

THE NEXT TIME YOU'RE BORED AND DON'T KNOW WHAT TO DO...

# FUN IN THE 505

VOLUME X- 2024  
BROUGHT TO YOU BY COSAP

LOOK THROUGH THIS BOOK AND TRY SOMETHING NEW!

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## **DEAR LOBOS,**

The UNM Campus Office of Substance & Alcohol Prevention is proud to present the tenth edition of our Fun in the 505 booklet - packed with fun ideas for making the most out of your experience in the Land of Enchantment. We hope you enjoy it!

Success in college means 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**

# FEELING ACTIVE



## BIKE

### BIKE 505

4601 Lomas Blvd NE  
(505) 738-3360  
bike505.com

*Quality bikes, repairs and accessories.*

### DUKE CITY BMX

1011 Buena Vista Dr. SE  
(505) 890-1269  
usabmx.com/tracks/1046

*Open ride free to first time riders on Wed. nights. Gate practice \$7.*

### ROUTES BICYCLE TOURS AND RENTALS

2113 Charlevoix St NW  
(505) 933-5667  
routesrentals.com

*Offers bike tours and rentals in ABQ and SF.*

### TWO WHEEL DRIVE

4001 Central Ave. NE  
(505) 243-8443  
twowheeldrive.com

### UNM LOBO BIKE SHOP

Johnson Center  
(505) 277-8182  
recservices.unm.edu/outdoorbike-shop/  
*\$20 weekend rentals & \$10 day rentals.*

## CLIMB

### STONE AGE CLIMBING GYM

4130 Cutler Ave. NE  
(505) 341-2016  
climbstoneage.com

*Bring in class schedule & student ID for student-discounted membership.*

## DANCE

### CSP DANCE STUDIO'S

1624 Eubank Blvd NE  
(505) 883-9521  
cspdancestudios.com

*Dance lessons for ballroom, latin, swing and country dance.*

### ENCHANTMENT DANCING, INC.

337 San Pedro Dr NE  
(505) 268-4411  
enchantmentdancing.com

*Ballroom and social dancing.*

### KESHET DANCE & CENTER FOR THE ARTS

4121 Cutler Ave NE, Albuquerque, NM 87110  
(505) 224-9808  
keshetarts.org

*Ballet, jazz, hip-hop, creative movement.*

### MAPLE STREET DANCE SPACE

3215 Central Ave. SE  
(505) 366-4982  
maplestretdancespace.com  
*Contemporary, zumba, ballet, belly-dance, African, waltz, blues, & more.*



## FUN

### COOL SPRINGZ TRAMPOLINE PARK

5205 San Mateo Blvd NE

(505) 345-5867

coolspringz.com

*Dodgeball, basketball dunking, foam pit, and more.*

### HINKLE FUN CENTER

12931 Indian School Rd. NE

(505) 299-3100

hinklefuncenter.com

*3 Attractions Pass: \$24.99. Your choice of any three attraction rides one time.*

### SKIDMORE'S HOLIDAY BOWL

7515 Lomas Blvd. NE

(505) 268-3308

holidaybowlabq.com

*Check website for promo deals.*

## GOLF

### PUERTO DEL SOL GOLF COURSE

1800 Girard Blvd. SE

(505) 265-5636

<https://bit.ly/2Y0koq9>

*\$19 to play 9-hole course; lighted during the summer until 10pm.*

### UNM CHAMPIONSHIP GOLF COURSE

3601 University Blvd. SE

(505) 277-4546

unmgolf.unm.edu

*Practice pass UNM student rate - \$20 daily, or \$60 monthly.*

## 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

### RUNNING HORSE RANCH

10159 Bosque Cir NW  
(505) 250-8856  
runninghorseranchabq.com  
*Trail ride along the Rio Grande or take a riding lesson.*

## ICE SKATE & ROLLERSKATE

### OUTPOST ICE SKATING ARENA

9530 Tramway Blvd. NE  
(505) 856-7595  
outposticearena.com  
*Ice skating, figure skating, and hockey.  
General Skating Fee: \$10, skate rentals: \$3.*

### ROLLER KING

400 Paisano St. NE  
(505) 299-4494  
rollerkingnm.com  
*Adult Night 18+: Sundays 8pm-10:30pm.*

## INTRAMURAL & REC SPORTS

### DUKE CITY CAGES

900 1st St NW  
(505)-582-2163  
dukecitycages.com  
*\$35 lane no machine, \$45 cage with machine.*

### STONE FACE COURTS

5949 Holly Ave. NE  
(505) 363-0578  
stonefacecourts.com  
*Offers 4 seasons of beach volleyball leagues*

### UNM RECREATIONAL SERVICES

Johnson Center 1102  
(505) 277-0178  
recservices.unm.edu  
*Leagues for tennis, soccer, softball, basketball and more.*

## MARTIAL ARTS

### AIKIDO OF ALBUQUERQUE

5600 McLeod Rd NE, Suite P  
(505) 554-6236  
aikidoofabq.com  
*Offers 10% off aikido, laido, zazen, and weapons classes for full-time students.*

### KUNG FU TAI CHI

6001 Gibson Blvd SE  
(505) 254-4604  
shaolinnm.com  
*1 year membership less than \$60 a month.*

## MOTOR SPORTS

### Moriarty MX

38 Martin Rd. (Moriarty, NM)  
(505) 306-7269  
mxsports.com  
*\$30 a rider and free overnight camping.*

### SANDIA SPEEDWAY

100 Speedway Park Blvd.  
(505) 220-4901  
suikacircuit.com  
*Multi-purpose tracks for motocross, drifting, karting, & more - \$15 General Admission, \$25 Driver Entry.*

