



# The WAVE Letter



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## Survey Results Indicate Drinking Problems Begin Before College

**Melinda Haley-Bailey, M.S., N.C.C.**  
**(WAVE Research Associate)**

During the first week of classes during Fall 2005, WAVE administered the Core Alcohol and Drug survey to freshman students, 1329 completed surveys were returned, 92% of these students were incoming freshman (brand new to campus).

The Core Survey asks students about their current and past use of alcohol and other drugs, their experiences with negative conse-

quences associated with their use, and about their perceptions of the NMSU environment. Some of the key findings include:

79% of the students consumed alcohol in the past year; 63% of the students consumed alcohol in the past 30 days

45% of the students reported binge drinking in the previous two weeks (binge drinking is defined

as consuming 5 or more drinks in one sitting)

31% of the students first began using alcohol at ages 16 or 17; 27% first began using at ages 14 or 15.

For more information about the CORE survey please contact Melinda Haley-Bailey at 646-2731. Other questions can be directed to the WAVE Program Office at 646-2813.

<b>Calendar of Events</b>
<b>February</b>
8 – Sex is Not a 4 Letter Word
10, 17, 24 – “Binge” Interviews
14 – V-Day Rally
14, 18 & 19 - Vagina Monologues
20 – Volunteer Orientation
* Weekly Tabling in Corbett
<b>March</b>
13– Volunteer Orientation
* Weekly Tabling in Corbett
<b>Want to know more?</b>
<b>Check out the details at</b>
<b>the NMSU</b>
<b>Events Calendar at</b>
<b>my.nmsu.edu</b>
<b>or call WAVE</b>
<b>at 646-2813.</b>

## Respect is Sexy

*Listen to and respect your partners wishes—always.*

### NMSU Talent Benefits WAVE

**Jessica Adkisson (WAVE Program Co-Coordinator)**

Beginning in January 2006, the WAVE Program began a volunteer component to help with weekly and monthly outreach efforts. This initiative began when students, who had seen a presentation or stopped at a tabling event, began asking how to get involved. Many of the interested students felt strongly

in the mission of the WAVE Program and were eager to pitch in to help make a difference on our campus. Volunteering with WAVE offers students an opportunity to become more educated about the issues, meet some great people, work in a positive team environment, and help to raise

awareness across campus about alcohol and violence issues.

If you would like more information about volunteering or would like to fill out an application, please stop by our office. You can also reach us by email at [peered@nmsu.edu](mailto:peered@nmsu.edu) or by calling 646-2813.



## The Tide Moves WAVE Closer to Students

### Jessica Adkisson (WAVE Program Co-Coordinator)

After spending the Fall 2005 semester planning, moving and getting settled, the WAVE Staff can finally breathe a little easier, knowing that the desk and computers all arrived safely. After accepting the gracious offering initiated by Housing & Residential Life, the WAVE staff moved out of their cozy but cramped office in Garcia Annex and into the dorms at Monagle Hall.

The new office, which was formerly a living lounge for students, was renovated to become a fully functioning office for the WAVE Staff. The WAVE Coordinators were

happy to accept the new space; the program was growing so quickly, they felt that their office space was beginning to look like a Real World episode - minus the alcohol, of course.

Thanks to the support of

Housing and the University administration, WAVE was able to equip the new office with enough furniture and computers to allow EVERYONE to work comfortably. So stop by and see us, we'd be happy to show you around. WAVE is now located in Monagle Hall, on the southwest side, closest to the International Mall and Jordan Street.



Wondering where WAVE went off to? Here's the door to our new office, located in Monagle Hall.

## Keep Your Eyes Open for WAVE's New Campaign

### Connie Montoya (WAVE Co-Outreach Manager)



St. Patrick's Day. Spring Break. Mardi Gras. These are all holiday breaks that come to many minds during the month of March, and all suggest some type of festive activities that tend to include drinking of some sort.

For this reason, we will be launching our campaign in March to educate students who choose to drink. Or not to drink, which is the case for 20% of NMSU students. Responsible choices can be choosing a designated driver, knowing your personal limits and using the "buddy system".



We will be having several outreaches during the month to educate and inform students on their options. We will also have various give-aways during these outreaches from businesses such as Bennigan's, DG's Deli and Papa John's to name a few. So enjoy. Kick-back. Goof off. It's your time. Make it memorable.

### WAVE on the Web

#### Kelly Siebe (WAVE Web Designer)

WAVE is in the process of developing a fully interactive website which will allow for interaction among our Peer Educators and students. Self-assessment tools will be provided to allow students to evaluate their own behavior, including follow-up information and links on where to get help. Further, the website will highlight campus and community events so that students will have entertainment options that do not involve "partying."

Check out our new website!  
nmsu.edu/~wave

### WAVE and Your Organization!

#### Jenny Trujillo (WAVE Organization Liaison)

WAVE gives your members more information on topics that significantly affect their college lives. We offer not only presentations, but activities and a forum for members to get their ideas out as well. Presentations and activities can be as short as 15 minutes, and every member that is present will be entered in a raffle with the chance to win prizes, such as a DVD player or DVD package, at the end of the semester. Call 646-2813 for more info or to schedule a presentation!

