FUN IN THE 505
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We, the UNM Campus Office of Substance Abuse Prevention, are proud to present the fifth 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!
BIKE

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

Duke City BMX
1011 Buena Vista Dr. SE
(505) 890-1269
The nation's largest BMX facility: $4 on Wed to ride track for the first time

Ryde Shack
101 Bryn Mawr Dr. SE
(505) 401-9288
Open-air fitness studio that offers spin and TRX classes

UNM Bicycle Shop
East entrance of Johnson Center
(505) 277-8182
$40 week rentals & $10 day rentals

CLIMB

Stone Age Climbing Gym
4130 Cutler Ave. NE
(505) 341-2016
Bring in class schedule & student ID for student-discounted membership
## DANCE

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Phone</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Street Dance Space</td>
<td>3215 Central Ave. SE</td>
<td>(505) 366-4982</td>
<td>Contemporary, zumba, ballet, belly-dance, African, waltz, blues, &amp; more</td>
</tr>
<tr>
<td>Rhythm Dance Company</td>
<td>3808 Central Ave. SE</td>
<td>(505) 250-6146</td>
<td>Jazz, blues, tap &amp; swing</td>
</tr>
</tbody>
</table>

## FUN

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<th>Venue</th>
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<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>007 Paintball</td>
<td>16001 Shooting Range Access Rd. NW</td>
<td>(505) 369-6007</td>
<td>$80 a session including all rentals &amp; paint</td>
</tr>
<tr>
<td>Cool Springz Trampoline Park</td>
<td>4320 Yale Blvd. NE</td>
<td>(505) 345-5867</td>
<td>Dodgeball, basketball dunking, foam pit, and more</td>
</tr>
<tr>
<td>Gravity Park</td>
<td>5300 Eagle Rock Ave. NE</td>
<td>(505) 407-0954</td>
<td>Gravity Fit classes: $12 a session or $30 for 30 day pass</td>
</tr>
<tr>
<td>Hinkle Family Fun Center</td>
<td>12931 Indian School Rd. NE</td>
<td>(505) 299-300</td>
<td>Laser tag, go-karting, paintball, &amp; arcade; $15 all attractions pass: Mondays</td>
</tr>
<tr>
<td>Holiday Bowl</td>
<td>7515 Lomas Blvd. NE</td>
<td>(505) 268-3308</td>
<td>College Night: Thursdays 9:30 PM-2 AM (discounted)</td>
</tr>
<tr>
<td>Isleta Fun Connection</td>
<td>11000 Broadway Blvd. SE</td>
<td>(505) 724-3866</td>
<td>Laser tag, bowling, arcade, &amp; billiards</td>
</tr>
</tbody>
</table>

## GOLF

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Phone</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puerto del Sol Golf Course</td>
<td>1800 Girard Blvd. SE</td>
<td>(505) 265-5636</td>
<td>$18 to play 9-hole course; lighted during the summer until 10pm</td>
</tr>
<tr>
<td>UNM Championship Golf Course</td>
<td>3601 University Blvd. SE</td>
<td>(505) 277-4546</td>
<td>$20 practice day passes and $45 for cart riding on weekends</td>
</tr>
</tbody>
</table>

## HIKE

Find nearby trails on these sites:

- [www.sandiahiking.com](http://www.sandiahiking.com)
- [www.jemezmountaintrail.org](http://www.jemezmountaintrail.org)
- [www.explorenm.com](http://www.explorenm.com)
### HORSE BACK RIDES

<table>
<thead>
<tr>
<th>Running Horse Ranch</th>
</tr>
</thead>
<tbody>
<tr>
<td>10159 Bosque Cir.</td>
</tr>
<tr>
<td>(505) 250-8856</td>
</tr>
<tr>
<td>Trail ride along the Rio Grande or take riding lesson</td>
</tr>
</tbody>
</table>

### ICE SKATE & ROLLERSKATE

<table>
<thead>
<tr>
<th>Outpost Ice Skating Arena</th>
</tr>
</thead>
<tbody>
<tr>
<td>9530 Tramway Blvd. NE</td>
</tr>
<tr>
<td>(505) 856-7595</td>
</tr>
<tr>
<td>Ice skating, figure skating, and hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Roller Skate City</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 Paisano St. NE</td>
</tr>
<tr>
<td>(505) 299-4494</td>
</tr>
<tr>
<td>Free Pizza Night: Sundays 6-8, Adult Night: Sundays 8-10:30</td>
</tr>
</tbody>
</table>

### INTRAMURAL & REC SPORTS

<table>
<thead>
<tr>
<th>Los Altos Batting Cage</th>
</tr>
</thead>
<tbody>
<tr>
<td>9501 Lomas Blvd. NW</td>
</tr>
<tr>
<td>(505) 296-6699</td>
</tr>
<tr>
<td>Follow on Twitter for discount</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stone Face Courts</th>
</tr>
</thead>
<tbody>
<tr>
<td>5100 Holly Ave. NE</td>
</tr>
<tr>
<td>(505) 363-0578</td>
</tr>
<tr>
<td>Sand volleyball: $5 a person</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UNM Recreational Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johnson Center 1102</td>
</tr>
<tr>
<td>(505) 277-0798</td>
</tr>
<tr>
<td>Leagues for tennis, soccer, softball, badminton, basketball and more</td>
</tr>
</tbody>
</table>

### MARTIAL ARTS

<table>
<thead>
<tr>
<th>Aikido of Albuquerque</th>
</tr>
</thead>
<tbody>
<tr>
<td>5600 McLeod Rd. NE</td>
</tr>
<tr>
<td>(505) 850-8460</td>
</tr>
<tr>
<td>Offers 10% off Aikido, Iaido, Zazen, and Weapons classes for full-time students</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sandia Budokan</th>
</tr>
</thead>
<tbody>
<tr>
<td>2203 Silver Ave. SE</td>
</tr>
<tr>
<td>(505) 268-5339</td>
</tr>
<tr>
<td>Dojo, Kenjutsu, Aikido, Ju Jutsu, and Karate</td>
</tr>
</tbody>
</table>

### MOTOR SPORTS

<table>
<thead>
<tr>
<th>Albuquerque Indoor Karting</th>
</tr>
</thead>
<tbody>
<tr>
<td>5110 Copper Ave. NE</td>
</tr>
<tr>
<td>(505) 265-7223</td>
</tr>
<tr>
<td>1/2 price tickets for students: Wednesdays</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sandia MX</th>
</tr>
</thead>
<tbody>
<tr>
<td>38 Martin Rd. (Moriarty, NM)</td>
</tr>
<tr>
<td>(505) 980-6997</td>
</tr>
<tr>
<td>$20 a rider and free overnight camping</td>
</tr>
</tbody>
</table>
## MOTOR SPORTS

<table>
<thead>
<tr>
<th>Sandia Speedway</th>
<th>100 Speedway Park Blvd.</th>
<th>(505) 352-8888</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-purpose tracks for motocross, drifting, karting, &amp; more- $75 to race your own sports car</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## RIVER SPORTS

<table>
<thead>
<tr>
<th>New Mexico River Adventures</th>
<th>(505) 983-7756</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rio Grande &amp; Rio Chama</td>
<td></td>
</tr>
<tr>
<td>Offers student discounts for rafting, kayaking, and paddling</td>
<td></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Sol Board Sports</th>
<th>8414 Jefferson St. NE</th>
<th>(505) 665-9707</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rio Grande &amp; Cochiti Lake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lessons, rentals, and events for stand-up paddle boarding and windsurfing</td>
<td></td>
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</tbody>
</table>

## SHOOTING SPORTS

<table>
<thead>
<tr>
<th>Albuquerque Archery Shoppe</th>
<th>2910 Carlisle Blvd. NE</th>
<th>(505) 878-9768</th>
</tr>
</thead>
<tbody>
<tr>
<td>$10 an hour for bow and arrows</td>
<td></td>
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<thead>
<tr>
<th>Calibers Rifle Range</th>
<th>4340 Cutler Ave. NE</th>
<th>(505) 977-9715</th>
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<td>Rifles, machine guns, and handguns</td>
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## SKATEBOARD

<table>
<thead>
<tr>
<th>BZ Skateshop</th>
<th>3025 Central Ave. NE</th>
<th>(505) 294-9610</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skateboarding &amp; snowboarding gear</td>
<td></td>
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<tr>
<th>Haven Skate Shop</th>
<th>114 Vassar Dr. NE</th>
<th>(505) 232-6697</th>
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<tr>
<td>Skate culture products and art</td>
<td></td>
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<tr>
<th>Silver Skate Shop</th>
<th>2116 Central Ave. SE</th>
<th>(505) 264-9839</th>
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<tr>
<td>Like on FB for discounts &amp; contests</td>
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<tr>
<th>Alamosa Skatepark</th>
<th>6900 Gonzales Rd. SW</th>
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<td>12’ bowl, full pipe, concrete course, and stair sets with hubbas</td>
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<td>8 step stair rail, quarter pipe, ramps, ledges, banks, and half-concrete structures</td>
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</table>
**SKY DIVE**

<table>
<thead>
<tr>
<th>Skydiving Albuquerque</th>
<th>(505) 796-6524</th>
<th><strong>FREE</strong></th>
<th><strong>10 OR LESS</strong></th>
<th><strong>ON CAMPUS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Skydiving Albuquerque</td>
<td>10248 Coors Bypass NW</td>
<td><strong>FREE</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Student discounts & group discounts available

