**Cal Poly Health Center prepares for Swine Flu**

Katie Koschalk  
**MUSTANG DAILY**

The first reported swine flu fatality in San Luis Obispo County has renewed concerns about the disease, also known as novel H1N1 infection.

On June 11, the World Health Organization (WHO) raised the worldwide pandemic alert to the highest level. Phase 6, indicating that a global pandemic of novel H1N1 infection is underway.

Phase 6 is characterized by at least two countries in different regions having outbreaks at the community level.

The swine flu is spreading across the globe, but the Cal Poly Health Center is preparing for a potentially severe resur- pected that a swine flu vaccine will be available by this fall, Harris said. It's hard for us to devise a plan when we don't have our major defense weapon available yet," Harris said.

The San Luis Obispo Public Health Department will receive the vaccine from the production companies and allocate quantities to healthcare facilities based on need.

Michelle Shoresman, the emergency preparedness program manager at the San Luis Obispo Public Health Department, said that if supplies are limited, the department plans to work with whatever group of people are at greatest risk for contracting the virus based on CDC recommendations.

One priority group includes all people from six months to 24 years of age, an age range that makes up 95 percent of the Cal Poly student population.

**Steps to Prevent Spread of H1N1**

1. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
2. Be prepared to stay home at least a week in case you get sick.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Cover your nose and mouth with a tissue when you cough or sneeze. Throw your tissue in the trash after you use it.

Studies have shown that the influenza virus can survive on environmental surfaces and can infect a person two to eight hours after being deposited on the surface.

**Gunman at health club bitter over women**

Michael Rubinkam  
**ASSOCIATED PRESS**

BRIDGEVILLE, Pa. (AP) — George Sodini seethed with anger and frustration toward women. He couldn't understand why they ignored him, despite his best efforts to look nice. He hadn't had a girlfriend since 1984, hadn't slept with a woman in 19 years.

"Women just don't like me. There are 30 million desirable women in the US (my estimate) and I cannot find one. Not one of them finds me attractive," the 48-year-old computer pro- grammer lamented in a chilling diary he posted on the Internet.

For months, he also wrote vaguely about using guns to carry out his "exit plan" at his health club, where lots of young women worked out.

On Tuesday, Sodini put his plan into action.

He went to the sprawling L.A. Fitness Club in this Pittsburgh subur b, turned off the lights on a dance- studio class filled with women, and opened fire with three guns, letting time needed to conduct clinical trials, ac- cording to the Centers for Disease Control and Prevention's (CDC) Web site.

"We have no vaccine yet and we don't know how much and when it will be avail- able. It's hard for us to devise a plan when we don't have our major defense weapon available yet," Harris said.

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People within this age range

**Poly Canyon reduces demand for off-campus housing apt.s.**

Katie Koschalk  
**MUSTANG DAILY**

The managers of off-campus apartment complexes in San Luis Obispo are finding themselves with a number of empty rooms.

"It has affected us...This is the first year that I have had an empty room," said Ruben Espino, man-ager of the Garfield Arms apart- ment complex.

There are eight one-bedroom apartments and two two-bedroom apartments that have not yet been leased for fall 2009, Espino said.

While this might not seem like cause for alarm, in previous years the apartment complex had full capacity at this point in sum- mer, Espino said.

"Empty rooms could mean big money losses for the apartment complex, which rents a one-bed- room apartment for $995 a month and a two-bedroom apartment for $1350 a month.

"The decrease in occupancy rates for local off-campus apartment complexes came in fall 2008 with the addition of Poly Canyon Village, an on-campus housing facility.

Students have already secured their spots for on-campus hous- ing for the fall 2009 quarter with full occupancy at 6,300 students, 2,620 of which are in Poly Can- yon Village, said Preston Allen, di- rector of housing at Cal Poly.

"We had twice as many applications as we had available rooms," Allen said. "Once we started re- ceiving applications, we filled up within a month."

In addition to sufficient on- campus housing due to budget cuts, Cal Poly enrolled 19,471 students in fall 2008, a 1.5 per-
According to police, in his Web diary, Sodini wrote of planning the attack since at least November and said he tried to carry it out when the same Tuesday-night classes met on Jan. 6. "I cannot wait for tomorrow!" he extolled the night before. But he backed out at the last moment.

It is 8:45 PM: I chambered out!" he wrote. "I brought the loaded guns, everything!"