## SKY DIVE

### SKYDIVING NM

240 Airport Rd, Belen, NM  
(505) 864-7942  
skydivenm.net  
*Student discounts & group discounts available.*

## SNOWBOARD & SKI

### ANGEL FIRE

10 Miller Lane, Angel Fire, NM  
(800) 633-7463  
angelfireresort.com  
*Snowboarding, skiing, Nordic skiing, tubing, sledding, and other winter activities. Save money when you buy multiple day lift tickets up front.*

### SANDIA PEAK SKI & TRAMWAY

30 Tramway Rd. NE  
(505) 856-1532  
sandiapeak.com  
*Winter sports, summer sports, and a world class tram. Get discounted lift tickets with the Peak Plus Card.*

### SIPAPU SKI RESORT

5224 Highway 518 Vadito, NM  
(575) 587-2240  
sipapu.ski  
*Free lodging for first time visitors with purchase of 1 lift ticket.*

### TAOS SKI VALLEY

116 Sutton Place, Taos, NM  
(800) 776-1111  
skitaos.com  
*Offers season pass discount for full-time students with schedule & student ID.*



## RIVER SPORTS

### NEW MEXICO RIVER ADVENTURES

2217 NM-68. Embudo, NM

(800) 983-7756

Rio Grande & Rio Chama

[newmexicoriveradventures.com](http://newmexicoriveradventures.com)

*Offers student discounts for rafting, kayaking, and paddling.*

### SOL BOARD SPORTS

8414 Jefferson St. NE

(505) 450-2658

<https://bit.ly/3b1HWnR>

*Stand-up paddle board rentals and lessons.*

## SHOOTING SPORTS

### ALBUQUERQUE ARCHERY SHOPPE

2910 Carlisle Blvd. NE

(505) 878-9768

[archeryshoppenm.com](http://archeryshoppenm.com)

*\$15 an hour for bow and arrows.*

### CALIBERS RIFLE RANGE

4340 Cutler Ave. NE

(505) 800-5103

[calibersusa.com](http://calibersusa.com)

*38 climate controlled shooting bays and two virtual reality live fire shooting bays.*

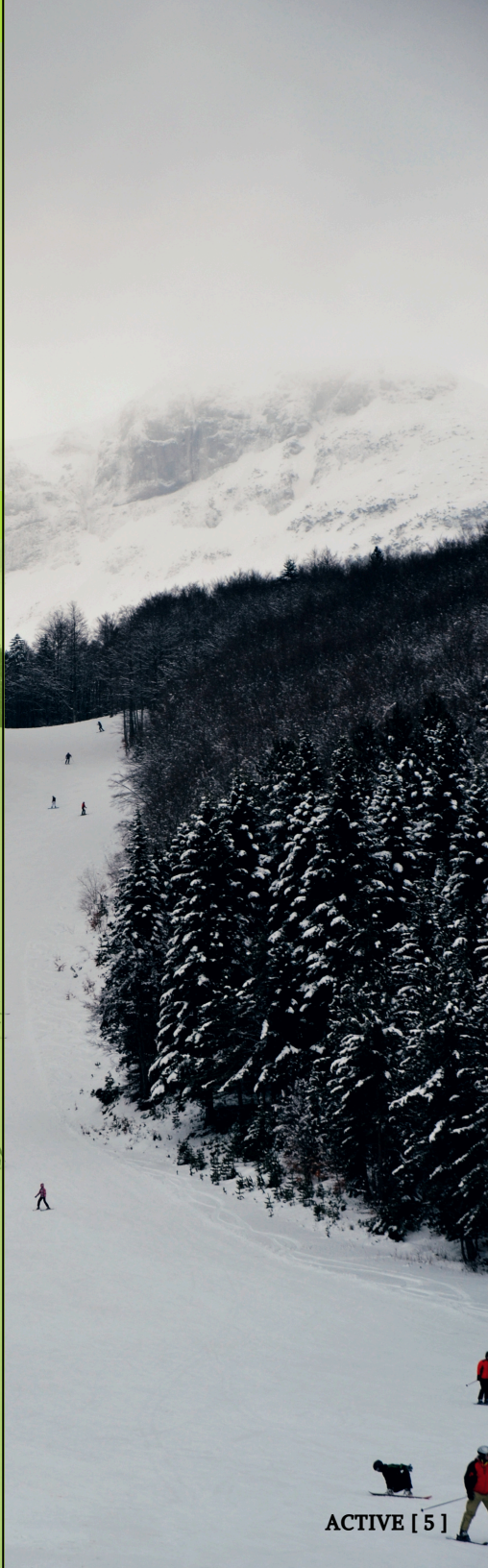
### HIT OR MISS ARCHERY CENTER

2801 Broadbent Pkwy NE Suite D

(505) 200-9650

[hitormissarchery.com](http://hitormissarchery.com)

*Indoor range offering archery lessons, bow rentals, birthday parties, leagues and more.*





## SKATEBOARD

### ALAMOSA SKATEPARK

6900 Gonzales Rd. SW  
[cabq.gov/parksandrecreation/recreation/skate-parks/alamosa-skate-park](http://cabq.gov/parksandrecreation/recreation/skate-parks/alamosa-skate-park)  
*12' bowl, full pipe, concrete course, and stair sets with hubbas.*

