Dear Lobos,

We, the UNM Campus Office of Substance Abuse Prevention, are proud to present the third edition of our booklet packed with suggestions for making the most out of your experience in the Land of Enchantment. We hope you’ll enjoy it!

Success in college takes maintaining a balance between your schoolwork and your social life. SO REMEMBER...

• If you choose to drink, drink moderately because Lobos know how to party safe.
• Whether or not you drink, or how much you drink is your call. Don’t let someone else coerce you into drinking their way.
• Be safe in everything you do, but most of all keep an eye out for a member of the Lobo Pack who needs help.

We’re thrilled that most students are already making safe choices with the use of alcohol or other drugs. So, Lobos—be safe, stay with the pack, and HAVE FUN IN THE 505!

Sincerely,

COSAP STAFF
  John Steiner  Program Manager
  Tiffany Martinez  Health Educator
  Michele Cruz  Marketing Assistant
  Rachel Abeyta  Graphic Artist
COSAP does not claim credit for any photographs unless otherwise noted.
The content of this book was chosen with UNM students in mind. Therefore, most of the establishments included are the ones nearest in location to UNM. If there are any other establishments, activities, or resources that you would like to see in *Fun in the 505: Volume IV*, contact COSAP to give your suggestions. This book is for YOU—Tell us what YOU want!

3059 Mesa Vista Hall | 277-2795 | cosap@unm.edu | cosap.unm.edu | FB:/UnmCosap
Feeling Adventurous?

CAMPING & HIKING
www.sandiahiking.com
www.jemezmountaintrail.org
www.explorenm.com
www.newmexicooutdoor.com
www.newmexico.org
www.emnrd.state.nm.us
Visit these websites for information on camping and hiking in New Mexico

CLIMBING
STONE AGE CLIMBING GYM
4130 Cutler Ave. NE
(505) 883-8310
Bring in class schedule & student ID for discounted membership

SKY DIVING
SKY DIVING ALBUQUERQUE
1-866-826-4791
Student discounts & group discounts available

RIVER SPORTS
NEW MEXICO RIVER ADVENTURES
Rio Grande & Rio Chama
1-800-983-7765
Offers student discounts for rafting, kayaking, & stand-up paddle boarding

BLUE DOG SUPS
Rio Grande & Cochiti Lake
4900 Camino Del Llano
(505) 450-2658
Offers Groupon & Living Social coupons for paddle surfing
BIKING
Routes Rentals & Tours
1102 Mountain Rd. NW
(505) 933-5667
Tours include: Winery, Brewery, Haunted, Balloon Fiesta, Breaking Bad, & more

Bike Coop
120 Yale Blvd. SE
(505) 265-5170
Show Lobo ID for 10% off new bike or $5 off tune-up

UNM Bicycle Shop
Southeast side of Johnson Center off of Johnson field
(505) 277-8182
$40 week rentals & $10 day rentals

SHOOTING SPORTS
Albuquerque Archery Shoppe
2910 Carlisle Blvd. NE
(505) 878-9768
$10 rentals & $45 lessons

Calibers Rifle Range
4340 Cutler Ave. NE
(505) 797-9715
Best of City 2011

BATTING
Los Altos Batting Cage
9501 Lomas Blvd. NW
(505) 296-6699
Follow on Twitter for discounts

SKATEBOARDING
BZ Skateshop
3025 Central Ave. NE
(505) 294-9610
Skateboarding & snowboarding gear

Silver Skate Shop
3023 Central Ave. NE
(505) 264-9839
Like on FB for discounts & contests

TRAMPOLINE PARK
Gravity Park
5300 Eagle Rock Ave. NE
(505) 407-0954
Check-in through FB for discount
SNOWBOARDING & SKIING

Sandia Peak Ski
30 Tramway Rd. NE
(505) 242-9052
Discounted lift tickets for people 20 yrs & younger

Ski Santa Fe
New Mexico State Highway 475
(505) 982-4429
Discounted lift tickets for people 20 yrs & younger

Sipapu Ski Resort
5224 Highway 518 Vadito, NM
1-800-587-2240
Free lodging for first time visitors with purchase of 1 lift ticket

SURFING

ABQ Surf ’n Slide
2500 Carlisle Blvd. NE
(505) 888-3311
Flow rider: $15 per session
Wave pool, lazy river, & waterslides

SWIMMING

Highland Pool
400 Jackson SE
(505) 256-2096
Indoor pool: open year round

Sunport Pool
2033 Columbia Dr. SE
(505) 848-1398
Outdoor pool: open Memorial Day through mid-August
LASERTAG & PAINTBALL

007 Paintball
16001 Shooting Range Access Rd. NW
(505) 369-6007
$80 a session including all rentals & paint

Hinkle Family Fun Center
12931 Indian School Rd. NE
(505) 299-3100
Laser tag, go-karting, paintball, & arcade- $15 all attractions pass: Mondays

Isleta Fun Connection
11000 Broadway Blvd. SE
(505) 724-3866
Laser tag, bowling, arcade, & billiards

ROLLER SKATING

Roller Skate City
400 Paisano St. NE
(505) 299-4494
Free Pizza Night: Sundays 6-8
Adult Night: Sundays 8-10:30
$5 speed skating class:
Thursdays 8-8:45

ICE SKATING

Outpost Ice Skating Arena
9530 Tramway Blvd. NE
(505) 856-7595
Ice skating, figure skating, & hockey

BOWLING

Holiday Bowl
7515 Lomas Blvd. NE
(505) 268-3308
College Night: Thursdays 9:30 PM - 2 AM

