

the new WAVE

WAVE UNDER NEW MANAGEMENT

By John Rivers, Peer Educator

New Mexico State's WAVE Program has recently received a new acquisition to the program in the form of Debra Darmata. Debra has taken up the position of Program Coordinator, adding her talents to the diverse staff already in action.

Debra's prior experience will give the program a uniquely fresh direction. She graduated with master's degree in clinical psychology, devoting her energies to the field that holds tremendous interest for her.

Debra has obtained bountiful experience concerning societal contribution from working at a community college and in other community environments.

She looks forward to returning to the college atmosphere and working hand-in-hand with the WAVE Peer Educators, students, and university community at large concerning the important issues that affect NMSU.

The WAVE Program, which already covers important issues for the students here at NMSU such as sexual violence, alcohol, media literacy, and college health, will benefit from Debra's extensive work experience which includes eating disorders, post-traumatic stress disorder, and substance abuse.

Debra lived and taught in Chicago before moving to New Mexico with her partner, Sylvia and son, Jacob. Debra first discovered the appeal for New Mexico when she visited parts of the state back in 1992 while vacationing. She was drawn in part to New Mexico due to the scenic grandeur of its landscapes.

After working for staff development in the Las Vegas Medical Center she relocated to Las Cruces and says this is her favorite city in New Mexico so far. "I really love living in Las Cruces," she says. "It's got a small town feel and yet has a large university that provides for a lot of intellectual stimulation and diversity."

Undoubtedly, NMSU and the WAVE Program will benefit from Debra's presence, hopefully for many years to come.

visit www.nmsu.edu/~wave for more

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Presented by the Wave Program
New Mexico State University
Editor: Sarah Marquez
Graphic Design: Kelly Siebe



WELLNESS

www.nmsu.edu/~wave/wellness

By Raul Rojas,
Peer Educator

WELCOMING NEW PEER EDUCATORS TO THE WAVE FAMILY

In conjunction with the Student Health Services, WAVE will be employing six new Peer Educators, two of which will be dedicated solely to the Wellness component of the WAVE Program. All WAVE Peer Educators will be trained to know about issues including depression, healthy eating, stress, study habits, smoking issues, exercise, and much more. While being a member of the WAVE family, the Wellness Peer Educators will be stationed at the Student Health Center where they will receive proper training and research methods needed to conduct presentations and enhance the Wellness component of the program. This training will not only benefit the Wellness Peer Educators, but will enhance the entire program overall.

So stay tuned for the revamping of the entire WAVE Body as we begin our journey to a bigger and better future that not only educates the NMSU Student Body, but also empowers students to make the right choices for their personal growth and health.

THE COUNSELING CENTER

Karen D. Schaefer, Ph.D.,
Training Coordinator of NMSU Counseling Center

IS HERE TO HELP

The Counseling Center has trained professionals to assist students who struggle with many kinds of difficulties including sexual assault, childhood sexual abuse, relationship or family violence, alcohol/drug abuse, depression, eating disorders, academic concerns, and anxiety. We have counselors and psychologists who are trained and specialize in working in these various areas and students can look up the staff names and their professional interests on our website (<http://www.nmsu.edu/~counsel/ccindex.html>).

The Center offers a variety of services for NMSU students including individual, couples, and group therapy, crisis intervention, and career counseling. Examples of the various groups offered by the staff include groups for men or women, for survivors of sexual abuse/assault, and a general therapy group for both men and women where many different concerns are discussed (e.g., relationship problems, building self-confidence and esteem, dealing with depression or anxiety, etc). Center staff are available to do outreach presentations in classes or for student organizations on various topics pertaining to psychological issues. Additionally, faculty and professional staff may contact the Center for consultation about a student they may be concerned about. All of these services are free of charge to the university community.

Services provided by the Center are confidential in nature—in general, what you say to your therapist stays with your therapist. It is only when someone might be harmful to himself, herself, or others that therapists have to disclose to important others of their concerns. Parents cannot find out that a student is receiving services unless the student tells their parents personally or provides verbal or written consent to allow the therapist to speak with the parents.

The Counseling Center is located at Garcia Annex, Room 100. It is open from 8 a.m. to 5 p.m. Monday through Friday.

alcohol

www.nmsu.edu/~wave/alcohol

By Michael Mullen, Peer Educator

HAVE YOU ASKED AN AGGIE?

