Volunteers will be entered into a drawing for a ONE Week Parking Pass in front of PS building. Stop by the Big Top Tent to Register your time to help with May Week! We will be drawing at the Pizza Party May 7th @ 6:00 in RH cafeteria.

May is Mental Health Month!
Keep an eye on The Communicator for information about important mental health topics all month long. Also, be sure to check out the OSU Lima Counseling & Consultation Service bulletin board in the lobby of Galvin Hall for helpful information about mental health.

In this Issue:
Page 1- Dr. Gee Visit, May Week Activities, May is Mental Health Month, Volunteer Drawing!
Page 2- OSU Lima Counseling Services, Club News, Simply Salads, OSU Associate of Arts Degree Info, Campus Security,
Page 3- Swine Flu Information, Franklin College To Visit Rhodes State, How Much Do You Know About Anxiety?
Page 4- Calendar of Events

Under the Big Top!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity Details</th>
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<tbody>
<tr>
<td>Monday</td>
<td>11:30-130</td>
<td>Big Red Chair, Giant Trikes, Carnie Games, Fortune Teller, Voting booth, Quack Grams, Pep band!</td>
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<tr>
<td></td>
<td>May 4, 2009</td>
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<tr>
<td>Tuesday</td>
<td>11:30-130</td>
<td>60 Second Caricature Drawing, Campus Marketplace, Giant Trikes, Carnie Games, Fortune Teller, Voting booth, Quack Grams, Pep band &amp; the All American Baseball Game!</td>
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<tr>
<td></td>
<td>May 5, 2009</td>
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<tr>
<td>Wednesday</td>
<td>11:30-130</td>
<td>Body Art by Marjorie, Campus Marketplace, Giant Trikes, Carnie Games, Fortune Teller, Voting booth, Quack Grams, Pep band, the Hot Dog Picnic &amp; the Dr. Gee visit!</td>
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<tr>
<td></td>
<td>May 6, 2009</td>
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<tr>
<td>Thursday</td>
<td>Various times for activities</td>
<td>11:30-130 Carnie Games, Fortune Teller, Voting booth, Quack Grams @ 600</td>
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<tr>
<td></td>
<td>May 7, 2009</td>
<td>Volunteer's Pizza Party &amp; Preferred Parking Drawing</td>
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<tr>
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<td></td>
<td>Bracelet Required!</td>
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<tr>
<td></td>
<td></td>
<td>In the cafeteria</td>
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<tr>
<td></td>
<td></td>
<td>@ Dusk</td>
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<td></td>
<td></td>
<td>Main Attraction: Outdoor Giant Inflatable Movie Screen on the Quad!</td>
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<td></td>
<td></td>
<td>&quot;Yes Man&quot;</td>
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<td></td>
<td></td>
<td>(bring your lawn chair and a blanket)</td>
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<tr>
<td>Friday</td>
<td>10:00-1200</td>
<td>Delivering the Quack Grams and Ducks to our Favorite Staff &amp; Faculty!</td>
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<td></td>
<td>May 8, 2009</td>
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Dr. E. Gordon Gee, President of The Ohio State University will be meeting with students on Wednesday May 6th, at the Hot Dog Picnic during May Week. Be sure to stop by and see Dr. E. Gordon Gee! You Can't Miss him, just look for the bow tie!
Club News....

The Newman Catholic Association's next meeting will be a picnic in the Quad on Wednesday May 13th from 12-1:30. Please join us for hot dogs, s'mores, and games. All are welcome!

Japanese Cultural Club

Meeting at 5:30 in GA 233 Every Thursday!

Join the Business Club on the Quad
Wednesday May 6th
for a “Beer Pong” Challenge,
make the cup, and win free wings!
11:30-1:30

ATTENTION OSU LIMA STUDENTS!!

Have you completed 90 or more credit hours?

You may be eligible for an ASSOCIATE OF ARTS DEGREE!

This is a degree granted by the Regional Campuses of Ohio State.

Please contact your Academic Adviser as soon as possible to determine your eligibility for the Associate of Arts Degree!!

Reporting Crime

The campus encourages prompt, accurate reporting of crimes or suspicious incidents. Any phone on campus may be used. NO COINS REQUIRED-JUST DIAL 8499. All pay phones are equipped to reach the country-wide 9-1-1 emergency system which connects you to all law enforcement agencies, emergency medical services and fire departments.