RUNNING

Duke City Marathon
(505) 880-1414
Benefits the New Mexico Cancer Center Foundation

Run for the Zoo
903 10th St.
(505) 764-6280
1 Mile Fun Run: behind the scenes of the zoo
Any run: 1 free entry into the zoo

The Color Run
Register online at thecolorrun.com/albuquerque- Begin the 5k with a white shirt and finish plastered in colors
INTRAMURAL SPORTS

Sports Mix
500 Mountain Rd. NW
[505] 999-5667
Flag-Football & volleyball

UNM Recreational Services
Johnson Center 1102
[505] 277-0178
Flag-Football, tennis, soccer, softball, volleyball, badminton, basketball, & more

SAND VOLLEYBALL
Stone Face Courts
5110 Holly Ave. NE
[505] 363-0578
$5 a person

MOTOR SPORTS
Motiva Motor Speedway
1000 Speedway Park Blvd.
[505] 400-0611
Multi-purpose tracks for motocross, drifting, karting, & more, $75 to race your own sports car on a track

Sandia MX
Martin Rd. Moriarty, NM
[500] 220-4993
$20 a rider

Albuquerque Indoor Karting
5110 Copper Ave. NE
[505] 265-7223
1/2 price tickets for students: Wednesdays

HORSEBACK RIDING
Running Horse Ranch
10159 Bosque Cir.
[505] 220-8856
Trail Ride along the Rio Grande or take riding lessons

DANCING
Maple Street Dance Space
3215 Central Ave. SE
[505] 366-4982
Contemporary, zumba, ballet, bellydance, African, waltz, blues, & more

Rhythm Dance Company
3808 Central Ave. SE
[505] 250-6146
Jazz, blues, & swing
THE AFFECTS OF ALCOHOL:
Athleticism

Binge Drinking

Binge drinking can cancel out any athletic or aerobic gains.

Consuming 5 drinks in 1 night can affect body function up to 3 days.
Binge drinking can have a projected loss of up to 14 days of training.

Metabolism

Alcohol slows down metabolism.

Alcohol has no nutritional value. Therefore, the body has nowhere to store it and has to prioritize metabolizing it before any other proteins, carbs, or fats. This slows down your body’s metabolism.

UNM Student Drinking

The majority of UNM students are not binge drinking.

70% of students have less than 5 drinks a week.

65% of students don’t binge drink.

37% of students don’t drink alcohol.

Results are from Spring 2013 UNM Student Lifestyle Survey
Feeling Creative?

**ART GALLERIES & VENUES**

**516 Arts**
516 Central Ave. SW
(505) 242-1445
Exhibitions & educational classes

**Art Attack**
3137 San Mateo Blvd. NE
(505) 298-3275
A variety of ceramics to paint—2 paint for the price of 1 on Wednesdays

**Harwood Art Center**
1-866-826-4791
Galleries & studios

**Not Made In China**
1001 Yale Blvd. SE
(505) 243-0228
Pottery gallery & classes

**Off Center Community Arts**
Project
808 Park Ave. SW
(505) 247-1172
Free art supplies, free workshops, & free art shows

**Stranger Factory**
109 Carlisle Blvd. NE
(505) 508-3049
A branch of Circus Posterus—gallery, prints, & novelties

**The Talking Fountain**
4207 Lead Ave. SE
(505) 369-4395
Art gallery, drawing classes, & more

**UNM Arts & Crafts Studio**
Student Union Building:
Room 1098
$12 student membership for pottery wheels, electric kilns, & jewelry/silversmith bench

**Weems Galleries**
Rio Grande & Cochiti Lake
4900 Camino Del Llano
(505) 450-2658
Versatile high-quality artwork for shows & purchasing
ART & CRAFTS STORES

Artisans
3107 Monte Vista Blvd. NE
[505] 256-4540
Fine Arts supplies

The LA Underground
2000 Central Ave. SE
[505] 246-9455
Spray paint supplies

The Yarn Store
120 Amherst Dr. NE
[505] 717-1535
Spinning, knitting, crocheting supplies, & classes

Stone Mountain Bead Factory
4008 Central Ave. SE
[505] 260-1120

BOOK STORES

Book Stop
3220 Silver Ave. SE
[505] 268-8898
Rare & vintage books

Bookworks
4022 Rio Grande Blvd. NW
[505] 344-8139
Everything from locally-published books to nationally-touring authors

Downtown Books
109 8th St. SW
[505] 243-4492
Large variety of unusual books

The Bookcase
113 Cornell Dr. SE
[505] 232-9090
Hidden gems in book stacks

PHOTOGRAPHY STORES

Camera & Dark Room
2530 Washington NE
[505] 255-1133
New Mexico’s largest photography retailer

Kurt’s Camera Corral
3417 Central Ave. SE
[505] 266-7766
Traditional camera equipment
MUSEUMS: ON CAMPUS

**Geology Museum**
Northrop Hall
(505) 277-4204
Over 20,000 rocks, minerals, gems, & fossils

**Greenhouse Conservatory**
Castetter Hall
Open for viewing to public

**Masley Hall Art Gallery**
Art Education Building
(505) 277-4112
Art Education artwork

**Maxwell Museum of Anthropology**
Anthropology Building
(505) 277-4405
People of the Southwest & Ancestors

**Museum of Southwestern Biology**
C.E.R.I.A. Building
(505) 277-1360
Vertbrates, arthropods, plants, & genomic materials from around the world

