

the new WAVE



Get Lei'd the WAVE Way!

By Raul Rojas,
Peer Educator

Its that time of the year again when thousands of college students nationwide and throughout the world pack into cars, buses, and airports in an attempt to escape the frustrations of the semester. Whether you're leaving for another country, going back home, or heading to a neighboring state that is in need of some goodwill, **WAVE** would like to invite you to kick off **Spring Break '08** the healthy way with us.

The week before Spring Break officially kicks off, we will be holding a WAVE event **outside Corbett Center**. There will be **free drinks, beach balls, condom leis, great music, and tons of valuable information** to keep you and your friends safe over vacation. So stop by and dunk a peer educator in the dunk booth, and traverse through the obstacle course on a tricycle with drunk goggles, or just hang out for a day full of fun and sun.

We will also be partnering up with the Student Health Center to provide the NMSU campus with tools to stay safe this Spring Break. Just keep an eye out for large crowds and great music. And remember this Spring Break: have fun! More importantly, **Party the WAVE way!** . . .

Spring Break 2008 at NMSU

By Angelo Ortiz-Holt, Peer Educator

It's been almost a year since the campus has last been able to cut lose and let go, to go where ever we want. Chances to soak up the sun, kick back, and check out the local scene. That's right boys and girls, Spring Break is right around the corner. Spring Break can be filled with late nights, heavy drinking, and hot people. However, while Spring Break is a time to relax, there is always the possibility of sexual assault. With heavy drinking comes the chance that boundaries may be crossed, someone may be too drunk to give proper consent, and what started as harmless fun could turn into a horrible outcome for both parties.

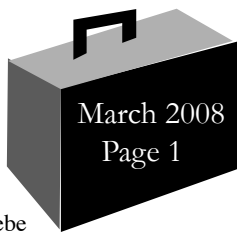
A University of Wisconsin study reports that 75 percent of college males and 43.6 percent of females were intoxicated on a daily basis during spring break. This just goes to show that usually during a typical Spring Break week; the majority of people are not in the right state of mind to be making choices about sex.

Alcohol is the number one drug used to facilitate sexual assault. Yes that is right, alcohol is a drug. And it is used quite frequently to facilitate sexual assault, meaning that perpetrators give their potential victims alcohol in the hopes that they will get them intoxicated enough to take advantage of the situation and have sex with them. Not only do they go out of their way to get someone intoxicated, sexual perpetrators also look out for the people that are already heavily intoxicated and easy to take advantage of. Use the buddy system to prevent being a victim of sexual assault. It might sound old school, but it totally works! Try to have at least three friends with you when you hit the town for the night. Two minds are better than one. Plus, it's always good to have someone looking out for you. Here are a couple of good tips to help you out this Spring Break.

Tips for a Safe Spring Break

1. Trust your instincts. If you feel unsafe in any situation, go with your gut.
2. Avoid being alone or isolated with someone you don't know and trust.
3. Don't accept drinks from people you don't know or trust.
4. Always watch your drink being prepared
5. Never leave your drink unattended, and if you do lose sight of it, get a new one.
6. Try to buy drinks in bottles, which are harder to tamper with than cups or glasses.
7. And if you choose to have sex, always remember to practice safer sex techniques. Remember, it is YOUR responsibility to make sure that YOU are safe.

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WELLNESS

www.nmsu.edu/~wave/wellness

Spring Break Fitness

By Jenn Burrus
Peer Educator

So with Spring Break and bathing suit season coming up many people are looking to get in shape and show it off. The best way to get in shape is to maintain a healthy diet and regular exercise routine. It is recommended that people exercise 3-4 times per week on alternating days. It is recommended that you get about 30 minutes of cardiovascular activity each day. If you do not currently exercise it is not a good idea to start out at this number it is a good idea to start out about 10 minutes and add 5 minute increments as you can but not more than 5 minutes at a time. It is recommended that you increase time before incline or intensity. Walking is an easy way that everyone can do get you cardio activity. It is important

though to still keep a healthy diet. Stay away from fatty foods and eat lots of fruits and vegetables. There are also many healthier ways to prepare foods instead of frying bake or steam meats and vegetables. You won't get the added fat of the oil and you will get more of the real vegetable taste.