Safety Steps to Follow

- Lock your doors when driving and parked
- Park near well-lit areas
- Scan the area when you approach your car
- Have keys ready
- Look in the backseat before you get inside
- Travel in groups or buddy system
- Be alert!

Student Escort System

During the evening hours, the parking lots and sidewalks are well lit for your comfort. If you don't feel comfortable walking alone, call the Security Office at ext. 8499, and someone will escort you to your vehicle. Alternatives include walking with a friend or in groups.
Swine Flu Information for Students

Swine flu is a respiratory disease of pigs that doesn’t normally impact humans. However, it is contagious and is currently spreading from human to human. This typically occurs the same way as seasonal flu: by coming in contact with infected people who are coughing or sneezing.

Signs & Symptoms
The symptoms of swine flu in people are similar to the symptoms of regular human flu and include:
- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. Take this condition seriously, as swine flu varies from mild to severe. If you feel sick, see a doctor. You may need to limit your contact with others so you don’t infect them. And avoid spreading germs by:
- Not touching your eyes, nose or mouth
- Covering your nose and mouth with a tissue when you cough or sneeze (and then throwing that tissue out!)
- Washing your hands often with soap and water, especially after coughing or sneezing, or using alcohol-based hand cleaners

Source: www.cdc.gov/swineflu/swineflu_you.htm

Emergency Warning Signs
Seek emergency medical care if you become ill and experience any of the following warning signs:
In children emergency warning signs that need urgent medical attention include:
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Rhodes State Students can turn their Associate Degree into a Bachelors degree from Franklin University
Franklin University will Visit Rhodes State Monday May 18th in Tech Lab Lobby from 10 am – 2 pm.

HOW MUCH DO YOU KNOW ABOUT ANXIETY?

We all experience stress and anxiety from time to time. But occasionally, our anxiety becomes more severe and we have difficulty managing it ourselves. When this happens, it’s usually a good idea to ask for help.

Anxiety can take many forms. It can be constant, always there nagging and getting in your way. This type of anxiety is usually accompanied by muscle tension or aches, headaches, and feeling on edge all the time. Anxiety can also take the form of a panic attack (sometimes called an anxiety attack). Panic attacks usually come on quickly with intense anxiety or panic feelings. They may include difficulty breathing, nausea, tingling or numbness in the hands or fingers, racing heart, dry mouth, or chest pains. While panic attacks are a little different for each person, one thing they have in common is that they feel very scary. In addition to these types of anxiety, some people feel intense anxiety only in certain situations such as taking tests or public speaking, both of which are very common in college students.

The good news about anxiety is that it is very treatable. Many people can be helped with just a few meetings with a counselor trained to treat anxiety.

May 3-9th is Anxiety & Depression Awareness Week. If you’re interested in finding out more about anxiety or if you’d like some help learning how to better manage your anxiety, stop by to see one of the campus counselors. We will be available at the May Week festivities on the quad, or you can stop by our offices (Galvin 430A or Public Service 120) to make an appointment. We will be doing free and confidential anxiety screenings during May Week, so stop by!
## Week of May 4–9 Events

<table>
<thead>
<tr>
<th><strong>Sunday</strong></th>
<th>Spring Quarter Week 6</th>
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<tr>
<td><strong>May 3, 2009</strong></td>
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<table>
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<tr>
<th><strong>Monday</strong></th>
<th>MAY WEEK</th>
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<td><strong>May 4, 2009</strong></td>
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| **Tuesday** | MAY WEEK  
Faculty vs. Students Baseball Game 2:00 pm  
Baseball vs. BGSU Club 4:00 |
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<td><strong>May 5, 2009</strong></td>
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| **Wednesday** | MAY WEEK  
STUDENT DANCE CLUB -4:00 p.m. in Tech Lab 115 |
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<td><strong>May 6, 2009</strong></td>
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| **Thursday** | MAY WEEK  
Japanese Cultural Club Meeting 5:30 in GA 233 |
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<tr>
<td><strong>May 7, 2009</strong></td>
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| **Friday** | MAY WEEK!  
Staff and Faculty Appreciation DAY! |
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<tr>
<td><strong>May 8, 2009</strong></td>
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<tr>
<th><strong>Saturday</strong></th>
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<tbody>
<tr>
<td><strong>May 9, 2009</strong></td>
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May Week is brought to you by CAB, YOUR Campus Activity Board!

"Events subject are to change." All the May Week events are on the Quad unless noted. If Rain — try the Gym!