**Sommers Gallery**
Art Building: Room 202
(505) 277-5861
Fine Art exhibitions

**University Art Museum**
Center for the Arts
(505) 277-4001
A wide range of works of art
MUSEUMS

**Albuquerque Museum of Art & Art History**
2000 Mountain Rd. NW
(505) 243-7255
Art, history, & culture in the Southwest

**American International Rattlesnake Museum**
202 San Felipe St. NW
(505) 242-6569
Largest world collection of live rattlesnakes

**Anderson-Abruzzo International Balloon Museum**
9201 Balloon Museum Dr. NE
(505) 768-6020
History & science of hot air balloons, balloon-flying simulator- Free on Sundays

**Archaeology & Material Culture Museum**
22 Calvary Rd. Cedar Crest, NM
(505) 281-2005
Archaeological excavations

**Explora: Science Center & Children’s Museum**
1701 Mountain Rd. NW
(505) 224-8300
Adult Night: 3rd Friday of every month during after hours

**Holocaust & Intolerance Museum of New Mexico**
616 Central Ave. SW
(505)247-0606
History of the Holocaust, Armenian & Greek genocides, the inhumane treatment of Native Americans in the US

**Indian Pueblo Cultural Center**
616 Central Ave. SW
(505)247-0606
Invaluable objects from 19 Pueblos including pottery, paintings, jewelry, & more

**National Hispanic Cultural Center**
1701 4th St.
(505) 246-2261
Hispanic art, culture, & humanities- Free on Sundays

**National Museum of Nuclear Science & History**
601 Eubank Blvd. SE
(505) 245-2137
The story of the atomic age
NM Museum of Natural History & Science
1808 Mountain Rd. NW
(505) 841-2800
Historic exhibits including dinosaur fossils, planetarium, & Dynatheatre—Free admission the first Sunday of every month

Telephone Pioneer Museum
110 4th St. NW
(505) 842-2937
Historic telephones, teletype machines, switchboards, & more—$2 a person

Tinkertown Museum
121 Sandia Crest Rd.
(505) 281-5233
Antique toys, antique circus relics, animated antique toy towns, antique sailboat, & much more—$3.50 a person

Turquoise Museum
2107 Central Ave. NW
(505) 341-1776
Education & collection of turquoise

Unser Racing Museum
1776 Montano Rd. NW
(505) 341-1776
History & technology of car racing, racing simulator, & more

Wheels Museum
1100 2nd St. SW
(505) 243-6269
History of the railroad in the Southwest
THEATRICS
Adobe Theater
9813 4th St.
[505] 898-2222
Community theater

Albuquerque Little Theatre
224 San Pasquale Ave.
[505] 242-4750
Fully-staged theater productions

Aux Dog Theatre
3011 Monte Vista Blvd.
[505] 254-7716
Actor-centered theater

The Box Performance Space
114 Gold Ave. SW
[505] 404-1578
Comedy, skits, improv, & other forms of entertainment

The Cell Theatre
700 1st St.
[505] 766-9412
Performance art space for a variety of entertainment

North Fourth Art Center
4904 4th St.
[505] 345-2872
Visual & performing arts

Once Upon a Theatre
13170 Central Ave. SE
[505] 299-6020
Amateur theater

The Vortex Theatre
2004 Central Ave.
[505] 247-8600
Classic, contemporary, & cutting-edge theater productions – local & national

THEATRICS: ON CAMPUS
Popejoy Hall
UNM Center for the Arts
[505] 277-3824
Broadway shows – discounts available with student ID

Rodey Theatre
UNM Center for the Arts
[505] 277-4322
Student performances

Theatre X
UNM Center for the Arts
[505] 277-4322
Student performances
MUSIC VENUES

Amped Performance Center
415 Central Ave. NW
(505) 977-4898
Shows with original music by local musicians

El Rey Theater
620 Central Ave. SW
(505) 242-2353
Historical live music

Isleta Ampitheatre
5601 University Blvd. SE
(505) 242-2353
Popular artist outdoor concerts

Popejoy Hall
UNM Center for the Arts
(505) 277-3824
Symphony concerts, musical soloists, & more

The Outpost Performance Space
210 Yale SE
(505) 268-0044
Jazz, blues, roots, folk, classical, & experimental

Sandia Ampitheatre
424 Central Ave. SE
(505) 243-0200
Popular artist concerts

Sunshine Theater
10500 4th St.
(505) 898-0498
Concerts of various genres

MUSIC STORES

Marc’s Guitar Center
2324 Central Ave. SE
(505) 265-3315
Guitars, banjos, ukeleles, mandolins, & amps—buy, rent, repair, or lessons

Music Mart
3301 Carlisle Blvd. NE
(505) 889-9777
A wide variety of instruments & sheet music

Nob Hill Music
3419 Central Ave. SE
(505) 266-4200
Records, cds, & cassettes—buy & sell
THE AFFECTS OF ALCOHOL:

Intellect

**Grades**

The majority of UNM students are being smart about partying and not letting it ruin their GPA.

- 80% of UNM students have not performed poorly on a test or project because of drinking.
- 70% of UNM students have not missed a class because of drinking.

**Brain**

Alcohol damages brain cells.

Hangover headaches are caused by toxins in alcohol dehydrating brain cells. Long term use of alcohol can permanently damage parts of the brain associated with learning and memory.

**Math**

Avoiding drinking too much is all about doing the math.

- Do the math about how much you’ve had—72% of UNM students keep track of the number of drinks they have had.
- Do the math about how much you want to have—60% of UNM students decide ahead not to exceed a set number of drinks.
- Do the math about how much time has passed—49% of UNM students limit the number of drinks they have per hour.

