

10th Avenue Community Ambassadors

Megan Swillinger



Street: **W. 10th**

Email: **communityambassador10@gmail.com**

Favorite TV Show(s): **Dexter and True Blood**

Favorite Starbucks Item: **Iced Vanilla/Caramel Latte**

Favorite Food: **Green Olives**

Favorite Board Game: **Operation**

Favorite Insult (pg): **Hot Mess**

Welcome back, lovely students of West 10th Avenue! Hopefully, your summers were everything that you wanted them to be and more. If this is your first time living outside of the dorms, welcome to Off-Campus life! This is a rite of passage in a way: organizing and paying your own utilities or rent, dragging all your furniture up three flights of stairs ("Pivot!"-Friends), and negotiating peace treaties with landlords.

Let us introduce ourselves (although some of you may remember us from last year) as your Community Ambassadors that will serve you on 10th. Our names are **Alex Tony**, a junior and **Megan Swillinger**, a senior (woop! woop!) Hopefully, we saw some of your faces during our Off-Campus Community Welcome walk-around on September 18th. The packets we passed out contained some helpful information, so please refer to them often. The Community Ambassadors are here, working with **OSU's Off-Campus Student Services** to keep you connected. We always have events lined up to keep you well-fed with free food, fun, information, and the opportunity to get to know your neighbors!

For those of you lagging behind on your knowledge of the Community Ambassador program (don't worry, it happens to the best of us) let us give you a quick run down. Community Ambassadors (CAs) are assigned to a certain street that they live on. That CA then increases community cohesion via programs like street-wide events like cookouts, cornhole tournaments, and cooking clinics. CAs are also available to answer questions and provide information for all of your off-campus needs.

Fall Quarter will be full of some fun (and fuh-ree) events. Be on the lookout for flyers and signs advertising for our Fall Quarter cookout which will be **WEDNESDAY OCTOBER 14TH 5:30-7:30**. Come to our front yard of **66. West 10th** to enjoy some hot dogs, hamburgers, veggie burgers, and coke products. Its a great way to get to know your CAs as well as your neighbors here on 10th.

With the start of a new school year comes new questions and concerns that arise in our ever-evolving community. Having problems with your landlord or roommate? Want to ensure your safety deposit gets returned in full? Worried about H1N1? Are you aware of Franklin County's "STOP!" program? That's our job! Email us at **communityambassador10@gmail.com** if you have any questions or concerns, we're always ready to help!

Last but not least, this is our second year as the CAs for W. 10th, and we can honestly say that this is a great program that helps out off-campus students. We also want to let you know that this is a great street with awesome residents (feel free to concur), so don't be shy and say hello at our cookout!

Tag... you're it,
Megan and Alex

Alex Tony



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Best Concert attended: **Flogging Molly**

Favorite Musician: **Bob Dylan**

Weirdest thing seen on campus: **A man in hotdog costume telling me to "ask him about his wiener"**

Favorite Place To Eat Off-campus: **Amelia's**

Favorite Word: **Interrobang**



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.

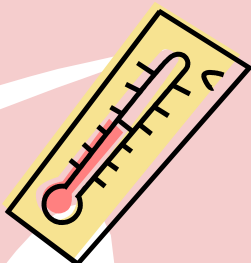
Symptoms of the Flu:
a fever greater than 100, cough, sore throat, body aches, headaches, chills and fatigues, and respiratory congestion

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