

# THE OHIO STATE UNIVERSITY

## Chittenden and 11th Avenue Community Ambassadors

Welcome back fellow Chittenden and 11<sup>th</sup> Avenue residents!

### Andy Dugan



Street: **Chittenden**

Email:

**Chittenden.CA@gmail.com**

Favorite Food: **Baked Ziti**

Favorite TV Show: **Weeds**

Favorite Music Artist: **T.I.**

Celebrity Crush:

**Kristin Cavallari from MTV**

Favorite Movie: **Mrs. Doubtfire**

Our names are Andy Dugan and Cameron Bodenschatz, and we are your Community Ambassadors for the 2009-2010 school year. Hopefully, you returners are familiar with our program, but for those of you who are not and for all of our first time off-campus residents, the Community Ambassador program works in conjunction with Off-Campus Student Services to help build a sense of community in our off-campus living area. We will strive this year to create a safe, clean, and fun living environment for all those living on Chittenden and 11<sup>th</sup> Avenues.

If any one of you are having difficulties with crime, your landlord, or any other facet of living off-campus, please do not hesitate to contact us! You can reach either of us at our e-mail address ([Chittenden.CA@gmail.com](mailto:Chittenden.CA@gmail.com)) or the Off-Campus Student Services staff at [ocss@studentaffairs.osu.edu](mailto:ocss@studentaffairs.osu.edu). If you would prefer to come into our office to speak with us, we are located at **15 East 15<sup>th</sup> Avenue** (behind the old Long's bookstore). Also, keep a lookout for an invite to our Facebook group (Chittenden and 11<sup>th</sup> Ave. 2009-2010)! If you feel that you have a housing problem that involves a legal issue, the **Student Housing Legal Clinic**, run through the Moritz College of Law and the office of Student Life, offers free legal advice regarding landlord-tenant relations to all students. Appointments with the SHLC can be made online at <http://moritzlaw.osu.edu/shlc/>.

To help accomplish our goals, we will be hosting events throughout the year to help neighbors get to know one another. Our first event will be our Fall Quarter **Cookout**. This year, it will be held on **Monday, October 19<sup>th</sup> at 41 Chittenden (Andy's house) from 6-8 PM**. We will provide hot dogs, hamburgers, veggie burgers, Coke products, music, and a relaxed setting where residents can eat some free dinner and get to know each other at the same time. We will be passing out flyers and posting yard signs closer to the event to remind everyone to come out!

Many of our residents have just returned to campus from living at home all summer, so here are a few refreshers to stay safe this school year. Please make sure to lock all of your doors and windows **EVEN IF YOU ARE HOME!** Last year, far too many thefts occurred when the front or back door was unlocked, and the resident was in another room of the apartment or house. These thefts included laptops, video games, DVDs, TVs, stereos, textbooks, or truly anything a burglar could quickly grab. This is also true with your vehicles. Make sure not to leave anything of value lying out in the open in your car. It is not worth a shattered window or any other damage to your vehicle.

Let's make this Fall Quarter one of the best yet! Again, please contact either one of us with any issue. We are here to serve you! By working together, we can truly make our streets a great place to live while attending The Ohio State University!

### Cameron Bodenschatz



Street: **Chittenden and E. 11<sup>th</sup>**

Email:

**Chittenden.CA@gmail.com**

Favorite Sport: **Lacrosse**

Favorite Color: **Red**

Celebrity Crush: **Taylor Swift**

Favorite TV Show: **The Office**

Favorite Pro Team:

**Cleveland Cavaliers**



# 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.

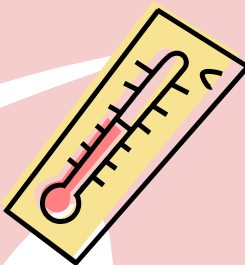
**Symptoms of the Flu:**  
a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

## 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