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Swine Flu outbreak requires diligence

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VIEWPOINT

EDITORIAL

Swine Flu outbreak requires diligence

Over the weekend, several cases of the Swine Flu emerged in Mexico. Since that time, over a hundred have died in that country, while in the U. S. more and more cases are being reported. In Minnesota this past week, the first confirmed case of the Flu was reported, and more are expected.

Despite the rapid nature of this outbreak, authorities have stressed that there is no need for panic. Authorities in America have stressed that they are confident that the outbreak can be contained.

On Tuesday, Dean of Students Hudlin Wagner sent out an all-campus e-mail detailing the rising concern of the outbreak and what can be done. In U. S. cases, the Swinen Flu has not appeared much worse than the typical season flu, and as such, simple measures can, and should, be taken to protect one's health.

The close-contact nature of college campuses make places like Carleton easy targets for diseases or viruses to spread from person to person. And, while it is likely that many parents of Carleton students have communicated with their son or daughter similar advice, *The Carletonian* will now go over simple health advice that one can use to try and stay healthy:

"Most healthy people recover from the flu without complications. **If you get the flu:**

Stay home from work or school.

Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.

There are over-the-counter (OTC) medications to relieve the symptoms of the flu.

Remember that serious illness from the flu is more likely in certain groups of people including people 65 and older, pregnant women, people with certain chronic medical conditions and young children.

Consult your doctor early on for the best treatment, but also be aware of emergency warning signs that require urgent medical attention.

Emergency Warning Signs:

Seek emergency medical care if you or someone you know is having any of following warning signs discussed below.

*Difficulty breathing or shortness of breath

*Pain or pressure in the chest or abdomen

*Sudden dizziness

*Confusion

*Severe or persistent vomiting

What You Can Do to Stay Healthy:

There are everyday actions people can take to stay healthy.

* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

* Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

* Avoid touching your eyes, nose or mouth. Germs spread that way.

-The editorial represents the views of The Carletonian Editor

An open letter from President Rob Oden

To the Carletonian:

Continuing our many and lengthy budget conversations as we are, I want today to pause to acknowledge with signal gratitude the way the Carleton community has responded to the difficult, perhaps uniquely difficult, set of financial challenges the College faces today. The steps we have taken and those we will need to take have required us to come together with a renewed sense of purpose, and I have rarely, in twenty years of leading educational institutions, seen joint resolve and commitment like that offered by so many in the Carleton community of late.

Carleton's budget process is much in the spirit of Carleton and hence is a thoughtful, deliberative, and engaged process, and a process which we

deliberations and consultations with many others lasts a full year. This lengthy and thorough procedure we put in place four years ago to ensure that many in our community can advise College Council, the Administrative Council, and our Trustees in allocating the resources necessary to sustain the high quality of a Carleton education. This year, we monitored financial markets with special vigilance in the hope that conditions might improve sufficiently such that dramatic measures would be unnecessary, while at the same time we also formulated and discussed widely contingency plans in the event that financial conditions failed markedly to improve. Beyond the standing committees which routinely engage in budgetary delibera-

Council in turn voted to recommend to our Trustees. Everyone involved has worked diligently and creatively to shape and re-shape the College's budget during one of the most volatile economic

The recommended measures include sacrifices for both faculty and staff consistent with the guiding principle of shared sacrifice which we have kept before us throughout the budget process. For more

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-ROB ODEN

environments on record. I need and want especially to thank the Budget Committee, a group representing Carleton's faculty, staff, and students, for their commitment to the process and for shaping a plan that maintains Carleton's strengths.

Our work is far from over. The newly revised budget for fiscal year 2010, which the Budget Committee and College Council have just approved as noted above, achieves our goals of balancing the FY 2010 budget and of reducing ongoing College expenses by \$5 million beginning in 2012. The revised budget includes the painful cost-cutting measures outlined in my April 17 budget update to the campus – measures that are necessary for us to reduce expenses while maintaining Carleton's academic excellence and our continuing commitment to financial aid, which will increase by nearly 7% for the coming year.

details about these measures, please see my recent budget memo to the campus on our Keeping Carleton Strong website: <http://apps.carleton.edu/campus/economy/>. We will convey further information on our budgets and plans for 2010 and beyond after the Board of Trustees considers them in May.

On behalf of my College Council colleagues, thank you for all you do for Carleton. My colleagues and I are uncommonly grateful to everyone in the community. The spirit of Carleton, the recognition that we're all in this together, has rarely been as evident as it has been over recent months. Together we will work to keep Carleton strong.

- President Rob Oden

"Everyone involved has worked diligently and creatively to shape and re-shape the College's budget during one of the most volatile economic environments on record."

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have made the more consultative over recent years. The Budget Committee, a standing sub-committee of College Council, begins to deliberate on the following year's budget only days after the Trustees have approved the current budget in early February, so that the Budget Committee's

tions, we consulted with additional groups representative of faculty, staff, and students, and with individual community members, all of whom contributed ideas incorporated into the revised budget which the Budget Committee recommended to College Council on April 27 and which College

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