**SNOWBOARD & SKI**

<table>
<thead>
<tr>
<th>Angel Fire</th>
<th>510 Miller Lane, Angel Fire, NM</th>
<th>(844) 218-4107</th>
<th>Snowboarding, skiing, Nordic skiing, tubing, sledding, and other winter activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandia Peak Ski &amp; Tramway</td>
<td>30 Tramway Rd. NE</td>
<td>(505) 242-9052</td>
<td>Winter sports, summer sports, and a world-class tram</td>
</tr>
<tr>
<td>Ski Santa Fe</td>
<td>New Mexico State Highway 475</td>
<td>(505) 982-4429</td>
<td>Discounted lift tickets for people 20 years and younger</td>
</tr>
<tr>
<td>Sipapu Ski Resort</td>
<td>5224 Highway 518 Vadito, NM</td>
<td>1-800-587-2240</td>
<td>Free lodging for first time visitors with purchase of 1 lift ticket</td>
</tr>
<tr>
<td>Taos Ski Valley</td>
<td>116 Sutton Place, Taos, NM</td>
<td>(575) 776-2291</td>
<td>Offers season pass discount for full-time students with schedule &amp; student id</td>
</tr>
</tbody>
</table>

**SURF & SWIM**

<table>
<thead>
<tr>
<th>ABQ Surf ‘n Slide</th>
<th>2500 Carlisle Blvd. NE</th>
<th>(505) 888-3311</th>
<th>Flow rider, wave pool, lazy river, &amp; waterslides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flow Rider: $15 per session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ABQ public pool day pass: $2.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday night pass: $0.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Highland Pool</td>
<td>400 Jackson St. SE</td>
<td>(505) 256-2096</td>
<td>Indoor pool: open year round</td>
</tr>
<tr>
<td>Los Altos Pool</td>
<td>10100 Lomas Blvd. NE</td>
<td>(505) 291-6290</td>
<td>Indoor pool: open year round</td>
</tr>
<tr>
<td>Sunport Pool</td>
<td>2033 Columbia Dr. SE</td>
<td>(505) 848-1398</td>
<td>Outdoor pool: open summers only</td>
</tr>
</tbody>
</table>
GO, LOBOS!

COLLEGE IS A GREAT TIME TO TRY NEW ACTIVITIES! MAINTAINING AN ACTIVE LIFESTYLE TAKES WORK SO BE SURE YOUR HARD WORK IS NOT BEING HINDERED BY ALCOHOL.

BINGE DRINKING & TRAINING DON’T MIX:
For every occasion of drinking that includes 4+ drinks consumed, a potential 2 weeks of training are lost.

ALCOHOL CAN STILL IMPACT BRAIN ACTIVITY 5-7 DAYS LATER:
Alcohol consumption increases the impairment of neurons as well as block neurons which are needed for fine movement and reaction time.

ALCOHOL DEHYDRATES MUSCLES:
Due to the dehydration effect alcohol has on muscles, injury rates are twice as high for athletes who drink.

ALCOHOL SLOWS DOWN METABOLISM:
Alcohol has no nutritional value so the body has to prioritize metabolizing it before any other proteins, fats, or carbs.

ALCOHOL SUPRESSES HORMONES UP TO 4 DAYS AFTER DRINKING:
Alcohol causes your liver to produce substances that are toxic to the body’s hormones such as Testosterone and HGH, which are necessary for growth, muscle repair, producing energy, and storing energy.

ALCOHOL DEPLETES VITAMINS & MINERALS:
Alcohol affects the body’s ability to absorb vitamins and minerals from food as well as store them, transport them, and produce them within the body.

WANT TO BURN OFF YOUR DRINKS?

IF YOU DRINK:   YOU NEED TO DO:
1 glass of champagne  22 minutes of walking
1 Coors Light  28 minutes of walking
1 Whiskey & Coke  40 minutes of walking
1 Margarita  1 hours of walking
1 Gin & Tonic  25 minutes of walking
1 White Russian  3 hours of walking
1 Mai Tai  2 hours of walking
1 Long Island Iced Tea  2 hours of walking
1 Cosmopolitan  1 hour of walking
1 Samuel Adams  50 minutes of walking
1 Blue Moon  35 minutes of walking
1 Bloody Mary  45 minutes of walking

SHOUT OUT TO OUR NCAA STUDENT ATHLETES FOR PRIORITIZING THEIR HEALTH IN AND OUT OF THE GAME!
DUE TO DRINKING ALCOHOL...
88% have never been hurt or injured.
94% have never been late or missed practice or a game.
84% have never performed poorly in practice or a game.
Je m e z H o t s P r i n g s
NM State Highway 4 (Jemez Springs, NM)
Multiple outdoor hot springs- some are clothing optional

Montezuma H o t s P r i n g s
State Route 65 (Montezuma, NM)
(505) 836-2810
Outdoor hot springs along Rio Gallinas and near Montezuma Castle

O j o C a l i e n t e m i n e r A l s P r i n g s
50 Los Banos Dr. (Ojo Caliente, NM)
World-renowned springs that flow from a volcanic aquifer as well as a mud pool
NM residents have free entries on their birthday

T e n T h o u s a n d W a v e s
3451 Hyde Park Rd. (Santa Fe, NM)
(505) 982-9304
Outdoor hot tubs inspired by Japanese mountain hot spring resorts
$25 per person to use communal hot tubs

Albuquerque O p e n S p a c e L a n d s
6500 Coors NW (Visitor’s Center)
(505) 897-8831
Get maps of places with trails, find unique land art, or attend a community event

H o t S p r i n g s
Aztec Ruins National Monument
Ruins Rd. (Aztec, NM)
(505) 334-6174
Ancient ceremonial structures and passageways

Bandelier National Monument
15 Entrance Rd. (Los Alamos, NM)
(505) 672-3861
Trails, waterfalls, and pueblos

Carlsbad Caverns National Park
727 National Parks Highway
(505) 785-2232
One of the largest ancient sea chambers that is home to seventeen species of bats

Chaco Canyon National Historical Park
NM 550 (Nageezi, NM)
(505) 786-7014
The densest concentration of pueblos in the southwest and an international dark sky park, featuring the Chaco Observatory

El Malpais National Monument
140: Exit 89 (Grants, NM)
(505) 783-4774
Numerous trails to explore ice caves, lava tubes, lava flows, and cinder cones

Four Corners National Monument
4 Corners Road (Teeo Nos Pos, NM)
The only place in the US where you can stand in four states at once

Kasha-Katuwe Tent Rocks National Monument
Indian Service Route 92 (Cochiti, NM)
(505) 331-6259
Hike through rock tunnels formed by a volcanic explosion 7 million years ago

Petroglyph National Monument
6510 Western Trail NW
(505) 899-0205 ext. 331
Volcanic basalt with symbols carved by Pueblo peoples and Spanish settlers from over 700 years ago

White Sands National Monument
U.S. Highway 70 (Alamogordo, NM)
(505) 479-6124
The world’s largest gypsum dunefield

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

Billy the Kid National Scenic Byway
791 US-70 (Ruidoso Downs, NM)
(575) 378-5318
Tour famous Wild West locations

NATIONAL PARKS

ROAD TRIPS

ADVENTUROUS
## ROAD TRIPS

**Bisti Badlands/De-Na-Zin Wilderness**
7297 County Rd. (Farmington, NM)
(505) 564-7600
- Hike around unique rock formations left from an ancient swamp

**Blue Hole**
1085 Blue Hole Rd. (Santa Rosa, NM)
- Swimming and scuba diving

**Catwalk Trail**
Highway 174 (Glenwood, NM)
- Whitewater Canyon trail with picnic and swimming areas

**Fiesta Drive-In Theater**
1003 Lopezville Rd. (Carlsbad, NM)
(505) 885-4126
- Outdoor retro theater runs Friday-Sunday and all movies start at 7:45 PM

**Fort Union Drive-In Movie Theater**
3300 7th St. (Las Vegas, NM)
(505) 539-2481
- A classic drive-in that has been revamped with a digital projector and screens new releases- open on weekends with $20 per car admission

**Getaway Adventures**
Johnson Center: Rec Services
(505) 277-4380
- Join other UNM students in outdoor excursions such as rock climbing, windsurfing, scuba diving, snowshoeing, and hiking by moonlight

**NRAO Very Large Array**
401 W Fiesta Dr. (Socorro, NM)
(505) 835-7000
- Astronomy observatory that gives guided tours

**Salman Raspberry Ranch**
NM 518 (Buena Vista, NM)
866-281-1515
- Raspberry field is open for picking from August to October costs $6 per pound

**Soda Dam**
NM 4 (Jemez Springs, NM)
- A build-up of mineral deposits that have formed a uniquely beautiful dam

**Turquoise Trail National Scenic Byway**
NM 14 (Albuquerque to Santa Fe)
- Desert landscapes and quirky towns

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## TOURS

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

**Routes Bicycle Tours & Rentals**
404 San Felipe St. NW
(505) 933-5667
- Go on Bosque, Haunted, Breaking Bad, Balloon Fiesta, and other themed biking tours
Bosque del Apache National Wildlife Refuge
1001 NM 1 (San Antonio, NM)
(575) 838-2120
Thousands of migrating birds take refuge in the fields and lakes during autumn.

Wildlife Spirit Wolf Sanctuary
378 Candy Kitchen Rd. (Ramah, NM)
(505) 775-3304
Rescued wolves and similar species - $10 standard tours as well as feeding tours and camping packages.

Wildlife West Nature Park
87 N Frontage Rd. (Edgewood, NM)
(505) 281-7655
Native New Mexican zoo that hosts various nature festivals. Open March-October and offers student discounted admission.

The Party Smart Tips

Whether you go to a bar, attend a party, or unwind with a drink at home, avoiding the consequences of excess drinking can ensure you have enjoyable drinking experiences!

Decide Ahead Not to Exceed a Set Number of Drinks:
Consuming drinks based on urges can lead to accidentally over-drinking, so set a limit for yourself and stick to it. Party planning isn’t just for the host!