### HAVEN SKATE SHOP

114 Vassar Dr. NE  
(505) 232-6697  
[havenskateshop.com](http://havenskateshop.com)  
*Skate culture products and art.*

### LOS ALTOS SKATEPARK

9930 Lomas Blvd. NE  
(505)768-5353  
[cabq.gov/parksandrecreation/recreation/skate-parks/los-altos-skate-park](http://cabq.gov/parksandrecreation/recreation/skate-parks/los-altos-skate-park)  
*Multiple bowls, concrete street course, and stair grind structures.*

### NORTH DOMINGO BACA SKATEPARK

8701 Wyoming Blvd  
[cabq.gov/parksandrecreation/recreation/skate-parks/north-domingo-baca-skatepark](http://cabq.gov/parksandrecreation/recreation/skate-parks/north-domingo-baca-skatepark)  
*8 step stair rail, quarter pipe, ramps, ledges, banks, and half-concrete structures.*

### SILVER SKATE SHOP

2318 Central Ave. SE  
(505) 264-9839  
[silverskateshop.com](http://silverskateshop.com)  
*Like on FB for discounts & contests.*

## SURF & SWIM

### LOS ALTOS POOL

10100 Lomas Blvd. NE  
(505) 768-4901  
*Indoor pool: Open year round.*

### SUNPORT POOL

2033 Columbia Dr. SE  
(505) 768-4901  
*Outdoor pool: Open summers only.*

### MORE POOLS

Find a pool on the City of ABQ website:  
[cabq.gov/parksandrecreation/recreation/swimming](http://cabq.gov/parksandrecreation/recreation/swimming)



# 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 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 SLOWS DOWN METABOLISM

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

## ALCOHOL SUPPRESSES 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.

## ALCOHOL DEHYDRATES MUSCLES

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

**SHOUT OUT TO OUR NCAA STUDENT-ATHLETES FOR PRIORITIZING THEIR HEALTH IN AND OUT OF THE GAME! DUE TO DRINKING ALCOHOL...**

**OVER 74%**

have never been hurt or injured.

**OVER 79%**

have never been late or missed practice or a game.

**OVER 79%**

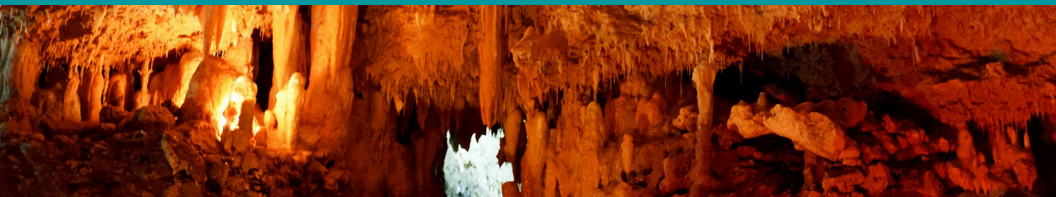
have never performed poorly in practice or a game.

## WANT TO BURN OFF YOUR DRINKS?

1 Glass of Champagne.....	22 min walking
1 Coors Light.....	28 min walking
1 Whiskey & Coke.....	40 min walking
1 Margarita.....	1 hrs walking
1 Gin & Tonic.....	25 min walking
1 White Russian.....	3 hrs walking
1 Mai Tai.....	2 hrs walking
1 Long Island Iced Tea.....	2 hrs walking
1 Cosmopolitan.....	1 hrs walking
1 Samuel Adams.....	50 min walking
1 Blue Moon.....	35 min walking
1 Bloody Mary.....	45 min walking



# FEELING ADVENTUROUS



## EXPLORE

### ALBUQUERQUE OPEN SPACE LANDS

6500 Coors NW (Visitor's Center)  
(505) 768-4950  
<https://bit.ly/2GTq0t7>  
*Get maps of places with trails, find unique land art, or attend a community event.*

## HOT SPRINGS

### JEMEZ HOT SPRINGS

40 Abolesman Loop (Jemez Springs, NM)  
(575) 829-9175  
[jemezhotsprings.com](http://jemezhotsprings.com)  
*Multiple outdoor hot springs - some are clothing optional. 1 hour property pass/Soak:  
\$25 per person.*

### OJO CALIENTE MINERAL SPRINGS

50 Los Banos Drive. (Ojo Caliente, NM)  
(877) 977-8212  
[ojosparesorts.com](http://ojosparesorts.com)  
*Springs that flow from a volcanic aquifer as well as a mud pool. Check website for rates and specials.*

### TEN THOUSAND WAVES

21 Ten Thousand Waves Way, (Santa Fe, NM)  
(505) 982-9304  
[tenthousandwaves.com](http://tenthousandwaves.com)  
*Outdoor hot tubs inspired by Japanese mountain hot spring resorts.*

## NATIONAL PARKS

### AZTEC RUINS NATIONAL MONUMENT

725 Ruins Rd. (Aztec, NM)  
(505) 334-6174  
[nps.gov/azru](http://nps.gov/azru)  
*Ancient ceremonial structures and passageways.*

### BANDALIER NATIONAL MONUMENT

15 Entrance Rd. (Los Alamos, NM)  
(505) 672-3861  
[nps.gov/band](http://nps.gov/band)  
*33,000 acres of rugged, beautiful canyon and mesa country, as well as evidence of a human presence going back over 11,000 years.*

### CARLSBAD CAVERNS NATIONAL PARK

3225 National Parks Highway  
(505) 785-2232  
[nps.gov/cave/index.htm](http://nps.gov/cave/index.htm)  
*High ancient sea ledges, deep rocky canyons, flowering cactus and desert wildlife - treasures above the ground in the Chihuahuan Desert. Hidden beneath the surface are more than 119 caves.*