Results are from Spring 2013 UNM Student Lifestyle Survey
Feeling Hungry?

BREAKFAST

**The Grove Cafe**
600 Central Ave. SE
(505) 248-9800
Organic food from local farmers

**KAP's**
8810 Central Ave. SE
(505) 232-9658
New Mexican diner

**Le Peep**
2125 Louisiana Blvd. NE
(505) 881-7272
Parisian cuisine

TEA & COFFEE

**A & B Lunchbox**
414 Central Ave. NE
(505) 883-8310
Features a European style courtyard patio

**Boba Tea Company**
3339 Central Ave. NE
(505) 255-7825
$1 Nudi-teas on Tuesdays

**Java Joe’s**
906 Park Ave. SW
(505) 450-2658
Live music throughout the week

**The Egg & I**
6909 Menaul Blvd. NE
(505) 888-3447
How do you want your eggs? They've got it.

**The Range Cafe**
2200 Menaul Blvd. NE
(505) 888-1660
Authentic New Mexican food

**Week’s**
933 San Mateo Blvd. NE
(505) 265-9237
New Mexican cuisine
**Satellite Coffee**
2300 Central Ave. NE
(505) 254-3800
Like the SUB Satellite’s FB to find out about contests for students

**St. James Tea Room**
320 Osuna Rd. NE
(505) 242-3752
For your fancy tea party needs

**Winning Coffee Co.**
111 Harvard
(505) 768-6020
Rotating art shows from local artists as well as events in the evening including live music, open mic, poetry slams, & more

**Vegetarian**

**Annapurna’s**
2201 Silver Ave. SW
(505) 262-2424
Ayurvedic vegan cuisine

**Cafe Lush**
2201 Silver Ave. SW
(505) 262-2424
Non-vegetarian, vegetarian, & gluten free options

**Thai Vegan**
3804 Central Ave. SW
(505) 200-2290
Thai cuisine

**Loving Vegan**
3409 Central Ave. SW
(505) 890-1555
Asian fusion cuisine & sushi

**Fun Eats**

**66 Diner**
1405 Central Ave. SE
(505) 247-1421
50’s style diner

**B2B Bistronomy**
1520 Central Ave. SE
(505) 243-0023
Gourmet burgers- 20% of their sales every Sunday go to local charities

**Bricklight Dive**
3804 Central Ave. SW
(505) 200-2290
Bruschetta, pizzas, sandwiches, & more
**FUN EATS**

**Chipotle Mexican Grill**  
6810 Menaul & Lousiana Blvd.  
(505) 884-1716  
Burritos. 'Nuff said.

**Chopstix**  
6001 Lomas Blvd. NE  
(505) 268-8777  
Jackie Chan’s favorite restaurant in Albuquerque

**Church Street Cafe**  
2111 Church St. NW  
(505) 247-8522  
New Mexican cuisine—features a back patio with a waterfall and live music

**El Patio**  
6001 Lomas Blvd. NE  
(505) 268-8777  
NM cuisine—cash only

**Frontier**  
2400 Central Ave. SE  
(505) 266-0550  
A NM classic—Lobo cash is accepted here

**Gyros**  
106 Cornell Dr. SE  
(505) 255-4401  
Greek & Middle Eastern Cuisine

**Holy Cow**  
700 Cornell Dr. SE  
(505) 242-2991  
Natural grass-fed beef burgers, hand-cut fries, & shakes

**Kai’s**  
138 Harvard Dr. SE  
(505) 266-8388  
Authentic Chinese cuisine

**Kelly’s**  
3222 Central Ave.  
(505) 262-2739  
Historic landmark—Features a huge patio for when you want to eat outside

**Los Cuates**  
4901 Lomas Blvd. NE  
(505) 255-5079  
Large variety of New Mexican cuisine

**Olympia Cafe**  
2210 Central Ave. SE  
(505) 266-5222  
Greek cuisine
**Panera Bread**
2820 Central Ave. SE
(505) 265-5154
Sandwiches, salads, & baked goods

**Saggios**
2210 Central Ave. SE
(505) 266-5222
Italian cuisine- Lobo cash is accepted here

**Sala Thai**
3619 Copper Ave. NE
(505) 265-9330
Thai cuisine

**Shade Tree**
2300 Central Ave. NE
(505) 254-3800
Biker’s cafe- burgers, sandwiches, & more

**Sushi & Sake Korean BBQ House**
3200 Central Ave. NE
(505) 338-2424
Japanese cuisine, sushi, & Korean BBQ

**Torpedo Dog**
115 Harvard Dr. SE
(505) 266-6342
Gourmet hotdogs- Like on FB to find the “phrase of the day” for $1 off

**Which Wich**
2300 Central Ave. SE
(505) 254-4749
Sandwiches- large variety of ingredients for vegetarians and non-vegetarians
FANCY EATS

Artichoke Cafe
424 Central Ave. SE
(505) 243-0200
French & Italian inspired cuisine—contemporary twists on classic dishes

El Pinto
10500 4th St.
(505) 898-0498
Traditional Mexican & New Mexican fusion—indoor & outdoor seating

Farm & Table
8917 4th St. NW
(505) 503-7124
Exactly the name—food from local farms to their tables, created from scratch

