



Mountain Lake Biological Station

User Handbook

Updated: 20 February 2008

For the most recent version of this Handbook, contact the Station or download it from our web site: mlbs.org

v. 08.1

Welcome!

Welcome to the Mountain Lake Biological Station. MLBS was established in 1929 as a branch of the Department of Biology at the University of Virginia for research and advanced training in field biology. MLBS offers a wide array of natural environments as well as two laboratories equipped with modern facilities, computers, and the logistical support necessary for a wide variety of research and teaching programs. MLBS is also a community. Many of you will be spending four, or even ten weeks living and working here this summer. We look forward to getting to know you and providing the best support we can. All the Station staff are here to help in your work and make your life here as profitable and enjoyable as possible. Please make yourself at home and let us know how we can help.

The purpose of this handbook is to inform you about the resources, procedures and rules everyone using the Station needs to be aware of. If you still have questions please ask any of the Station staff. Our web site also contains complete and up-to-date information on fees, programs, applications, and resources.

MLBS Administrative Staff

Butch Brodie, Director, Professor of Biology

Eric Nagy, Associate Director, Academic Assistant Professor of Biology, REU Coordinator

R. Mark Larson, Manager

Anne Marie De Marco Rehm, Program Support Technician

Julian McCroskey, Facilities Management Caretaker

Fundamental Code of Behavior

Everyone visiting or living at MLBS is expected to abide by an honorable and considerate code of behavior. This means showing respect for others, even if they hold widely divergent opinions from yours. We try to provide an inviting, friendly and nondiscriminatory forum for the free and rich exchange of ideas. Receptivity to your fellow MLBS residents and consideration of them in every way possible helps assure a peaceful, productive and non-threatening environment.

Residents should remember that the Station has a special responsibility to conserve the flora and fauna of the area. Indiscriminate collecting has led to the depletion of the habitats surrounding many field stations. Therefore, please help to preserve the Mountain Lake biota by *refraining from picking flowers or collecting animals* unless they are needed for scientific study.

Problems / Grievance

Problems, complaints or non-safety related emergencies having to do with the Station's policies, procedures, actions or facilities should be brought to the attention of the Manager, Associate Director or Director. They are here to make sure the Station is working for you. This includes all research and teaching issues. Interpersonal conflicts not related to use of the Station are best solved among the parties involved. However, all of the MLBS administration makes itself available to assist in resolving such conflicts. We especially encourage students to approach any of us if they are uncomfortable *in any way* with their treatment by, or relationship with, a teacher or mentor. We are 100% committed to maintaining a healthy and nurturing environment for our students and all our residents.

It is easy in such a small community as Mountain Lake for rumors to get started and spread. Some are unfounded, and others may indeed be correct. If you hear anything that gives you pause, please attempt to verify the accuracy of the rumor before passing it around. In this manner communication among all of us is enhanced and accuracy preserved.

Administrative Offices

The Main Office (Lewis 102) is staffed by the Station Manager and their assistants 8:00a to 4:00p Monday through Friday. The offices of the Director and Associate Director are in the newer aquatics lab building. The Director and Associate Director do not keep regular office hours but encourage interruption at any time. The Caretaker should be contacted directly only in emergencies. All maintenance or facilities inquiries should be addressed to the Main Office.

Arrival and departure

It is extremely important that the office staff know exactly when you are arriving and leaving. This is to ensure that you are billed properly for your room and board. Please be sure to advise them as far in advance as possible about your plans.

Directions: From US Rte. 460 take State Rte. 700 or 613 up the mountain to the Mountain Lake Hotel. Continue along the left side of the lake and beyond for 2 miles, taking the two right-hand forks. See MLBS glossy brochure or web site for area map.

Roanoke Regional Airport is 1.5 hours away by car.

Dining Hall, Board Plan

Meals are served at the following times 7 days a week:

| | |
|-----------|--------------------|
| Breakfast | 7:30 - 8:00 a.m. |
| Lunch | 12:00 - 12:30 p.m. |
| Dinner | 6:00 - 6:30 p.m. |

On Sundays a barbecue dinner is served at the pond.

