“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.”

- Nathaniel Hawthorne
Meet your RSO

We are Krystal Carroll, Carrie Middleton, Sammy Steele and new Community Service Representative, Zach Class.

So what is your awesome RSO up to right now? We just hosted the tie dye party, Thursday, October 3rd at the McGregor basement. We hope everyone enjoyed themselves!

We have been putting together events to get everyone more involved. Now we want your input. On the third floor of Turley House we have the “ask the advice column box.” Please drop a note.

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NOVA Kickoff
Pictures by Torrie Reeves
Ashley Bowling, junior, is preparing to apply to the university’s Social Work program for the Spring semester. Bowling says she looks forward to promoting social justice and “being a voice for people that don’t have one.” She strongly suggests that her fellow NOVAs look into the program and says that most of the courses and advisors are located in the Keith building. Ashley says, that the majority of the faculty she has been in contact with are friendly, talkative and that “their doors are always open.” To be accepted into the program an applicant must complete required general education courses with a C or better, have a current GPA of a 2.5 or better and write a lengthy essay explaining why they want to be in the program. Bowling says that the program is not as competitive as others on campus, but that advisors search the essay for red flags because both the major and the career can be difficult to stay in. Many people aren’t exactly sure what someone can do with a social work degree, but Ashley says that a social worker can work for Child Protective Services, Hospice, a psychiatric hospital, in a jail and countless other places. For those who have already declared a major but are interested in social justice, Social Welfare is available as a minor and is very similar to Social Work. If anyone is looking into the program, Ashley says that they should contact her, look at the Social Work program on www.eku.edu, or attend a Student Social Work Association Meeting.

Ashley Bowling says that the Student Social Work Association (SSWA) is an organization intended for anyone who wants to be an advocate for others in their community. She says that they are always accepting new members and that meetings are every other week on Tuesdays at 3:30 in the Keith building. The group recently participated in an Alzheimer’s walk, and has a Halloween party planned with the Big Brothers Big Sisters organization at the end of October. Ashley says that she really enjoys being a member of SSWA and if anyone is interested, they should contact her or Jackie Thomas for more information.
Spooky Happenings on Campus

By: Nicole Wright

Clay Hall.

In Clay Hall, doors will open by themselves and also students have shared that they have seen an older gentleman sitting on their bed. Every door on the floor will fly open all at once. The building is said to be especially active during Summer break.

Combs Bathrooms.

Students and janitors describe an eerie presence in the Combs bathrooms. Especially the men’s restrooms on the 3rd and 4th floor. A former janitor at EKU felt as if someone was with him while cleaning the restrooms at the end of the day. He grew accustomed to the entities.

Keene Hall.

Legend has it that a suicide took place on the 16th floor of this building, it is now said to be haunted. Witnesses have reported doors slamming and door knobs turning by themselves. The most eerie part is that they hear loud music coming from the hall walls. Residents have also reported that they felt like they were being watched, some have seen a man standing in their dorm and then he disappears.

Keene Johnson Building.

The most popular story is one about the blue lady. A young actress hung herself from the rafters of the building and it is said that you can hear her singing, see her in the bell tower and the ballroom.

Sullivan Hall.

It is said to be haunted by a nurse named Victoria who committed suicide there in the 1970’s on the 4th floor in room 419. Sullivan Hall was used as a hospital during the Civil War and the basement was used as a morgue.

Sources:
Q: Dating Advice: “How to ask Someone Out?”
A: Does your crush know you exist or are they a total stranger? If it is the first one, it is harder than you would think because it is more personal. It is best to get it done as early into the friendship as possible in order to stay out of the friend zone. If it is a stranger, strike up a conversation, learn about them and if you like what you hear invite them on a date. Hope this helps!

Q: Can you give me any tips on how to stay safer on campus?
A: If you have had trouble with safety, immediately notify a campus officer or city official. However, for staying safe in general I offer this, 1) lock your door. You want to make sure you don’t have anything stolen. 2) Do not leave things unattended in public areas. It is never fun to have anything stolen. 3) Try and be with friends when you are out at night, preferably with someone who lives in the same hall as you or close to it. Walking at night is dangerous anywhere. And finally, 4) don’t be paranoid. Nothing is 100% safe but if you hold yourself right, you will be fine.

Q: How do you rent a bike on campus?
A: Checking out a bike is easy. Arrive with time to spare as it takes a few minutes to size you for the bike and fill out paperwork. Start by stopping by or calling the AP Base Camp @ 859-622-7334 from 3-7pm Mon-Thurs and 1-5pm on Fridays to determine availability. When you pick up the bike, you will need your credit card and student ID. http://www.campusrec.eku.edu/recycle-bike-rental-program

Q: Where is the best place to eat on campus?
A: If you need a quick bite, upstairs Powell is convenient but it’s easy to get tired of their food. If you are over in Stratton for a class around breakfast or lunch time, they have a great spread of foods that you can get for meal swipes! All the coffee places are good but my personal favorite is Einstein Bros, especially if you love bagels. Obviously, downstairs Powell is good too, but I steer clear until meal swipes open at 8 Sun-Thurs every week.

Q: I’m undecided, how can I figure out what I want to major in?
A: If you think a class sounds interesting take the introduction level and see how it works. You never know what fun stuff you can find until you give it a try! Remember you have until your junior year to proclaim a major, in the meantime work on getting your general education requirements out of the way.
Budgeting in college can be a challenge. Having a solid budget can save you from overdraft fees, going without something you need, and running up credit card debt. Here are five tips to consider before creating a budget:

1. **The differences between wants and needs.** Wants and needs go beyond the general assumptions. Yes, we need food, clothes and school supplies. But do you really need that $20 pizza order? Or what about that $10 Five Star notebook? While having these things are nice, sometimes it’s just not practical as a college student with a part-time job.

2. **Being realistic.** Estimating too high of a paycheck can result in overspending. Calculating your average paycheck is one way to avoid over estimating. Another is being aware of your hours and tax percentages. Having a solid viewpoint of the money coming in can save you from running out of money way before your next paycheck.

3. **Savings.** Putting money back for savings will save you in times of need. If you end up having to get your car repaired or you lose your job, you’ll be thankful you saved your money. Sticking to a strict percentage to leave for savings, can prevent you from using that money as a “Well, I’ll just buy this one thing and save the rest...”

4. **Making the most of your money.** Coupons, sales, thrift shops and used textbooks are all examples of resources available to help you save money. Waiting until something goes on sale, or digging for that promo code, can allow you to have extra spending cash to use however you like.

5. **Pay cash for small purchases.** Small charges add up. You may think it’s won’t hurt to charge $2 here and there but those will add up much quicker than you think. Paying cash, can also make you more aware of your spending. Breaking $20, is a lot harder than sliding a card.

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**Health**

**Avoid stress eating.** When you’re overwhelmed with exams and papers it can be very tempting to comfort yourself with junk food. To stop yourself from doing this you can grab a healthy snack, work out or simply take a break. Try to turn your assignments or study material into smaller sections to make it feel less threatening.
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