

Assess your health October 17 at fair

We spend a third of our day at Colonial Williamsburg. Like most Americans, some of us do jobs that offer little physical activity. We are no more active when we get home. The average American spends 30 hours sitting in front of a television each week.

According to Health-Action Managers, sedentary employees spend 30% more days a year in the hospital than employees who exercise regularly and are 20% more likely to call in sick more than one week in a year.

Inactivity has implications down the road, too. Many ailments once thought to be the result of aging can be alleviated or postponed by increasing physical activity.

According to The Good Health Digest, 50% of functional losses incurred between ages 30 and 70 are because of lack of exercise. If you are inactive you can look forward to:

■ blood vessels narrowing 29% by middle age,

■ blood circulation in your limbs reduced by as much as 60% between ages 25 and 70,

■ messages sent from your brain to your nerve endings slowing by 10-15% by age 70,

■ a decrease of muscle fiber at a rate of 3-5% every decade after age 30.

In contrast, active employees enjoy an increased sense of job security, lower rates of absenteeism, reduced worker's compensation and injury, improved productivity, and better decision-making, according to the Mayo Clinic Nutrition Letter.

To help you evaluate your physical fitness, the Employee Relations Department staff along with members of the Department of Security and Safety, the Tazewell Club staff and Williamsburg Community Hospital present the annual Health and Safety Fair in Commonwealth Hall, Thursday, Oct. 17 from 2 to 7 p.m. It is free to

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Open Enrollment times scheduled for November

Open Enrollment for Colonial Williamsburg's health care plans, life insurance and spending accounts will be Wednesday, Thursday and Friday, Nov. 20, 21 and 22 in Commonwealth Hall from 8 a.m. to 6 p.m. on Thursday and Friday.

Open Enrollment runs until 7 p.m. Wednesday, providing another opportunity for spouses to attend the presentations and share in these important decisions. Spouses are welcome to attend all Open Enrollment sessions.

This is the only opportunity for regular employees to renew their benefits for 1992.

Representatives from the companies that provide our benefits will be on hand to answer questions. You can expect to spend about 45 minutes going through the enrollment process, which includes a video about the benefits we offer.

More information about Colonial Williamsburg's benefits will appear on bulletin boards and in the Compensation and Benefits News in the coming month.

Longsworth talks of fitness, health

The Colonial Williamsburg News Extra asked president Chuck Longsworth about his views on physical fitness.

Extra: Why do you believe it is important that Colonial Williamsburg's employees be physically fit?

Longsworth: I think it is important that people be physically fit.

Life is more fun if you can do the things you want to do. Most of us enjoy some sort of exercise—walking, bicycling, fishing, hunting or whatever. That's a lot easier if you maintain your fitness.

Physical fitness equates with good health. We know that fitness improved the strength of your heart, helps you live longer and reduces the number of times you are ill.

I know I feel better when I am getting some regular exercise. I have more energy and enthusiasm.

Physical fitness saves money. We all know what health care costs these days. A little exercise can save a lot of doctor and hospital bills.

Extra: If an employee asked, "Why should I go to the Health and Safety Fair," how would you respond?

Longsworth: Because you might learn something that will give you more pleasure out of life and enable you to live longer.

Extra: How do you see employee health and fitness impacting Colonial Williamsburg and our visitors?

Longsworth: Fit and healthy people look good. They radiate energy. Visitors reflect that energy and think of Colonial Williamsburg as a lively and attractive place. It is easier to do your job well if you are fit and healthy.

Craft demonstrations on tap at Craft Houses

Craftsmen from companies licensed to reproduce Colonial Williamsburg antiques will demonstrate their trades for visitors the third weekend in October.

A line of food developed with the chefs of the Historic Area operating taverns will premier during the weekend, too. Guests can taste their sauces, relishes, cider and ham.

Visitors can see a brass caster from Virginia Metalcrafters and a hand-engraver from the Kirk-Stieff Company at work. Anne Bell Robb, an artist from Kedron

Designs, and representatives of several of the architectural products companies also will be on hand. Sue Rountree, author of the newly published "Christmas Decorations from Colonial Williamsburg," will sign copies of her book.

It all happens at the Craft Houses of the Williamsburg Inn and Merchants Square, Oct. 19 and 20 from 10 a.m. to 4 p.m.

There is no fee and reservations are not required. Call ext. 2211 or 2283 for information.



Free flu shots available to employees

Free flu shots are offered to employees and retirees **Mondays, Tuesdays, Thursdays and Fridays, 9 a.m. - 11:30 a.m. and 1:30 p.m. - 3:30 p.m.** beginning Monday, Oct. 28 and ending Friday, Nov. 15.

To receive the shot you must go to Dr. Hamrick's office and show the staff a valid 1991 employee or retiree pass. His office is at 1100-A Professional Drive in the Governor Berkeley Professional Center, at the corner of Routes 199 and

5 across from the Williamsburg Crossing Shopping Center.

This shot is not recommended for anyone who has experienced an allergic reaction to flu shots or to anyone allergic to eggs.

If you have questions, please call Sue Houser at ext. 7029 #4.

If you have medical questions, please call Dr. Hamrick's office, at 253-1998, or your family doctor.

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employees, retired employees and families.

Blood pressure checks, cholesterol and diabetes blood screenings, pulmonary function tests, heart assessments, sickle cell anemia screenings, vision and hearing tests are just a few of the free activities for adults and children.

Reduced-price mammograms are offered to employees, spouses and retirees

through the Chesapeake Mobile Imaging Service Van for \$50.

Appointments are encouraged and can be made by calling Sue Houser, extension 7029, #2.

A complete listing of events appeared in a Health and Safety Fair flyer distributed with the Colonial Williamsburg News Extra Friday, Oct. 4.

Dried flower workshop set

The floral services department offers a workshop in making colonial-style arrangements with dried flowers from 9:30 a.m. to 3 p.m. Tuesday, Oct. 29.

Led by Libbey Oliver, manager of floral services, the workshop includes a demonstration of dried flower arranging with an emphasis on air drying, and a trip to the floral shop to see its drying attic.

The workshop includes lunch and an afternoon session in which participants can make arrangements in a basket to take home. No experience is necessary.

The workshop is open to 40 participants. The \$50 registration fee covers the lecture, demonstration, lunch and materials.

Register with Gisela Poplin, FSO 211. Include a check made payable to the Colonial Williamsburg Foundation. A confirmation letter with additional details will be mailed upon receipt. Call 220-7943 for more information.

Foundation Library holds fall film series

The Foundation Library has begun a series of free films, presented 2 p.m. Tuesdays through December 17.

"Roots of Resistance", Oct. 15, tells the history of Somerset Plantation in North Carolina from the point of view of its owners and of the descendants of its slaves. "That Rhythm, Those Blues", Oct. 23, presents music from the turn of the century through the 40s and 50s.

The films are shown in Room 212 at the Foundation Library, 415 North Boundary Street. They are free and open to the public. For information, call 220-7419.

What's happening

- ✓ Firing of brick kiln, Thursday, Oct. 17 through Wednesday, Oct. 23—six days and nights—corner of Nicholson and Botetourt Streets.
- ✓ Golf course open house, 10 a.m. to 4 p.m., Sunday, Oct. 27.
- ✓ Golf course free play for employees and retirees, Tuesday, Oct. 29 through Monday, Nov. 4. Call 220-7696 in advance for a tee time.

The Extra is published weekly by the Communications Department. Deadlines are 5 p.m. every Tuesday. Call Sally Riley, ext. 7968, for assistance. Send announcements via interoffice mail to CW News Extra, GBO. Or, FAX them to Sally Riley, ext. 7702.