### CHACO CANYON NATIONAL HISTORICAL PARK

NM 550 (Nageezi, NM)  
(505) 786-7014  
[nps.gov/chcu/index.htm](http://nps.gov/chcu/index.htm)  
*The densest concentration of pueblos in the southwest and an international dark sky park featuring the Chaco Observatory.*



# NATIONAL PARKS

## EL MALPAIS NATIONAL MONUMENT

1900 E Santa Fe Ave, (Grants, NM)

(505) 285-4641

[nps.gov/elma](https://nps.gov/elma)

*Numerous trails to explore ice caves, lava tubes, lava flows, and cinder cones.*

## ROAD TRIPS

### BATTLESHIP ROCK PICNIC SITE

NM State Highway 4: Forest Trail 137

(505) 438-5300

<https://bit.ly/2YRTXjk>

*The picnic area is named for the rock formation known as Battleship Rock.*

*Open sun-up to sun-down, the picnic area*

*is often full on weekends and holidays*

*Camping: \$5 a day.*

### BILLY THE KID NATIONAL SCENIC BYWAY

26305 US-70 (Ruidoso Downs, NM)

(575) 378-5318

[billybyway.com](https://billybyway.com)

*Billy the Kid Trail pays tribute to the*

*infamous "Wild West" outlaw and several*

*other western icons, including Smokey the*

*Bear.*

### BISTI BADLANDS/DE-NA-ZIN WILDERNESS

7297 County Rd. (Farmington, NM)

(505) 564-7600

<https://on.doi.gov/2OGXBNl>

*Hike around unique rock formations left*

*from an ancient swamp.*

### BLUE HOLE

1085 Blue Hole Rd. (Santa Rosa, NM)

(575) 472-3763

[santarosabluehole.com](https://santarosabluehole.com)

*Swimming and scuba diving.*

### CATWALK TRAIL

Highway 174 (Glenwood, NM)

(575) 539-2481

<https://bit.ly/2GTBnkj>

*Whitewater canyon trail with picnic and*

*swimming areas.*

### FORT UNION DRIVE IN MOVIE THEATER

3300 7th St. (Las Vegas, NM)

(505) 425-9934

[driveinmovie.com/NM.htm](https://driveinmovie.com/NM.htm)

*A classic drive-in that screens new-release*

*films. Open on weekends with \$20 per car*

*admissions.*





## ROAD TRIPS

### FOUR CORNERS NATIONAL MONUMENT

4 Corners Road (Teec Nos Pos, NM)

(928) 206-2540

[navajonationparks.org](http://navajonationparks.org)

*The only place in the US where you can stand in four states at once.*

### GETAWAY ADVENTURES

Johnson Center: Rec Services

(505) 277-8182

[reccservices.unm.edu/recreation/getaway\\_adventures.html](http://reccservices.unm.edu/recreation/getaway_adventures.html)

*Join other UNM students in outdoor excursions such as rockclimbing, scuba diving, and hiking by moonlight.*

### PETROGLYPH NATIONAL MONUMENT

6510 Western Trail NW

(505) 899-0205

[www.nps.gov/petr/index.htm](http://www.nps.gov/petr/index.htm)

*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)

(575) 479-6124

[nps.gov/whsa/index.htm](http://nps.gov/whsa/index.htm)

*Explore the beautiful white sand dunes. A one-of-a-kind outdoor adventure.*





## TOURS

### **NEW MEXICO JEEP TOURS**

Areas near Albuquerque and Santa Fe  
(505) 633-0383  
nmjeeptours.com

*Offering guided tours year round in beautiful Central New Mexico.*

### **ROUTES BICYCLE TOURS & RENTALS**

2113 Charlevoix st NW  
(505) 933-5667  
routesrentals.com

*Go on bosque, haunted, Breaking Bad, Balloon Fiesta, and other themed biking tours.*

## WILDLIFE

### **BOSQUE DEL APACHE NATIONAL WILDLIFE REFUGE**

1001 NM 1 (San Antonio, NM)  
(575) 835-1828

[fws.gov/refuge/Bosque\\_del\\_Apache](http://fws.gov/refuge/Bosque_del_Apache)  
*Thousands of migrating birds take refuge in the fields and lakes during autumn.*

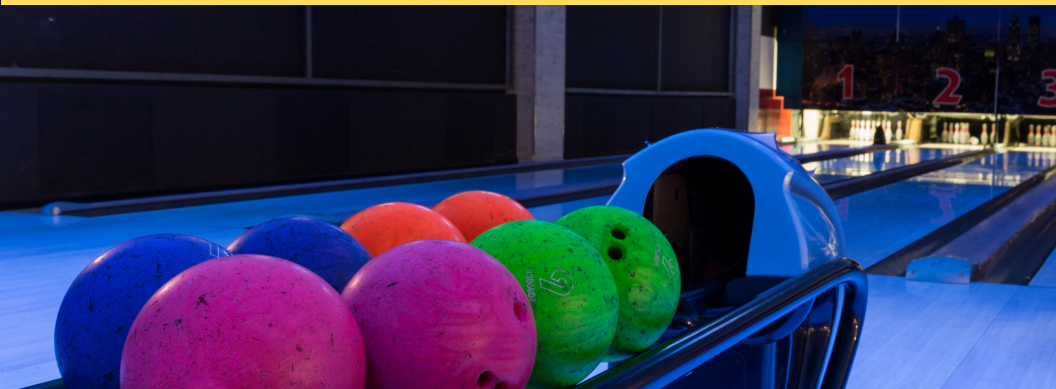
### **WILDLIFE WEST NATURE PARK**

87 N Frontage Rd. (Edgewood, NM)  
(505) 281-7655  
wildlifewest.org

*Native New Mexican zoo that hosts various nature festivals. Open March-October. Check website for offers and discounted admission*



# FEELING BORED



## FUN

### ABQ BIO PARK

903 10th St. SW  
(505) 768-2000  
cabq.gov/culturalservices/biopark  
Zoo, aquarium, and a botanical garden to explore.