Alternate with Non-Alcoholic Beverages:
Alcohol is known to severely dehydrate muscles, including the brain. Avoid the hangover headache by remembering to hydrate and keep the good times going!

Eat Before and During the Time You Are Drinking:
Food in your stomach slows down your body’s absorption of alcohol to prevent reaching a dangerous B.A.C. Go ahead and indulge in some tasty food!

Limit the Number of Drinks Per Hour:
The average body metabolizes one drink per hour. Too much alcohol in a short amount of time hinders your body from properly metabolizing it. So, sit back and enjoy your time!

Keep Track of the Number of Drinks You Have:
Solo cups, mixed drinks, and some draft beers contain more alcohol than one standard drink. Know what you’re drinking to help know how much you’re drinking!

Avoid Participating in Drinking Games:
Drinking games tend to lead to binge drinking and losing track of the number of drinks you have had. Avoid the consequences of risky drinking to maintain the fun!

Watch a Friend’s Drink While He or She Is Gone:
Meeting new people can be fun, but it’s always good to bring along a friend you know and trust. Keep your friends close and keep control of the situation!

Hang out with People Who Drink Less or More Slowly:
College can be a stressful time, but having the right people in your life can make it easier. Be sure your friends support you in reaching your goals!
ABQ Bio Park
903 10th St.
(505) 768-2000
Zoo, aquarium, and a botanical garden to explore

Cliff’s Amusement Park
4800 Osuna Rd. NE
(505) 881-9373
Amusement park rides, carnival games, and water park

Dinner Detective
2101 Louisiana Blvd. NE (Marriott)
(866) 496-0535
An interactive dinner mystery show. Groups of 10 get $5 off per person

Fractal Friday
1801 Mountain Rd. NW
(505) 841-2800
First Friday of every month the planetarium shows a series of fractal shows

NM Escape Room
3916 Carlisle Blvd. NE
(505) 289-1002
Work together to decode messages and solve puzzles to escape from locked rooms
### FUN

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meow Wolf</strong></td>
<td>1352 Rufino Cir. (Santa Fe, NM)</td>
<td>(505) 395-6369</td>
<td>An interactive art installation exhibit stays open late on Friday and Saturday nights.</td>
</tr>
<tr>
<td><strong>Tingley Beach</strong></td>
<td>1800 Tingley Dr. SW</td>
<td>(505) 768-2000</td>
<td>Fishing, picnic spots, paddle boats, and easy hiking trails.</td>
</tr>
<tr>
<td><strong>Zia Kites</strong></td>
<td>6401 Academy Rd. NE</td>
<td>(505) 363-0462</td>
<td>Stunt, trick, and kid kites.</td>
</tr>
</tbody>
</table>

### GAMES

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Empire Board Game Library</strong></td>
<td>3503 Central Ave. NE</td>
<td>(505) 232-4263</td>
<td>Choose from hundreds of board games- $3 an hour to play.</td>
</tr>
<tr>
<td><strong>Gamers Anonymous</strong></td>
<td>1512 Wyoming Blvd. NE</td>
<td>(505) 332-0717</td>
<td>Play retro arcade games and search through retro games and equipment.</td>
</tr>
<tr>
<td><strong>Louie’s Lounge</strong></td>
<td>SUB: Level 1</td>
<td>(505) 277-0340</td>
<td>Xbox, ping pong, and pool tables.</td>
</tr>
<tr>
<td><strong>Old West Comics &amp; Games</strong></td>
<td>5201 Lomas Blvd. NE</td>
<td>(505) 312-7385</td>
<td>Vintage comics, video games, and figurines.</td>
</tr>
</tbody>
</table>

### MOVIES

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Century 14 Downtown</strong></td>
<td>100 Central Ave. SW</td>
<td>(505) 243-9555</td>
<td>New release films.</td>
</tr>
<tr>
<td><strong>Dyna Theater</strong></td>
<td>1801 Mountain Rd. NW</td>
<td>(505) 841-2800</td>
<td>Nature, science, and history documentaries and an IMAX theater.</td>
</tr>
<tr>
<td><strong>Guild Cinema</strong></td>
<td>3405 Central Ave. NE</td>
<td>(505) 255-1848</td>
<td>Independent and limited distribution films.</td>
</tr>
<tr>
<td><strong>Icon Cinema</strong></td>
<td>13120 Central Ave. SE</td>
<td>(505) 814-7469</td>
<td>New release films, reclining chairs, and all-you-can-eat popcorn and drinks.</td>
</tr>
</tbody>
</table>
MOVIES

**Mid-Week Movies**
SUB: Room 1018
(505) 277-0481
Pre-dvd release films, $15 semester passes or $2 per movie

**Movies on the Plaza**
401 2nd St. NW
(505) 768-4575
Various films- Wednesdays after sunset during the summer

**Regal Winrock Cinema 16**
2100 Louisiana Blvd. NE
(505) 881-2220
New release films and an IMAX theater

READ

**ABC Library Main Branch**
501 Copper Ave. NW
(505) 768-5170
Printed and electronic reading

**Bookworks**
4022 Rio Grande Blvd. NW
(505) 344-8139
Books from local and touring authors

**Downtown Books**
109 8th St. SW
(505) 243-4492
Eclectic and odd used books

**The Bookcase**
113 Cornell Dr. SE
(505) 232-9090
Stacks of used books full of hidden gems

TOYS

**Astro-Zombies**
3100 Central Ave. SE
(505) 232-7800
Comics and collectibles

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

**Duran Central Pharmacy**
1815 Central Ave. NW
(505) 247-4141
A cafe that includes a novelty gift shop

**Out of the Blue**
2502 Rio Grand Blvd. NW
(505) 242-4455
Fun and educational toys
H O W  S U S T A I N A B L E  I S  Y O U R  P A R T Y  L I F E ?

WHEN YOU ARE BUSY HAVING FUN IT CAN BE EASY TO FORGET HOW BIG OF AN IMPACT PARTying CAN HAVE. COSAP WANTS TO REMIND UNM STUDENTS HOW IMPORTANT IT IS TO GENERATE AS LITTLE WASTE AS POSSIBLE WHEN DRINKING!

HOW MUCH WASTE IS PRODUCED AT A PARTY?
2 hours with 12 guests & 3 beers per guest = 36 bottles of waste
*based on 24 bottle cases

HOW LONG WILL IT TAKE FOR PARTY WASTE TO DECOMPOSE?
1 GLASS BOTTLE: decomposes in 1,000,000 years
1 SOLO CUP: decomposes in 100-500 years
1 ALUMINUM CAN: decomposes in 80-200 years
1 STYROFOAM CUP: decomposes in 0 years

It takes the same amount of energy to make 1 new aluminum can as it does to make 20 recycled cans.
Glass bottles are 100% recyclable.

HOW MUCH PARTY WASTE ENDS UP IN THE OCEAN?
BOTTLE CAPS: 13,585,425  GLASS BOTTLES: 7,062,199  STRAWS/STIRRERS: 6,263,453
PULL TABS: 1,624,575  6 PACK RINGS: 957,675  *collected during a 25 year period

Party waste that ends up in the ocean destroys an estimated 1,000,000 sea creatures per year.

To recycle your party waste, take advantage of the recycling pick-ups and take glass waste to one of the drop-off sites. The nearest site to UNM can be found behind WisePies Arena A.K.A. The Pit: 1701 University SE. For more info about Albuquerque Recycling visit www.cabq.gov/solidwaste/recycling.
ART SUPPLIES

ARTISAN
3017 Monte Vista Blvd. NE
(505) 256-4540
Large selection of quality fine arts supplies

CAMERA AND DARK ROOM
2530 Washington NE
(505) 255-1133
New Mexico’s largest photography retailer

LA UNDERGROUND
2000 Central Ave. SE
(505) 246-9455
Spray paint supplies

NOB HILL FABRICS
3810 Central Ave. SE.
(505) 266-0674
Sewing supplies

THE YARN STORE
120 Amherst Dr. NE
(505) 777-1535
Spinning, knitting, and crocheting supplies
ART SUPPLIES

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stone Mountain Bead Factory</td>
<td>4008 Central Ave. SE</td>
<td>(505) 260-1121</td>
<td>Beads and jewelry-making supplies</td>
</tr>
</tbody>
</table>

ART VENUES

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>516 Arts</td>
<td>516 Central Ave. SW</td>
<td>(505) 242-1445</td>
<td>Exhibitions and workshops</td>
</tr>
<tr>
<td>Art Attack</td>
<td>3137 San Mateo Blvd. NE</td>
<td>(505) 298-3275</td>
<td>A variety of ceramics to paint, studio fee special: Wednesdays</td>
</tr>
<tr>
<td>Factory on 5th Art Space</td>
<td>1715 5th St. NW</td>
<td>(505) 463-5824</td>
<td>Gallery and performance center for a variety of art forms</td>
</tr>
<tr>
<td>Graft</td>
<td>1415 4th St. SW</td>
<td>(505) 585-1415</td>
<td>Collaborative art space that features innovative exhibitions, events, and workshops</td>
</tr>
<tr>
<td>Harwood Art Center</td>
<td>1114 7th St. NW</td>
<td>(505) 242-6367</td>
<td>Art exhibitions, classes, and programs</td>
</tr>
<tr>
<td>Kelly Jo Designs</td>
<td>6829 4th St. NW</td>
<td>(505) 341-1893</td>
<td>Themed painting classes: art supplies and refreshments are provided</td>
</tr>
<tr>
<td>Mama’s Minerals</td>
<td>800 20th St. NW</td>
<td>(505) 266-8443</td>
<td>Various jewelry-making classes</td>
</tr>
<tr>
<td>Not Made In China</td>
<td>915 Yale Blvd. SE</td>
<td>(505) 243-0228</td>
<td>Pottery gallery and classes</td>
</tr>
<tr>
<td>Off Center Community Arts Project</td>
<td>808 Park Ave. SW</td>
<td>(505) 247-1172</td>
<td>Free art and craft supplies, workshops, and shows</td>
</tr>
<tr>
<td>Stranger Factory</td>
<td>3411 Central Ave. NE</td>
<td>(505) 508-3049</td>
<td>Features Circus of Posterus artists: gallery, prints, and novelties</td>
</tr>
</tbody>
</table>