In his diary, he complained that women "don't even give me a second look ANYWHERE" even though he was tall and fit and claimed to dress well and smell nice. He listed his status as "Never married."

In a chilling addendum, he recorded the date of his death as Aug. 4, 2009. In the evening, he walked into the health club wearing black workout gear and a headband, and entered the "Latin impact" class with four guns.

Jordan Solomon, 14, said she thought it was weird when a man walked into the all-female class and put a black buffer bag on the ground and raced into it. "All of a sudden all the lights went out and I turned around, he started firing I turned around and I saw him holding a gun," she said.

Emergency workers help a woman from the back of an ambulance attending to her friend in an LA Fitness in Bridgeville, Pa.

Swine Flu

The CDC's Advisory Committee on Immunization Practices (ACIP) considered several factors when determining the priority groups, including current disease patterns, populations most at risk for severe illness, how much vaccine is expected to be available and the timing of vaccine availability, according to the CDC's Web site.

Since healthcare workers are a potential source of infection for others, the priority is to vaccinate them. Cal Poly Health Center was to vaccinate all residents and for people who have been in contact with infected objects and then touch your nose or mouth.

While having many promotional tactics might be effective for Mustang Village's marketing, there is no guarantee that they will produce any results. The most effective ways for people to prevent virus spread are to get seven to nine hours of sleep, eat a healthy diet and keep their hands clean.
As hearings close, GOP support for Sotomayor increases

WASHINGTON (AP) — Supreme Court nominee Sonia Sotomayor won more GOP support in her drive toward near-certain Senate confirmation Thursday as the first Hispanic justice, even as a growing chorus of Republicans called her unfit for the bench.

"There has been no significant finding against her, there's been no public uprising against her," said Bob Inglis, who is retiring. "I will support her. I'll be proud for her, the community she represents and the American dream she shows is possible." 

Gregg said in a statement released by his office that politicizing the confirmation process — as he argued Democrats did when they blocked GOP nominees in the past — "undermines the public's views of the court and the integrity of our judicial system."

Their comments came as Democrats were preparing to declare political victory on Sotomayor's confirmation and warning that Republicans opposed Sotomayor would face a backlash from Hispanics, a large and fast-growing segment outside the Capitol with labor, civil rights in our Constitution, including our Bill of Rights," said Sen. John Cornyn, R-Texas. "The stakes, I believe, are simply too high to confirm someone who could redefine the law," said Sen. Richard Burr, R-N.C. "I will vote today to confirm her. That's still more than enough to easily confirm the judge, barring a surprise turn of events.

Many GOP senators, initially worried that opposing Sotomayor could alienate Hispanic voters, have nonetheless sided with their conservative base in branding her unacceptable for the high court. They're arguing that Sotomayor would bring bias to the court and allow a liberal agenda to trump the law.

"She has not stuck to the letter of the law," said Sen. Richard Burr, R-N.C. "I'm concerned by the several examples where I believe Judge Sotomayor strayed from the rule of law, strict statutory construction and legal precedence and went with her own deeply held beliefs.

Three more Republicans came out against Sotomayor as debate unfolded Wednesday, including Alaska Sen. Lisa Murkowski and Wyoming Sens. Mike Enzi and John Barrasso.

Murkowski said Sotomayor's speeches and rulings on gun and property rights have undermined her credibility and cast doubt on her ability to rule objectively. Those issues and a ruling Sotomayor joined rejecting the reverse discrimination claims of white firefighters who were denied promotions have become the top GOP complaints about the judge.

"I cannot vote to confirm a nominee to the United States Supreme Court who will restrict several of the fundamental rights and liberties in our Constitution, including our Bill of Rights," said Sen. John Cornyn, R-Texas. "The stakes, I believe, are simply too high to confirm someone who could redefine the law of the land from a liberal perspective."

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U.S. journalists ‘home and free’ after North Korea pardon

Burbank, Calif. (AP) — Two American journalists held captive in North Korea since March endured meals of rice with nuts, more than four months of isolation and the constant fear they would be sent to a gulag.

Facing sentences of 12 years hard labor, they were offered only sparse contact with each other, let alone the outside world. Then, suddenly this week, they were brought into a meeting with none other than Bill Clinton, who helped win their release and flew home with them for a tearful reunion with their families.

“We could feel your love all the way to North Korea,” an emotional Ling said. “It is what kept us going in the darkest of hours and it is what sustained our faith that we would come home.”

