

Swine Flu Precautions Outlined

Campus Community Urged to Practice Prevention Methods

Officials at Virginia Highlands Community College are continuing to monitor the swine flu situation and are asking the campus community to take precautionary steps to keep our campus safe and healthy.

Hand sanitizer has been placed in each building, and contact has been made with regional health officials to ensure the latest and most up-to-date information is available. CDC Seasonal Flu Updates are available from the VHCC Campus Police website.

Here are a few things to remember:

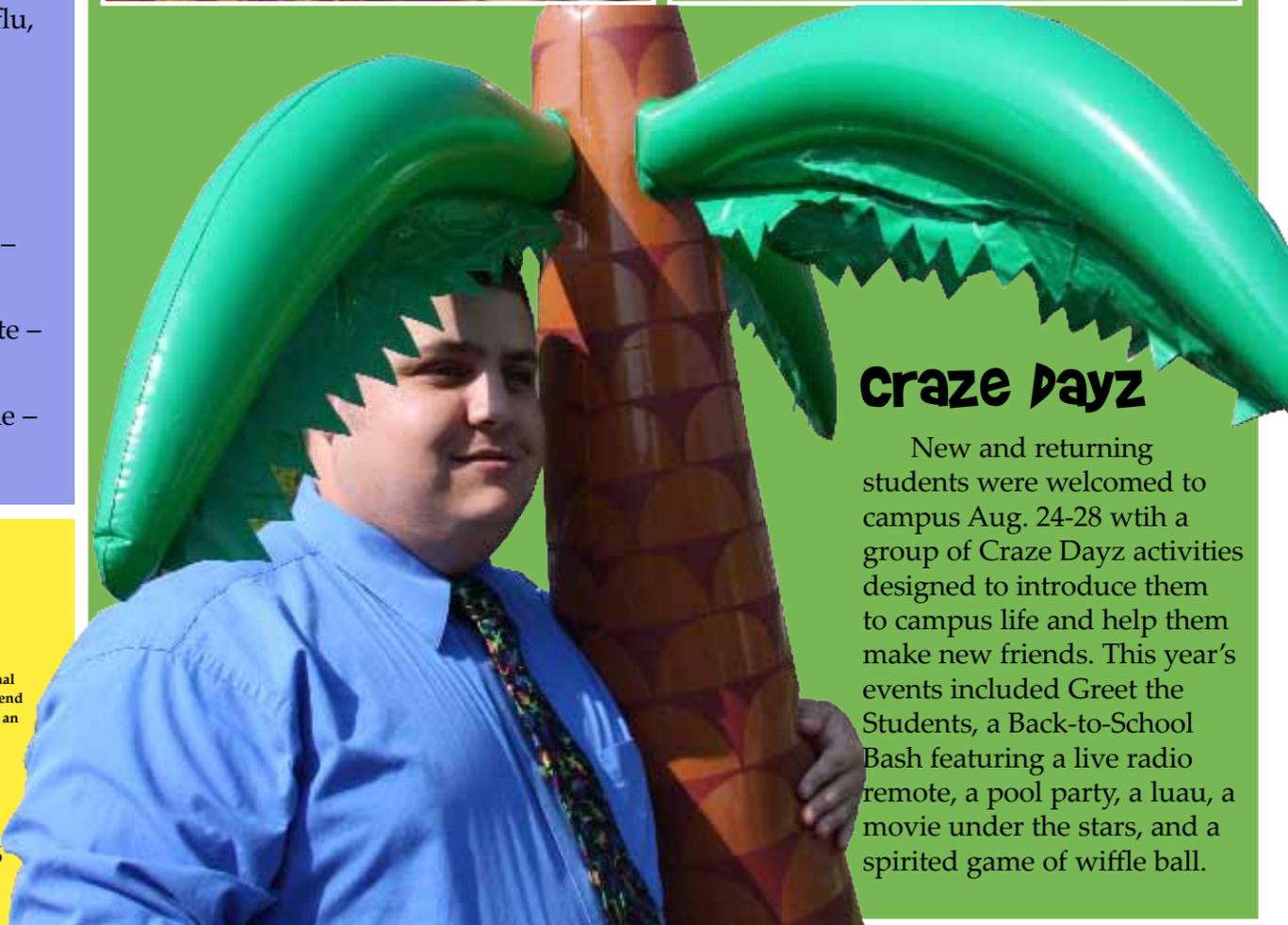
- Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective, they need to be at least 60% alcohol based.
- Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- Know the signs and symptoms of the flu. A fever is a temperature that is equal to or greater than 100 degrees Fahrenheit. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever or signs of a fever. Don't go to class or work.
- Talk with your health care providers about whether you should be vaccinated for seasonal flu. Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available.

Stay informed about this changing situation. Informational resources include:

The Center for Disease Control web site – www.cdc.gov/h1n1flu

The Virginia Department of Health web site – www.vdh.state.va.us

The Virginia Department of Health Hotline – ASK-VCH3 or 877-275-8343



Craze Dayz

New and returning students were welcomed to campus Aug. 24-28 with a group of Craze Dayz activities designed to introduce them to campus life and help them make new friends. This year's events included Greet the Students, a Back-to-School Bash featuring a live radio remote, a pool party, a luau, a movie under the stars, and a spirited game of wiffle ball.



VHCC News is produced each month by Anne Dunham of the Office of Institutional Advancement. If you would like to suggest information for the newsletter, please send your ideas to adunham@vhcc.edu or contact her by phone at 276-739-2456. VHCC is an Equal Employment Opportunity/Affirmative Action Institution.