ON CAMPUS

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>LOCO CASH</td>
<td></td>
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<tr>
<td>FREE</td>
<td></td>
<td></td>
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<tr>
<td>$10 OR LESS</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>ON CAMPUS</td>
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</tr>
</tbody>
</table>
ART VENUES

THE TALKING FOUNTAIN GALLERY BOUTIQUE AND ARTISTIC EPICENTER
4207 Lead Ave. SE
(505) 268-1916
A venue for all kinds of creativity including its own food truck

TAMARIND INSTITUTE
2500 Central Ave. SE
(505) 277-3901
A world-class lithography printmaking studio and gallery that is open and free during the week

UNM ARTS AND CRAFTS STUDIO
Student Union Building: Room 1098
(505) 277-6554
$12 student membership for pottery wheels, kilns, and silversmith bench

MUSEUMS

ALBUQUERQUE MUSEUM OF ART AND ART HISTORY
2000 Mountain Rd. NW
(505) 242-4600
Art, history, and culture in the southwest
Free admission: Sundays 9am-1pm

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 and science of hot air balloons, balloon-flying simulator
Free admission: Sundays 9am-1pm

EXPLORA: SCIENCE CENTER AND CHILDREN’S MUSEUM
1701 Mountain Rd. NW
(505) 224-8300
Adult night: 3rd Friday of every month during after hours

GEOLGY AND METEORITE MUSEUM
Northrop Hall: Room 24
(505) 277-2747
Over 20,000 rocks, minerals, gems, fossils, and meteorites

GREENHOUSE CONSERVATORY
Castetter Hall: Room 21
(505) 277-3411
Open for public viewing during weekdays

HOLocaust and intolerance MUSEUM OF NEW MEXICO
616 Central Ave. SW
(505) 247-0606
History of the Holocaust, Armenian and Greek genocides, and the inhumane treatment of Native Americans in the US

INdIAN PUEBLO CULTURAL CENTER
2401 12th St. NW
(505) 843-7290
Invaluable objects from 19 Pueblos including pottery, paintings, and jewelry
**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 and ancestors

**Museum of Southwestern Biology**  
C.E.R.I.A. Building  
(505) 277-4360  
Vertebrates, arthropods, plants, and genomic material from around the world

**National Hispanic Cultural Center**  
1701 4th St. SW  
(505) 247-2261  
Hispanic art, culture, and humanities  
Free admission: Sundays

**New Mexico Museum of Natural History and Science**  
1801 Mountain Rd. NW  
(505) 841-2800  
Historic exhibits including dinosaur fossils, planetarium, and Dyna-theater  
Free admission: First Sunday of every month

**National Museum of Nuclear Science and History**  
601 Eubank Blvd. SE  
(505) 245-2137  
History and applications of nuclear science, nuclear technology, and nuclear energy

**Sommers Gallery**  
Art Building: Room 202  
(505) 277-4001  
Fine Art exhibit showcasing student artwork

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

**Tinkertown Museum**  
121 Sandia Crest Rd.  
(505) 281-5233  
Antique toys, toy towns, circus relics, and more- $3.50 a person

**Turquoise Museum**  
2107 Central Ave. NW  
(505) 247-8650  
History of turquoise mining and a vast collection of turquoise minerals- $3 a person

**Unser Racing Museum**  
1776 Montano Rd. NW  
(505) 341-1776  
The history and technology of car racing as well as a racing simulator to try out for yourself
## MUSIC STORES

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Charley’s 33’s &amp; CD’s</strong></td>
<td>7602 Menaul Blvd. NE</td>
<td>(505) 298-3685</td>
<td>Buy, sell, and trade vintage vinyl records, cds, cassette tapes, and other goodies</td>
</tr>
<tr>
<td><strong>Music Mart</strong></td>
<td>3301 Carlisle Blvd. NE</td>
<td>(505) 889-9777</td>
<td>A variety of instruments and sheet music</td>
</tr>
<tr>
<td><strong>Nob Hill Music</strong></td>
<td>3419 Central Ave. SE</td>
<td>(505) 266-4200</td>
<td>Records, cds, and cassettes</td>
</tr>
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## PERFORMANCE VENUES

<table>
<thead>
<tr>
<th>Venue Name</th>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adobe Theater</strong></td>
<td>9813 4th St. NW</td>
<td>(505) 898-9222</td>
<td>Community theater</td>
</tr>
<tr>
<td><strong>Albuquerque Little Theatre</strong></td>
<td>224 San Pasquale Ave. SW</td>
<td>(505) 242-4750</td>
<td>Fully-staged theater productions</td>
</tr>
<tr>
<td><strong>Aux Dog Theatre</strong></td>
<td>3011 Monte Vista Blvd. NE</td>
<td>(505) 254-7716</td>
<td>Off-Broadway theatre productions and a variety of acting classes</td>
</tr>
<tr>
<td><strong>The Box Performance Space</strong></td>
<td>114 Gold Ave. SW</td>
<td>(505) 404-1578</td>
<td>Comedy, skits, improv, music, and other forms of live entertainment</td>
</tr>
<tr>
<td><strong>The Cell Theatre</strong></td>
<td>700 1st St.</td>
<td>(505) 766-9412</td>
<td>Music, dance, comedy, film, and more</td>
</tr>
<tr>
<td><strong>El Ray Theater</strong></td>
<td>622 Central Ave. SW</td>
<td>(505) 510-2582</td>
<td>Live music from local and touring musicians</td>
</tr>
</tbody>
</table>

## MUSEUMS

<table>
<thead>
<tr>
<th>Museum Name</th>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wheels Museum</strong></td>
<td>1100 2nd St. SW</td>
<td></td>
<td>History of the railroad in the Southwest</td>
</tr>
<tr>
<td>Performance Venue</td>
<td>Address</td>
<td>Phone Number</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-----------------------------</td>
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</tr>
<tr>
<td>Isleta Amphitheater</td>
<td>5601 University Blvd. SE</td>
<td>(505) 452-5100</td>
<td>Popular artist outdoor concerts</td>
</tr>
<tr>
<td>Keller Hall</td>
<td>UNM Center for the Arts</td>
<td>(505) 277-4569</td>
<td>Recitals from faculty, students, and guests</td>
</tr>
<tr>
<td>Kimo Theater</td>
<td>421 Central Ave. NW</td>
<td>(505) 768-3522</td>
<td>Theater, film, and musical performances</td>
</tr>
<tr>
<td>North Fourth Art Center</td>
<td>4904 4th St. NW</td>
<td>(505) 277-4569</td>
<td>Visual and performing arts including theater productions</td>
</tr>
<tr>
<td>The Outpost Performance Space</td>
<td>210 Yale Blvd. SE</td>
<td>(505) 268-0044</td>
<td>Jazz, blues, roots, folk, classical, and experimental music shows and classes</td>
</tr>
<tr>
<td>Popejoy Hall</td>
<td>UNM Center for the Arts</td>
<td>(505) 277-4322</td>
<td>Touring Broadway musicals, symphony concerts, and more- show student id for discount</td>
</tr>
<tr>
<td>Rodey Theatre</td>
<td>UNM Center for the Arts</td>
<td>(505) 277-4322</td>
<td>Student performances</td>
</tr>
<tr>
<td>Sandia Amphitheater</td>
<td>30 Rainbow Rd.</td>
<td>(505) 796-7500</td>
<td>Popular artist concerts</td>
</tr>
<tr>
<td>Sunshine Theater</td>
<td>120 Central Ave. SW</td>
<td>(505) 764-0249</td>
<td>Concerts by touring artists</td>
</tr>
<tr>
<td>Tricklock Performance Laboratory</td>
<td>110 Gold Ave. SW</td>
<td>(505) 414-3738</td>
<td>Performances that focus on pushing artistic boundaries</td>
</tr>
<tr>
<td>The Vortex Theatre</td>
<td>2900 Carlisle Blvd. NE</td>
<td>(505) 247-8600</td>
<td>Local and national theater productions- check website for free events</td>
</tr>
</tbody>
</table>
YOU GO TO SCHOOL TO LEARN AND YOU GO OUT TO HAVE FUN. GETTING IN TROUBLE WITH THE LAW WILL NOT ONLY SPOIL THE GOOD TIMES BUT WILL IMPACT YOUR FUTURE CAREER THAT YOU ARE WORKING TOWARDS AT UNM. PARTY ON BUT PARTY SAFE AND SMART!

**LEGAL CONSEQUENCES**

**SHOWS UP ON BACKGROUND CHECKS:**
Many careers require passing a background check. Having a DWI show up can result in an automatic disqualification for that job, such as many educational jobs.

**PERMANENT CRIMINAL RECORD:**
The employer of every job you apply for will see it. It can determine their decision between hiring you or someone else.

**CANNOT ATTAIN PROFESSIONAL LICENSE:**
Some professional fields like medicine, dentistry, engineering, law, and social health work will not allow you to practice if you have a DWI on your record.

**DRIVERS LICENSE IS REVOKED:**
Some jobs require having a valid drivers license as well as having reliable transportation.

**LOSS OF INSURANCE:**
Getting a DWI can result in some insurance companies dropping you or increasing your rates dramatically.