Do not enter the dining hall until after the "second bell." Please allow everyone to get through the line before going back for seconds. Please leave the dining hall when finished so that student workers can clean the dining hall before class.

All Station residents are required to participate in the meal plan unless they make prior arrangements. Visitors and guests may eat at the Station with advance notification. Those with special needs or dietary restrictions should consult with us in advance. Check with the Office for current board rates.

Virginia Heath Law requires that shoes be worn in the dining hall at all times.

Snacking: The dining hall remains unlocked during the morning until 11:00 am and after lunch until 5:00 pm. It may also be open before breakfast. Fruit, cereal, milk, ice tea and coffee are often available there. Please do not make requests from the kitchen staff during non-meal times. Also, **do not** help yourself to food from within the kitchen area at any time except with explicit permission (field trip preparation etc.). Do not enter the kitchen working area unless you are a service award student. **Do not enter the dining hall when it is closed.** There are very few locked areas on the Station, please respect those that are.

Cooking: For fire safety reasons, cooking of any kind is not allowed inside dorms, cabins or apartments. If you want access to cooking facilities for special occasions, the new dorm kitchen can be reserved at the Main Office.

Living Facilities

A variety of modern and rustic dormitory, apartment, and private cabin accommodations are available to suit most personal and family needs. The dining hall serves three meals a day to all station residents. Summers at the Station are pleasantly cool; 68-80°F during the day, with cool nights. Laundry facilities are available. Blacksburg, a university town (Virginia Tech) is 30 minutes away by car. Many families live at the Station each year and children are welcome. Formal and informal recreational activities at the Station include campfires, folk singing and dancing, seminars and slide shows, movies, volleyball, basketball, team triathlon, swimming, caving, rock climbing, hiking, and white water canoeing on the New River.

Housing and Housekeeping

NOTE: Housekeeping and linen services and policies are currently under revision. You may want to contact the station before your arrival for current services. Your accommodations should be clean and ready for your when you arrive. No bedding, towels or toiletries are provided. Report any problems to the office. Residents are responsible for normal cleaning during their stay and are expected to leave their space clean when they depart. Maintenance needs should be reported to the Main Office, or to any of the Staff in an emergency. Cleaning supplies are available in the Stockroom next to the Main Office, as are light bulbs, paper towels, garbage bags, toilet paper, and sanitary disposal bags. Please help yourself.

Please do not move furniture, appliances, rugs, mattresses, garbage cans, or any other items between cottages or out of common use areas (e.g. New Dorm kitchen) without permission from the Staff.

Important Notes on Plumbing:

- 1) Plumbing at the Station is very fragile. It is **not** the regular municipal-style system we are all used to. In fact, we operate our own miniature wastewater plant.
- 2) Water can get limited in the summer. Please treat it as a valuable resource and conserve as much as possible.

It is absolutely imperative that nothing but **human waste** be flushed down the toilet or poured down **any drain**. This goes for all cabins and laboratories. This cannot be stressed strongly enough. Items such as **tampons, condoms, or paper towels** (no matter how "flushable" they claim to be) will clog the system and can cause the wastewater plant to fail. And in any case must be **manually removed** from the system by the Caretaker (our friend Julian!). Disposal bags are provided for all these items in the stockroom. Please take a big handful! Even normal cleaning agents such as laundry bleach should be used sparingly. If you use a strong cleaner on floors or surfaces, please dump your buckets **outside**. This is not a small problem!

Quiet Hours

Quiet hours are 10:00p.m. - 7:00a.m. Parties should be held in the Pavilion, **not** in cabins or on porches. Please remember that Station residents keep wildly varying hours and that noise travels easily from cabin to cabin. All residents must respect requests from other residents for reduced noise irrespective of the hour.

Laundry

The public laundry room has two coin-operated washers and tow dryers, as well as laundry lines. Residents must provide their own laundry soap.

