

# the new WAVE

## WAVE Celebrates Domestic Violence Awareness Month

By Megan Gordon, WAVE Media Relations

Throughout the month of October, community organizations across America will commemorate Domestic Violence Awareness Month. The NMSU WAVE Program, in collaboration with various campus and local groups, will be hosting two events to honor the cause.

“Violence in the family, or anywhere, is not acceptable,” says Leslie Morrell, Coordinator of the NMSU Women Studies Program. Morrell says that it’s important to inform the members of our community that there is help for families and individuals, and that families facing these issues should seek help immediately and not be ashamed to do so.

There are several warning signs that may indicate a negative relationship that can lead to abuse. Some traits exhibited by an abusive partner may include but are not limited to: trying to control your activities and your relationships with others, verbally abusing you or others and putting you down, using force during arguments and/or threatens violence.

When in a relationship it is important to remember your dating rights. You have the right to choose your limits and values, to communicate clearly and honestly, to respect the feelings of your partner and to ask for help when you need it. To view the complete Dating Bill of Rights, see the WAVE website.

On October 12, WAVE will be hosting the first of two big events for the month at the Outside Corbett Center Stage. This event is geared toward single students. Activities will include games and T-shirt tie-dyeing, and participants can enter to win a variety of prizes. Several advocacy and assistance programs from the community will be present to provide information on available resources. Also on display will be the Silent Witness project courtesy Las Casa, Inc.

“The Silent Witness Project began as a national initiative to honor women killed by their partners in acts of domestic violence,” said Karen Hancock of La Casa, Inc., one of the Las Cruces area advocacy programs. Hancock said that the Silent Witness project can be traced to Minnesota where in 1990 an ad hoc group of women artists and writers, upset about the growing number of women being murdered by their partners, joined with other women’s organizations to take action.

The Silent Witness will also be displayed at WAVE’s second Domestic Violence Awareness event that will be geared specifically toward south campus family housing. “We have families on campus under a lot of pressure, who may have problems with drugs and alcohol which can lead to less inhibitions and more family violence,” said Morrell. The family event will be held at Preciado Park on October 29, from 3 to 6 p.m. Activities will include games for children and their family, Make a Difference Chain, face painting, puppets, snacks and prize drawings. Local and campus organizations will again be present to offer information and resources.

“Hopefully, these programs will help families learn more about what is okay and what is not okay when dealing with their children and each other,” said Morrell.

[www.nmsu.edu/~wave/violence](http://www.nmsu.edu/~wave/violence) for more

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# WELLNESS

[www.nmsu.edu/~wave/wellness](http://www.nmsu.edu/~wave/wellness)

## The Break Down on Caffeine

By Megan Gordon,  
WAVE Media Relations

With midterms nearly upon us, many students will turn to caffeine to get through the crunch time. Caffeine keeps our eyes open and gives us the buzz to stay up late, but what else does it do?

A story by Webmd.com suggests that consuming more than two cups of coffee a day may cause nervousness, rapid heart-beat, palpitations, sleeplessness, and irritability. It can even lead to health problems such as osteoporosis or high blood pressure.

The amount of caffeine in a cup of coffee varies depending on how the drink is made, and what it is made of. Generally, a filtered cup (250 ml) of coffee has between 200-250 mg of caffeine. The same size serving of tea may contain 20-200 mg of caffeine. Energy drinks contain 150mg or more, and cola drinks (350ml) between 30-72mg. It's important to note that energy drinks are not required to list their caffeine content on their labels, so you might not be able to judge how much caffeine you're getting.

It's good idea to use caffeine in moderation. Don't use a triple shot latte to replace a good night's sleep.

*For the complete version of this story, see the wellness portion of the WAVE website.*

# VIOLENCE

## Taking a Stand Against Sexual Assault

By Summer Rosa,  
Peer Educator

This September La Piñón Sexual Assault Recovery Services of Southern New Mexico held one of several volunteer advocacy trainings for the Las Cruces area. The 40-hour training included presentations and insight into topics of sexual assault, protocol, law enforcement, STD treatment, cultural diversity and local resources. Participants were granted opportunities to speak experts such as Las Cruces Police Department detectives, members of the DA's office, Public Health Office, FYI, S.A.N.E. nurses and La Piñón advocates themselves.

Why volunteer to be an advocate? Advocates play a crucial role in helping victims of sexual assault both personally and in explaining the procedure and protocol that occurs after one has reported being a victim. Advocates for victims are just that, they're primary functions are to help the victim to feel comfortable and informed. At a time when most victims feel that they have no control over their bodies, lives or situations, advocates see to it that the victims thoughts and feelings are represented.

For more information about becoming a volunteer advocate contact La Piñón (505) 526-3437. Becoming an advocate is a first step in acknowledging the epidemic of sexual assault that claims a new victim every two and a half minutes. Take a stand against sexual assault, because "to ignore it is to condone it."

[www.nmsu.edu/~wave/violence](http://www.nmsu.edu/~wave/violence)

# ALCOHOL

## Do You Know the Code?

By: *Michael Mullen,*  
*Peer Educator*

As October finds us so does National Collegiate Alcohol Awareness Week (NCAAW). Traditionally the activities and events planned for NCAAW take place during October 15-21. NCAAW, under the guidance of Inter-Association Task Force on Alcohol and Other Substance Abuse Issues (IATF), is the largest event uniting colleges against the abuse of alcohol and related problems.