**MANDATORY FIRING POLICY:**
Some employers have the policy of automatically firing employees convicted of a crime, which means they are notified of the crime immediately.

PURCHASING OR PROVIDING ALCOHOL TO A MINOR ISN’T A BIG DEAL, RIGHT?
WRONG, IT’S A FOURTH DEGREE FELONY: In the state of New Mexico, committing this crime is considered a fourth degree felony even if you are a minor. You can face up to 18 months in prison and a $5,000 fine. Worse, it will affect your right to...

- Get a job
- Join organizations
- Run for office
- Apply for student loans
- Purchase firearms

WOMEN & ALCOHOL

WOMEN HAVE MET MEN IN BINGE DRINKING RATES, BUT WOMEN’S BODIES PROCESS ALCOHOL DIFFERENTLY THAN MEN. COSAP WANTS LADY LOBOS TO KNOW HOW ALCOHOL AFFECTS THEM SO THEY CAN MAKE INFORMED CHOICES WHILE DRINKING!

WOMEN TEND TO WEIGH LESS:
Having a smaller body mass causes a higher concentration of alcohol in the bloodstream.

WOMEN HAVE LESS BODY WATER:
Women have 10–20% less body water than men which means there is less water-based tissue to absorb alcohol before going into the bloodstream.

WOMEN METABOLIZE ALCOHOL MORE SLOWLY:
Women have 70–80% less of the metabolizing enzyme than men which means alcohol is not as metabolized before going into the bloodstream.

WOMEN ABSORB MORE ALCOHOL IN THE BLOODSTREAM:
Women absorb 30% more alcohol in their blood stream than men which causes more intense inebriation.

WOMEN HAVE MONTHLY HORMONE CHANGES:
Increases in estrogen as well as loss of blood during menstruation cause peak levels of inebriation to last for a longer amount of time.

DRINKING WHILE SEXUALLY ACTIVE IS RISKY:
Consuming alcohol in the earliest stages of pregnancy can cause Fetal Alcohol Syndrome. Always use protection!

FIND OUT MORE

Diary of Lady Lobo (DOLLs) is a COSAP program that puts on an annual event with other UNM departments to inform and empower women in their drinking habits. Visit fb.com/UnmCosp to find out when these events are happening—open to all!
1. WHAT BAND MADE THE TERM “4/20” POPULAR?
   *The Grateful Dead* - it was originally a police code which the band used on a concert flyer in 1990 and made the term widespread.

2. T/F: COCA-COLA TRANSPORTATION TRUCKS WERE ONCE CALLED DOPE WAGONS.
   True - in the early 20th century the soft drink contained cocaine syrup.

3. 1 IN 3 MOVIES SHOW PEOPLE DOING WHAT ACTION?
   Getting drunk - similarly, 1 in 3 songs includes alcohol, drugs, or tobacco use in lyrics or video.

4. A HANGOVER HEADACHE IS CAUSED BY THE BRAIN SHRINKING.
   True - alcohol dehydrates the entire body including brain cells.

5. WHAT IS THE WORLD’S OLDEST WRITTEN RECIPE FOR?
   Beer - 4,000 year old fermentation recipe by the Sumerians.

6. HOW MANY GRAPES DOES IT TAKE TO MAKE A BOTTLE OF WINE?
   600-800 grapes

7. T/F: 1 HOUR OF SMOKING HOOKAH IS THE SAME AS SMOKING 1 CIGARETTE.
   False - it is equivalent to smoking 10 cigarettes.

8. HOW LONG OF A DRUG HISTORY CAN A HAIR TEST SHOW?
   90 days - what a person tests positive for depends on the type of drug and frequency of use.

9. WHAT ARE THE STANDARD DRINK SIZES FOR BEER, WINE, AND LIQUOR?
   Beer - 12 fl. oz, Wine - 5 fl. oz, Liquor - 1.5 fl. oz - some mixed drinks contain multiple standard drink sizes and are not considered “1 drink.”

10. WHAT DRUG CAUSES MORE DEATHS THAN HEROIN AND COCAINE COMBINED?
    Prescription painkillers - New Mexico actually leads in national opioid overdoses (keep an eye out for future COSAP programs about this issue).

11. T/F: COFFEE IN THE MORNING WILL HELP SOBER A PERSON UP.
    False - coffee blocks arteries which helps relieve headache pain from a hangover but only time can sober up a person.

12. HOW MANY BUBBLES ARE IN A BOTTLE OF CHAMPAGNE?
    50 million bubbles

13. HOW MANY GALLONS OF WATER DOES IT TAKE TO PRODUCE ONE BOTTLE OF BEER?
    15 gallons of water

14. WHAT PORTION OF THE UNM STUDENT BODY DO NOT CONSUME ALCOHOL?
    1/3 of the UNM student body reported not drinking in the 2015 UNM Student Lifestyle Survey.

15. HOW MUCH MONEY WILL A PERSON WHO SMOKES A PACK DAY SAVE IF THEY QUIT?
    $25,000 - $30,000

16. T/F: LSD TRIPS CAN LAST OVER 10 HOURS.
    True - it can last up to 12 hours.

17. HOW MANY GALLONS OF WATER DOES IT TAKE TO PRODUCE ONE BOTTLE OF BEER?
    15 gallons of water

18. WHAT DRUG CAUSES A CHEMICAL DEPENDENCY AFTER ONE USE?
    Meth

19. T/F: CLEAR ALCOHOL IS MORE LIKELY TO GIVE YOU A HANGOVER.
    False - dark colored liquors contain congeners which cause worse hangovers.

20. WHAT DISORDER CAN MARIJUANA TRIGGER IF YOU ARE GENETICALLY PREDISPOSED TO IT?
    Schizophrenia - knowing your family history is an important step to take before partaking in any substance that will alter brain chemistry.

TRIVIA ANSWERS

DID YOU KNOW...
### Fairs & Events

**Fall Frenzy**  
UNM Duck Pond  
(505) 277-0106  
Help clean up campus, plant flowers and trees around campus, and attend a picnic with games.

**Fiestas**  
UNM Johnson Field  
(505) 277-0106  
Annual outdoor concert that includes various entertainment and activities.

**Gathering of Nations Pow Wow**  
300 San Pedro Dr. NE (NM Expo)  
(505) 836-2810  
Over 500 North American tribes gather to sing, dance, and put on The Indian Traders Market.

**New Mexico State Fair**  
300 San Pedro Dr. NE (NM Expo)  
(505) 265-1791  
A wide variety of food, concerts, live entertainment, livestock shows, vendors, art and craft exhibits, contests, parades, carnival rides, a rodeo, and more.  
*check website to find out when free admission and discount ticket days are*

**Spring Storm**  
UNM Football Stadium  
(505) 277-0106  
Help with various community projects around the city followed by food, games, and music.

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Phone</th>
<th>$10 or Less</th>
<th>Free</th>
<th>On Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Frenzy</td>
<td>UNM Duck Pond</td>
<td>(505) 277-0106</td>
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<tr>
<td>Fiestas</td>
<td>UNM Johnson Field</td>
<td>(505) 277-0106</td>
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<td>Spring Storm</td>
<td>UNM Football Stadium</td>
<td>(505) 277-0106</td>
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</tbody>
</table>
FAIRS & EVENTS

ZOZOBRA
Ft. Marcy Park (Santa Fe, NM)
1-800-969-6272
A long-held historical New Mexico tradition to rid the community of evil- people write their glooms on paper to send to the Santa Fe Reporter to create “Old Man Gloom” and then come together to watch all their glooms burn down
*the southbound Rail Runner runs late for the event

FESTIVALS

ALBUQUERQUE INTERNATIONAL BALLOON FIESTA
5000 Balloon Fiesta Pkwy. NE (Balloon Fiesta Park)
(505) 821-1000
The world’s largest ballooning event featuring mass ascensions, glows, special shapes, contests, and live entertainment
*Take Rapid Ride to the nearest Park and Ride Transportation Center at the Coronado Mall

EARTH FEST
3500 Central Ave. SE
(505) 265-4631
Food, entertainment, and variety of booths with local farmers, crafters, and activists celebrating Earth and educating visitors about environmental issues

FLAMENCO FESTIVAL
1620 Central Ave. SE
(505) 242-7600
Flamenco musicians, dancers, singers, and artists from around the world come to ABQ for the second largest flamenco event in the world

GREAT NEW MEXICO FOOD TRUCK FESTIVAL
9201 Balloon Museum Dr. NE (Balloon Fiesta Park)
(505) 768-6020
Over 20 local foodtrucks and over 20 local craft breweries- every Spring season

HATCH CHILE FESTIVAL
Hatch, NM
(575) 267-1095
Recipe samples from the famous Hatch chile crops, the crowning of the Chile Queen, horseshoe and chile ristra contests, and more- $10 per car load

PIE FEST
Pie Town, NM
(505) 772-2525
Lots of pie to eat as well as pie eating contests and the crowning of Pie Queen

ROUTE 66 SUMMERFEST
Central from Girard to Washington
(505) 923-0759
New Mexico’s largest street festival

SOUTHWEST BACON FEST
9201 Balloon Museum Dr. NE (Balloon Fiesta Park)
(505) 768-6020
100 unique bacon dishes to try by top chefs- every Fall season
**FESTIVE**

**FESTIVALS**

**Southwest Chocolate & Coffee Fest**
300 San Pedro Dr. NE (NM Expo)  
(505) 343-8227
Chocolatiers, coffee roasters, candy makers, eating contests, and entertainment- every March

**UFO Festival**
Roswell, NM  
1-888-767-3378
Celebrate the anniversary of the famous UFO crash with alien costume contests, films, guest lecturers, and more