Climate

The temperatures for a typical summer are as follows:

| | Maximum | Minimum |
|-------------|---------|---------|
| High (day) | 85.5 | 62.0 |
| Low (night) | 61.0 | 41.0 |
| Average | 77.4 | 54.7 |

Because of its mountainous location, the Station has frequent showers and can get quite cold. Warm, informal, layered clothing, as well as adequate outdoor footwear and rain gear are required. The Station operates a full weather station. Data is available by request and on our web site.

Communications, Mail, Telephones, Fax, and E-Mail

Incoming Calls: (540) 626-7196. This is the Station Main Office where messages can be left for residents. In **emergencies only** and if the Main Office is closed, the caretaker's home number is 540-626-7171 (year-round), and the Associate Director's cabin number is 540-626-7159 (summer only). There are no phones in cabins or dorms.

Email Messages can be sent to the Main Office at mlbs@virginia.edu. Residents *do not* have access to this address for regular use. The computer lab is equipped with Internet access for all your web and email needs.

Web Page: Our web page is a complete and up-to-date place to find information about MLBS and provides contact information for Station staff, faculty and researchers. All information and application material (including this Handbook) are available there as well. URL: mlbs.org

Outgoing Calls: Two pay phones (Lewis Hall 540-626-9971 and laundry carport 540-626-9976) and a "credit card only" phone (Lewis Hall Stockroom 540-626-5228) are available for public use. Faculty and researchers can request lab phones. These are for private use only and should not be used by others without permission.

FAX: Available for both sending and receiving, 540-626-5229. You will be charged for the cost of outgoing faxes.

Cell Phones: There is no cell coverage at the station. The nearest signal is 2 miles away.

U.S. Mail, U.P.S. and Federal Express Address:

Resident's name
c/o Mountain Lake Biological Station
240 Salt Pond Circle
Pembroke, VA 24136-3092

U.P.S. tends to be the most reliable mode for receiving packages.

Mail is delivered and collected between 10:00a and 10:30a. It is put in alphabetized boxes on the dining hall porch as soon as possible. Outgoing mail can be placed in the "blue box" on the first floor of Lewis Hall. Outgoing packages should be placed on the mailbox with money and note asking the mail carrier to affix the correct postage. Stamps are sold in the Office.

Computer Network and Internet Access: Ethernet and wireless access is available in both lab buildings and in some residential buildings. A full-service computer lab is open 24h/day and is equipped with Windows and Macintosh workstations, and printers. A T1 line provides Internet service to the station. Skype and VOIP systems work well with wired Ethernet connections or in areas of strong wireless coverage.

Billing, Accounts and Purchases

All accounts must be paid in full before you leave the Station. Purchases made from the Station and orders placed during your stay can be added to your account. Checks should be made payable to "University of Virginia."

Photocopying: Copies are charged to your account at a rate of \$0.05/copy. You must log copies made on the Office or Library copy machines.

Supply and Material Purchases: Some basic research and teaching supplies are for sale in the Office. Materials for classes are also available for purchase. Purchases can be billed to your account.

Cash: The Station cannot provide check-cashing services. ATMs and other banking services are available in Blacksburg. Change for such things as the laundry or the soda machine *may* be available from the Main Office.

T-Shirts, Caps, and Mugs: MLBS souvenirs are available for purchase in the Main Office.

The Mountain Lake Hotel

The Mountain Lake Hotel and Resort is the Station's good neighbor you passed on your way in. The Hotel is a good source of recreation and entertainment. It is very important, however, that we do not abuse this relationship. You are welcome to visit the Hotel's Mountain Lake beach and hike on the Hotel's trails. Use of all other Hotel property or facilities is by Hotel permission only. If you have any questions about using the Hotel and its facilities, please ask in our Main Office about how to proceed or who to contact. Researchers or Classes wishing to use Hotel property must consult with the Associate Director in order to maintain a single line of communication with the Hotel.

More luxurious accommodations, meals, and family recreation can be had at the Mountain Lake Hotel. It is just two miles from the Station on the shores of Mountain Lake itself. Contact the Hotel (mtnlake@swva.net, www.mtnlakehotel.com) for information and reservations (800-346-3334 or 540-626-7121 or 540-951-1819, or fax: 540-626-7172).