College is a place where many individuals come to seek answers for their questions. Students all across the globe have gathered around the International Mall to criticize and find the answers to questions like, "If Socrates is mortal, is he a man?" Bright minds respond and rebut with other deep questions like, "How much do condoms typically cost?" Do you wonder about questions like these?

If your thirsty mind does stew about at night, troubled with unanswered questions regarding health, sexual responsibility, depression, alcohol, interpersonal violence, or any other wellness issue, then perhaps visiting New Mexico State University's Ask an Aggie is the right move for you.

University students have already submitted a plethora of excellent questions, and we have thoroughly enjoyed taking time to answer them. If we do not have the answer for your question, we will find someone who does.

Visit WAVE's Ask an Aggie simply by visiting:
http://www.nmsu.edu/~wave/ask_an_aggie/

Violence

V IS FOR VICTIMTY

By Summer Rosa
Peer Educator

There was something remarkably pleasant and innocent about those little candy hearts received as a child. "Sweet Heart," "Be Mine," and "Cutie" were all kindly sentiments of the Valentine's Day holiday. Imagine today, among those confectionary delights, finding "Vagina Warrior" mixed in to your collection of Valentine expressions. For many NMSU students, this is quickly becoming the most sentimental of the holiday's lexis. This Valentine's Day many students at New Mexico State University, men and women alike, have pledged to honor more than the traditional anniversary of lovers. For many, Valentines Day has become V-Day.

V-day is the global movement to end violence against all women and girls. This mission was born in 1998, from Eve Ensler's award winning play, "The Vagina Monologues." V-Day raises both money and awareness for these issues, which include sexual assault, incest, female genital mutilation and domestic abuse. 2005, 1,116 colleges and communities performed benefit productions of "The Vagina logues", which in turn raised over four million dollars for local organizations.

In Mono-

In keeping proceeds of financial help

with this tradition, NMSU's production of "The Vagina Monologues" will be donating all the play to Amigos de las Mujeres de Juarez, a non-profit group who provides emotional and to the families of the hundreds of victims of femicide occurring in and around Juarez.

New Mexico State University's performance of "The Vagina Monologues" will be located at the Corbett Center Auditorium Friday thru Sunday, February 16-18, 2007 at 7:30pm. The cost is \$10 for students and \$12 for general admission.



www.nmsu.edu/~wave/violence



EDUCATION

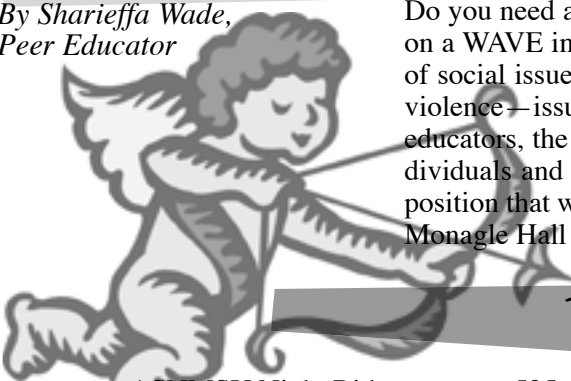
February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 WAVE Tabling Corbett Center 9:30am-11:30am	8	9	10
11	12	13	14 Valentines Day WAVE Tabling Corbett Center 9:30am-11:30am	15	16 Vagina Monologues Corbett Auditorium 7:30pm	17 Vagina Monologues Corbett Auditorium 7:30pm
18 Vagina Monologues Corbett Auditorium 7:30pm	19 President's Day	20	21 WAVE Tabling Corbett Center 9:30am-11:30am	22	23	24
25	26	27	28 WAVE Tabling Corbett Center 9:30am-11:30am	29	30	

WAVE INTERNSHIP AND VOLUNTEER OPPORTUNITIES

By Sharietta Wade,
Peer Educator

Do you need an avenue to explore your passion for helping others? Then you could be surfing on a WAVE internship or volunteer opportunity. WAVE is a program that promotes awareness of social issues such as alcohol consumption, sexual assault, and other forms of interpersonal violence—issues which greatly affect the college population—through the employment of peer educators, the service of volunteers and interns, and the collaboration with other proactive individuals and organizations. If you are interested in applying for an internship or a volunteer position that would enable you to be a part of our mission, stop by the WAVE office, located in Monagle Hall by Jordan Street, or visit our website at www.nmsu.edu/~wave/get_involved/



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



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