### CLIFF'S AMUSEMENT PARK

4800 Osuna Rd. NE  
(505) 881-9373  
cliffsamusementpark.com  
Amusement park rides, carnival games, and water park.

### DINNER DETECTIVE

2101 Louisiana Blvd. NE (Marriott)  
(866) 496-0535  
thedinnerdetective.com/albuquerque  
An interactive dinner mystery show.  
Ticket includes 4-course dinner, iced tea and coffee.

### MAIN EVENT

4040 Pan American Fwy NE  
(505) 884-4928  
mainevent.com  
Bowling, arcade games, billiards, karaoke, mini golf, and more.

### MEOW WOLF

1352 Rufina Cir. (Santa Fe, NM)  
(866) 636-9969  
meowwolf.com  
An interactive art installation exhibit—Stays open late on Friday and Saturday nights.

## FUN

### NATURAL HISTORY MUSEUM

1801 Mountain Rd. NW  
(505) 841-2800  
nmnaturalhistory.org  
\$10 adult tickets. First Friday of every month the planetarium shows a series fractal shows.

### NM ESCAPE ROOM

4401 McLeod Rd Suite B  
(505) 289-1002  
nmescaperoom.com  
Work together to decode messages and solve puzzles to escape from locked rooms.

### ROUND ONE

Coronado Center  
6600 Menaul Blvd NE  
(505) 510-4988  
roundlusa.com/location/coronado-center-mall  
Arcade, billiards, bowling, karaoke, darts, ping pong and more. Offers mobile coupons on website.

### TINGLEY BEACH

1800 Tingley Dr. SW  
(505) 768-2000  
cabq.gov/culturalservices/biopark/tingley  
Fishing, picnic spots, paddle boats, and easy hiking trails.



## GAMES

### **EMPIRE BOARD GAME LIBRARY**

3503 Central Ave. NE  
(505) 232-4263  
empiregamelibrary.com  
*Choose from hundreds of board games.  
\$3 an hour to play.*

### **GAMERS ANONYMOUS**

1512 Wyoming Blvd. NE  
(505) 332-0717  
garetro.com  
*Play retro arcade games and search  
through retro games and equipment.*

### **LOUIE'S LOUNGE**

SUB: Level 1  
(505) 269-3427  
sub.unm.edu/activities.html  
*Xbox, ping pong, and pool tables.*

## MOVIES

### **AMC CLASSIC ALBUQUERQUE 12**

3810 Las Estancias way SW  
(505) 544-2360  
<https://rb.gy/j4pse>  
*New release films.*

### **CENTURY RIO 24 PLEX AND XD**

4901 Pan American Fwy NE  
(505) 343-9000  
*New release films.*

### **DYNA THEATER**

1801 Mountain Rd. NW  
(505) 841-2800  
[nmnaturalhistory.org/visitors/dynatheater](http://nmnaturalhistory.org/visitors/dynatheater)  
*Nature, science, and history documentaries  
and an IMAX theater.*

### **GUILD CINEMA**

3405 Central Ave. NE  
(505) 255-1848  
guildcinema.com  
*Independent and limited distribution films.*

### **ICON CINEMA**

13120 Central Ave. SE  
(505) 299-0172  
[albuquerque.iconcinemas.com](http://albuquerque.iconcinemas.com)  
*New release films, reclining chairs, and all-you-  
can-eat popcorn and drinks.*

### **MID-WEEK MOVIES**

SUB: Room 1018  
(505) 277-0481  
movies.unm.edu  
*Pre-dvd release films, \$15 semester passes  
or \$2 per movie.*

## MOVIES

### REGAL UA Cottonwood

10000 Coors Blvd NW  
(844) 462-7342  
regmovies.com  
*New release films.*

### REGAL WINROCK IMAX & RPX

2100 Louisiana Blvd. NE  
(844) 462-7342  
regmovies.com/theatres/regal-winrock-imaxrpx  
*New release films and an IMAX theater.*

## READ

### ABC LIBRARY MAIN BRANCH

501 Copper Ave. NW  
(505) 768-5141  
abqlibrary.org/home  
*Printed and electronic reading.*

### BOOKWORKS

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

### DON'S PAPERBACK BOOKS

1013 San Mateo Blvd S  
(505) 268-0520  
dons.com  
*Over 200,000 paperbacks and hardbacks.*

### DOWNTOWN BOOKS

109 8th St. SW  
(505) 243-4492  
facebook.com/downtownbooksabq  
*Eclectic and odd used books.*

## TOYS

### ASTRO-ZOMBIES

3100 Central Ave. SE  
(505) 232-7800  
astrozombies.com  
*Comics and collectibles.*

### BRICKS & MINIFIGS

6001 San Mateo Blvd NE  
(505) 369-1574  
bricksandminifigs.com  
*Toy store that specializes in new and used Lego sets, minifigures, and bulk.*

