

W. 9th Avenue Community Ambassador

Welcome back Buckeyes! I hope everyone had a relaxing summer and a good start to this school year. I don't know about you, but I am excited to be back in C-Bus and ready for some Buckeye football.

Nick Dominique



Though some of you met me during the Off-Campus Welcome Walk-Around, let me introduce myself. My name is Nick Dominique and I am going to be your Community Ambassador on W. 9th Ave. I reside in the big white apartment complex at **50 W. 9th Ave. Apt. A**. So feel free to stop by if you have any questions, concerns, or just want to chat. You can also reach me at **dominique.11@osu.edu** or **west9th.ca@gmail.com**. I have also created a Facebook group "**West 9th Ave. ('09-'10 Residents)**" so you can connect yourself with others on street. The facebook group will also be used as a way to communicate with everyone about our awesome events we are planning.

As your Community Ambassador I am here to provide resources and other information that you may need while living in the university district. We work through the office of Off-Campus Students Services and Ohio State University. Throughout the year we will be hosting a variety of events to get you involved in the community and meet people who live on the street and the University District, so be on the look out for flyers and other newsletters to hear about these awesome events. Some events that we have hosted in the past include May Madness Cornhole Tourney, Light up the Night, and Cooking Clinics just to name a few.

Any events coming up soon you may ask?...well, how about **THE 9TH AVE. FALL COOKOUT!** That's right, we are hosting a cookout for the residents of W. 9th Ave. on **OCTOBER 21, FROM 5:30 – 7:30**. We'll have burgers, hotdogs, veggie burgers, and pop all **free** of charge. It will be a great way to get to know everyone on the street and get a free meal at the same time. We will also have some resources from Off-Campus Student Services (OCSS) The Student Wellness Center, and the Community Ambassadors for your taking. So come on out and get some **FREE STUFF** and **FREE FOOD** (two things every college student loves to hear) while enjoying the company of your fellow neighbors.

As the fall season falls upon us, don't be afraid to meet your neighbors and get to know each other. We are all here for the same reason, so why not make the best of it. Whether this is your first or last year living off-campus, make the best of it. Come on out to the Community Ambassador events and be part of the community, meet your neighbors, and take pride in being a Buckeye!

-Nick

Street: **W. 9th**

Email:
west9th.ca@gmail.com

Favorite OSU Tradition
(s): **Mirror Lake Jump,
Carmen Ohio, Victory
Bell**

Other OSU Orgs: **Alpha
Phi Omega**

Favorite Movie: **Green
Street Hooligans**

Favorite TV Show: **Lost**

Fun Fact: **Loves camp-
ing, camp fires, and hik-
ing**



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 influenza like illnesses (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