

THE OHIO STATE UNIVERSITY

13th Avenue Community Ambassadors

Vidhi Patel



Street: **E. 13th**
Email: patel.988@osu.edu
Other OSU Orgs: **OUAB**
Concerts Committee
Favorite Band(s): **Tie Between, Umphrey's McGee, and Dave Matthews Band**
Fun Fact(s): **Love trying new foods, and addicted to old Nickelodeon Cartoons (i.e. Doug, Hey Arnold, etc.)**
Birthplace: **India**

Hey 13th Avenuers! We hope everyone is getting back into the swing of things and starting your quarter off well. We are your 13th Avenue Community Ambassadors (CA). We're here to plan some awesome free events, like our street cookout **Tuesday, October 20th**. We are also here to be a resource for all of you. Our program is affiliated with The Ohio State University and more closely with Off-Campus Student Services (OCSS). OCSS is located at **15 E. 15th Avenue**, behind the old Long's bookstore and across the street from the Fed-Ex Kinko's. Hopefully each and every one of you got your Welcome Week packets with the Off-Campus student Living Guide. The guide is a great resource for off-campus students; it includes what to do if you are having landlord issues, need window alarms, how to make sure to get your security deposit back, and many more important tips and information to make your off-campus living experience the best it can be.

The great thing about the CA program is that we get to put on very fun events to help build community within the off-campus area. Last year, the CA program sponsored events such as Light Up the Night, a Pumpkin Carving Contest and a Cornhole Tournament! We already plugged it once but here it is again: all of 13th avenue will be welcome to come to our **fall cookout** at **100 east 13th** for **FREE** hamburgers, veggie burgers, hotdogs, and Coke products. We will also be having music and cornhole to keep you entertained. What better way to get to know your neighbors than while eating free food. The cookout will be on **Tuesday the 20th of October**, and we really hope to see you all then!

Olivia Miller



Street: **E. 13th**
Email: Miller.4615@osu.edu
Major: **Sociology**
Next Concert Attending: **Miley Cyrus**
Most Played Song: **"Free Falling"-Tom Petty**
Favorite TV Series: **Friends**
Least Favorite Food/Drink: **Milk**

So you may want to know a bit about us, the people who are trying to pull you out of your cozy homes. I'm **Vidhi Patel** (pronounced Vee-Dee haha), a junior interior design major. I'm from a semi-small town called Van Wert in Ohio but love the city life and love to travel as much as I can. If you ever have a question or concern, feel free to Facebook me or email me at patel.988@osu.edu and I'll help you as much as I possibly can.

And I'm **Olivia Miller**; I am a sophomore in the sociology department. I am a Taurus and I have an affinity for trashy television. My email is miller.4615@buckeyemail.osu.edu, and same goes for me, feel free to contact me at any point through facebook or e-mail.

We are really excited to get this school year rolling and get to know you all. A great place for us to meet you, and for you to meet us, is at our cookout Tuesday the 20th! Also, look for the 13th avenue Facebook group to keep updated on our events and for handy information. Let's show the 43201 what 13th Avenue is made of!

Go Bucks!
Olivia and Vidhi



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 sneeze 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