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SWArticle: H1N1: What you should know

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Arb Notes

The Arb is alive with the sound of warblers! Take a walk through the Arb this week and enjoy one of the most exciting times of the year for Minnesota birding enthusiasts. Warblers are songbirds of the genus *Dendroica*, which means “of the tree.” Indeed, high in the tree-tops is where you can expect to see these small, often brightly colored birds. Chances are, it will be hard to get a good look at any of them because they generally move quickly to catch insects. A good eye and a bit of patience will be rewarded by the opportunity to view the spectacular combinations of yellows, oranges, blues, greens and blacks that characterize these birds.

Interestingly, it is common to see multiple species feeding in the same tree. This “sharing” of resources might seem counterintuitive, but in actuality it is evidence that historical competition between warbler populations has caused these populations to evolve into distinct species. Today, each species feeds on a certain resource and competition between species is minimized. For example, the Black-and-white Warbler has an unusually long hind-toe that allows it to ascend tree trunks with the agility of a Nuthatch—this enables it to feed on insects found on tree bark. Both the Magnolia and

the Yellow Warbler prefer understory vegetation while the Golden-winged and the Nashville Warbler forage high in the tree-tops. The *Dendroica* warblers are an excellent example of what evolutionary biologists call an “adaptive radiation”—a single ancestor evolving into many specialized species.

Now is the time to get out and see warblers! Yellow-rumped and Blackburnian Warblers might stray onto campus occasionally, but the majority of these birds are only found in forested areas. These exciting birds will only be in the Arb for several more weeks—all of the *Dendroica* warblers (except the Yellow Warbler) migrate further north to spend the summer.

If you are interested in learning more about warblers and other birds, join the Arb Naturalists and local birding experts for the Annual Arboretum Bird Count (Tomorrow 5/16, 6am, Arb parking lot near West Gym). All ability levels welcome!

By Lindsey Nietmann, on behalf of the Arb Naturalists

SWArticle

H1N1: What you should know

The H1N1 virus, commonly known as the swine flu, is a new virus in humans. It is a quadruple reassortant virus, having genes from pigs, birds, and humans.

Currently, the H1N1 virus is being treated like an outbreak of any other seasonal flu. The recommendation of antiviral medications is used to treat severe influenza-like illnesses.

It is unknown at this time whether certain groups of people are more susceptible for serious flu-related complications with the new virus. For seasonal flu these groups tend to be adults 65 years of age or older, and children younger than 5 years old. That said, everyone should take preventative measures. The CDC is conducting laboratory studies to see if certain people may have natural immunity to the virus, depending on their age.

People experiencing influenza like illness (ILI) symptoms including fever, congestions, sore throat, headache, and other flu related symptoms should try to stay isolated. If you are experiencing these symptoms please call The Wellness Center (x4080). If you have a mask, especially if

you are coughing, you should wear it when visiting The Wellness Center, otherwise cover your cough or sneeze. You will be given a mask upon arrival. This is to ensure the protection of persons you come in contact with.

The best prevent is to wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Other preventative measures would be to avoid close contact (within 6-7 feet) with possibly infected persons.

There have only been 3 deaths in the U.S. from H1N1 as of May 11.

For your own safety and the safety around we encourage you to get informed and protect your health by washing your hands frequently.

For more information please visit <http://apps.carleton.edu/campus/flu/> or ask your SWA.

-DeeDee Rupert

CSA Weekly Press Release

CSA WEEKLY UPDATE: 5/11/09

Debates

- Debates for new Senate positions will be held this Wednesday, May 11th at 6pm in Sayles 251. Come hear the candidates speak!

Voting

- Make sure to vote for new Senate candidates online from 5/17-5/20.

Internationally-acclaimed quintet to perform in concert

Antero Winds, an acclaimed woodwind quintet based in Colorado, will perform Sunday, May 17, beginning at 3 p.m. in the Carleton College Concert Hall. Known for their artistic sensitivity and eclectic performances, Antero Winds has been attracting attention worldwide. Featuring compositions by Verdi, Piazzolla, Berio and Klughardt, the concert is free and open to the public.