Virginia Highlands Community College
www.vhcc.edu or call 276-739-2400

Para la ayuda en español, llama por favor (276) 739-2436

SGA, SIFE Sponsor National Day of Service

To honor the victims and brave first responders of the terrorist attacks of 9/11, VHCC is proud to take part in the federally recognized National Day of Service this September 11, 2009 by two student clubs - The Student Government Association (SGA) and Students in Free Enterprise (SIFE) - the event encourages VHCC students, employees and Abingdon community members to participate in service projects, a blood/food drive and Candlelight Vigil of Remembrance.

Thirteen service projects have been scheduled, and all students and employees are encouraged to participate. Sign up is available on the VHCC homepage at www.vhcc.edu/dayofservice.

- VHCC Clean Up – help spruce up the college campus
- River/Road Clean Up – pick up trash from along the Horticulture Club's adopted section of highway/river
- Second Harvest Food Bank – sort food for distribution
- Bristol VA Sherriff's Office – weed/mulch around the Bristol VA courthouse
- American Home Care – provide yard work and maintenance to local patients homes
- Holly Help Spay and Neuter – build dog houses
- Adwolfe Fire Department – clean fire engines and help set-up for their weekend festival
- Wonder Kids Therapeutic Equestrian Center – perform

maintenance work

- Abingdon Senior Center – tear up carpeting, paint and perform yard work
- Faith In Action – stock and clean food pantry
- US Troops Care Packages – assist in putting together care packages to send to troops stationed overseas
- Animal and People Food Drive – collect food from community member's homes (bags/instructions provided to community prior to event date)
- American Red Cross – assist with registering donors for town wide blood drive

A town-wide Blood and Food Drive will be also be held at the Abingdon United Methodist Church. The event is being organized in conjunction with the American Red Cross, and the public is invited to participate in this blood drive. In addition, the church will serve as a drop off location for food to be donated to Faith In Action and the Second Harvest Food Bank.

After the volunteering effort is complete a candle light vigil of remembrance will be held at 7 p.m. on the Porterfield Square (formally Barter Green). The entire community is invited to attend. Candles donated by local churches will be provided to participants.

Health Insurance Audit Planned

The Commonwealth of Virginia Health Benefits Program is taking action to control the rising costs of health care. One major way to keep costs down is to make sure that state health plans cover only those people who qualify.

The Spotlight newsletter issued during the 2009 Open Enrollment period announced that the health benefits program will be conducting an audit of dependents covered by employees' health insurance plans. Beginning soon, employees who are covering dependents on their health insurance plans (including spouses) will be receiving notices of the audit and response instructions in their home mail. Employees will be required to complete and sign an Affidavit Signature Form verifying that the dependents on their health plan are eligible or ineligible for coverage.

The affidavit is a legal document and intentional incorrect certification of information is considered perjury, which may be prosecuted to the fullest extent of the law. The health program reserves the right to audit individual files and seek documentation that dependents are eligible.

Please watch your mail for this audit notification and respond by the requested date.



Sen. William Wampler invited those who attended the Aug. 8 groundbreaking of Heartwood: Southwest Virginia's Artisan Gateway to sign his shirt, which he said will be auctioned at a future event to raise money for the center that is being built on the VHCC campus. In addition to allowing local artisans to showcase their talents, the center will provide a venue for VHCC students from a variety of disciplines to gain hands-on experience.

"For us to stand here today and say that this facility will give us 270,000 new visitors to Southwest Virginia and generate about \$10 million of impact into the economy is a right boastful prediction," Wampler said. "I happen to think that is on the conservative side."

To learn more about Heartwood, go to www.heartwoodvirginia.org

CBI Prepares for Name Change

Upon the recommendation of its Citizen Advisory Committee, the Center for Business and Industry at Virginia Highlands Community College has changed its name to Workforce Training & Continuing Education.

The new name will officially be launched later this year when a new logo is unveiled and materials are prepared for Spring Semester 2010.

"We're very excited about the new name because we believe it more accurately reflects the full-range of services that we provide," said Dean Melinda Leland. "When the center was created in 1996, the primary focus was on the training needs of area employers. And while those programs remain integral to our mission, we also provide a number of other valuable services to meet the diverse needs of our community."

In fact, Leland said the center served more than 2,800 students last year through its services, including customized training programs designed to meet the specific needs of area employers, continuing education courses for those interested in upgrading job skills or developing new skills, and personal enrichment courses.

The center is located in the Administration Building on the VHCC campus.

To learn more about the programs provided, view the latest Training Guide at www.vhcc.edu/cbi.

Input Sought for Presidential Search

Community members, campus employees, and VHCC students are invited to assist Virginia Highlands Community College in its search for a new president by responding to a short on-line questionnaire that will be available through 5 p.m. on Wednesday, Sept. 16.

Input gathered will be used to help choose a successor for Dr. F. David Wilkin, who recently announced plans to retire on June 30, 2010, after 15 years of distinguished service. All responses to the five-question survey will be anonymous and will be used by the Local College Board and Dr. Glenn DuBois, chancellor of Virginia's Community Colleges.

The community questionnaire is available online at www.vhcc.edu/presidentialsearch. The campus community, including students and employees, should use the link included in a recent email to their VHCC accounts. A computer is available in the VHCC Office of Institutional Advancement, Room 625 of the Learning Resources Center, for those who have difficulty accessing or submitting the questionnaire.

For additional information about the questionnaire or the presidential search process, please contact the VHCC Public Relations Office at 276.739.2456