Il Vicino
3403 Central Ave. NE
(505) 266-7855
Gourmet pizzas

Los Poblanos
803 Rio Grande Blvd. NW
(505) 344-9297
Food from their own farm

Marcello’s Chophouse
ABQ Uptown Center
(505) 837-2467
Steak & seafood

Melting Pot
ABQ Uptown Center
(505) 843-6358
Slate Street Cafe
515 Slate St. NW
(505) 243-2210
Gourmet sandwiches, bruschetta, & more

Nob Hill Bar & Grill
3128 Central Ave. SE
(505) 266-4455
A wide variety of meat dishes—beef, chicken, duck, & fish

Scalo
3500 Central Ave. SE
(505) 255-8781
Upscale Italian cuisine

Seasons Rotisserie & Grill
2031 Mountain Rd. NW
(505) 766-5100
High quality beef cuts & seafood dishes

Streetfood Asia
3422 Central Ave. SE
(505) 260-0088
Cuisine inspired by Asian street cart food

Tucanos
110 Central Ave. SW
(505) 246-9900
About $25—All you can eat Brazillian meats & salad bar

Melting Pot continued
Dip bread in cheese, meat in sauce, & fruit in chocolate

Standard Diner
320 Central Ave. SE
(505) 243-1440
Modern twist on diner classics

Vinaigrette
1828 Central Ave. SE
(505) 842-5507
A fancy picnic

Zacatecas
3423 Central Ave. NE
(505) 255-8226
Authentic Mexican taqueria—features a variety of soft tacos

Zinc
3009 Central Ave. NE
(505) 254-9462
French inspired bistro
**DELIVERY**
(Also sit-down restaurants)

**Brickyard Pizza**
2216 Central Ave. SE
(505) 262-2216
Pizza & calzones

**Cheba Hut**
3500 Central Ave. SE
(505) 255-8781
A wide variety of sandwiches

**The Cube BBQ**
1520 Central Ave. SE
(505) 243-0023
Everything is made from scratch- bbq, cornbread, mac&cheese, hotdogs, & more

---

**FOOD TRUCKS**

**Big Juicy**
Slow-cooked BBQ

**Boiler Monkey**
Lunch & dessert crepes

**Gedunk**
Gourmet mac&cheese, brisket, & more

**Rustic**
Burgers

**Scottish Pie Shop**
Traditional Scottish foods

**Squeezed Juice Bar**
Raw juice & smoothies

**The Supper Truck**
Southern classics

---

**DESSERT**

**Candy Lady**
424 San Felipe NW
(505) 243-6239
Get the famous Breaking Bad Blue Sky candy here

**Chocolate Dude**
3339 Central Ave. NE
(505) 639-5502
All things chocolate

**Olo Frozen Yogurt Studio**
3403 Central Ave. NE
(505) 266-7855
Large variety of flavors & toppings

**Rebel Donuts**
3435 Wyoming Blvd. NE
(505) 293-0553
Artistic & unique doughnuts
THE AFFECTS OF ALCOHOL: Nutrition

Calories

Alcohol can be high in calories.

Alcohol has no nutritional value and also contains a lot of calories. Here is how the calories of alcohol compare to eating hamburgers:

- Wine: 0.5 hamburgers
- Beer: 0.75 hamburgers
- Hard Liquor & soda: 1.5 hamburgers.
- Mixed drinks: can be as much as 3.5 hamburgers.

5 drinks a week: about 8.5 hamburgers a week.

[ McDonald’s Hamburger: 250 kcal; Drinks are based on standard drinks ]

Food

Food in your stomach will help absorb consumed alcohol.

Drinking on an empty stomach means that the alcohol is not broken down before entering the blood stream. This causes extra dehydration and quicker, stronger inebriation. It also increases your chances of having a hangover the next day. Eating as well as drinking water or other non-alcoholic drinks will help your drinking experience be more enjoyable and consequence-free.

85% of UNM students eat before and during the time they are drinking.

63% of UNM students alternate with non-alcoholic beverages when they are drinking.

Size

It’s helpful to know standard drink sizes.

Beer: 12 fl oz  Wine: 5 fl oz  Liquor: 1.5 fl oz

Results are from Spring 2013 UNM Student Lifestyle Survey
Feeling Stressed?

**GYMS**

**Downtown Sports & Wellness**
40 1st St. NW Suite 76
(505) 242-1500
Visit their site for a free trial pass & membership prices

**Defined Fitness**
4930 McLeod Rd. NE
(505) 888-7097
Offers month-to-month memberships

**Planet Fitness**
3821 Menaul Blvd. NE
(505) 872-0232
Visit their site for monthly membership deals

**MASSAGE**

**La Bella Spa & Salon**
ABQ Uptown Center
(505) 899-5557
Massages, facials, mud wraps, & more

**Student Health & Counseling**

**Massage Therapy Services**
SHAC: Rooms 210 & 214A
(505) 277-3136
$40 for 50 min session—students can charge to bursar’s account

**MEDITATION**

**Albuquerque Botanical Gardens**
2601 Central Ave. NW
(505) 768-2000
36 acres of gardens & conservatories—a good place to relax & reflect

**Kadampa Meditation Center**
8701 Comanche Rd. NE
(505) 292-5293
Take a meditation class or just stop by to meditate

**The Mindful Center**
UNM Center: 4700 Jefferson Blvd. NE
(505) 615-1547
Programs include stress reduction, mindful eating, & more
**YOGA**

