

COLONIAL WILLIAMSBURG NEWS EXTRA

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Tazwell Club memberships offered to employees

Beginning Wednesday, June 1, regular employees and retirees may purchase membership in the Tazwell Club Fitness Center. The Tazwell Club was built for the benefit of our guests but because of the interest expressed by employees, a limited number of memberships are available on a first come/first pay basis.

The annual fee is \$600, payable in full either by check to Colonial Williamsburg or by VISA, MASTERCARD, or AMERICAN EXPRESS. There is no extra charge for spouses but there is a \$100 fee per dependent over the age of 16. Except for scheduled "family swims", club facilities are not available to anyone under the age of 16.

The club is open Mondays through Fridays from 6 a.m. to 8 p.m.; Saturdays from 8 a.m. to 7 p.m.; and Sundays from 11 a.m. to 5 p.m. Membership includes the following club facilities:

- *Aerobics classes twice daily (Monday through Friday) at 7 a.m. and 5:30 p.m.

- *a 60 foot, four-lane heated lap pool

- *a sauna, steam room, whirlpool and Swiss needle shower

- *an exercise room featuring Keiser and Nautilus equipment, plus Bally Liferowers and Lifecycles

- *locker room facilities which include towels, robes and personal amenities

- *full body massage (extra fee and by appointment only) plus other skin treatments to be introduced over time.

If you are interested in joining the Tazwell Club Fitness Center, call Bill Doig at ext. 7479.

Are you stressed out?

Stress is the body's reaction to any demand made upon it. A demand can be good or bad, pleasant or unpleasant. The demand or situation is a "stressor" which causes you to cope, to adapt, or to adjust. Stress is your response to the stressor. Your perception and expectation of the demand determines your amount of stress.

The Wellness Works Wonders Fitness Program is sponsoring an 8-hour class on stress. It will be held on Wednesday evenings, June 22, 29 and July 6 and 13 from 6:30 p.m. to 8:30 p.m. The cost is \$45 per person. Each employee only pays \$25--Colonial Williamsburg will pay the balance. The class is limited to the first 20 employees who pay. Checks should be made payable to Colonial

Williamsburg and be delivered to Sue Houser in Room 132 of The Franklin Street Office Building. Call Sue at ext. 7029 for more information.

Play ball!!!

Colonial Williamsburg's softball season begins July 5! Employees may choose to play on either an all men's team or coed team. Spouses may join employees and play on the same team. We play softball on the diamonds at Matthew Whaley School.

Coed games are scheduled on Monday through Thursday evenings. If games are rained out, they may be rescheduled on Friday evenings or Saturday mornings. Men's league competition is held Monday through Thursday during the day and on Saturday mornings. Each league's season ends with a single-game elimination tournament.

Anyone interested in organizing a team may pick up team roster forms from Sue Houser or Linda Scoggins in Room 132 of the Franklin Street Office Building between 9 a.m. and 5 p.m., Monday through Friday. Rosters need to be turned in by June 17.

If you would like to play but aren't on a team, call Sue at ext. 7029. There are always teams looking for more players! Come out and play ball!

Colonial Cricket players wanted!

Cricket, which is similar to baseball, is played each Wednesday evening on the Market Square Green. Don't worry if you don't know what is a wicket or a bail--they will teach you!

If you are interested in playing Colonial Cricket, call Wendell Barrow at ext. 2646. The cricket season begins with the first match on Wednesday, June 1 at 5:30 p.m. Team members wear colonial costume, so let Wendell know if you need one. Cricket is open to employees and their spouses.

Go take a walk!

The organizational meeting for the Colonial Williamsburg Walking Club will be held on Monday, June 13 at 6:30 p.m. in the Personnel Training Building (behind the Group Arrivals Building in the Visitor Center Complex). People interested in leading groups and coordinating this activity for the Recreation committee are needed.

Herb Armstrong, president, RoadRunners Club, Williamsburg, will be present to answer questions. He will talk about the importance of planning, stretching exercises, proper shoes, warm-up and cool-down time when walking.

Walking is fun aerobic exercise with many educational, social, and health benefits. The area around and within Colonial Williamsburg offers a variety of walking courses. Join us at the PTB! Call Sue Houser at ext. 7029 if you have any questions or suggestions!

A Good Place To Eat Bakery now has a direct telephone line!

A Good Place To Eat has made it easier to order their wonderful pies, breads, cakes and muffins! Just call 220-7678 (or ext. 7678) anytime between 7:30 a.m. and 8 p.m.

