

THE OHIO STATE UNIVERSITY

# W. Norwich Avenue Community Ambassador

**Melissa Turpening**



Hello W. Norwich Ave! I'd like to welcome you back to the off-campus area! Hopefully your summer was very enjoyable and by this time you have gotten back into the swing of things with living off-campus. In case you haven't had my friendly face knock on your door and explain who I am; I'm Melissa Turpening, your Community Ambassador for W. Norwich Ave. The Community Ambassadors work with Off-Campus Student Services at The Ohio State University to provide information and plan exciting events for off-campus students. Our program focuses on building a healthy, safe, united community to the off-campus area. There's something to interest everyone!

To kick off the new school year and football season I'll be hosting a FREE cookout on **Wednesday, October 7<sup>th</sup>** from **5:30-7:30 pm** in front of my apartment **106A W. Norwich Ave.** There will be burgers, hotdogs and a veggie burger option, too. What a great way to meet your neighbors, listen to music and get great free food!

Free cookouts aren't the only thing Community Ambassadors do for off-campus residents; we'll also be hosting a pumpkin carving contest and the always popular Light Up The Night program. I do want to remind everyone to keep their windows closed at night and to make sure you lock up your grills and bikes. You never want to wake up to a nasty surprise in the morning! To help out, Off-Campus Student Services on E. 15<sup>th</sup> behind Old Long's bookstore offers *free window alarms* with a Buckld.

A little bit about me personally. I'm a senior majoring in Environmental Policy & Management from Wauseon, OH. Yea, I know, you don't know where that is, so it's easier for me to say "by Toledo." I'll be walking around knocking on your doors throughout the year to remind you about great events and information, so open your door when you see my friendly face through the peep hole!! If you ever have questions or aren't on my mailing list (I promise the emails are few and far between but very important!) email me at [wnorwichave@gmail.com](mailto:wnorwichave@gmail.com) or come talk to me at one of our events. Also, feel free to add me on Facebook or join the W. Norwich Ave 2009-2010 facebook group. We all know it isn't official until it's on Facebook :) Good luck everyone with your classes. I'm excited to meet you and for a fantastic year on W. Norwich Ave!

**Street:** W. Norwich

**Email:**  
[wnorwichave@gmail.com](mailto:wnorwichave@gmail.com)

**Favorite Hobby:**  
Horseback Riding

**Last Concert Attended:**  
Kings of Leon

**Favorite Pizza:**  
Papa Johns

**Least Favorite Sound:**  
Markers squeaking

**Favorite Fast Food:**  
Taco Bell

GO BUCKS!  
Melissa



**Cookout**

**Date:** Wednesday, Oct 7<sup>th</sup>

**Time:** 5:30-7:30p.m.

**Location:** 106A W. Norwich



# 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 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

[[offcampus.osu.edu](http://offcampus.osu.edu) → your ultimate resource for a better off-campus]