### BARNES & NOBLE

6600 Menaul Blvd NE  
(505) 883-8200  
barnesandnoble.com  
*Offers a large selection of toys and collectables.*

## TOYS

### LOBO COMICS & TOYS

1016 Juan Tabo Blvd NE #D  
(505) 332-0499  
lobocomics.com  
*ABQ's largest comic store. Thousands of \$1 comics.*

## VOLUNTEER

### ANIMAL WELFARE

8920 Lomas Blvd. NE  
(505) 768-1975  
cabq.gov/pets  
*Play with cats and take dogs on walks from animal shelters.*

### BARRETT HOUSE

10300 Constitution Ave NE  
(505) 246-9244  
barrettfoundation.org  
*Homeless shelter that helps women and children move from homelessness to independent living.*

### HABITAT FOR HUMANITY

4900 Menaul Blvd. NE  
(505) 265-0057  
habitatabq.org  
*Help build homes for low-income families.*

### JOY JUNCTION

4500 2nd St. SW  
(505) 877-6967  
joyjunction.org  
*Charity organization that helps homeless families, children, and individuals.*

### ONE ALBUQUERQUE

1 Central Ave NW  
(505) 219-3107  
cabq.gov/one-albuquerque  
*Volunteers will engage residents to address the challenges the city faces.*

### ROADRUNNER FOOD BANK

5840 Office Blvd. NE  
(505) 247-2052  
rrfb.org  
*Distributes food to those in need.*

### WATERMELON RANCH

3251 Westphalia Blvd. NE  
(505) 771-0140  
wmranch.org  
*No-kill shelter with over 20,000 animals to play with, walk, feed, and more.*



# HOW SUSTAINABLE IS YOUR PARTY LIFE?

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 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 Aluminum Can: Decomposes in 80-200 years
- 1 Solo Cup: Decomposes in 100-500 years
- 1 Styrofoam Cup: Decomposes in 0 years
- It takes the same amount of energy to make a 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: 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 Dreamstyle Arena:

1701 University SE. For more info about Albuquerque Recycling, visit:  
[www.cabq.gov/solidwaste/recycling](http://www.cabq.gov/solidwaste/recycling)

# FEELING CREATIVE



## ART SUPPLIES

### ARTISAN

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

### CAMERA AND DARK ROOM

2123 San Mateo NE  
(505) 255-1133  
camera-darkroom.com  
*New Mexico's largest photography retailer.*

### LA UNDERGROUND

2000 Central Ave. SE  
(505) 246-9455  
thelaundryground.com  
*Spray paint supplies.*

### NOB HILL FABRICS

4401 Cutler Ave NE  
(505) 585-3732  
nobhillfabrics.com  
*Fabric store offering unique textiles.*

### THE YARN STORE

120 Amherst Dr. NE  
(505) 717-1535  
theyarnstoreatnobhill.com  
*Spinning, knitting, and crocheting supplies.*

### STONE MOUNTAIN BEAD FACTORY

4008 Central Ave. SE  
(505) 260-1121  
stonemountainbeads.com  
*Beads and jewelry-making supplies.*

## ART VENUES

### 516 ARTS

516 Central Ave. SW  
(505) 242-1445  
516arts.org  
*Exhibitions and workshops.*

### ANDERSON-ABRUZZO INTERNATIONAL BALLOON MUSEUM

9201 Balloon Museum Dr. NE  
(505) 768-6020  
balloonmuseum.com  
*History and science of hot air balloons, balloon flying simulator. Free admission: Sundays 9am-1pm.*

### ART ATTACK

3137 San Mateo Blvd. NE  
(505) 298-3275  
artattacknm.com  
*A variety of ceramics to paint. Offers frequent painter card, and gift cards.*

### EXPLORA: SCIENCE CENTER AND CHILDREN'S MUSEUM

1701 Mountain Rd. NW  
(505) 600-6072  
explora.us  
*Adult night: 3rd Friday of every month during after hours.*

### THE GALLERY ABQ

8210 Menaul Blvd SW  
(505) 292-9333  
thegalleryabq.com  
*Artist-owned gallery of fine artists and craftspersons offering a wide variety of mediums, subjects and styles in a welcoming creative space at an affordable price.*



## ART VENUES

### GREENHOUSE CONSERVATORY

Castetter Hall: Room 21  
(505) 277-3411  
museum.unm.edu  
*Open for public viewing during weekdays.*

### HARWOOD ART CENTER

1114 7th St. NW  
(505) 242-6367  
harwoodartcenter.org  
*Art exhibitions, classes, and programs.*

### HOLOCAUST AND INTOLERANCE MUSEUM OF NEW MEXICO

616 Central Ave. SW  
(505) 247-0606  
nmholocaustmuseum.org  
*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) 843-7270  
indianpueblo.org  
*Invaluable objects from 19 Pueblos including pottery, paintings, and jewelry.*

### KELLY JO DESIGNS

6829 4th St. NW  
(505) 341-1893  
kellyjodesignsbywine.com  
*Themed painting classes: art supplies and refreshments are provided.*

### LOS MUROS DE BURQUE

murosabq.com  
*Discover and explore the murals of Albuquerque.*

### MAMA'S MINERALS

2500 12th St NW Ste F  
(505) 266-8443 ext. 4  
mamasminerals.com  
*New Mexico's largest rock and bead store. Various jewelry-making classes.*

### MASLEY HALL ART GALLERY

Art Education Building  
(505) 277-2112  
finearts.unm.edu/venues/masley-gallery  
*Art education artwork.*

## ART VENUES

### MARIPOSA GALLERY

3500 Central Ave SE  
(505) 268-6828  
mariposa-gallery.com  
*Exhibiting the finest contemporary art, jewelry and ceramics in New Mexico.*