Calendar and Summer Events

Seminars: Seminars are presented by in-house researchers or invited speakers on most Tuesday and Thursday nights in the **Auditorium at 8:00 p.m.** The schedule for speakers and topics is posted in the Lewis lab and at mlbs.org and is subject to revision throughout the summer. Typically Tuesday nights are reserved for less formal work-in-progress talks, and Thursday is for formal presentations. There are occasional slide shows or travelogues on Sunday evenings. If you wish to schedule a seminar or presentation of any kind contact the Station as early as possible. Please consult the red bulletin board in the Lewis Lab for the seminar schedule.

Social events, celebrations, dances, etc.: The Station sponsors a number of programs throughout the summer for the enjoyment of all Station residents. These vary yearly but may include square dancing, canoe trips, the (in)famous MLBS Triathlon, seminar series, special guest lectures and receptions, etc. All Station residents are invited to participate in these events, suggest new ones, and get involved!

Volunteer Activities

The limited staff at MLBS constantly struggles to keep up with all the duties and demands MLBS presents. We are always open to initiative by students, faculty, researchers, or anyone else who has ideas about how to make MLBS a better place and wishes to put in the effort. Want to help out? Just ask!

Research

Everyone conducting research (including students conducting research projects for classes) must submit a *Research Plan* before work begins. The purpose of this proposal is to prevent conflicts among current projects, record all manipulative activity to minimize impacts on future research, and minimize the chance that the proposed research will be impacted by previous work. In other words, it is for your own good, and should be seen as a *service* not a chore. Details of field procedures must be included as well as maps of research activity. You must also specify the timetable for your research. Unless otherwise notified, your work will be considered complete at the end of the timetable, and your plots, material, labels, equipment will be deemed abandoned. Research Plans (and all MLBS activity) should be submitted on-line at mlbs.org – click on "Application." All researchers are required to **clean up completely** all research plots, material and equipment at the termination of their project or phase of project. Research litter and abandoned material is a major nuisance for the Station Staff. All research material and space must be clearly labeled with **your name** and **date**. Unlabeled space or material of

any kind will become the property of the Station and redistributed as necessary to anyone who asks. This includes lumber, PVC, equipment, soil, etc. The Station maintains computer databases including climatological data, publication lists, species lists, and collection records. Collections of insects, bird skins, and small mammal skins plus an herbarium are available.

There are research plots and equipment distributed throughout the MLBS campus and the surrounding forest, creeks, ponds, and fields. Be aware of where you are walking.

Computer Lab and Network

The computer lab is open to all faculty, students, and researchers and their assistants paying user fees. If you do not fall into any of these categories please seek permission before using the computer lab. If you have any questions about the machines or the software please ask before you "explore" too far. The computer lab and entire network are as secure as we can make them while still making them flexible and easy to use. It is a fairly open network. Standard WIN2000 and XP domain security, current virus protection, regular data archiving and backups protect the network.

A few short rules and recommendations apply:

- 1) **Use the file server.** All users will be given network accounts. Logging into the network and using your own private folder on the file server (Erasmus) provides two enormous advantages: 1) you can access your files from any computer on the Station, and 2) your files are stored on a secure, failure and virus-resistant environment, and are backed up to tape and/or mirror disks every few days. Recently deleted files may be recovered. It is impossible for us to 100% guarantee the security of all data, but the server is state-of-the-art and is running the best protection currently available. Files left on the hard drives of individual workstations may be erased at any time as a function of system maintenance. We cannot be responsible for the loss of any data, but files left on workstation drives or floppy/zip disks are especially vulnerable, and we cannot take time retrieving data from them. Back up all you data in multiple locations.
- 2) **Do not alter any system settings.** Not even the desktop or screen saver. The systems are left open for your convenience and flexibility. Much time is spent resetting "harmless" changes when problems arise.
- 3) **Do not steal the software.** This is a federal crime and a violation of the University of Virginia's Honor Code, to which all Station users are subject.
- 4) **Do not load any software** without the explicit permission.
- 5) **Hacking** is also a crime and a violation of the University of Virginia's Honor Code. Do not attempt to access network disk space or devices without explicit permission and standard domain authentication. You may find you have access to folders or equipment you know nothing about. Please respect the privacy of other Station users, and protect our network by not accessing files, settings, devices, or other network resources that do not belong to you. Hacking from "outside" is also a constant threat. Please report suspicious occurrences of any kind at once (such as appearance or disappearance of files or folders). Our file server has been successfully hacked in the past (it was used to illegally swap music files by hackers in France for weeks without us knowing), and it will be again. Help us protect it. Your files, and the entire network can be affected.
- 6) **If you don't know what you are doing, please ask for help.**

