

# The



# LINK

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The Mountain Empire Community College official weekly employee newsletter

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Sharon Fisher - Editor • Lana Kennedy - Design

## QUINTANGO

Friday, March 7, - 7:30 p.m.  
Goodloe Center

QuinTango is a quintet of two violins, cello, bass and piano dedicated to the musical performance of tango. The group brings its own interpretations to this evocative music, universally synonymous with the eternal dance of man and woman. The magic of QuinTango's anecdote-laced performances has turned music lovers into tango lovers, and tango lovers into QuinTango lovers. When QuinTango takes the stage, the lights dim. . . the pulses quicken. . . the tango begins.



## VACANCY

**Administrative Office Specialist II**, part-time, temporary, grant-funded position, 24 hours per week for 11 weeks, \$9.65 per hour, in the Office of Career Services.

Proficient computer skills to include in-depth experience with Microsoft Excel and database management are required.

Duties include data entry, production of reports regarding database, and transfer of data to new database.

To apply, submit a Commonwealth of Virginia Application for Employment form to the Human Resource Office, Mountain Empire Community College, 3441 Mountain Empire Road, Big Stone Gap, VA 24219, telephone (276) 523-2400. The position will be **open until filled**. The application form may be accessed at <http://jobs.state.va.us/eo-appl.htm> or obtained at the college or at any state agency.

Mountain Empire Community College is an Affirmative Action/Equal Employment Opportunity Employer. Minorities, females, veterans, and persons with disabilities are encouraged to apply. Documents verifying identity and eligibility to work in the United States must be presented upon employment. Selected applicant will be subject to a background check as a condition of employment.

*Growth means change  
and change involves  
risks, stepping from  
the known to the  
unknown.*

George Shinn  
Source: lilesnet.com

## ACE FOOD DRIVE

Don't forget to bring your donations for the ACE Food Drive.

Donation boxes are located in each office area. The drive will continue through March 28.



## DAYLIGHT SAVINGS TIME

Don't forget to turn your clocks forward this weekend. Daylight Savings Time begins March 9.



# NATURAL TUNNEL EVENTS

**March 22** - Hop your way over to Natural Tunnel State Park for our 3rd Annual Easter Eggstravaganza. Worship service will be at 8 am. (Inclement weather: Service will be held at the Cove Ridge Center). All You Can Eat Pancake Breakfast is 9 am-11 am at the Cove Ridge Center. Adults are \$5 and children 10 and under \$3. Located around the Cove Ridge Center there will be Crazy Crafts & Games for the kids from 10 am-1 pm. Located at shelter # 5 there will be an Easter Egg Hunt. Children ages 2-4 years start at 12 pm, Children ages 5-7 years at 12:30 pm, and Children ages 8 years on up 1 pm.

**March 30** - Join the ETSU Jazz Ensemble at the Cove Ridge Center for the Candlelight Series, sponsored by the Cultural Arts Council of the Cove Ridge Foundation. Under the direction of David Champouillon, ETSU's Jazz Ensemble is dedicated to the art of big band jazz and improvisation, although they also perform all styles of jazz from straight ahead to bebop to Latin to blues and rock. Performance starts at 3 pm and ends at 5 pm; starting at 2 pm local artists work will be on display. Admission is \$8 for adults and \$4 for students. Season Tickets can be purchased for \$20.

**April 12-13** - WoW! Wonders of Wildflowers, Hikes and Plant Sale. Saturday, April 12, join local plant vendors for our 2nd Annual Plant Sale starting at 9 am. Hikes that day will start in the Visitor Center parking lot at 10 am and 2 pm. Come and join local speakers at the Cove Ridge Center starting at 9 am. Join Harold Jerrell, Extension Agent, speak about wildflower photography, 11 am Ellen Reynolds, from the Beagle Ridge Herb Farm, will be speaking about Vermicomposting, and the speaker at 1 pm TBA. Sunday, April 13, a Wildflower Hike will start at 2 pm in the Visitor Center parking lot. Programs are located with in Natural Tunnel State Park

**April 18 & 19** - 5th Annual Earth Day Rummage Roundup and Sale. Now until April 11 you can drop off your donations at the Park's main office Monday-Friday.

**April 26** - Come and fish with the Virginia Department of Game and Inland Fisheries at the 12th Annual Kid's Fishing Day. Registration starts at 11am and ends at 1 pm, Fishing will take place from 12 (noon) – 3 pm, Prize Giveaway will start at 2 pm. There will be Archery and BB shooting competitions for children 3-12 years of age. All state trout fishing regulations apply. Bring your own fishing pole and bait. Concessions available on site.

For more information call (276) 940-1643 or log on to [www.virginiastateparks.gov](http://www.virginiastateparks.gov).

# SAFETY AT WORK

## The Hazards



**OSHA SAYS “Properly trained employees will . . . have information on chronic effects of exposure to hazardous chemicals (that) will help workers recognize such symptoms and seek early treatment of chronic disease.”**

### ➤ Physical hazards

- **Flammable** - they catch fire easily.
- **Reactive or unstable** - they burn, explode, or release dangerous vapors when exposed to heat, air, water, or certain chemicals.
- **Pressurized** - they release pressure in a sudden burst, such as gasses that expand violently.



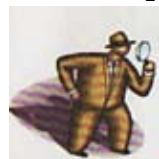
### ➤ Health hazards

- **Toxic** - they cause illness or death.
- **Corrosive** - they burn eyes or skin.

### ➤ These hazardous symptoms can be:

- **Acute** - they show up immediately upon exposure, such as rashes or burns. They may go away when exposure stops.
- **Chronic** - they take a long time to develop, such as cancer or organ damage.

### OSHA Expects:



training to be effective. Inspectors will look not only for training verification, but will also check employee competence by, for example, asking employees about the specific hazards of a chemical they are using.