ALCOHOL

What Happens During Spring Break Doesn't Stay at the Beach

By Laurence McCance,
Peer Educator

to look good in their swimsuits and hitting the books for midterms before the week of freedom. Striving for beauty and good grades and cause strain on a college student. When Spring Break is here they are more than ready to let loose and forget it all. While Spring Break is a rite of passage in almost every young adult's life, the traditions and activities associated with drinking can have a negative toll on the human body.

With Spring Break fast approaching, millions of college students are hitting the gym's

The amount of alcohol that is absorbed into the body during the week can cause damage to our wallets as well as our bodies. If your plan this Spring semester was to lose weight so that you finally reveal your toned, tighter body at Spring Break you may want to reconsider the heavy partying that is more than likely about to occur. If you want to lose weight and keep it off, the best bet is to cut off alcohol completely. Even the smallest amount of alcohol lowers the testosterone, which in turn has negative effects on metabolism and promotes fat storage, resulting in the "beer belly".

Alcohol has massive amounts of calories that are considered "empty calories". These empty calories lack the beneficial nutrients for a healthy metabolism and actually increase our bodies fat storage capability. Alcohol lowers the necessary hormones every body needs to cut fat and promote leaner muscles. So all that working out and healthy eating can be for nothing if you decide to intake even a medium amount of alcohol. If you're looking for is that "beach body" cut alcohol out completely and stick to the other forms of hydration. Spring Break is about great friends, memorable road trips, and just having fun; alcohol is not needed for any of that to occur. Have a safe and fun Spring Break from WAVE.



March
2008

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VIOLENCE

Vday NMSU: Until the Violence Stops

By Melissa Gardner, Peer Educator

a prime time Emmy that same year.



For the past few years at New Mexico State University, we have celebrated V-day. But what is V-day and how is it observed on our campus? This year honors the 10th anniversary of the V-day

The next week of March is NMSU's premiere performance of "A Memory, A Monologue, A Rant, and A Prayer." This performance is based on a book by the same title which was edited by Eve Ensler. These



project. On campus, the monumental anniversary will be celebrated not only by the performance of The Vagina Monologues but a new play has been added to the V-day project as well as the showing of a documentary.

readings are focused on anti-violence messages; and unlike the Vagina Monologues, men have been invited to perform for the readings of this play. This exciting new show, directed by Naomi Estrada, will take place on Friday March 14th and Saturday the 15th at the Corbett Center Auditorium.

V-day began in New York City on Valentines Day in 1998. A performance of Eve Ensler's The Vagina Monologues was performed to raise money for local anti-violence programs. The anti-violence movement quickly spread to an international level with hundreds of groups coming together to raise money to stop violence against women and girls. The college campaign was also started to help get university campuses more involved in efforts to stop violence. The rapid growth of the V-day movement exposed thousands to the issues of violence and helped raise millions of dollars for violence prevention.

On Sunday, March 16th and Monday the 17th, the 2008 Production of Eve Ensler's "The Vagina Monologues" will take place. Directed by Rose Linell, the show that started V-day will return for another outstanding performance. Since the 2007 production had people rushing to pack the Corbett Auditorium, more seats have been added to accommodate the expected audience. The new location for The Vagina Monologues is in the Corbett Ballrooms on the 3rd floor.

Here at New Mexico State University the V-day movement has been going on for several years. Each year has raised more money than the previous. Last year's production of The Vagina Monologues raised \$8,000 for the V-day movement. This year's goal is \$10,000. The funds raised for V-day go to the anti-violence Amigos de Las Mujeres de Juarez and Casa Amiga. Both organizations are committed to the prevention of violence against women. These groups give financial and emotional support to the families of victims of Juarez Femicides and other violent crimes.

V-day 2008 promises to be an awesome event for a great cause. The performers are ready and excited to spread the word against violence. For information about tickets or NMSU's V-day contact Naomi at NMSU_vday@yahoo.com or www.myspace.com/nmsuvaginas.