Workshop

There is a well-equipped woodworking shop in the aquatics laboratory. The shop is open for all to use. The Director can help you with tool use and can assist with construction suggestions or ideas. To make the shop work, you must adhere to a few rules:

- 1) Clean up completely after yourself.
- 2) Tools marked in blue cannot leave the building.
- 3) Sign out all tools removed from the building (red marked only).
- 4) Gardening tools hanging on the wall in the main room can be checked out.
- 5) Some other hand tools for fieldwork can be checked out in the Main Office.
- 6) Scrap lumber is available if it is not marked with someone else's name.
- 7) **Do not** use power tools unless you have been trained in their safe use.
- 8) Please report malfunctioning, broken, or missing tools to the Main Office so they can be replaced.
- 9) The Director keeps some personal tools in marked toolboxes in the workshop. Please to not use them without his permission. But do ask if you need something.

Research Facilities and Resources at MLBS

Equipment available at the Station includes surveying instruments, field glasses, seines, various traps and other collecting equipment for field work as well as incubators, an autoclave, an ultracold freezer, a fully equipped wet laboratory, microscopes, networked computers, an image processing workstation, and many other items for field and laboratory work. The main laboratory building is a stone structure containing classrooms, the auditorium, private research labs, and the Station office. The Station has an herbarium and collections of insects, bird skins, and small mammal skins. A newer laboratory with a fully networked computer room, offices, controlled environment rooms, a small woodworking shop and a large open room for experiments provides space for large indoor experiments. A small greenhouse is also available. The Station maintains common-use rooms for equipment such as ovens, incubators, freezers, hoods, microscopes and balances. A wide range of specialized equipment is also available. The Station also maintains computer databases including climate data, MLBS publications list, species lists and station collection records. The Station solicits requests for equipment needs when funds are available. Use of field sites on Station property must be approved by the Director or Associate Director.

Laboratory and Equipment Use

Almost all the equipment you see at the Station is available to you. But please consult the Associate Director or the Director before using Station property. If equipment or space is posted with a "use sheet," *you must fill it in*. If the sheet is not filled in, your material may be discarded or the equipment used by someone else.

If you are conducting research at the Station and paying user fees you are entitled to lab space that fits your needs. Please discuss your needs with the Manager, Associate Director, or Director before moving into any space or counting on the use of any equipment or facility.

You are responsible for knowing and following proper and safe laboratory procedures. A laboratory safety protocol handbook is available in the Main Office. Cleaning, safety and security in your research space are your responsibility.

Laboratory Safety: All laboratory users are required to follow standard safety protocols. If you are unsure about safe lab procedures you must ask for assistance. *Laboratory Safety Handbooks* available in the Main Office, and at mlbs.org (click on Research and UVA Laboratory Survival Manual) - all lab users are expected to be familiar with this handbook. *Storage or use of **radioactive material** on the*

Station is not permitted without special permission by the Director and UVA's department of Health and Safety.