### OFF CENTER COMMUNITY ARTS PROJECT

808 Park Ave. SW  
(505) 247-1172  
offcenterarts.org  
*Free art and craft supplies, workshops, and shows.*

### STRANGER FACTORY

1431 NM-313 B, (Algodones, NM)  
(505) 508-3049  
strangerfactory.com  
*Features Circus of Posterus artists: gallery, prints, and novelties.*

### UNM ARTS AND CRAFTS STUDIO

Student Union Building: Room 1098  
(505) 277-5861  
craftstudio.unm.edu  
*\$12 student membership for pottery wheels, kilns, and silversmith bench.*

### YUCCA ART GALLERY

206 1/2 San Felipe NW #1Patio Market  
(505) 247-8931  
yuccaartgallery.com  
*A cooperative of 40+ local artists from Albuquerque and the surrounding areas. Est. 1964, it's the oldest co-op in the state in Old Town ABQ.*

# MUSEUMS

## ALBUQUERQUE MUSEUM OF ART & HISTORY

2000 Mountain Rd. NW  
(505) 243-7255  
cabq.gov/culturalservices/albuquerquemuseum  
*Art, history, and culture in the southwest*  
*Free admission: Sundays 9am-1pm.*

## AMERICAN INTERNATIONAL RATTLESNAKE MUSEUM

202 San Felipe St. NW  
(505) 242-6569  
rattlesnakes.com  
*Largest world collection of live rattlesnakes.*

## INDIAN PUEBLO CULTURAL CENTER

2401 12th St NW  
(505) 843-7270  
indianpueblo.org  
*Art from the 19 Pueblos of New Mexico.*

## MAXWELL MUSEUM OF ANTHROPOLOGY

500 University blvd. NE  
(505) 277-4405  
maxwellmuseum.unm.edu  
*The history and technology of car racing as well as a racing simulator to try out for yourself.*

## MUSEUM OF SOUTHWESTERN BIOLOGY

C.E.R.I.A. Building  
(505) 277-1360  
msb.unm.edu  
*Vertebrates, arthropods, plants, and genomic material from around the world.*

## NATIONAL HISPANIC CULTURAL CENTER

1701 4th St. SW  
(505) 246-2261  
nhccnm.org  
*Art Museum: Free admission first Sunday of every month.*

## NEW MEXICO MUSEUM OF NATURAL HISTORY AND SCIENCE

1801 Mountain Rd. NW  
(505) 841-2800  
nmnaturalhistory.org  
*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 ext. 106  
nuclearmuseum.org

*History and applications of nuclear  
science, nuclear technology, and  
nuclear energy.*

**SOMMERS GALLERY**

Art Building: Room 202  
(505) 277-2112

finearts.unm.edu/venues/john-  
sommersgallery

*Fine Art exhibit showcasing student  
artwork.*

**TELEPHONE PIONEER MUSEUM**

110 4th St. NW  
(505) 842-2937

Unlimiteddronesolutions.com

*Historic telephones, teletype  
machines, switchboards, and more.*

**TINKERTOWN MUSEUM**

121 Sandia Crest Rd.  
(505) 281-5233

tinkertown.com

*Antique toys, toy towns, circus  
relics, and more - \$4 a person.*

**TURQUOISE MUSEUM**

400 2nd St SW  
(505) 433-3684

turquoisemuseum.com

*History of turquoise mining and a  
vast collection of turquoise  
minerals. Self-guided tour: \$16.*

**WHEELS MUSEUM**

1100 2nd St. SW  
(505) 243-6269

wheelsmuseum.org

*Showcasing the history of the  
railroads, the impact of the rail  
yards on Albuquerque, as well as  
automobiles, horse and wagon, and  
other modes of transportation.*



## MUSIC STORES

### CHARLEY'S RECORDS'S & CD'S

7602 Menaul Blvd. NE  
(505) 296-3685  
facebook.com/Charleys33sandCDs  
*Buy, sell, and trade vintage vinyl records, cds, cassette tapes, and other goodies.*

### NOB HILL MUSIC

3904B Central Ave. SE  
(505) 266-4200  
nobhillmusic.com  
*Records, cds, and cassettes.*

## PERFORMANCE VENUES

### ADOBE THEATER

9813 4th St. NW  
(505) 898-9222  
adobetheater.org  
*Community theater.*

### ALBUQUERQUE LITTLE THEATRE

224 San Pasquale Ave. SW  
(505) 242-4750  
albuquerquelittletheatre.org  
*Fully-staged theater productions.*

### THE BOX PERFORMANCE SPACE

114 Gold Ave. SW  
(505) 510-1389  
theboxabq.com  
*Comedy, skits, improv, music, and other forms of live entertainment. Open improv jams: Every other Wednesday at 7pm.*

### THE CELL THEATRE

700 1st St. NW  
(505) 766-9412  
fusionnm.org  
*Music, dance, comedy, film and more.*

### EL REY THEATER

622 Central Ave. SW  
(505) 510-2582  
elreylive.com  
*The historic El Rey theatre located downtown offers live music from local and touring musicians.*

### ISLETA AMPHITHEATER

5601 University Blvd. SE  
(505) 452-5100  
albuquerqueamphitheater.com  
*Popular artist outdoor concerts.*

## PERFORMANCE VENUES

### KELLER HALL

UNM Center for the Arts  
(505) 277-4569  
finearts.unm.edu/venues/keller-hall  
*Recitals from faculty, students, and guests.*

