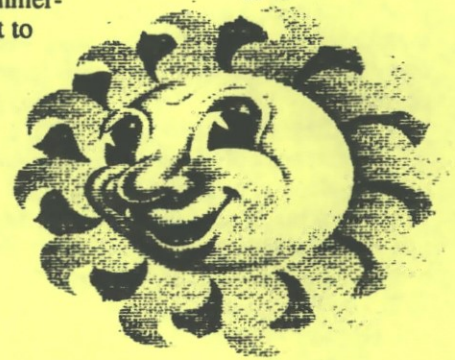
In the first "Surviving the Summer" article, we discussed stress and the effect it can have on you. Another kind of stress--which can be just as devastating, if not more so--is the physical stress of working outdoors during the 'dog days' of summer.

One of the advantages of living in Williamsburg is our access to water. We're literally surrounded by it. We are also blessed with an abundance of trees and wooded areas. While fun to play on and pretty to look at, they can help turn a hot, sticky summer day into one that is unbearably sweltering--a day that literally drains the life from your body, by adding additional moisture to the air and blocking any less than substantial breeze.

"It really beats you down," says Robyn Scouse, instructor in the department of Interpretive Education. "You're so tired at the end of the day that you can't do anything else. Adding to this are the visitors, who because they probably aren't used to our summer weather, are under a great deal of physical and mental stress themselves."

In order to help yourself--and our

visitors--survive the summertime heat, it's important to know the signs of heat-related illness, how to treat reactions to the heat, and how to prevent them.



Do You Know the Signs?

One key to beating the summertime heat is to know it's starting to take its toll on you. Excessive heat can affect the body in a number of ways, which can result in conditions referred to as heat stroke, heat cramps, and heat exhaustion.

✓ **Heat Stroke** - Heat stroke is characterized by extremely high body temperature and disturbance of the body's sweating mechanism. Heat stroke is an immediate, **life threatening** emergency for which **medical care is urgently needed**.

✓ **Heat Cramps** - Heat cramps involve muscular pains and spasms due largely to a loss of salt from the body, via sweating or inadequate intake of salt. Heat cramps may be associated, also, with heat exhaustion.

✓ **Heat Exhaustion** - Heat exhaustion is characterized by fatigue, weakness, and collapse. It is caused when your intake of fluids is insufficient to replace those lost through sweating.

Heat reactions are brought about by internal and external factors. Harmful effects take place when your body becomes overheated and cannot eliminate excess heat. Reactions usually take place when large amounts of water, salt, or both are lost, through profuse sweating following strenuous exercise or work in an extremely hot atmosphere.

Elderly persons, small children, chronic invalids, alcoholics and overweight persons are especially prone to heat reactions, especially during heat waves in areas where a moderate climate usually prevails.

Treating Heat-Related Illness

One of the first, and best, things you should do if you notice that you, a co-worker or visitor are suffering a reaction to the heat is **tell someone**. If you are in a shop or exhibition building, tell the site supervisor and ask them to call Security at ext. 2600. Be sure to give Security as complete information as possible, about location and condition of the person needing assistance.

Try to make the person as comfortable as possible until Security arrives. Then, begin to administer the following first-aid procedures:



Cartoon by Wesley Greene, Landscape Maintenance

Heat Stroke

✓ **Signs and Symptoms:** Body temperature is high--may be 106 degrees or higher. The skin is generally hot, red and dry. The sweating mechanism is blocked. The pulse is rapid and strong. The victim may be unconscious.

✓ **First Aid:** First aid should be directed toward *immediate* measures to cool the body quickly. Take care to *prevent* *overchilling* of the victim once his temperature is below 102 degrees.

1. Undress the victim and, using a small towel to maintain modesty, repeatedly sponge the bare skin with cool water or rubbing alcohol; or apply cold packs continuously; or place the victim in a tub of cold water (do not add ice) until his temperature is sufficiently lowered. When the victim's temperature has been reduced enough, dry him off.

2. Use fans or air conditioners, if available, because drafts will promote cooling.

3. If the victim's temperature starts to go up again, start the cooling process again.

4. Do not give the victim stimulants.

Heat Cramps

✓ **Signs and Symptoms:** In the case of heat cramps, the muscles of the legs and abdomen are likely to be affected first.

✓ **First Aid:** Exert firm pressure with your hands on the cramped muscles, or gently massage them to help relieve the spasm. Give the victim sips of salt water (1 tsp. of salt per glass), half a glass every 15 minutes, over a period of about one hour.

Heat Exhaustion

✓ **Signs and Symptoms:** Body temperature is approximately normal. The victim's skin is clammy and pale, with profuse perspiration. The victim generally is tired and/or weak, may have a headache and/or cramps, and be suffering from nausea or dizziness, possibly vomiting. The victim may also have fainting spells, but will likely regain consciousness as her head is lowered.

✓ **First Aid:** Give the victim sips of salt water (1 tsp. of salt per glass), half a glass every 15 minutes, over a period of about an hour. Have the victim lie down and raise her feet from 8 to 12 inches. Loosen the victim's clothing. Apply cool, wet cloths and fan the victim or remove her to an air-conditioned room. If the victim vomits, do not give her any more fluids. Take the victim to a hospital as soon as possible, where an intravenous salt solution can be given. After an attack of heat exhaustion, advise the victim not to return to work for several days and see that she is protected from exposure to abnormally warm temperatures.

Avoiding Heat-Related Illness

According to Robyn, there are a number of simple things you can do to stay cool and avoid falling prey to the summertime heat and humidity.

✓ Wear cotton or other natural fibers whenever possible. Cotton "breathes" well, and helps keep your body cool by absorbing perspiration.

✓ Wear your clothing loosely laced, with sleeves rolled up. Take off your apron, waistcoat or jacket if your work permits it.

✓ Pull your hair back from your face, tucked under a cap or hat. Straw hats, rather than felt, are recommended because they provide shade for and permit the circulation of cool air around your head--one of your body's most important temperature regulating mechanisms.

✓ Using powder when you dry off after a bath is another way to help keep cool.

✓ Wet a scarf or kerchief and drape it around your neck or wrists.

For complete suggestions on proper costuming during extremely hot weather, speak with your supervisor or call the Costume department.

Visitors Suffer, Too

Don't forget that our visitors are suffering, too--perhaps even more than you. "We don't always realize that visitors have it worse, in that they're going in and out from the heat to air-conditioned buildings," says Robyn. "If you're leading tours, for instance, you may want to avoid these buildings during the hottest times, or try to schedule tours during the cooler parts of the day to minimize the constant temperature changes.

Also remember to try and encourage our visitors to slow down, and enjoy themselves. They don't realize it themselves, but they're probably under a considerable amount of stress, which weakens their bodies' defense mechanisms. They're likely not eating as well as they should, or sleeping as much as they should, and are probably running around trying to do everything in a limited amount of time.

Consequently, if you can help them to relax you'll be helping them--and yourself in turn--to enjoy Williamsburg in the summer."

Want to know more about heat-related illnesses? Call Robyn Scouse, in the department of Interpretive Education at ext. 7641. Information is also available from the Employee Services department. Call Sue Houser at ext. 7029. Or, call Linda Harper in Security and Safety at ext. 7373.