Chemical Safety and Waste Disposal: Dumping lab or household waste such as formalin, bleach, paint, paint thinner, or other toxics down the drain can cause the wastewater system fail. They are also not decomposed before they are released into the creek leading away from the Station. Pouring chemical waste down the drain constitutes illegal toxic waste dumping into the surface water. *IF IN DOUBT, DO NOT DUMP IT DOWN THE DRAIN. All chemical waste must be placed in University-approved containers with labels.* These containers are available in the Office or in room 207 (Werth Lab in Lewis Hall). Please use as many containers as you need. **1) Seal the container tightly. 2) Label as "Hazardous Waste." 3) Record a list of the contents (with approximate percentages) of every container, and tape the list to the container.** The Station takes care of, and pays for, all disposal. **Unidentified chemical waste is very expensive to dispose of.** There are special containers for **sharps** and **biohazards**. **Radioactive** waste can be accepted, and no radioactive material is permitted in the station. All containers must be labeled with contents and owners name (including squeeze bottles). Remember to store acids and bases separately. Do not mix food and chemical storage in labs (separate refrigerators, cabinets, benches). No food is permitted in rooms where animals or animal products are used or stored.

Refrigerators: Food storage is not permitted in any laboratory refrigerator unless the refrigerator is clearly marked "Food Only." Items stored in laboratory refrigerators without clearly visible names and dates will be discarded promptly. **Flammables cannot be stored in any refrigerators on the station.**

Windows: You must **close the windows** in all laboratory rooms when you leave them. Unexpected downpours can destroy equipment, data, and damage the building with flooding.

Attic and Basement: The attic of Lewis Hall is closed. Do not enter it. The basement of Lewis is for special projects and limited storage. Please do not enter the basement without permission or assistance.

Stockroom: Miscellaneous lab supplies and equipment, as well as cleaning and bathroom supplies are available for your use in the stockroom.

Ordering supplies: Orders for equipment or supplies can be placed in the Main Office. Some suppliers deliver overnight, others may take weeks. Please plan accordingly.

Equipment Borrowing: A variety of basic lab and field equipment (measuring tapes, hanging scales, thermometers, tools, etc.) is available for borrowing in the Main Office. If you have critical needs, please check with us before coming to the Station

MLBS solicits requests for new equipment and does its best to acquire items that will be of general and long-term value, when funds are available. Please forward requests to the Associate Director.

Library

The Library is open to all Station residents. You are responsible for properly checking out books and returning them as soon as you are finished with them. Books not available can usually be obtained from the VPI library or via interlibrary loan. Anyone with a Virginia driver's license can check books out of the VPI library. The MLBS library catalog is on-line at mlbs.org. A small selection of non-scientific and children's books are available.

Living Equipment and Supplies Needed

You Will Need to Bring:

Pillow
Sleeping Bag or Several Warm Blankets
Sheets (twin)
Towels
Personal Toiletries
Prescription Medication
Laundry Soap
Rugged "Field Clothes" (jeans, shorts, t-shirts)
Sweaters or Sweatshirts
Jacket
Shoes Good for Hiking
Flashlight
Sunscreen
Rain Gear
Water Bottle

Optional But Useful:

Rubber "Wading" Boots
Basic Camping Equipment
Field Guides
Mountain Bike
Bathing Suit
Personal Computer

Children

The Station is not risk-free. Laboratories, scientific equipment and field apparatus can all pose dangers to unsuspecting children. Be wary of unusual conditions not found outside of a research station - ropes, pits, machinery, wires, netting, etc. are all common around the Station and in many cases are quite cryptic.

Rattlesnakes are also relatively common. The Haunta Virus has also been documented in the area. Children should not be permitted to catch or handle any animals without the oversight of a responsible and knowledgeable adult.

Young children are not permitted in laboratory buildings or the Dining Hall unless accompanied by an adult.

Garbage /Recycling

Line all trash cans with plastic liners available in the Stockroom. All trash must be placed in the dumpster behind the Dining Hall. Aluminum, glass, plastic, newspaper, and cardboard are recycled in bins behind the Dining Hall. Please keep this area neat.