**ABQ Hot Yoga**
724 Central Ave. SE
(505) 243-4688
Student discounts available

**Bhava Yoga**
520 Central Ave. SE
(505) 842-1080
Offers a restorative class to calm your mind through breathing

**Cloud 9**
3808 Central Ave. SE
(505) 717-7344
Hot yoga & cosmic hot yoga (glow-in-the-dark)

**Sani Yoga**
134 Harvard Dr. SE
(505) 750-8526
Offers a variety of yoga classes

**Yoga Studio Blue**
2205 Silver Ave. SE
(505) 715-9271
Yoga, breathing & mediation, yin yoga, & tai chi

**High Desert Yoga**
4600 Copper Ave. NE
(505) 750-8526
Offers a de-stress class, meditation class, & more
NAMASTE
[nah-mas-tay]
My soul honors your soul. I honor the place in you where the entire universe resides. I honor the light, love, truth, beauty, and peace within you, because it is also within me. In sharing these things we are united, we are the same, we are one.
THE AFFECTS OF ALCOHOL:

**Health**

**Vitamins & Minerals**

Alcohol’s toxins reduce the amount of vitamins and minerals in the body.

- Folate
- Vitamin B
- Vitamin A
- Calcium
- Magnesium
- Iron
- Zinc

Alcohol affects the body’s ability to absorb vitamins and minerals from foods as well as store them, transport them, and produce them within the body. These vitamins and minerals help keep the body’s cells, hormones, and muscles healthy.

Three standard drinks a day (30 grams of alcohol) can cause a deficiency of 5%.

**Sleep**

Alcohol reduces REM sleep.

Alcohol can help induce sleep, but it also causes disruptions and prohibits REM sleep. REM sleep is restorative to the body and brain. It gives energy, balances moods, and aids in the brain’s ability to learn.

**Hormones**

Alcohol reduces the body’s hormones.

Alcohol causes your liver to produce substances that are toxic to the body’s hormones. Hormones are important for growth, muscle repair, and producing and storing energy.

**Depression**

Alcohol use can be dangerous if stressed and/or depressed.

- 6% of UNM students have thought about suicide while consuming alcohol.
- 15% of UNM students who binge drink have thought about suicide while consuming alcohol.

Results are from Spring 2013 UNM Student Lifestyle Survey
Feeling Random?

WEBSITES

Cat Bounce
cat-bounce.com
Pick up cats & bounce them

Draw a Stickman
www.drawastickman.com
Draw a stick man and go on drawing adventures

Into Time
intotime.com
Divide color-changing rectangles into more color-changing rectangles

Lumosity
www.lumosity.com
Play games & work out your brain

Monday Punday
mondaypunday.com
A new pun to figure out every Monday

Online Games
games.adultswim.com
Lots of silly & fun games

Sanger
www.sanger.dk
A pug licks your computer screen

Staggering Beauty
www.staggeringbeauty.com
Wiggle the worm with your mouse

MOVIE VENUES

Century 14 Downtown
100 Central Ave. SE
(505) 243-9555
Box office movies

Dyna Theater
NM Museum of Natural History & Science (pg.14)
2D & 3D science documentaries

Guild Cinema
3405 Central Ave. NE
(505) 255-1848
Eclectic, limited distribution, & independent films

Mid-Week Movies
SUB: Room 1018
(505) 277-0481
Pre-dvd release movies
**FUN ACTIVITES**

**Bio Park & Zoo**
903 10TH ST.
(505) 768-2000
See their website for half-price ticket days

**Fractal Friday**
Planitarium (pg.14)
First Friday of every month- Go on a tour of fractals

**Illusions Magic Parlor**
3205 Central Ave. NE
(505) 255-2303
Live magic shows

**Louie’s Lounge**
SUB: Level 1
(505) 277-0340
Xbox, ping pong, & pool tables

**TOY STORES**

**Beeps**
3500 Central Ave. SE
(505) 262-1900
Unique toys & products

**Out of the Blue**
2502 Rio Grande Blvd. NW
(505) 242-4455
Fun & educational toys

**Zia Kites**
6401 Academy Rd. NE
(505) 363-0462
Stunt, trick, & kid kites

**Tokyo Hardcore Pop Culture Shoppe**
109 Carlisle Blvd. SE
(505) 255-4430
Japanese pop culture toys, plushes, & more

**NERD STORES**

**Astrozombies**
3100 Central Ave. SE
(505) 232-7800
Comics & collectables

**Kaboom Test Labs**
10250 Cottonwood Park Rd.
(505) 792-1786
Comics, collectables, board games, & weekly tournaments

**Noble Collectibles**
8216 Montgomery Blvd. NE
(505) 858-0212
Buy, trade, & sell- comics, classic video games, & video game systems toys
**VOLUNTEERING**

**Animal Welfare**
8920 Lomas Blvd. NE
(505) 767-5632
Play with cats & take dogs on walks from animal shelters

**Baby Cuddler**
2211 Lomas Blvd. NE
(505) 272-2111
Cuddle & rock babies that live in the hospital- must be 21 or older

**Habitat for Humanity**
204 San Mateo Blvd. SE
(505) 265-0057
Help build homes for low-income families

**Joy Junction**
4500 2nd St. SW
(505) 877-6967
Charity organization that helps homeless families, children, & individuals

**Roadrunner Food Bank**
5840 Office Blvd. NE
(505) 247-2052
Distributes food to those in need

**Watermelon Ranch**
3251 Westphalia Blvd. NE (Rio Rancho, NM)
(575) 771-0140
A no-kill shelter with over 20,000 animals- play, walk, feed, & more
THE AFFECTS OF ALCOHOL:

Risk

Consequences

The majority of UNM students are not risking the consequences of illegal alcohol use.

