

THE OHIO STATE UNIVERSITY

17th and 18th Avenues Community Ambassador

Theresa Attalla



Street: E. 17th and 18th

Email: Attalla.1@osu.edu

Favorite Food: Ice Cream

Favorite Color: Blue

Favorite Animal: Turtle

Favorite Movie: Finding Nemo

Favorite Song: "Fool in the Rain"-Led Zeppelin

Welcome back East 17th and E. 18th residents! I know you are all excited for school starting, especially with the overflowing homework assignments. However, remember to take time out of your busy schedules to get to know your neighbors on the street. How do you do such a big task?

Well, as your community ambassador for our little neighborhood, I am available to answer questions and concerns about off-campus living as well as providing you with contact information, phone numbers, Web sites and any additional information you might need. Take advantage of Off-Campus Student Services at 15 E.15th Avenue or visit offcampus.osu.edu! I've already heard several of my friends complain about repairs not getting fixed within a reasonable time frame. I even had a friend who had a squirrel in her house. We can help direct you where to go so you can keep such crazy creatures out of your home.

You may or may not have met me during the Off-Campus Community Welcome Walk-Around on Friday, September 18. I passed out those lovely white bags that were on your doors. Go through the off-campus Living Guide, read it and soak it in. It will definitely help with things you may not already know such as recycling locations or trash pickup. But to give you an idea of what a strange person I am, here are some quick facts about me:

Full Name: Theresa Lynn Attalla (some call me Tee or Teree (sounds like tree but extra emphasis on the last 'e')

My abode on campus: 51 ½ E. 17th Ave. (I'm in the back of the house and up a scary flight of wooden steps)

Hometown: Akron, OH (Ak-rowdy for you Northeast Ohioans)

Major: A Senior in Journalism with a minor in Creative Writing and Popular Culture Studies

Interesting facts: I was on the Varsity Bowling Team in High School, which was the same HS as LeBron James. Yes, I was freshman when he was a senior. I saw him everyday on the way to class and I have spoken to him one time. I enjoy libraries, ice cream, and arts and crafts with my roommates.

Also as your CA, I will be letting you know about several events happening in our neighborhood and events from the OCSS office. Through the program we have put on events such as Cornhole tournaments, Light up the Night, and cooking clinics! Our first event will be a **FREE** cookout on **October 8th from 6-8pm on the front lawn of the Sigma Phi Epsilon Fraternity** (located on the corner of 17th and Waldeck). So please come out and meet your neighbors and get the chance to eat some free hamburgers, veggie burgers, hotdogs and coke products!

Stop by the OCSS office and grab some free window alarms for your house or apartment. Also, join our streets facebook group: **E. 17th and E. 18th Residents 2009-2010**. I hope to meet most of you at the cookout as well as other events throughout the year. Go Bucks!

Theresa



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