

THE OHIO STATE UNIVERSITY

# 12th Avenue Community Ambassador

**Jason Ruberg**



Hello all 12<sup>th</sup> Avenue residents!!! My name is Jason Ruberg and I will be your Community Ambassador (CA) throughout the 2009-2010 school year. To those returning to 12<sup>th</sup> Avenue from last year, welcome back. To those residents who will be joining us for the first time on 12<sup>th</sup>, let me start by cordially welcoming you to the off-campus area with a hearty... **O-H!!!!** I was lucky enough to meet some of you through the walk around held the Friday before classes started. I cannot wait to meet the rest of you in the near future.

I am originally from Cincinnati which unfortunately means my loyalties are to the Reds and Bengals. I am a third year here at THE Ohio State University and I am studying Health Sciences with the intention to move on to graduate school for Physical Therapy. This is my first year as CA and my second year living at 140 East 12<sup>th</sup> Avenue, right at the corner of 12<sup>th</sup> and Indianola. In my free time I enjoy playing sports and hanging out with my friends. Other than that, I am pretty much your typical Ohio State student who grinds through the weeks to get to the glorious Buckeye football Saturdays.

I will be working with roughly 20 other CAs throughout the off-campus area to accomplish our main goal of building a sense of pride and community in the 43201 area code. The Community Ambassador program works in conjunction with The Ohio State University, and more specifically Off-Campus Student Services (OCSS) to accomplish this goal. One way we hope to build pride and community is by holding events throughout the year, both for our street and the entire off-campus area. These events are a great way to meet your neighbors, and, well basically get some awesome free stuff! Our first event will be the **FREE FALL COOKOUT** held Monday October 12<sup>th</sup> from 6-8 p.m. on the patio at the corner of 12<sup>th</sup> and Indianola. There will be FREE burgers, veggie burgers, hot dogs, and Coke products. So come meet your neighbors, grab a free meal, and challenge your CA to a game of cornhole! I will be coming around with flyers, putting up signs, and emailing you with more information about this cookout and other events we hope to be holding throughout the year. So just remember, **12<sup>th</sup> Avenue cookout on the 12<sup>th</sup>**, and I hope to see you all there!

Even if I did not speak with you personally, you should have received a bag with the important Off-Campus Live Guide. I hope you all have had a chance to look through that as it can answer most of your questions about living in the off-campus area. If you did not receive an Off-Campus Living Guide, feel free to stop in our office which is located at 15 East 15<sup>th</sup> or receive one at my cookout! There are helpful and willing individuals there who can answer most of your questions or direct you to someone who will be able to answer your question.

If you have any questions for me, you can contact via email at [ca12ave@gmail.com](mailto:ca12ave@gmail.com). Furthermore, look for us on Facebook at "12<sup>th</sup> Ave. 2009-2010." We are always looking for input and new ideas from off-campus students so that we can do our job better and make your off-campus experience the best that it can be! I am excited to meet all of you in the near future. With that, I will close by leaving you all with a re-sounding... I-O!!!

**Street: E. 12<sup>th</sup>**

**Email: [ca12ave@gmail.com](mailto:ca12ave@gmail.com)**

**Favorite Food: Cincinnati Skyline Chili**

**Favorite Movie: Old School**

**Favorite Music Artist: Jimmy Buffet**

**Future Wife: Taylor Swift**

**Favorite Color: Red**



# SPELLIN' IT OUT

By: Olivia Miller, E. 13th Ave Community Ambassador

For more information: <http://flu.osu.edu>

## What is H1N1 or ILI?

- H1N1 is a new strain of the influenza virus. The virus spreads when tiny fluid particles are ejected from the nose and mouth (typically) by coughing or sneezing. H1N1 is **extremely contagious**. This strain of the virus lasts around **7 days** but the person may be contagious days after the symptoms go away.
- The H1N1 virus can survive on surfaces from **2 to 8 hours**, so constant cleaning and hand washing are musts!
- It is possible that H1N1 could combine with one of the seasonal types and become **more dangerous**. That combination could occur if a person is sick with H1N1 and a seasonal type at the same time.

**Symptoms of the Flu:**  
a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

## What to do when you are sick?

- Stay home! If you believe that you may have H1N1 or are experiencing symptoms of influenza like illnesses (ILI), isolate yourself. You will increase the likelihood that the disease will be spread to others if you are in public spaces (i.e. class)
- Don't let your roommates do your dishes or take out your trash as these actions can spread the virus.
- Cough and squeeze into the crook of your elbow or into your shoulder.
- Wash your hands often. This protects you and your roommates.
- **Inform your teachers about your condition. Don't go to class sick!** They have been asked to be more lenient about absences during flu season.

## How do you stay healthy?

- Don't share cups with other people! This is a very simple, but rarely followed tip. Drinking games are a great way to spread H1N1. Find alternatives to the traditional games in order to protect yourself.
- Wash your hands often.
- Maintain a healthy lifestyle through rest, diet and exercise
- Avoid touching your nose, mouth, and eyes. Germs spread this way.
- Avoid contact with sick people.
- **Get vaccinated against seasonal flu!**



**Hot Spots for Flu Shots:**  
\$25/shot  
Covered in full under the Student Health Insurance

**CVS** (Lane and High)  
Clinic Hours:  
Mon - Fri 9am to 8pm  
Sat 9am to 5:30pm  
Sun 10am to 5:30pm

**Wilce Student Health Center** room 264-C  
Morning Clinic: Walk-in M-F 8:00AM - 11:00AM  
Afternoon Clinic: Call ahead (614) 292-4321