

THE OHIO STATE UNIVERSITY

16th and Iuka Avenues Community Ambassadors

Pat Nolan



Hello, everyone! Welcome back to the off-campus community for the 2009-2010 school year! Our names are **Kevin Johnson** and **Pat Nolan** and we are the Community Ambassadors for your street (hopefully some of you recognize us from last year) . You may or may not have heard much about our program, but we are here to help make your off-campus experience go off without a hitch. Just like you, we live in this off-campus community (222 E. 16th Ave.) and know what kind of challenges can arise with landlords, neighbors, school, etc. So to aid you, we are here to act as a convenient source of contacts and forms of assistance to deal with these inconveniences. As much fun as we had this past summer, we're looking forward to another fun and exciting school year without the strenuous and unnecessary worries that can come about with your house or apartment. As part of being a Community Ambassador, our job is to make sure you have an enjoyable and safe first quarter, as well as the rest of the year.

Street: **E. 16th and Iuka**
Email: **Nolan.127@osu.edu**
Favorite Food: **Cincinnati Skyline Chili**
Favorite number: **8**
Pet's Name: **Peter**
Celebrity Crush: **Eva Mendes**
Favorite Vacation Spot: **Days Inn, Panama City Beach**

Kevin Johnson



The Community Ambassadors will be hosting many events throughout the year that will help get everyone together and allow neighbors to meet one another. Some of these events include cookouts in the Fall and Spring, Light up the Night in the Winter quarter, and the annual Cornhole Tournament in the Spring. These programs are used to fulfill our goal of building a sense of community and unity to the off-campus area. By the way, our **first cookout** is scheduled for **October 12th** in the front lawn of the **Maplecrest Apartments (198 E. 16th Ave.)!**

Even if you're not interested in socializing with everyone, I can bet that you wouldn't mind eating some **free food** or getting some information on university and city services, etc. Flyers will be distributed as a little reminder of the event in the upcoming weeks. Also, keep a heads up for emails we may be sending out to keep you up-to-date with important information (such as Street Sweeping) and reminders of these events off-campus.

Please do not hesitate to contact us with questions or any ideas that you might have for our street. Like we said before, we are here to help and would love to hear from you. Welcome back and have a great quarter. Go Bucks!

Kevin and Pat



Street: **E. 16th and Iuka**
Email: **Johnson.3339@osu.edu**
Nickname: **KJ or Lil' K**
Favorite Color: **Purple**
Favorite Soup: **Turtle Soup**
Fun Fact: **Enjoys watching sun sets**
Celebrity Crush: **LC from the Hills**

Cookout

Date: **Monday, Oct 12th**

Time: **5:30-7:30p.m.**

Location: **198 E. 16th**



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.

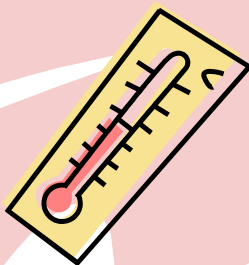
Symptoms of the Flu:
 a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

What to do if you're 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 life-style 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