Prices:

A Memory, A Moment, A Rant and A Prayer
\$7 General Admission, \$5 w/Student ID

The Vagina Monologues
\$12 General Admission, \$10 w/Student ID

Doors will open at 6:30 PM for all events.

This year's V-day festivities kick off the first week of March on Friday, March 7th and Saturday the 8th with the showing of a documentary. The Film "Until the Violence Stops" documents how Eve Ensler's play and V-day movement grew into a phenomenon. The film premiered at the Sundance Film Festival in 2004 and won





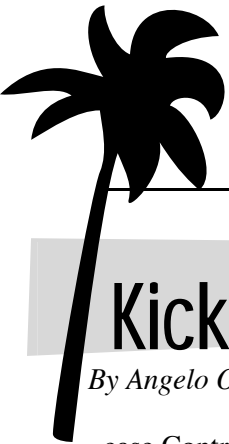
www.nmsu.edu/~wave/violence



CALENDAR

March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7 Film: Vday - Until the Violence Stops. 7pm @ Corbett Auditorium	8 International Women's Day Film: Vday - Until the Violence Stops. 7pm @ Corbett Auditorium
9 Daylight Savings (Spring Forward: set your clocks ahead)	10	11	12 St. Patrick's Day Mocktail Tournaments 	13	14 A Memory, a Monologue, a Rant and a Prayer 7pm @ Corbett Auditorium	15 A Memory, a Monologue, a Rant and a Prayer 7pm @ Corbett Auditorium
16 The Vagina Monologues 7pm @ Corbett Ballrooms	17 The Vagina Monologues 7pm @ Corbett Ballrooms	18	19 "Get Leid The WAVE Way" 10-2, Corbett Parking Lot	20	21 Spring Holiday, no school	22
23	24	25	26	27	28	29
						
30	31 Kick Butts Day					



Kick Butts Day

By Angelo Ortiz-Holt, Peer Educator

March 31st is the glorious day that the campus has to start back from their nice long week of basking in the sun. It's the day NMSU gets back from Spring Break. So let's make it a healthy one by participating in the "Kick Butts Day!" This is a nationwide call for people to abstain from smoking. "Kick Butts Day" is a day where we as a campus, are encouraged to abstain from smoking. According to the Center for Disease Control, "tobacco use is the leading preventable cause of death in the United States. Cigarette smoking causes an estimated 438,000 deaths, or about 1 of every 5 deaths, each year." While it is a personal choice to light up, there are many health risks that come with smoking. You can develop asthma, where your lungs constrict, making it hard to breath; Chronic Obstructive Pulmonary Disease (COPD), which is a pathological limitation of airflow in the airway and is not reversible; emphysema, which is a direct result of smoking, and of course lung cancer. By damaging your lungs, you are lowering your life expectancy and lowering your chance for a full and healthy life. **If you are considering quitting, here are a few tips that will help you:**

1. Set a date to quit and stick to it. Setting a realistic goal will help to keep you focused on quitting.
 2. Throw away all cigarettes, ashtrays, and lighters that may remind you of smoking.
 3. While some use the cold turkey method of quitting, using a nicotine patch or nicotine gum will help heavy smokers quit easier.
 4. Write down all the reasons that you want to quit and carry them with you just in case you need to remind your self.
 5. The worst cravings only last for a few minutes. Do something else when this happens. You could go for a walk, to the movies, or visit a supportive friend. Try eating an apple or cleaning your teeth when you would normally have a cigarette. You could hold something else, such as a pen or beads, to replace the need to hold a cigarette, or chew some gum or eat or drink a healthy snack to have something other than a cigarette in your mouth.

WAVE Resources

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| WAVE Program | 505-646-2813 |
| NMSU Counseling Center | 505-646-2731 |
| La Piñon (Rape Crisis Center) | 505-526-3437 |
| La Casa (Domestic Violence) | 505-526-9513 |
| Police (Non-Emergency) | 505-526-0795 |
| ASNMSU Night Ride | 505-526-TAXI |
| ASNMSU Safe Walk | 505-646-1111 |
| Student Health Center | 505-646-1512 |
| NMSU Police Dept | 505-646-3311 |
| WAVE Website @ | www.nmsu.edu/~wave |