“It is what kept us going in the darkest of hours and it is what sustained our faith that we would come home,” Ling said. “It was the last stop following their release from a North Korean labor camp because of medical concerns, the sister said. Laura Ling suffers from an ulcer, while Lee has lost 15 pounds since being detained. Ling had been seen regularly by a doctor, however.

Ling, 32, and Lee, 36, are reporters for former Vice President Al Gore’s San Francisco-based Current TV. They had been working on a story about the trafficking of women when they were arrested in March, and sentenced to 12 years of hard labor for illegally entering North Korea. The pair were granted a pardon Tuesday, following talks between Clinton and North Korea leader Kim Jong Il.

“Obviously, it’s a country that has a lot of economic problems,” her sister said.

“Wow, in North Korea,” an emotional Hillary Clinton, who helped win their release, said later, talking about her sister.

“Laura and Funa arrived at Bob Hope Airport in Burbank, Calif. Wednesday, the two American journalists freed by North Korea returned home to the United States on Wednesday.”

“Everyone who has a reputation for a brutal government and has struggled through famine. But her sister later told reporters that her sister was “a little bit weak” and it would take some time for her to gather her wits and strength.

“Yeah, it’s a country that has a lot of economic problems,” her sister said.

“One of our friends was rocks in her rice,” Lisa Ling said. “However, it’s a country that has a lot of economic problems.”

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“When questions swirled about the women, we wanted people with PASSION. Apply to be a STAFF writer.”
Costumed combats: Fantasy brought to life

Saturday afternoon, he can be spotted at Santa Rosa Park. He is the leader of the San Luis Obispo Amtgard chapter, a group that meets every Saturday between 1 p.m. and 4 p.m. to practice medieval swordplay.

He and his students are part of the San Luis Obispo Amtgard chapter, which has been around for about 13 years. The group has been practicing its medieval combat skills for about two years now.

The group is located in the San Luis Obispo area, and it is one of the few Amtgard chapters in the United States. The group meets every Saturday at Santa Rosa Park, and it is open to anyone who wants to learn about medieval combat.

They wear period costumes, including swords, shields, and armor. They also use live ammunition, and they take safety precautions to ensure that everyone is safe.

The group also uses fantasy elements, such as magic and spells, to add an extra layer of realism to their practice.

The group is open to anyone who wants to learn about medieval combat, and they welcome beginners and experienced practitioners alike.
Driving under the influence of a cell phone: A recipe for danger

By m a r g a r e t S c o t t S m y r n a

Driving on Highway 101, I find myself stuck behind a very erratic driver. The break lights are fluctuating on and off, despite a very vacant freeway, as if the driver is tapping a foot to music. They swerve outside the yellow line and quickly jerk back to the middle, as if trying to avoid hitting an imaginary squirrel. They then proceed to ride the raised pavement markers, not seeming to mind the bumpy ride.

"This person is definitely under the influence," I think to myself.

Carefully, I change into the right lane and make a wide advance toward him. Glancing over, I see that it isn't alcohol that's impairing his driving. Instead it's the small, black device being held to their ear.

That's right, a cell phone.

On July 1, 2008, California passed a law that prohibits all drivers from using a handheld wireless telephone while driving.

"I instinctually, I don't think they have the [law]... any impact," says Dr. Robert Tolley, from the University of Utah, publishing a study of that phenomenon. Dr. Tolley confirms that not one person in the cell phone driving group rear-ended the California Depart- ment of Motor Vehicles' [DMV] virtual car. However, three subjects from the cell phone group rear-ended the virtual car in front of them.

When subjects in the study drove a "virtual-reality" car four times: once with no distraction, once while talking on a hand-held cell phone, once while using a headset and once after consuming alcohol (enough to put drivers over the .08 percent limit). To my surprise, the researchers found that when subjects talked on the phone (either holding it in their hands or using a headset), they showed the same signs of impaired driving (drowning, swerving, abrupt speed change, etc.) as when they drove intoxicated.

What's even more surprising is that not one person in the intoxicated group crashed their car. However, three subjects from cell phone groups rear-ended the virtual car in front of them.

Dr. Tolley does not feel that the punishment for driving while talking on a cell phone can be compared to drunk driving.

"It's like apples and oranges," Tolley says. "Anything that takes your phone while driving: What's the cost to cut its own wattage by 10 percent?"