Guests

Visitors to the Station are welcome when space is available. If you are expecting overnight visitors, notice should be given to the Office during business hours (8:00a - 4:00p). Meals for guests must also be requested in advance. *All guests must check in with at the Office. Camping is allowed only with permission.*

Recreation

Hiking: There are a number of walking trails around the Station. A map showing them may be obtained from the office. Do not set out without telling someone where you are going and when you plan to return. We do not want to mount a search and rescue operation for someone who simply went to town with a friend. Do not hike alone if you are unfamiliar with the area. It is wise to carry a whistle, compass, and map with you. Stay found! Do not take this warning lightly, because Salt Pond Mountain is flat and relatively featureless on top, it is especially easy to lose your bearings, and not all trails are easy to follow. People get lost here every year. If you get lost, stay put and listen for sirens and the dining hall bell that will be rung repeatedly as soon as the Station thinks it likely you are lost. Do not walk down hill. If you must move, travel west; this will very likely lead you to the road which crosses the mountain (Rt. 613).

Volleyball: Informal, but *very serious* volleyball is often played after dinner.

Swimming: The Station pond is good for swimming and wading. *No lifeguard is on duty and users swim at their own risk.* **DANGER:** *Do not enter the roped off portion of the pond (blue and white floats).* Inside the rope are electric pumps, research equipment, experiments in progress, and the easily damaged pond overflow standpipe.

Boats: A rowboat is available for research and pleasure use on the pond. Use boats and other equipment at your own risk. MLBS makes no effort to repair, maintain, or verify the condition of any boating or flotation equipment you may find around the pond.

Points of Interest Nearby:

| | | | | |
|------------------|---------------------|---------------|--------------------|----------------|
| Wind Rock | Appalachian Trail | Butt Mountain | Bear Cliffs | Angel's Rest |
| Warspur Overlook | Bald Knob | Barney's Wall | White Rocks | Big Soft Sleep |
| Spruce Bog | Hotel "Golf Course" | Pond Drain | Rhododendron Trail | |
| Little Stony | Garden of the Gods | Stonehenge | John's Creek | Kelly Flats |
| Moonshine Dell | Cascades | | | |

Safety / Emergencies

In case of serious emergency, such as fire or personal injury, **dial 911**. For lost persons or other lesser emergencies, **ring the bell** on the Dining Hall porch repeatedly. Everyone will come running.

All Station phones are tied into area **911** emergency response. Expect 20-minute response time. Please inform a member of the staff of any emergency even if you are taking someone to the doctor or hospital yourself. **Our "physical address" for 911 purposes is: MLBS, 240 Salt Pond Circle, Pembroke, VA 24136.**

Although it is sometimes easy to forget, Mountain Lake is a remote mountain location. Caution and conservative judgment can save your life. The mountain drops off in sheer cliffs, hosts frequent and severe thunderstorms and borders thousands of acres of roadless wilderness. Employ a "backwoods" mentality when out of sight of Station buildings.

Security is thankfully not a major concern at Mountain Lake. Buildings are not locked and violations of person or property are all but nonexistent. You should, however, exhibit commonsense caution when away from the Station. Unwelcome encounters with non-Station persons have been reported in recent years along nearby roadways and trails.

Fire hoses are located at both ends of Lewis Hall, in the two small "sheds" on the mall lawn, on the sides of several cabins and at the north end of the laundry. Extinguishers are also available in the labs and

cabins. Everyone should make themselves familiar with the location of hoses and extinguishers. Do not tamper with smoke detectors. Notify the Office if your unit needs new batteries. Smoking is not allowed in any building.

First aid kits are available on the Dining Hall porch, in the Stockroom, in the New Dorm kitchen, and in all state vehicles. In case of accident, do not move victim; wait for qualified person to assist.

The nearest **hospital** (Giles County Hospital) is in Pearisburg off Rt. 460 west of the Station. There is a larger regional hospital in Blacksburg (Montgomery County Regional Hospital) on Rte. 460 east of town. Everyone owning a vehicle is requested to become familiar with the locations of both hospitals. The hospital should be notified by phone (Giles 921-6000, Montgomery 540-951-1111) before leaving the Station. The number for poison control is 800-451-1428.