**HOLIDAYS**

**Adults-Only Valentine Tours**
903 10th St.  
(505) 768-2000
The zoo, aquarium, and botanical garden offer different love-themed tours

**Cinco de Mayo Folk Art & Music Fest**
Event location is in different ABQ neighborhood each year  
(505) 977-5290
Celebrate Mexican-American culture with lots of artists and musicians

**Freedom Fourth**
9201 Balloon Museum Dr. NE  
(505) 768-6020
New Mexico’s largest Independence Day celebration- Park and Ride services are available

**Hanging of the Greens**
UNM Bookstore  
(505) 277-4706
Luminarias, carolers, hot chocolate, and the presentation of the official wreath

**Isotopes Baseball and Fireworks**
1601 Avenida Cesar Chavez SE  
(505) 924-2255
Celebrate with America’s pastime and a firework show

**McCall’s Pumpkin Patch**
34 McCall Ln. (Moriarty, NM)  
(505) 832-9137
Hayrides, corn maze, haunted barn, pumpkin launching, and more

**Muertos y Marigolds Parade**
1250 Isleta SW  
(505) 363-1326
Paint your face and pluck a marigold to place on an alter for a passed loved one

**National Bean Day**
Wagon Mound, NM  
(575) 447-1597
Celebrate bean agriculture with a parade, rodeo, dance, and beans- every Labor Day weekend

**Nob Hill Shop and Stroll**
Central Ave. from Girard to Washington  
route66central.com for dates
**HOLIDAYS**

**Old Town Holiday Stroll**
N Plaza St. NW
Live music, dancing, carolers, luminarias, and Christmas light displays- check cabq.gov for dates

**Rio Grande Valley Celtic Festival**
9201 Balloon Museum Dr. NE (Balloon Fiesta Park)
(505) 768-6020
Celebrate St. Patrick’s Day with traditional Irish music, dancing, and games

**River of Lights**
2601 Central Ave. NW
(505) 768-2000
Spectacular Christmas light sculptures cover The Botanical Gardens

**The Funky Khaniyeh Freylekh**
3606 Rio Grande Blvd. NW
(505) 343-8227
The Nahalat Shalom offers food, music, and entertainment in celebration of Hanukkah

**Turkey Trek**
Locations vary- check runningguru.com
(505) 768-2000
10k, 5k and 1k run including turkey costume contest- profits go to charities

**SPORTS**

**Albuquerque Isotopes**
1601 Avenida Cesar Chavez SE
(505) 924-BALL
ABQ’s minor league baseball team that plays with the Pacific Coast League- watch games between April and September
*Lawn and Berm tickets are $7-$8

**Albuquerque Sol Football Club**
317 Commercial Ave. NE
(505) 510-2555
ABQ’s minor league soccer team affiliated with USL- watch matches between April and July

**New Mexico Stars**
3001 Civic Center Cir. NE (Rio Rancho- Santa Ana Star Center)
(505) 891-7300
New Mexico’s professional indoor football team- watch games between March and May

**UNM Athletics**
Locations vary
(505) 925-5858
Visit golobos.com to find all of the teams’ schedules, get tickets at the UNM Bookstore ticket office or at The Pit ticket office- students attend all sporting events for free

**SOCIAL NORMS**

DON’T LET THE MEDIA TELL YOU THAT COLLEGE = CRAZY PARTIES.
UNM STUDENTS PARTY SMART AND SAFE- STAY WITH THE PACK!

Number of alcoholic drinks UNM students think other UNM students consume in 1 week:
2.75 vs 6.5

Number of alcoholic drinks UNM student actually consume in 1 week:
<table>
<thead>
<tr>
<th>BRUNCH</th>
<th>ON CAMPUS</th>
<th>LOBO CASH &amp; STUDENT DISCOUNT</th>
<th>VEG-FRIENDLY</th>
<th>ORGANIC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boiler Monkey Bistro</strong></td>
<td><img src="image1" alt="Boiler Monkey Bistro" /></td>
<td>924 Mountain Rd.</td>
<td>(505) 315-0567</td>
<td>Specialty coffees, sweet and savory crepes, and homemade pies</td>
</tr>
<tr>
<td><strong>Cafe Lush</strong></td>
<td><img src="image2" alt="Cafe Lush" /></td>
<td>700 Tijeras Ave. NW</td>
<td>(505) 508-0164</td>
<td>Creative, healthy dishes made with fresh, local ingredients</td>
</tr>
<tr>
<td><strong>Gold Street Caffe</strong></td>
<td><img src="image3" alt="Gold Street Caffe" /></td>
<td>218 Gold Ave. SW</td>
<td>(505) 765-1633</td>
<td>American bistro with a New Mexican twist</td>
</tr>
<tr>
<td><strong>The Grove Cafe and Market</strong></td>
<td><img src="image4" alt="The Grove Cafe and Market" /></td>
<td>600 Central Ave. SE</td>
<td>(505) 248-9800</td>
<td>Cafe serves organic food sourced from local farmers and features a market with artisan products and gifts</td>
</tr>
<tr>
<td><strong>KAP's</strong></td>
<td><img src="image5" alt="KAP's" /></td>
<td>5801 Central Ave. SE</td>
<td>(505) 232-9658</td>
<td>Mom and pop diner</td>
</tr>
</tbody>
</table>
Cafes & Restaurants

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

**Tia B’s La Waffleria**
3710 Campus Blvd. NE
(505) 492-2007
Choose from non-traditional sweet and savory waffles or build your own waffle

**Weck’s**
933 San Mateo Blvd. NE
(505) 265-9237
New Mexican breakfast cuisine

**5 Star Burger**
1710 Central Ave. SW
(505) 764-3000
Beef, bison, and lamb burgers

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

**A & B Lunchbox**
414 Central Ave. SE
(505) 312-8819
Bistro with a hidden European style patio

**ABQ Food Truck Co-op**
(505) 315-3521
Follow on FB for specials and schedules of over 25 street food vendors
Talin Market: Wednesdays
Civic Plaza: Tuesdays

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

**B2B Bistrology**
3118 Central Ave. SE
(505) 262-2222
A variety of meat and veggie burgers
Sundays: 20% of sales go to local charities

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

**Church Street Cafe**
2111 Church St. NW
(505) 247-8522
New Mexican cuisine

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Brunch

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## CAFES & RESTAURANTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Daily Grind</strong></td>
<td>4350 Cutler Ave. NE</td>
<td>(505) 883-8310</td>
<td>American and New Mexican cuisine along with a variety of pastries, desserts, and drinks</td>
</tr>
<tr>
<td><strong>DG’s Deli</strong></td>
<td>1410 Martin Luther King Jr Ave. NE</td>
<td>(505) 247-3354</td>
<td>A locally-owned, made-from-scratch sandwich shop</td>
</tr>
<tr>
<td><strong>Dog House</strong></td>
<td>1216 Central Ave. NW</td>
<td>(505) 243-1019</td>
<td>New Mexican chili dogs</td>
</tr>
<tr>
<td><strong>El Patio</strong></td>
<td>142 Harvard Dr. SE</td>
<td>(505) 268-4245</td>
<td>New Mexican cuisine</td>
</tr>
<tr>
<td><strong>Frontier</strong></td>
<td>2400 Central Ave. SE</td>
<td>(505) 266-0550</td>
<td>New Mexican cuisine- a local favorite</td>
</tr>
<tr>
<td><strong>Gatos y Galletas</strong></td>
<td>414 Central Ave. SE</td>
<td>(505) 289-0775</td>
<td>Try out the popular Japanese cat cafe- $3 fee to just play with the cats</td>
</tr>
<tr>
<td><strong>Green Jeans Farmery</strong></td>
<td>3600 Cutler Ave. NE</td>
<td>(505) 358-0614</td>
<td>A hang-out area consisting of repurposed shipping containers that feature unique eateries like Amore Pizzeria, Rockin’ Taco, Rustic on the Green, Zeus’ Juices, ChillIN, and more</td>
</tr>
<tr>
<td><strong>Guava Tree Cafe</strong></td>
<td>118 Richmond Dr. NE</td>
<td>(505) 990-2599</td>
<td>Latin American cuisine and Cuban sandwiches</td>
</tr>
<tr>
<td><strong>Gyros</strong></td>
<td>106 Cornell Dr. SE</td>
<td>(505) 255-4401</td>
<td>Greek and Middle Eastern cuisine</td>
</tr>
<tr>
<td><strong>Hartford Square</strong></td>
<td>300 Broadway Blvd. NE</td>
<td>(505) 265-4933</td>
<td>Healthy, creative dishes made with local in-season ingredients</td>
</tr>
<tr>
<td><strong>Holy Cow</strong></td>
<td>700 Central Dr. SE</td>
<td>(505) 242-2991</td>
<td>Grass-fed beef burgers, hand-cut fries, and shakes</td>
</tr>
<tr>
<td><strong>Il Vicino</strong></td>
<td>3403 Central Ave. NE</td>
<td>(505) 266-7855</td>
<td>Wood-oven pizzas</td>
</tr>
</tbody>
</table>
CAFES & RESTAURANTS

**Kelly’s**
3222 Central Ave. SE  
(505) 262-2739
A historic Route 66 location that serves classic American dishes

**Little Red Hamburger Hut**
1501 Mountain Rd. NW  
(505) 304-1819
Tortilla burgers

**Los Cuates**
4901 Lomas Blvd. NE  
(505) 255-5079
A wide range of New Mexican dishes

**Mary & Tito’s Cafe**
2711 4th St. NW  
(505) 344-6266
New Mexican cuisine

**Model Pharmacy**
3636 Monte Vista Blvd. NE  
(505) 255-8686
Old-fashioned soda fountain shop that serves sandwiches, shakes, and more