- 96% of students think that UNM campus alcohol and drug policies are enforced.
- 93% of students have not gotten in trouble with police, RA, or other college authority for alcohol or drugs.
- 91% of students have not damaged property while drinking.
- 96% of students have not used a fake ID to get alcohol.

Felony

Serving alcohol to minors is a Fourth Degree Felony.

You can get arrested for purchasing or providing alcohol to minors even if you are a minor. A Fourth Degree Felony can prohibit your right to apply for student loans, to vote, to buy a gun, or hold public office. 90% of UNM students think that it is likely for police to show up to a party involving underage drinking.

Tailgating

Know the rules of UNM’s tailgate events.

21+ yr old students are allowed to drink at UNM’s designated tailgating locations. UNM’s tailgating rules state that kegs, beer bongs, drinking games, and the sale and advertisement of available alcohol is not allowed.

Results are from Spring 2013 UNM Student Lifestyle Survey
Feeling Festive?

**WINTER SOLSTICE**  
**Starry Night**  
NM Museum of Natural History & Science [see pg.14]  
Planetarium shows, activities, & telescope star viewing

**HANUKKAH**  
**The Funky Khanikeh Freylekh**  
Nahalat Shalom: 3606 Rio Grande Blvd. NW  
Food, music, games, & other various forms of entertainment

**HOLIDAY STROLLS**  
**NM Natural History & Science Museum Holiday Stroll**  
[see pg.14]  
Holiday activities, music, entertainment, & photo shoots with Santa & the T. Rex

**Nob Hill Shop & Stroll**  
Central Ave. SE (Girard-Carlisle)  
The road will be shut down to stroll Nob Hill shops- holiday food, entertainment, Twinkle Lights Parade, trolley rides, & more

**Old Town Holiday Stroll**  
N Plaza St. NW  
Live music, dancing, carolers, luminaria displays, & lighting

**CHRISTMAS**  
**Cliff’s Magical Christmas**  
4800 Osuna Rd. NE  
[505] 881-9373  
Enjoy the amusement park with holiday decorations & holiday music

**Hanging of the Greens**  
UNM  
Campus is lit with luminarias, listen to carolers, drink hot chocolate, & watch the presentation of the official wreath

**River of Lights**  
Botanical Gardens [see pg.31]  
Light display sculptures throughout the gardens, carolers, & nature crafts
HALLOWEEN
Albuquerque Trolley of Terror
800 Rio Grand Blvd. NW
(505) 240-8000
Get on and off the trolley to explore haunted locations in Albuquerque

McCall’s Pumpkin Patch
34 McCall Ln (Moriarty, NM)
(505) 832-9137
Go on a hayride through the pumpkin patch, find your way through a corn maze, explore a haunted barn, launch a pumpkin, & more

Primitive Fear Haunted House
Coronado Mall: 6600 Menaul NE
(505) 881-2700
Watch out for hidden monsters in the dark spaces!

THANKSGIVING
Turkey Trek
National Museum of Nuclear Science & History
(see pg.14)
3 different kinds of runs & a turkey costume contest

CINCO DE MAYO
Matanza
El Pinto
(see pg.18)
Traditional roasted pig

FOURTH OF JULY
Freedom Fourth
Balloon Fiesta Park (see pg.14)
New Mexico’s largest celebration- food, entertainment, & fireworks
(park & ride services are available)

Isotopes Baseball & Fireworks
1601 Avenida Cesar Chavez SE
(505) 924-2255
Watch a baseball game followed by a firework show

BALLOON FIESTA
Albuquerque International Balloon Fiesta
Balloon Fiesta Park (see pg.14)
In Albuquerque, it’s practically a holiday- If you don’t have a car, take the Rapid Ride to the nearest Balloon Fiesta Park & Ride Transportation Center located at the Coronado Mall
ST. PATRICK’S DAY

**Rio Grande Celtic Festival**
Balloon Fiesta Park
(see pg. 13)
Features Irish traditions including music, dance, & games

EASTER

**Easter Extravaganza**
Hinkle Family Fun Center
(see pg. 7)
Interactive miniature golf course, egg decorating, egg hunting, & more

**Easter Enrichment**
Rio Grande Zoo (see pg. 31)
Watch the animals celebrate Easter with their special Easter treats and toys

VALENTINE’S DAY

**Adults Only Valentine Tours**
ZOO & Aquarium (see pg. 31)
Choose from: Birds & The Beasts at the Zoo, Love Bugs at the Botanical Gardens, & That’s a Moray! at the Aquarium

**Cupid’s Chase 5K Run**
Balloon Fiesta Park
(see pg. 13)
A national event— all proceeds go to Community Options

**Valentine Tea**
St. James Tea Room
(see pg. 15)
Three-course afternoon tea with roses, truffels, and a romantic setting
If you stay on campus to celebrate a holiday, be sure to remember that UNM prohibits any possession of alcohol or other drugs on campus.
Feeling Nomadic?