Hersheypark discount for employees

Do you enjoy riding roller coasters, hiking, live entertainment shows, or the smell of chocolate!? Enjoy all of this and more at Hersheypark in Hershey, PA!

Hersheypark Hospitality Cards are available from Sue Houser in Room 132 of the Franklin Street Office Building between 9 a.m. and 5 p.m., Monday through Friday.

With the cards you save \$2.75 per person on each admission; up to 33% on admission to other Chocolate Town USA attractions including the Hershey Museum of American Life and the famous Hershey Gardens; 25% discount off of overnight accommodations in participating hotels; and much, much more!

Check the park's operating hours before planning your trip!

Marketplace

Needed: A weekend babysitter or help in finding a weekend babysitter for an 18-month old boy. Call Deirdre at 565-3041 and leave a message.

For Sale: Living room furniture, couch with two matching chairs, plaid with brown vinyl trim, \$150; sleeper, \$125; dinette set with six chairs, \$75; or all for \$300; call 564-3183.

For Sale: Apple IIe computer, 128K, two disc drives, color monitor, amber monitor, daisywheel printer w/three print styles, ribbons, four boxes of paper, books, manuals and mouse. Software includes Appleworks, Multiscriber, Sideways, Mailmerge, Dictionary, Math Blaster, Flight Simulator II, Print Shop, etc. \$1200 or best offer. Call Susan Beckmann, ext. 7296.

For Sale: Girl's 20" pink Barbie bicycle, good condition, \$25, call 898-4369 or Joan, ext. 7297 or 7316.

For Sale: 1982 Yamaha Virago 750cc motorcycle, new custom seat K & Q, luggage rack, Dunlop "Tour Elites", new pipes, \$900 negotiable, call 566-0407 or Legna at ext. 7299.

For Sale: Schwinn 10-speed, good condition, \$70; Lloyds receiver/turntable/speakers, \$160; portable b/w tv,

\$40; Fouton-type mattress, \$25; call ext. 5478 or 253-2462.

For Sale: Cherry Pennsylvania House drop leaf dining room table in excellent condition, \$500; set of six antique cane seat chairs with beautiful patina, \$325; Montgomery Wards mid-size microwave oven, two years old, \$125; Vita-mix juicer, new, \$250; small oak desk with two drawers, \$40; dresser, \$40; Vitamaster rowing machine, \$50; good quality stationary exercise bicycle, \$75; Kerosun director kerosene heater; call 220-1340 after June 7.

For Sale: 1974 Venture "MacGregor" 22' sailboat, trailer, swing keel, three sails, 5 HP outboard, sleeps five, porta-potti, poptop for entertaining, full instrumentation and accessories, excellent condition. For information call Chip at ext. 7600 or, after 6 p.m., 566-0740, price negotiable.

For Sale: Aladdin Kerosene fixed portable heater, Temp-rite 10 Radiant heater, five gallon can included; used only one year; Sears Kenmore stove, bronze, 20 years old, 30" x 25"; air conditioner, Western Auto 6000, fitted for CW housing; moving, all sales negotiable, call 229-8640 before 9 a.m.

For Sale: 14" silverplated shell serving dish, never used, mint condition, \$30; call Sue, ext. 2917.

For Sale: Gold shag carpet with felt padding, 12' x 15', very good condition, \$100; navy blue and brown flecked carpet with foam padding, good condition, \$50; dark brown foam chair converts to bed, good for students or anyone with little storage space, good condition, \$35; all prices negotiable, contact Kathleen at ext. 2917.

For Sale: Queen size brass bed with head, foot boards and Simmons mattress and box springs, 2 1/2 years old, excellent shape, cost \$1000 new, must see to appreciate, will take best offer, call most evenings 220-2887.

For Sale: Men's three speed bicycle, working condition, \$25; deluxe three-burner propane range, never used, \$30; call Ethel at ext. 7204.

For Rent: Two bedroom, 1 1/2 baths townhouse at 1607; newly refurbished, all appliances including washer and dryer, fenced back yard, pool privileges, \$525/month; call 229-1309 evenings; ext. 7520, days.

The "Extra" is published twice monthly by Human Resources Development. Deadlines are 5 p.m. the first and third Thursdays of each month. Our next deadline is June 2, 1988. Call Heidi Moore at ext. 7121 for assistance. Listings for the Marketplace are free, but you must include your signature. Send announcements and listings for the Marketplace to "CW News Extra", Room 245, FSO. We do not take listings by phone.