

Realities of army life shown in night tours

From maintaining ranks on a bullet-swept battlefield to amputating a limb crushed by a musket ball, Colonial Williamsburg historic interpreters detail and demonstrate the realities of life in the Continental Army in an after-sundown program that began September 12.

"Military by Night—A Candlelight Tour" features interpreters dressed in the uniforms of the Virginia State Garrison Regiment. Their orders are to explain the differences between the legends and facts of Colonial military service.

"We'll tackle the popular myths," interpreter Tim Wilson says. "For instance, they didn't stand behind trees and shoot. They stood up and fired, just like the British did. Historically, opposing armies generally use the same kinds of weapons and fight in the same ways."

Portraying a lieutenant, armorer and training safety officer Wilson leads visitors from an orientation at the Magazine



through the gathering dark to lectures and demonstrations at the Military Encampment. "It's more magical, I feel, at night," Wilson says. "We can give more of a sense of being in the 18th century. It masks the modern intrusions."

Interpreters discuss the role of Virginia's soldiers in the Revolution, explain and demonstrate the firing of muskets and, using a volunteer from the audience, the job of camp surgeon. "We'll do a mock amputation on a visitor,"

Wilson said. Surgical techniques, the use of tourniquets, the lack of anesthesia, and the extraction of a bullet from a leg or arm are among the topics to be explained and demonstrated.

The presentation closes with a thorough description of the use of artillery and parting shot from a cannon.

Offered Thursday evenings at 7 and 8 p.m. from September 12 to October 31, the one-hour tours are limited to 60 participants.

Reduced-price mammograms offered

One of every nine women will develop breast cancer. Breast cancer is the leading cause of death in women between 40 and 65 years of age.

This affects women directly but men, think of your mothers, wives, daughters, sisters, friends, and other females. The earlier the breast cancer is detected, the better the chance of containment or cure. Make an appointment for a mammogram for yourself or a loved one today.

Reduced price mammograms are available, by appointment:

■ from Williamsburg Community Hospital on Monday, October 14, Wednesday,

October 16, and Friday, October 18. The fee is \$60, check or cash.

■ from the Chesapeake Mobile Imaging Service van at the Health & Safety Fair on Thursday, October 17. The fee is \$50. Call ext. 7029 #2 for an appointment.

Women between the ages of 35 and 39 should have at least a baseline study mammogram. Between the ages of 40 and 49, women should have mammograms every one to two years. After age 50, mammograms should be annual.

These are general guidelines, always check with your doctor for his/her recommendation.

Drug-free policy starts October 1

Colonial Williamsburg's Drug- and Alcohol-free Workplace Policy goes into effect Tuesday, October 1.

A special edition of the *Colonial Williamsburg News Extra* outlining the policy was distributed to bulletin boards at the end of August.

If you would like an additional copy of the special edition or have questions, call Barbara Wielicki, director, employee relations, ext. 7045.

See employees' creations at Arts and Crafts Show

Everything from chocolate confections to pottery will be shown and sold at the Colonial Williamsburg Employees' Arts and Crafts Show and Sale. The annual event is Saturday, September 28 from 11 a.m. to 7 p.m. and Sunday, September 29 from 10 a.m. to 3 p.m. in Commonwealth Hall, near the Visitor Center.

The sale is open to the public. Admission is free. Door prizes will be awarded hourly. Ample parking is available in the Visitor Center lot.

More than 35 employees are participating in this year's show, sponsored by the Hospitality and Courtesy Committee.

For more information, call Donna Whalen, Hospitality and Courtesy Committee coordinator, ext. 7118.

What's happening

- ✓ Weight Watchers registration deadline, Monday, September 23, call Sue Houser at ext. 7029 #1.
- ✓ Third annual Costume Swap Day, Saturday, October 12, 7 a.m. to 7 p.m. at Costume Design Center.

Learn about nutrition at Health & Safety Fair

Come to the Health & Safety Fair October 17 and find out how healthy you are. **Nutrition Analysis by Riverside Hospital:** Exactly what foods will you not eat? Bring your list with you to this booth. Also bring a one-day food diary that will be analyzed for fat and cholesterol content.

You'll receive a print-out giving you a variety of nutritious menus containing foods not on your list. Your information is programmed and explained by a registered dietitian. The cost for this service is \$10 for 10 minutes. Call extension 7029 #8 for an appointment.