What's the cost of the DMV? It's $250/quarter (assuming a 10-week period), the break lights are fluttering, the people, $20 is the cost for driving while talking on a cell phone using a headset, the people, $20 is more for parking structures - talk about "My understanding is that a public sector employee that's causing their fees to increase, parking structures to close, social services to be cut. These are facts and they can't be denied."

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"Driving and cell phone use, however, might have more similarities than I previously thought. Considering the following study conducted by psychologists at the University of Utah, published in the June 29, 2008 issue of Human Factors: The Journal of the Human Factors and Ergonomics Society.

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MARGARET SCOTT SMYRNA

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"Driving under the influence of a cell phone: A recipe for danger"

Thursday, August 6, 2009

"My understanding is that a public sector employee that's causing their fees to increase, parking structures to close, social services to be cut. These are facts and they can't be denied.

John Mullen
Response to "Faulty rates to cut its own wages by 10 percent"

"Because the cut is percentage based, Baker will be taking a cut of $40,515 while an employee making $30,000 will take a cut of $5,000, that's proportional based on salary. Percentage based cuts a-fec everyone proportionally."

Cameron Response to "Faulty rates to cut its own wages by 10 percent"

"Students should know, it's the public sector employee that's caus- ing their fees to increase, parking structures to close, social services to be cut. These are facts and they can't be denied."

Robert Response to "Pay cuts, for instance, to fill deficit gap"

NOTE: The Mustang Daily features select comments that are written in response to articles posted online. Though not all the responses are printed, the Mustang Daily reads comments that are coherent and foster intelligent discussion on a given subject.
Dorrell leaves Cal Poly

Senior first baseman Wes Dorrell has left Cal Poly citing "a conflict of interest" and will enroll at Fresno Pacific University to complete his collegiate career, the Fresno Bee first reported on Sunday.

Dorrell hit .310 in three seasons, starting 142 games at Cal Poly. Last year he hit .313 with 42 RBIs, helping lead the Mustangs to a 37-21 record and their first Division I postseason berth.

The Fresno native told the Bee that he would have preferred a move to Fresno State, the 2008 national champion. But a move from one Division I team to another would mean a one year wait before Dorrell could get back on the field for his senior season.

Former Cal Poly pitcher Bud Norris pitched seven scoreless innings to pick up his first major league victory for the Houston Astros on Monday.

Stop eating slop, win a Super Bowl

Tim Dahlberg

A lot of people in San Diego thought it might have been the inconsistent defense or the tendency to use La' Dante Torrison too much. Others blamed Norv Turner for the Chargers' inability to win a Super Bowl.

Wrong. It was the slop being served at lunch time.

Charger fans found that out when Antonio Cromartie sent a tweet the other day saying "nasty food" might have played a part in losing last week's lasagna to ponder. Then Cromartie complained publicly about the grub, what's next? What other secrets will he reveal, and at what cost?

There's something so Nixonian about it all, the silly dance of NFL coaches and team officials in the secretive world of pro football, thwarting enemy spies and the enemy itself. The paranoia doesn't stop there.

There are so many new restrictions around the league that fans must wonder if coaches are spending more time trying to plug leaks than fixing leaky defenses.

The Texans this week instituted a ban on filming or taking pictures of injured players during rehab, depriving all Houston fans of the chance to watch center Chris Myers get treatment for his high ankle sprain. It wasn't quite clear why, but you might think a team that has never had a winning season might be more worried about other things.

In Indianapolis, the Colts demanded reporters leave their notebooks behind when they watch practice, lest they scribble something about what Peyton Manning is throwing the ball to. In Philadelphia, coach Andy Reid stopped talking about injuries because reporters violated an unwritten "code" by daring to ask others on the team about an injury to linebacker Stewart Bradley.

Asking when he would resume talking, Reid said, "When I decide that people can abide by the rules, I'll do that."

The problem for coaches is not everybody follows their rules. Even if they did, coaches would make new ones anyway. That's the nature of the beast in a business where you're only as good in your last game and you're convinced everyone around you is just waiting for the right time to stab you in the back.

It's at its worst right now. Every team is unbeaten, and every coach believes his team has a shot at the Super Bowl. That's especially true in San Diego, where Turner might have to win a ring to keep his job.

It's not about to let some bad meal get in the way.

Tim Dahlberg is a national sports columnist for the Associated Press.