**Olympia Cafe**
2210 Central Ave. SE  
(505) 266-5222
Greek cuisine

**Saghios**
107 Cornell Dr. SE  
(505) 255-5454
Pizza joint and Italian dishes

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

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

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

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

DELIVERY

**LOBO CASH or STUDENT DISCOUNT**

**VEG-FRIENDLY**

**ORGANIC**

ON CAMPUS
# On Campus

<table>
<thead>
<tr>
<th><strong>LOBO CASH</strong></th>
<th><strong>STUDENT DISCOUNT</strong></th>
<th><strong>VEG-FRIENDLY</strong></th>
<th><strong>ORGANIC</strong></th>
<th><strong>ON-CAMPUS</strong></th>
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<td><strong>ON-CAMPUS</strong></td>
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## Hungry

- **The Candy Lady**
  - Address: 424 San Felipe St. NW
  - Phone: (505) 243-6239
  - Description: Home of the Breaking Bad blue sky candy and much more

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

- **Choco-late duDe**
  - Address: 3339 Central Ave. NE
  - Phone: (505) 718-4656
  - Description: Large variety of flavors and toppings

- **Rebel Donuts**
  - Address: 2435 Wyoming Blvd. NE
  - Phone: (505) 293-0553
  - Description: Artistic and unique doughnuts

- **Rude Boy Cookies**
  - Address: 115 Harvard Dr. SE
  - Phone: (505) 200-2235
  - Description: Freshly baked cookies and a milk bar

## Fine Dining

- **Artichoke Cafe**
  - Address: 424 Central Ave. SE
  - Phone: (505) 243-0200
  - Description: French and Italian inspired cuisine

- **El Pinto**
  - Address: 10500 4th St.
  - Phone: (505) 898-0498
  - Description: Traditional Mexican and New Mexican fusion cuisine - a celebrity favorite

- **Farm and Table**
  - Address: 8917 4th St. NW
  - Phone: (505) 503-1771
  - Description: Ingredients are grown from their own farm and dishes are made from scratch

- **Fork & Fig**
  - Address: 6904 Menaul Blvd. NE
  - Phone: (505) 881-5293
  - Description: Gourmet burgers, sandwiches, wraps, and salads
<table>
<thead>
<tr>
<th><strong>FINE DINING</strong></th>
<th><strong>LOBO CASH or STUDENT DISCOUNT</strong></th>
<th><strong>VEG-FRIENDLY</strong></th>
<th><strong>ORGANIC ON CAMPUS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Los Poblanos Organic Farm</strong>&lt;br&gt;4803 Rio Grande Blvd. NW&lt;br&gt;(505) 344-9297</td>
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<tr>
<td>Upscale dishes prepared with ingredients from their farm</td>
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<tr>
<td><strong>Nob Hill Bar and Grill</strong>&lt;br&gt;3128 Central Ave. SE&lt;br&gt;(505) 266-4455</td>
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<tr>
<td>Beef, chicken, duck, fish, and more</td>
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<tr>
<td><strong>Scalo</strong>&lt;br&gt;3500 Central Ave. SE&lt;br&gt;(505) 255-8781</td>
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<tr>
<td>Italian cuisine</td>
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<tr>
<td><strong>Seasons Rotisserie and Grill</strong>&lt;br&gt;2031 Mountain Rd. NW&lt;br&gt;(505) 766-5100</td>
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<tr>
<td>Upscale American dishes</td>
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<tr>
<td><strong>Slate Street Cafe</strong>&lt;br&gt;515 Slate Ave. NW&lt;br&gt;(505) 243-2210</td>
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<tr>
<td>Bruschetta, sandwiches, and more</td>
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<tr>
<td><strong>Standard Diner</strong>&lt;br&gt;320 Central Ave. SE&lt;br&gt;(505) 243-1440</td>
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<tr>
<td>Modern twist on diner classics</td>
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</tr>
<tr>
<td><strong>Vinaigrette</strong>&lt;br&gt;1828 Central Ave. SE&lt;br&gt;(505) 842-5507</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A fine-dining picnic experience</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zacatecas</strong>&lt;br&gt;3423 Central Ave. NE&lt;br&gt;(505) 255-8226</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authentic Mexican taqueria</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zinc</strong>&lt;br&gt;3009 Central Ave. NE&lt;br&gt;(505) 254-9462</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French inspired bistro</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>GROWERS MARKETS</strong></th>
<th><strong>ABQ Uptown</strong></th>
<th><strong>Corrales Growers Market</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABQ Uptown</strong>&lt;br&gt;Uptown Northeast parking lot&lt;br&gt;Runs June-October&lt;br&gt;Saturdays 7am-12pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Corrales Growers Market</strong>&lt;br&gt;Recreation Center- 500 Jones Rd.&lt;br&gt;Spring Market runs April-November&lt;br&gt;Sundays 9am-12pm&lt;br&gt;Winter Market runs December-April&lt;br&gt;1st Sunday every month 11am-1 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HUNGRY** 33
### Growers Markets

<table>
<thead>
<tr>
<th>Market Name</th>
<th>Location</th>
<th>Operating Hours</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Market</td>
<td>Robinson Park - Central &amp; 8th St.</td>
<td>May-November, Saturdays 8am-12pm</td>
<td>Live music and entertainment</td>
</tr>
<tr>
<td>Lobo Growers Market</td>
<td>UNM Cornell Mall</td>
<td>277-3325</td>
<td>Spring semester: annual event that takes place around Earth Day, Fall semester: Runs September-October</td>
</tr>
<tr>
<td>Los Ranchos Growers Market</td>
<td>City Hall - 6718 Rio Grande Blvd. NW</td>
<td>May-August, Saturdays 7am-1pm</td>
<td>Live music and entertainment</td>
</tr>
<tr>
<td>Nob Hill Growers Market</td>
<td>Morningside Park - Morningside &amp; Lead</td>
<td>May-October, Thursdays 3pm-6:30pm</td>
<td></td>
</tr>
<tr>
<td>Railyards Market</td>
<td>ABQ Rail Yards - 777 1st St. SW</td>
<td>May-November, Sundays 9am-1pm</td>
<td>Live music, entertainment, and tour areas of the famous building</td>
</tr>
</tbody>
</table>

### Refreshments

<table>
<thead>
<tr>
<th>Shop Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Brew</td>
<td>311 Gold Ave. SW</td>
<td>(505) 363-9453</td>
<td>Coffee shop that grows their own coffee on their family farm</td>
</tr>
<tr>
<td>Deep Space Coffee</td>
<td>504 Central Ave. SW</td>
<td>(505) 322-2812</td>
<td>A cozy coffee shop with an artistic atmosphere designed to promote deep thinking</td>
</tr>
<tr>
<td>Epiphany Espresso</td>
<td>3600 Cutler Ave. NE (Green Jeans)</td>
<td>(505) 200-9476</td>
<td>Tea, coffee, espresso drinks, lemonades, and Italian sodas</td>
</tr>
<tr>
<td>Humble Coffee</td>
<td>4200 Lomas Blvd. NE</td>
<td>(505) 289-9909</td>
<td>Craft coffee shop and locally-made treats</td>
</tr>
<tr>
<td>Java Joe’s</td>
<td>906 Park Ave. SW</td>
<td>(505) 765-1514</td>
<td>Coffee, cafe, and live music throughout the week</td>
</tr>
</tbody>
</table>
REFRESHMENTS

Michael Thomas Coffee
202 Bryn Mawr SE
(505) 255-3330
Hand-roasted coffee, pastries and a large patio to enjoy them on

Satellite Coffee
Sub: Level 2
(505) 277-0189
Like the UNM Satellite’s FB to find out about contests just for UNM students

Squeezed Juice Bar
3339 Central Ave. NE
(505) 717-1407
Smoothies, raw juice, juice cleanses, acai bowls, and more

St. James Tea Room
320 Osuna Rd. NE
(505) 242-3752
A fancy tea party experience

Winning Coffee Co.
111 Harvard Dr. SE
(505) 266-0000
Coffee & cafe, live music, art shows, open mic nights, poetry slams, and more

Zendo
413 2nd St. SW
(505) 926-1636
Espresso bar and art gallery

HOW MANY HAMBURGERS ARE YOU DRINKING?

If you wouldn’t eat 5 hamburgers in one sitting, why would you drink 5 alcoholic drinks in one sitting? Binge drinking is just as unhealthy as it is dangerous, so choose your drinks wisely!