Doctors: *Giles County Family Practice Physicians* 540-921-3636 in Pearisburg gets lots of Station business and has a good reputation.
Carillian Family Practice, Blacksburg
Primary Care Center of Blacksburg 540-951-9444
Primary Care Center of Christiansburg 540-382-4221
Pediatrics Associates of Blacksburg 540-552-7272
Dr. Wm. Isehour, Obstetrics and Gynecology 540-951-1550
After Hours Medical Clinic 540-552-0929
Names of other recommended specialists are available in the Office and on the web site.

Girardia, Haunta virus and rattlesnakes all occur in and around the Station. Take appropriate precautions.

General health conditions at the Station are good. Samples of water are examined by the State Department of Health at regular intervals throughout the summer. Modern sanitary procedures are practiced in the kitchen, and an approved sewage and refuse disposal system is employed.

Vehicles / Parking

Only a few cottages are provided with individual parking spaces. In general, all other vehicles must be parked in the general parking lot near the aquatics lab. Please keep roadways clear for delivery and garbage trucks. Do not park near the dining hall, the caretaker's shop, the new dorm, or near the pavilion. Lock your vehicles as you would in any public lot.

Station Vehicles: The passenger vans and pickup truck are used primary for local class field trips and Station business. If available, and with permission, they can be checked out for local hauling of research material to and from field sites.

Speed Limit: The speed limit on the Station is **10 mph**. Because of the large number of free-ranging children at the Station this rule is taken very seriously. Violators will be warned and may lose driving privileges on Station property. The speed limit on all Mountain Lake Hotel dirt roads is 15 mph. Violators will loose Hotel property use privileges.

Rules of the Station

The Station is a facility of the University of Virginia. And as such is subject to all laws, rules, regulations, and policies applicable to the University or the Commonwealth of Virginia, including the University Honor Code, personnel and alcohol policies. In order to protect the interests of the community, the Station Administration reserves the right to dismiss any person behaving in an inappropriate manner or whose actions it is judged pose a danger to him/herself or others. Station users are responsible for knowing and employing appropriate laboratory and field environment research procedures and regulations (University, Federal, and otherwise). See: *UVA Laboratory Survival Manual*, *UVA Animal Care and Use Committee Regulations*, *University Bulletin*, *Honor Code*, and *Faculty Handbook*.

Locked Areas: There are very few locked areas on the Station. Entering locked areas without authorization constitutes a violation of the Honor Code, and Virginia State Law.

Pets: No pets of any kind are permitted on the station without the explicit and advance permission of the Director and agreement to several criteria (on leash at all times, immediate cleanup, no disturbance of research or residents). Pets that arrive without approval, or that can not satisfy the criteria, must be boarded elsewhere immediately. No pets may be left unattended in vehicles.

Smoking: Smoking is not permitted in any Station building.

Visitor Information

Mountain Lake Biological Station is a scientific research facility. Visitors are welcome by appointment only.

All visitors must register at the Main Office, 102 Lewis Hall.

Sale of T-shirts and postcards, Main Office.

Special use groups with an interest in natural history and ecology are invited to contact the Station.

Accommodations are available for students, researchers and special groups.

Station Availability

Use of the Station requires application and approval of activities. We welcome students, researchers, educators, special groups, field trips, and conference groups.

Contact information

Mountain Lake Biological Station

Campus Office:

University of Virginia
Mountain Lake Biological Station
P.O. Box 400327
Charlottesville, VA 22904-4327 USA
street address:
485 McCormick Road / 223 Gilmer Hall
campus messenger mail:
MLBS, P.O. Box 400327
tel: +1-434-982-5486
fax: +1-434-982-5626
eml: mlbs@virginia.edu
web: mlbs.org

Station Office:

Mountain Lake Biological Station
240 Salt Pond Circle
Pembroke, VA 24136-3092 USA
tel: +1-540-626-7196
fax: +1-540-626-5229
eml: mlbs@virginia.edu
web: mlbs.org

After hours emergencies only:
+1-540-626-7171 (year round)
+1-540-626-7159 (summer)

Thank you for following the procedures and guidelines outlined here. Comments and suggestions for improving the quality of life (and science) here at Mountain Lake are always welcome.

Thanks to the Rocky Mountain Biological Laboratory for providing a well conceived model for this handbook.