

14th Avenue Community Ambassador

Jill Cruse



Hey 14th Avenue! My name is Jill Cruse, and I am your Community Ambassador for the 2009-2010 school year. For those of you unfamiliar with the program, Community Ambassadors work through Off-Campus Student Services to serve as a source of information for students living off campus. We each work with students on the street that we live on, and I'm here for all of you on E. 14th!

I know from experience that it can be stressful to move from the dorms to a house or apartment off campus. I'm here to help get answers to the many questions that you never thought you'd have about your new place. Hopefully you got a bag full of useful information, including the Off-Campus Living Guide during our Off-Campus Community Welcome Walk-around on Friday, September 18th. Definitely take the time to look at all of this, especially the off-campus living guide, as it contains some valuable information about issues with off campus living. This is also a good look into some of the things I can help you with this year. We can provide information and advice ranging from landlord issues and city parking permits, to safety concerns or how to get your security deposit back. Feel free to shoot me an email or talk to me at an event anytime you have a question or concern. If I'm not able to answer your question myself, I know someone who can. My email address is 14th.CA@gmail.com, and I have a facebook group started (East 14th Avenue 2009-1010) that will be an easy way for you to be in touch with your neighbors and myself.

I will also be hosting events throughout the year for our street. The first of these will be a cookout at my place (167 E. 14th right past Indianola) on Wednesday, October 7th. This will be a great way to meet the people living around you, not to mention, it's also a great excuse to take a break from homework for a bit and get some free food! We'll have cheeseburgers, hot dogs, coke products, and corn hole. So, bring a friend and beat your next door neighbors in a game of corn hole, or come solo and make some new friends! Also, be sure to look for flyers and newsletters to hear about other events that will be happening as the year goes on!

Just to tell you a little more about myself, I am in my third year here at Ohio State. I am a Medical Dietetics major, and am working on a Spanish minor. I spent my summer home in Cincinnati, so I'm excited to be back in Buckeye territory! Again, don't hesitate to approach me in person or email me anytime with any questions or concerns you may have! I hope your year has gotten off to a great start.

Welcome back and Go Bucks!

Jill



Cookout

Date: Wednesday, Oct 7th

Time: 5:00-7:00p.m.

Location: 167 E. 14th Ave

Street: **E. 14th**

Email: **14th.CA@gmail.com**

Favorite Old School Movie: **Grease**

First Concert: **Britney Spears**

Favorite Concert: **OAR in Columbus '08**

Weirdest Fear: **Revolving Doors**

Celebrity Crush: **Patrick Dempsey**

Favorite Ice Cream Flavor: **Chocolate Chip Cookie Dough**



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 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