**ROAD TRIP**

**Bandelier National Monument**
15 Entrance Rd.
Los Alamos, NM
(505) 785-2232 ext: 517
Trails, waterfalls, and pueblos to explore

**Battleship Rock**
NM State Highway 4: Forest Trail 137
(505) 438-5300
Camping: $5 per day

**Blue Hole**
1085 Blue Hole Rd.
Santa Rosa, NM
(575) 785-2232
Swimming & scuba diving

**Carlsbad Caverns**
727 National Parks Highway
(505) 785-2232
One of the seven Natural Wonders of the World

**Catwalk**
Highway 174
Glendwood, NM
(505) 539-2481
A trail through White Water Canyon’s creek with picnic areas and swimming areas

**El Malpais**
I-40: exit 89
(505) 280-2918
Ice caves and lava tubes

**Fiesta Drive-In Movie Theater**
401 W Fiesta Dr.
Carlsbad, NM
(575) 885-4126
Friday - Sunday: all movies start at 7:45 PM

**Lavender Farm**
Los Poblanos (see pg. 17)
Los Ranchos, NM
Offers lectures, workshops, and festivals

**New Mexico Jeep Tours**
Areas near Albuquerque & Santa Fe
(505) 252-0112
Landscape, hiking, dining, and archaeological dig tours
**Hot Springs**

**10,000 Waves**
3451 Hyde Park Rd.
Santa Fe, NM
(505) 982-9304
Pricy - Call them to find out about their specials

**Jemez Hot Springs**
NM State Highway 4
Outdoor & free - Some are clothing optional

**Montezuma Hot Springs**
State Route 65
Montezuma, NM
Outdoor & free

**Ojo Caliente**
50 Los Banos Dr.
Ojo Caliente, NM
Free on your birthday

**Petroglyph National Monument**
6510 Western Trail NW
(505) 899-0205 ext. 331
Symbols carved into volcanic rock from over 700 years ago

**Soda Dam**
NM State Highway 4
A buildup of mineral deposits that have formed a unique dam

**Tent Rocks**
435 Montano Rd. NE
(505) 761-8700
Hike and scramble through winding tunnels of rock

**White Sands**
U.S. Highway 70
Alamogordo, NM
(505) 479-6124

**Wildlife**

**Bosque del Apache National Wildlife Refuge**
1085 Blue Hole Rd.
San Antonio, NM
(575) 838-2120
Thousands of migrating birds take refuge in the fields and lakes during autumn

**Wild Spirit Wolf Sanctuary**
378 Candy Kitchen Rd.
Ramah, NM
(505) 775-3304
Rescued wolves & wolf-dogs

**Wildlife West Nature Park**
87 N Frontage Rd.
Edgewood, NM
(505) 281-7655
New Mexican native plants & animals
Wanderlust

A strong desire to travel
A strong longing for or impulse toward wandering
The irresistible and overwhelming feeling to join nature
A deep, uncontrollable desire to hit the road

New Mexico law prohibits open alcoholic containers in a vehicle as well any consumption of alcohol in a vehicle. Be safe any time you are on the road.

Check UNM Rec Services’s Getaway Adventures to find a variety of trips planned for UNM students.
TAXIS
ABQ Cab Company
(505) 883-4888
ABQ Green Cab Co.
(505) 243-6800
Yellow-Checker Cab Company
(505) 842-5292

RIDE SERVICES
Party Trolley
(505) 433-7386
Thurs-Sat: 8PM-2:30AM
Provides safe & cheap transportation to & from your party destination- call/text location you are at

Tavern Taxi
(505) 999-1400
Fri & Sat: 10PM-2AM
Free cab service- call must be made by bartender

Tipsy Tow
1-800-222-4357
Service available during Holidays- offers safe & free towing of your car up to 7 miles

ON-CAMPUS PROGRAMS
Designated Lobos
Mesa Vista Hall: Room 3059
(505) 277-2795
Win movie tickets every time you are a DD for your friends & get entered into a drawing for a $1,000 vacation voucher, an iPad, or $50 in Lobo Cash- Bars participating will give you free non-alcoholic drinks.
ON-CAMPUS SUBSTANCE ABUSE ASSISTANCE

AGORA STUDENT CRISIS CENTER
1716 Las Lomas Rd.
(505) 277-3013
Crisis line, short term support, & referrals

ALCOHOLICS ANONYMOUS
Women’s Resource Center
(505) 277-3716
Co-ed meetings: Wednesdays 12 PM - 1 PM

ALCOHOL TREATMENT @ UNM
1820 Sigma Chi Rd.
(505) 277-5165
Assessments, relapse service, & Individual, couple, & family therapy- payment available on a sliding scale

CAMPUS OFFICE OF SUBSTANCE ABUSE PREVENTION
Mesa Vista Hall: Room 3059
(505) 277-2795
Information on substance use, referrals, & programs for students

DEPARTMENT OF PSYCHOLOGY CLINIC
1716 Las Lomas Rd.
(505) 277-5164
Sliding scale individual psychotherapy

STUDENT HEALTH & COUNSELING
SHAC (across from the SUB)
(505) 277-3136
Walk-in & appointment hours: M-F 8AM-5PM
THE AFFECTS OF ALCOHOL:
Drunk Driving

Career

A DWI can hurt your career options after graduation.

Getting a degree takes a lot of hard work. Getting a DWI takes one bad decision. 65% of UNM students think that a DWI would impact their career options. This is how it can:

- A DWI stays on your record forever. Every employer of the jobs you apply for will see it. This can make it harder to get a job.
- A DWI results in your drivers license getting revoked. Some jobs require reliable transportation. It can make it difficult to make it on time to shifts.
- Some jobs require background checks that a DWI would not allow you to qualify for. Some professional fields, such as medicine, dentistry, social health work, and law will not allow those with DWIs to practice.

Student Driving

Most UNM students are being safe.

- 99% of students have never been arrested for a DWI or DUI.
- 73% of students say that driving drunk is likely to get them arrested.
- 85% of students use a designated driver when they go out drinking.
- 90% of students think that their friends would strongly disapprove if they drove while intoxicated.

Results are from Spring 2013 UNM Student Lifestyle Survey