KEY

Adios Mother F***er
Amaretto Sour
Bloody Mary
Blue Moon
Champagne
Coors Light
Cosmopolitan
Cranberry Vodka
Deschutes IPA
Dessert Wine
Fat Tire
Gin & Tonic
Guinness Stout
Heinekin
Hot Toddler
Irish Car Bomb
Irish Coffee
Lemon Drop
Long Island Iced Tea
Killian’s Irish Red
Mai Tai
Manhattan
Martini
Mimosa
Margarita
Mudslide
New Castle Brown
Old Fashioned
PBR
Pina Colada
Red and White Whine
Rum & Coke
Samuel Adams Stout
Screwdriver
Sex on the Beach
Sierra Nevada IPA
Tom Collins
Vodka Redbull
Whiskey Coke
White Russian
Woodchuck Hard Cider

*McDonald’s Hamburger: 250 calories
Albuquerque Botanical Gardens
2601 Central Ave. NW
(505) 768-2000
36 acres of gardens and conservatories to walk through

Lobo Gardens
Off-campus site: Campus and Vassar
On-campus site: Hokona Hall
Contact growlobos@unm.edu to volunteer time or for event info

Rio Grande Community Farm
1260 Solar Rd. NW
(505) 916-1078
Volunteer your time, become a member, or attend a workshop or event

Sol Harvest Farm
8917 4th St. NW
(505) 306-1998
Tour, volunteer, or attend a community event such as yoga on the farm ($10 yoga classes)

Downtown Sports and Wellness
40 1st St. NW Suite 76
(505) 242-1500
Offers free trial and student-discounted membership
### GYMS

<table>
<thead>
<tr>
<th>Gym Name</th>
<th>Address</th>
<th>Phone</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defined Fitness</td>
<td>4930 McLeod Rd. NE</td>
<td>(505) 888-7097</td>
<td>Offers student-discounted membership</td>
</tr>
<tr>
<td>Liberty Gym</td>
<td>2401 Jefferson St. NE</td>
<td>(505) 884-8012</td>
<td>Offers $5 day pass and $25 month pass</td>
</tr>
</tbody>
</table>

### MASSAGE

<table>
<thead>
<tr>
<th>Massage Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Wisdom Therapeutics Massage and Bodywork</td>
<td>3212 Monte Vista Blvd. NE</td>
<td>(505) 710-6960</td>
<td>Massages and reflexology</td>
</tr>
<tr>
<td>Student Health and Counseling Massage Therapy Services</td>
<td>SHAC: Rooms 210 and 214A</td>
<td>(505) 277-3136</td>
<td>$40 for 50 min session- students can charge to bursar’s account</td>
</tr>
</tbody>
</table>

### MEDITATION

<table>
<thead>
<tr>
<th>Meditation Center</th>
<th>Address</th>
<th>Phone</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kadampa Meditation Center</td>
<td>8701 Comanche Rd. NE</td>
<td>(505) 292-5293</td>
<td>Take a meditation class or just stop by</td>
</tr>
</tbody>
</table>

### PARKS

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altura Park</td>
<td>Major cross streets: north of Constitution and Morningside</td>
<td>Includes grass field</td>
</tr>
<tr>
<td>Bataan Memorial Park</td>
<td>Major cross streets: Lomas and Amherst</td>
<td>Includes grass field</td>
</tr>
<tr>
<td>McDuffie Park</td>
<td>Major cross streets: Lomas and Solano</td>
<td>Includes grass field and a Little Free Library- entrances are alley ways</td>
</tr>
<tr>
<td>Morningside Park</td>
<td>Major cross streets: Lead and Morningside</td>
<td>Includes grass field and playground</td>
</tr>
<tr>
<td>Robinson Park</td>
<td>Major cross streets: Central and 8th St.</td>
<td>Includes grass field</td>
</tr>
<tr>
<td>Roosevelt Park</td>
<td>Major cross streets: Coal and Spruce</td>
<td>Includes grass field, playground, picnic benches, and frisbee disk golf posts</td>
</tr>
</tbody>
</table>
ON CAMPUS  
**LOBO CASH** or **STUDENT DISCOUNT**  
$10 OR LESS  
FREE  
**FREE ON CAMPUS**

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**SPAS**

**Albuquerque Baths**  
1218 Broadway Blvd. NE  
(505) 243-3721  
Hot tubs, saunas, cool baths, treatments, stone massages, and more  
*No appointment is needed to use baths-just bring a swimsuit and $15

**The Back Porch Day Spa**  
8525 Indian School Rd. NE  
(505) 822-9700  
Wraps, treatments, facials, massages, pedicures, and more

**Patty’s Salon and Spa**  
5410 Lomas Blvd. NE  
(505) 263-0111  
Treatments, facials, manicures, pedicures, massages, and more-offers 30 min foot reflexology session for $3

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**WEBSITES**

**Artistic & Calming**  
www.intolime.com  
weavesilk.com  
thisissand.com  
Unwind by taking a break to play with colors in relaxing ways

**Brain Teasers**  
www.lumosity.com  
mondaypunday.com  
theoatmeal.com  
Take a break but keep your brain active in fun ways

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**YOGA**

**ABQ Hot Yoga**  
724 Central Ave. SE  
(505) 243-4688  
Gentle warm yoga, fusion hot yoga, and hot power vinyasa yoga

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

**Enlighten Others**  
127 Bryn Mawr Dr. SE  
(505) 270-6876  
Get 15% off memberships and classes

**High Desert Yoga**  
4600 Copper Ave. NE  
(505) 232-9642  
De-stress, meditation, and other classes-offers discount for full-time students

**Sani Yoga**  
521 Central Ave. NW  
(505) 750-8526  
Offers $5 yoga classes as well as breathing and meditation, yogilates, and nadi yoga

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

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SUBSTANCE USE RESOURCES

CHECK OUT ALL THAT COSAP HAS TO OFFER SO YOU CAN MAKE INFORMED DECISIONS AND PARTY SAFE! IF YOU OR A FELLOW STUDENT EVER NEEDS HELP, DON'T HESITATE TO REACH OUT TO YOUR CAMPUS-WIDE SUPPORT SYSTEM.

ASSISTANCE

AGORA Student Crisis Center
1716 Las Lomas Rd.  
(505) 277-3013
Crisis line, short term support, and referrals

Alcohol Treatment @UNM
1820 Sigma Chi Rd.  
(505) 277-5165
Assessments, relapse service, and individual, couple, and family therapy; payments available on a sliding scale

Campus Office of Substance Abuse Prevention
Mesa Vista Hall: Room 3059  
(505) 277-2795
Information on substance use and referrals for students, staff, and faculty

LoboRESPECT Advocacy Center
University Advisement and Enrichment Center: Room 262  
(505) 277-2911
24/7 hour hotline, confidential reporting, education programs, and Lobo Food Pantry

Student Health and Counseling
SHAC building  
(505) 277-3136
Walk-ins and appointments available during weekdays 8am-5pm

ONLINE TOOLS

B.A.C. Calculator
casaa.unm.edu/baccom or cosap.unm.edu  
(505) 277-2795
Compute your estimated blood/breath alcohol concentration by inputting the specific alcoholic beverages you’ve consumed

E-Chug
cosap.unm.edu  
(505) 277-2795
The Electronic Check-Up to Go allows you to view how your drinking habits and family history can affect your life

MEETINGS

Alcoholics Anonymous
Women’s Resource Center: Room 1160  
Wednesdays 12:00pm

Narcotics Anonymous
Women’s Resource Center: Room 1160  
Thursdays 5:00pm

PROGRAMS

Associated Students in Recovery
(505) 277-2795 or asir@unm.edu
ASIR is a student organization founded to unite students who are in recovery and need guidance or someone to talk to

Designated Lobos
Mesa Vista Hall: Room 3059  
(505) 277-2795
COSAP recognizes and rewards UNM students who make sure their friends get home safe by serving as the designated driver; participants receive prizes and are entered into a raffle each time

Lobos in Recovery Drop-In Space
Mesa Vista Hall: Room 3059  
(505) 277-2795
COSAP offers a safe space on campus for UNM students who are in recovery to meet up, do homework, eat lunch, or just hang out

RIDE SERVICES

Tavern Taxi
(505) 999-1400
Free ride from bar to home—call must be made by bartender  
Fridays and Saturdays: 10pm-2am

Tipsy Tow
1-800-220-4357
Offers safe and free towing of your car up to 7 miles  
Major holidays: 6pm-6am

COSAP offers UNM Staff and Faculty educational support via curriculum infusion materials, handouts, and professional speakers as well as support in early identification and resource utilization. Contact COSAP to find out more.
SOURCES

**DRINKING & TRAINING**
- The American Athletic Institute
- National Collegiate Athletic Association Student Lifestyle Survey

**PARTY SMART TIPS**
- Core Institute Alcohol and Other Drug Survey

**PARTY SUSTAINABILITY**
- Bottles Fine Wine Infographics
- Reuse This Bag Infographics
- Eclairage Public Ocean Conservancy Data

**LEGAL CONSEQUENCES**
- New Mexico State Laws and Statutes
- U.S. Department of Labor and Bureau of Statistics
- New Mexico Regulation and Licensing Department

**WOMEN & ALCOHOL**
- National Institute on Alcohol Abuse and Alcoholism Sex Differences in College Students Clinical and Experimental Research
- Harvard Medical School Center for Addiction Medicine
- Brown University Center for Alcohol and Addiction Studies

**DRUG & ALCOHOL TRIVIA**
- University of New Mexico Student Lifestyle Survey
- United Nations Educational, Scientific, and Cultural Organization
- Teen Talk Drug Trivia
- Drinking in America
- Curious Read: Interesting and Fun Alcohol Facts

**SOCIAL NORMS**
- University of New Mexico Student Lifestyle Survey

**DRINKS VS. HAMBURGERS**
- Calorie Count: Alcoholic Drinks

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The photos in this book are a collection of COSAP photos, UNM photos, establishment photos, and other sources. If any UNM photographers would like to see their photos appear in an upcoming Fun in the 505 edition, email COSAP at cosap@unm.edu. We would love to feature the work of our talented students!

The content of this book was chosen with UNM students in mind which means most establishments and activities included are ones nearest to UNM or are easiest to get to from UNM. We have worked hard to almost entirely feature local, non-national chain places so that you can enjoy things that are unique to New Mexico. If you have suggestions for future book editions contact COSAP to join one of our paid focus groups!
DO IT FOR YOUR FRIENDS

WIN PRIZES

All you have to do is wear your Designated Lobos wristband, snap a photo of you being the DD for your friends, and send the photo to COSAP. Every participant receives a gift card and gets entered into a drawing for $50 Lobo Cash, an iPad, and a $1,000 Vacation Voucher!

THE FIRST 50 STUDENTS TO BRING THIS AD TO THE COSAP OFFICE TO SIGN UP FOR DESIGNATED LOBOS WILL RECEIVE A BONUS PRIZE!

277-2795
Mesa Vista Hall
Room 3059

COSAP
COSAP@UNM.EDU
FB.COM/UNMCOSAP