

THE OHIO STATE UNIVERSITY

E. Northwood Avenue Community Ambassador

Welcome Back East Northwood Buckeyes!

Orange leaves, anxious freshmen, a packed Barnes & Noble, TBDBITL music playing, and Saturday hours spent in The Shoe. You know what time it is...the start of Autumn quarter, meaning a brand-new school year!

Kristin Humphrey



Hello neighbors! My name is Kristin Humphrey and I will be your Community Ambassador for the 2009-2010 school year. As your CA, I work through Off-Campus Student Services at The Ohio State University. The CAs create this quarterly newsletter called the "Off-Campus Update," hold street events such as cookouts and the "Light up the Night" contest, send out important information about off-campus and university matters, and just make sure everyone is having a fun, safe time. Living off-campus is a totally different experience than living in the dorms and I want to help out all of you in any way I can, whether it be with landlord-tenant concerns, safety or health concerns, learning how to party the smart way, and everything in between.

The Community Ambassador Program focuses on building a healthy, safe, united community and that is exactly what I want to do for East Northwood Avenue. I want everyone to feel like they are a part of the street meaning your participation in events is greatly appreciated! Later this month we will be having the 2nd annual Pumpkin-Carving Contest and later this quarter we will be having our 7th annual "Light Up the Night" contest. In the winter time the CA's host a cooking clinic and in the Spring will be putting on the May Madness Cornhole Tournament.

Now let me tell you a little more about myself (please feel welcomed to "friend" me on facebook). I am a third-year marketing major and Spanish minor from Rochester, New York. I am a Buffalo Bills fan, but I really do live for Ohio State football. I am a graduate of the Business Scholars Program and members of OUAB and Alpha Kappa Psi: The Professional Business Fraternity.

Enough about myself though, I want to find out more about you. That is why I am holding a back-to-school **cookout** with hamburgers, hot dogs, veggie burgers, and soda on **Wednesday, October 14** from **5:30-7:30** at my house **175 East Northwood!** Come meet the neighbors on our street and get some **free food** out of it too!

A big part of my role as your CA is getting to know all of you as well as I possibly can. Like I said before, I love meeting new people and I'm always available at 175 East Northwood, so if you ever want someone to get lunch with or someone to laugh your head off with while watching *The Office*; you know where to find me! You can contact me at enorthwoodca@gmail.com, in case you have a question or something in the meantime before we meet. Thanks for all of your cooperation; I know that this is going to be a really fun year!

Be safe, have fun, and...GO BUCKS!

Street: **E. Northwood**

Email:
enorthwoodca@gmail.com

Favorite TV shows: **The Office, Greek, American Idol**

Favorite Color: **Red/Pink**

Other Orgs: **Alpha Kappa Psi, OUAB, Business Scholars**

Lucky Number: **10**

Favorite Soda: **Root Beer**

Favorite Vacation Spot:
Disney World



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 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