Bio-Electrical Impedance by Riverside Hospital: One way to find out how much of your weight is fat is by measuring the water in your body. This is accomplished by putting electrodes on your hand and foot. You won't feel anything.

The "current" travels faster if you have more muscle than fat. You will receive a print-out. Remember to restrict your fluid intake for at least two hours before you have this screening. The cost for this service is \$5 on a first-come, first-measured basis.

Weight Watchers-at-Work: Here is a program that focuses on controlling the types and amount of food you eat, not eliminating foods you like. In addition to learning about nutrition you will understand the need for exercise and self-control. Do you eat when you are bored or upset? Learn to change those negative eating habits by attending Weight Watchers.

The Weight Watchers staff will weigh you and give you information about the current Colonial Williamsburg Weight Watchers meetings.

Lectures, upholstery exhibit highlight Gallery programs

Upholstery, storytelling, medieval castles and a 17th-century study on mental health will be topics of lectures at the Hennage Auditorium of the DeWitt Wallace Decorative Arts Gallery during October.

Tom Burr, regional officer of the National Trust in England, will present "The Corfe Castle and Kingston Lacy Estates" Wednesday, October 23 at 4 p.m. Burr discusses the National Trust's newest acquisitions, Corfe Castle and Kingston Lacy.

On Friday, October 25 at 4 p.m., Dr. Nicholas Dewey, fellow of the Royal Society of Medicine and visiting professor at Flagler College in St. Augustine, Florida, will present a lecture on "Robert Burton's *Anatomy of Melancholy: The Man and the Book.*" Dewey discusses the early treatment of mental illness and the life of Robert Burton. He traces how this famous work, written in 1621, has been perceived through successive centuries and discusses ideas surrounding medicine, literature and religion in the 17th century.

Other Gallery programs include:

■ "Curtains, Cases, and Chairs: Upholstery Documents at Colonial Williamsburg"—Linda Baumgarten, curator of textiles, takes a closer look at several objects in the collection and explores some 18th-century upholstery construction techniques. 4 p.m. Wednesday, October 9. Hennage Auditorium.

■ "The Storyteller"—This program explores the entertaining and educational world of storytelling. The stories focus on morals and techniques of survival within the colonial black community. 4 p.m. Wednesdays, October 2 and 30, Hennage Auditorium.

■ "A Behind the Seams Look at Upholstered Furniture"—Furniture and upholstery conservators show examples of 18th-century upholstery styles and will demonstrate innovative re-upholstery methods developed at Colonial Williamsburg to protect antique chair frames. 4 p.m. Wednesday, October 16.

The exhibit "Curtains, Cases, and Chairs: Upholstery Documents at Colonial Williamsburg," opens October 5.

Free 10x13 canvas family portrait

No pressure or obligation

Saturday, October 19

10 a.m. to 6 p.m.

Sunday, October 20

Noon to 6 p.m.

Call ext. 7029 #5 for an appointment

Turn trash into cash at Yard Sale Oct. 5

Clean out your house or garage and make a few extra dollars, too. The employee yard sale is Saturday, October 5 at the corner of First Street and Capitol Landing Road between 8 a.m. and noon.

Here's a chance to recycle your old LP's into new dollars, get rid of junior's playpen and pick up that lamp you've been looking for.

Call Donna Whalen at ext. 7118 for your application, due Friday, September 27.

The Hospitality and Courtesy Committee will provide advertising and a port-potty. You bring your own table or mat to display your merchandise; bring plenty of change, too.

After the sale, please clean up your space and take home the treasures you buy, or don't sell. Keep in mind that this is a yard sale, not a hobby and craft sale.

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.

Bay Feast Buffet returns to Lodge

Feast on treasures of the Chesapeake Bay at the Lodge, Friday and Saturday between 5:45 and 9 p.m. this fall and winter.

The Chesapeake Bay feast replaces the Country Buffet offered during the summer.

Entrees have included crab, clams, perch, shrimp, flank

steak, roast prime rib, Yorkshire pudding and baked ham as well as a variety of soups, salads and vegetables.

The price is \$18.25 for adults and \$11.50 for children ages 5-11. The 40% Colonial Williamsburg employee discount applies to the meal. Reservations are suggested.

