

# THE OHIO STATE UNIVERSITY

## E. Norwich Avenue Community Ambassador

**Carrie Meyer**



Welcome back, East Norwich! My name is Carrie, and I'm happy to be working this year as your Community Ambassador (or, as I'll more commonly refer to it, "CA"). Don't panic! I know many of you may have moved off-campus to get away from the "You cant's," "You'll get written up's," or the "You should be quiet after 9PM's." I'm not an RA, but our main goals are similar: to create a safe, healthy, clean, and close-knit community. Off-Campus Student Services (OCSS) and the Community Ambassadors, along with other university offices and student organizations, put on many events throughout the year to help us achieve these goals. Past events have included a pumpkin carving contest, a holiday lighting competition, cooking clinic, and more! Our office, OCSS, is located at 15 E.15th Avenue, behind Long's book store. You can also locate us at [offcampus.osu.edu](http://offcampus.osu.edu)

To start things off this year, I'll be hosting a **cookout** at my humble abode, **41 E. Norwich on Thursday, October 8<sup>th</sup> from 6PM-8PM**. Come meet your neighbors and enjoy FREE hot dogs, hamburgers, veggie burgers, and soda all while playing cornhole, Frisbee, tossing the football, or chatting it up. There will be many valuable resources available as well at the cookouts from Off-Campus Student Services and the Student Wellness Center.

I'll try to avoid the haunting, "let's go around the room and share an interesting fact" scenario that many of us have heard over and over again during the first week of classes, but for the sake of getting to know me better, I'll share a bit about myself. I'm a third year Hospitality Management major with a Business minor. I was born and raised in Wooster, OH (which my roommates lovingly refer to as "Amish Country") where I was a dancer and cheerleader for many years. My guilty pleasures include the black hole that is reality TV, Insomnia Cookies, and singing in the car (yes, I'm one of those people that look like they're talking to themselves on the highway).

Now that you know a little bit about me and an overview of the CA program, I hope I'll get to know you at the cookout and all of the events to follow.

Stay Classy, East Norwich!



### Cookout

**Date: Thursday, Oct 8th**

**Time: 6:00-8:00p.m.**

**Location: 41 E. Norwich**

**Street: E. Norwich**

**Email:**  
**[meyer.654@osu.edu](mailto:meyer.654@osu.edu)**

**Favorite Old School Movie: The Wizard of Oz**

**Least Favorite Texture in the world: Chalk Powder**

**Celebrity Crush: Justin Timberlake**

**Last Attended Concert: John Mayer**

**Favorite Food: Ben & Jerry's Cherry Garcia**



# 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.

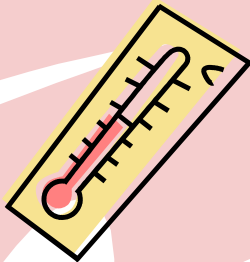
**Symptoms of the Flu:**  
a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

## 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 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