"Wherever you go, no matter what the weather, always bring your own sunshine."

- Anthony J. DiAngelo

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Important Dates

- December 9: Final exams begin. Final exam schedule.
- December 14: Residence halls close for semester break, 6 p.m.
- January 9: Residence halls open, 8 a.m.
The Stars are expanding!

Spring of 2009 was the beginning of the NOVA Stars RSO (registered student organization). The TRiO Stars RSO would expand TRiO’s reach and would provide support to all TRiO participants. The Stars is for students who are currently or who have once been in any of these TRiO programs: Upward Bound, Educational Talent Search, NOVA (Student Support Services) and the McNair Scholars. The Stars’ goal is to enhance the retention and graduation rates of the participants of each TRiO program by creating a social network for those who wish to serve back to the TRiO community. The officers are very excited to be taking on this new initiative!

President: Zachariah Class
Vice President: Paige Neeley
Treasurer: James T. Wayne
Secretary: Remonica Garr
Community Service Coordinators: Lydia Barker and Shelby Garner
Outreach: Jacqueline Sales and Nakia Morrow

Congratulations December Graduates!
We’re so proud of you.

Latosha Adams        Casey McQueen
Kurtis Bolton        Jordan Meece
Christopher Cantrell Michael Phelps
Aundraya Haines     Madeline Schuler
Bethany McFadden    Traci Stewart
Fall Peer Leaders

The Fall peer leaders have all done an amazing job and we’re excited to see everything they’ll do in the future.

Spring Peer Leaders

The Spring peer leaders will be working with Madison County Public Library, Appalachian Foothills Therapeutic Equestrian Center (AFTEC), Salvation Army, KY Stride, Hope’s Wings, Humane Society of Madison County, McCready Manor and Head Start.
Tie Dye Party

Pictures by Torrie Reeves
Surav Shrestha is a senior majoring in Computer Information Systems (CIS), and plans on graduating this spring. He says that he chose the major because of the great job opportunities, and his love of technology. The degree requires 120 hours of major related classes, and as Surav is nearing the completion of these courses he says “It has been quite a journey, I have not had a single major class that didn't challenge me enough and I have learned a lot from all of them.” He states that a degree in CIS qualifies someone for almost any type of IT job and that during his summer internship as a software developer he “learned that people with CIS degrees can be very versatile in the fact that they can become anything from business analyst, programmer, quality assurance techs, network admins, database admins and many more.” CIS is offered as both a major and a minor, and if anyone is interested in finding our further information Shrestha suggests they go to the BTC building where all of the classes are held.

www.NOVA.eku.edu
Winter is a festive time full of fun, family, and friends, but if you’re not careful it can also bring opportunities for danger. Because we love and care about all of our NOVA family we want to give you all some tips to stay safe during the hectic holiday season.

1. **Be aware of holiday lights.** Holiday lights are pretty ways to get into the spirit, and are popular in dorm rooms, however many people aren’t aware of the potential danger they carry. Check your lights for broken or cracked sockets and turn off all lights before leaving the room or going to bed. Doing these things will greatly decrease your chances for fires, and increase your chance for a fun decorative holiday!

2. **Be weather aware.** Although cold and snowy nights are the best for hot chocolate by the fire, they can be dangerous if you do not know how to properly handle them.

   When going outdoors for extended periods of time in winter weather, wear layers of loose fitting clothing to avoid hypothermia. Have a winter survival kit (cash, flashlight and batteries, water, hats socks and mittens, etc.) in your car and home in the case of a winter storm.

3. **Be aware of the roads.** 70% of ice and snow accidents occur in cars. If you are afraid that the roads may be unsafe for travel, or feel uncomfortable driving, listen to your instincts and stay out until conditions get better.

**Stay safe NOVAS, and have a fun and refueling winter break!**
Last issue many beginning budgeting tips were shared. This issue will be going over how to actually create the budget. While it could normally be overwhelming, following these few tips can help you in the process:

1. **Track current spending.** The first step in creating a budget is taking a week or two to watch where your money is going. Write down every exchange of money, big and small. Having an accurate look on how you’re spending will help you create realistic guidelines.

2. **Stick to your budget.** Don’t let impulse buys or a potential raise affect your spending. Be fully aware of your amount available to spend freely and do not figure in a raise or any other extra money until it actually happens.

3. **Stay up-to-date.** Don’t put off updating any changes to income or spending. Forgetting little things can mess up your figures for a long time and cause you to spend more than you actually have.

4. **Emergency money.** Expect the unexpected. Set aside a certain percentage each month to a savings strictly for emergency needs. You never know what could come up and you’ll thank yourself for it later.

5. **Use an app.** To save yourself time and help prevent errors you can download an app or use other online programs that’ll calculate everything for you. Try out many different apps and programs to find the one you like best!

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**Health**

**Are you even still hungry?** Holidays are often a time many of us stuff ourselves full of food to the point of not being able to move. Try to slow down and stop eating when you’re truly full. If you’re worried about throwing out so much good food, just have leftovers the next day!
The EKU NOVA program is a Student Support Services TRiO project, funded $319,892 in federal funds from the U.S. Department of Education for the 2013/2014 fiscal year to serve 206 eligible EKU students. This disclosure is made in compliance with the Public Law 108-447 Sec. 506.

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