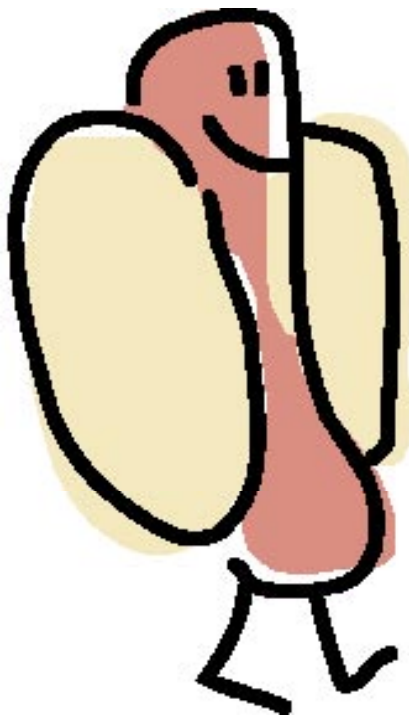
Each year the NCAAW assumes a theme. Themes have ranged from iChoose to the less creative Go For the Gold. This year's theme will be: Know the Code (a shout-out to the Da Vinci fans out there). More than 3000 universities and campuses will be united to educate students on the importance of alcohol education.

As part of NCAAW, WAVE Peer Educators will be tabling in Corbett Center on October 18th, from 11 a.m. to 1 p.m. with information on alcohol use and abuse, date rape drugs, and tips on how to party safe. Students can enter to win a Safe Party Pack just in time to kick off Homecoming celebrations.

The Chairman of NCAAW explains his vision, "Ultimately, campuses need to educate students about excessive drinking and consequences that can occur on both a personal and academic level. All college and university offices need to empower students to take responsibility for their own decisions and the campus environment when it comes to alcohol."

Stay tuned for more WAVE events and seminars on NMSU campus. This year join WAVE while we crack the code.

 [www.nmsu.edu/~wave/alcohol](http://www.nmsu.edu/~wave/alcohol)



## Eat Hot Dogs!

By *Jenny Trujillo-Johnson,* Peer Educator

It's time for Homecoming 2006! Many college students are aware that there are "safety" tips when it comes to partying. The same goes for tailgating! There is a way to have a blast and remain safe.

- 1. If you choose to drink, set a limit! It doesn't take much to get a happy buzz to cheer on the Aggies!
- 2. Eat Hotdogs...or any other kind of food before and during tailgating.
- 3. Use the buddy system. Be sure to watch after each other. If you go tailgating in a group, then go to the game in the same group to the game and leave in the same group.
- 4. Stay hydrated! The New Mexico sun can do some major damage when you are you are drinking. Try to alternate alcohol drinks with water.
- 5. Have fun! The Aggies always need our support! Go to the game and eat more hotdogs and drink water!

# EDUCATION

October 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Relationship Violence » 11am - 1pm Corbett  Killing Us Softly 3 » 6pm, 8pm	4	5 National Depression Screening Day	6	7
8	9	10	11	12 Domestic Violence Awareness Month » 6pm - 9pm » Corbett Outdoor Stage	13 Relationship Violence » Tabling in Corbett from 11am - 1pm	14
15	16	17	18 Alcohol Awareness Week » Tabling in Corbett from 11am - 1pm	19 Spin the Bottle » 6:30pm - 8:30pm » Film showing and tabling at RGH	20	21
22	23	24	25	26 Mocktails at RGH » 6:30pm - 8:30pm	27 Have a Safe Halloween Tabling » 11am - 1pm » Corbett Center	28
29 Domestic Violence Awareness Month Family Event » Preciado Park » 3pm - 6pm	30 Mocktails at Garcia Hall » 6 pm	31 Halloween Tabling » 11am - 1pm  Reverse Trick or Treat » 3pm - 4pm				

[www.nmsu.edu/~wave/education](http://www.nmsu.edu/~wave/education)

## Organizations Needed!

Need a way to engage and educate the members of your organization? WAVE is currently offering presentations for all organizations. These presentations can be specifically tailored to meet the needs of your organization. Presentation topics include Alcohol Laws, Binge Drinking, Dating Safety, Consent, Sexual Assault, Media Literacy and much more! WAVE has an abundance of videos and games to enhance the experience. Contact the WAVE office to schedule a presentation for your organization today! For more information call 646-2813.

## WAVE Resources



ASNMSU Night Ride  
ASNMSU Safe Walk  
Student Health Center  
NMSU Police Dept  
WAVE Website @

505-526-TAXI  
505-646-1111  
505-646-1512  
505-646-3311  
[www.nmsu.edu/~wave](http://www.nmsu.edu/~wave)

WAVE Program  
NMSU Counseling Center  
La Piñon (Rape Crisis Center)  
La Casa (Domestic Violence)  
Police (Non-Emergency)

505-646-2813  
505-646-2731  
505-526-3437  
505-526-9513  
505-526-0795