The quintet’s oboist, Sarah Mellander, is 2002 graduate of Carleton, who graduated with a degree in music. Other members include Cobus Du Toit (flute), Jerome Fleg (clarinet), Megan Garrison (French horn), and Kaori Uno (bassoon). The group came together at the University of Colorado, Boulder. In addition to performing for their Rocky Mountain community, the Antero Winds travel the globe seeking to perform, compete, and educate—always striving to present performances that are as interesting and satisfying to music connoisseurs as they are to those with little exposure to classical music. The distinct backgrounds, personalities, and styles of the quintet’s members combine to create the Antero Winds’ signature blend and performance style.

The program will include Overture to La Forza del Destino by Giuseppe Verdi, often regarded as one of Verdi’s finest compositions; Milonga sin Palabras and Libertango by Astor Piazzolla, an Argentine composer and bandoneón player credited with establishing the “nuevo tango” style of music; Opus No. Zoo, a four movement work by Lucio Bera and based on text by Rhoda Levine; and Wind Quintet in C major, Op. 7,

an expressive and colorful piece by German composer and conductor August Klughardt.

The quintet received first prize at the Plowman Chamber Music Competition and a silver medal at the prestigious Fischhoff National Chamber Music Competition. In 2008, they were the only U.S.-based semi-finalists at the International Chamber Music Competition in Lyon, France. Individual members of the group have also won numerous prizes at solo competitions worldwide. The group had their New York debut in January 2009 as part of the Schneider Concert Series.

Educational outreach has brought the quintet to schools and communities throughout the United States and abroad. In addition to ongoing performances and residencies in Colorado, the quintet has traveled to Caracas, Venezuela, where they worked with students at a local FESNOJIV (nationally sponsored youth orchestra) school. These educational programs play a central role in the Antero Winds’ mission, and the quintet is constantly seeking new opportunities and approaches to share their passion for music with students and community members of all ages.

This concert is sponsored by the Carleton College Department of Music. The Concert Hall is located near First Street and Winona Street in Northfield. For more information or disability accommodations, call (507) 222-4347.

-Media Relations

Caught in the ACT

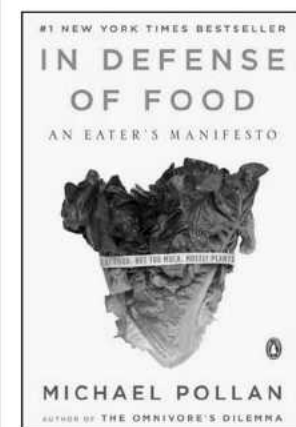
Walk outside today onto the bald spot today (Friday, May 15th) and you will see hundreds of bowls filling tables. You may ask yourself, “What the heck are all those beautifully crafted bowls doing there?” Well fellow Carls, let me explain. The idea for the project, called Empty Bowls, was started by an art teacher in Michigan who wanted to give student artists a chance to make a difference- in this case, by working to end world hunger. This simple concept has spread across the nation, with hundreds of art teachers, from elementary to college level, participating.

The event was brought to Carleton by Ceramics professor Kelly Connole. The bowls were thrown, trimmed and glazed by Carleton students, who work together as a community of artists to create finished products. The project provides a wonderful opportunity to build leadership and a sense of community between Carleton and Northfield. The bowls are filled with soup, cooked and donated by Carleton interest houses. The suggested donation for a bowl is \$10-\$15.

The donations go to support the Northfield Food Shelf, a local NGO that has built a strong relationship with Carleton through the ACT Center. Last year, Empty Bowls was able to raise an astonishing \$5,425.50 for the Northfield Food Shelf. With only \$15, the Food Shelf is able to purchase 60 pounds of food, for local community members in need. Let’s all help support and celebrate this wonderful project by giving a donation, getting a bowl, and eating some great soup.

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