



The WAVE Letter

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NMSU Takes Back the Night

Cynthia E. Guzman (WAVE Events Manager)

At 4:30pm on Thursday, April 20th, WAVE and Women Studies will be sponsoring NMSU's 3rd annual Take Back the Night on the corner of University and Espina Avenues. NMSU's Take Back the Night (TBTN) is a rally and speak out against sexual assault and violence against women, men, children, and families. This rally has its roots in Germany and Western Europe, as a response to repeated incidents of sexual violence. The first TBTN in the United States occurred in San Francisco in 1978. Now, colleges and universities all over the country are fighting against sexual violence by organizing rallies on their campuses.

The WAVE Program has teamed up with Women's Studies to bring a night full

of empowerment, education, and community outreach. TBTN is an excellent opportunity for the NMSU campus to realize the issues surrounding their community and find ways in which they can influence positive changes in their lives and the lives of others. Sexual assault and violence comes in many different forms, contexts, and environments. Through TBTN, WAVE hopes to fulfill their mission of reaching the campus and greater community with resources and educational materials about the variance within interpersonal violence.

The event will consist of a resource fair at 4:30, in which organizations from both the campus and the community will be tabling. The official welcome and

rally begin at 5:30pm and will include speakers, performers, and a self-defense demonstration. At the close of the evening, we will hold a candlelight vigil in remembrance and support of victims and survivors. Immediately after the vigil, approximately 7:30pm, all are invited to take part of NMSU's fist Trust Circle, which will be held in the Commons Area of the Honors College. This will be a time for reflection and support to those who have been affected by sexual assault to share their experiences. Join us, and TAKE BACK OUR CAMPUS!



Calendar of Events
April
*Weekly Tabling
20
Take Back the Night!
23-29
National Victims Rights Week
26 & 28
Cell Phone Drive
May
3 & 5
Beat the Stress Tabling!

Operation: Moderation

Megan Gordon (WAVE Peer Educator)

WAVE's newest approach to alcohol harm-reduction has been dubbed "Operation: Moderation". The mission: to provide students with facts on the effects of alcohol consumption and also alternative recreation. It's a realistic goal to have students choose "moderation," rather than abstinence.

A survey conducted on NMSU students in the fall of 2005 showed that 62.9 percent of underage students (under 21) reported consuming alcohol in the

previous 30 days. Also, 44.8 percent of all students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

"Drinking affects every aspect of your life," said WAVE Program Coordinator Jessica Adkisson. Drinking and its repercussions are numerous, and can include DWI, vandalism, violence, sexual assault, suicidal thoughts, and poor academic and athletic performance.

There are several tips to keep that help reduce such risks. First, eat before you drink, and drink plenty of water to stay hydrated and help prevent hangovers. Second, set a limit and stick to it! Remember, it takes one hour for your system to process every 0.5 ounces of alcohol you consume. And as always, use a designated driver or ASNMSU Safe Ride.



Campus Stress and Other Gray Hairs

Michael Mullen (WAVE Peer Educator)

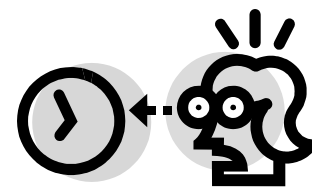
Exams, long essays, and shaky relationships all make college excessively difficult; compounded that by the fact that a college student's only solace is ramen noodles. University life can be rough, and can be a lot worse if incoming students are not sure what to expect. For upper classmen and older students, the debts of four plus years can really bury an undergraduate in misery. The Association for Higher Learning recently performed a survey pinpointing sources and solutions for a lot of the stress that ails students.

In the report they specify several critical points: The greatest problem among undergraduates is the absolute shock. To better prepare for this, students should attend orientations, explore their campus beforehand, and get involved in their campus community. Preparation alleviates

some of the shock and allows future students to understand and better cope with their new home. Also, the fear of academic failure is repeatedly cited by campus psychiatrists. The fear can literally cripple some students and causes hundreds of students to withdraw from classes.

Especially as finals come creeping around the corner, WAVE highly recommends alleviating stress by seeking the appropriate help. Students can seek help with the NMSU counseling center (located in Garcia Annex). They offer a number of free services, including free counseling sessions. Similarly, if there are any classes that are killing you or burying you under homework, try out the Math Learning Center or the Writing Center. The services are free and can really benefit "class-fried" students. Before giving up, look around and see what this

campus really has to offer. Last but not least, if financial troubles are keeping you awake or distracting you from your work try Student Services or Financial Aid. Depending on your situation you could receive funding from a variety of organizations and help you refocus. And of course, you can always come by WAVE for any other matters on your mind. The staff will redirect you to services on campus that are right for solving your problem. . As finals draw near, keep your eyes open for stress-relieving techniques and activities, brought to you by the WAVE Program.



Have an Old Cell Phone?

We need it! April 23-29 is National Victims Awareness Week, and in conjunction with La Casa, the domestic violence shelter in Las Cruces, WAVE will be holding a Cell Phone Drive on April 26th from 11:30am to 1:30pm and April 28th from 11:am to 1pm on the first floor of Corbett Center. We are collecting old cell phones and chargers that will be given to victims of domestic violence. The victims who receive the cell phones will be able to call for help anytime they are being victimized. The greatest advantage is the cell phones can be hidden from the abusers and do not cost the victims anything. If you have an old cell phone and/or charger that you would like to donate, please bring it to our Cell Phone Drive or office, located on the West side of Monagle Hall, by Jordan Street.



The Stats Can Keep You Safe

Connie Montoya (WAVE Peer Educator)

The statistics of sexual assault are staggering. Research shows that 1 in 4 women will be a victim of sexual assault while in college; 9 out of 10 victims know their perpetrator; 3 of 4 sexual assaults involve alcohol. But how does this affect you, a member of our NMSU community? Shockingly, you have a 100 percent chance of meeting someone who has either been a victim of sexual assault or knows someone who has. While alarming, these statistics are not intended to instill fear, but rather to increase knowledge and create a catalyst to talking about the prominent issue of sexual assault.

April is Sexual Assault Awareness month, and we at WAVE strongly believe in educating the students and staff of NMSU about this issue. It is an issue that affects everyone either directly or indirectly. It is a crime

that does not discriminate against race, age, gender, location, social status or appearance. It's a crime about power, not about sexual urges and physical appearance.

So what can you do to reduce your risk? Be informed. Use the buddy system when going out. Trust your instincts: if something doesn't feel right then it probably isn't. Should you choose to drink, do so in moderation. Set clear and firm boundaries about you want or don't want from your partner.

If you have been a victim or know someone, know that there is help. Contact the police, La Piñón at 526-3437 or our office at 646-2813. Most of all, whatever happened, remember that it was not your fault.