### KIMO THEATER

423 Central Ave. NW  
(505) 768-3522  
kimotickets.com  
*A historical landmark theater located downtown offering theatre, film, and musical performances.*

### LAUNCHPAD

618 Central Ave SW  
(505) 764-8887  
launchpadrocks.com  
*Intimate venue with a pool table & a schedule of touring musical acts & local bands.*

### MUSICAL THEATRE SOUTHWEST

6320 Domingo Rd NE Ste B  
(505) 265-9119  
mtsabq.org  
*A community theatre built on the strong traditions of presenting Broadway-style musicals.*

### NORTH FOURTH ART CENTER

4904 4th St. NW  
(505) 345-2872  
northfourthnm.org  
*Visual and performing arts including theater productions.*

### THE OUTPOST PERFORMANCE SPACE

210 Yale Blvd. SE  
(505) 268-0044  
outpostspace.org  
*Jazz, blues, roots, folk, classical, and experimental music shows and classes.*

### POPEJOY HALL

UNM Center for the Arts  
(505) 277-8010  
popejoypresents.com  
*Touring Broadway musicals, symphony concerts, and more- show student ID for discount.*

### RODEY THEATRE

UNM Center for the Arts  
(505) 277-4332  
finearts.unm.edu/venues/rodey-theatrethe-x  
*Student performances.*

## PERFORMANCE VENUES

### SANDIA AMPHITHEATER

30 Rainbow Rd.  
(505) 796-7500  
sandiacasino.com  
*Popular artist concerts.*

### SUNSHINE THEATER

120 Central Ave. SW  
(505) 764-0249  
sunshinetheaterlive.com  
*Concerts by touring artists.*

### TINGLEY COLISEUM

1800 Tingley Dr SW  
(505) 768-2000  
exponm.com  
*Concert arena that also hosts  
rodeos and horse shows.*

### THE VORTEX THEATRE

2900 Carlisle Blvd NE  
(505) 247-8600  
vortexabq.org  
*Local and national theater  
productions check website for  
free events. \$17 student admission.*





# 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 there is less water-based tissue to absorb alcohol 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!

# LEGAL CONSEQUENCES

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 time, but will impact your future career that you are working hard towards at UNM.

Party on, but party safe and smart!

## DWI CAREER IMPACT

### **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.

### **MANDATORY FIRING POLICY**

Some employers have the policy of automatically firing employees convicted of a crime, which means they are notified of the crime.

### **DRIVER'S LICENSE IS REVOKED**

Some jobs require having a valid driver's license as well as having reliable transportation.

### **CANNOT ATTAIN PROFESSIONAL LICENSE**

If you have a DWI conviction on your record it could flag or adversely impact your application for licensure in some professional fields, like medicine, dentistry, law, and social work.

### **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.

### **LOSS OF INSURANCE**

Getting a DWI can result in some insurance companies dropping you or increasing your rates dramatically.

## **PURCHASING OR PROVIDING ALCOHOL TO A MINOR ISN'T A BIG DEAL, RIGHT?**

Wrong, it's a 4th 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

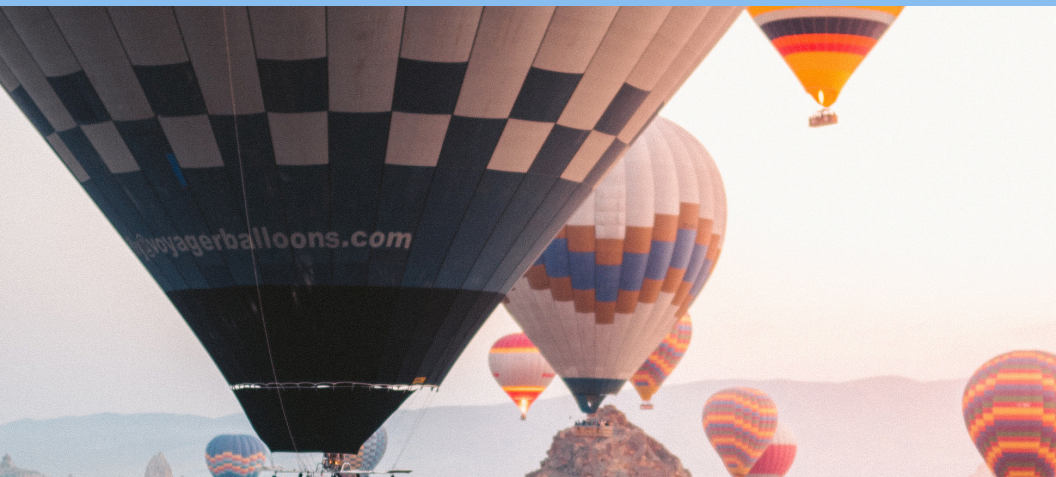
APPLY  
FOR  
STUDENT  
LOANS

VOTE

TRAVEL  
ABROAD

RUN  
FOR  
OFFICE

# FEELING FESTIVE



## FAIRS & EVENTS

### GATHERING OF NATIONS POW WOW

300 San Pedro Dr. NE (NM Expo)  
(505) 836-2810  
gatheringofnations.com  
*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) 222-9700  
statefair.exponm.com  
*Food, fun, rides, games, rodeo, and entertainment for the whole family. Located at the State Fair Grounds. Check website to find out when free admission and discount ticket days are.*

### SPRING STORM

UNM Football Stadium  
(505) 277-4706  
unmevents.unm.edu/site/sac/event/sp  
ringstorm-1  
*Help with various community projects around the city followed by food, games, and music.*

## FAIRS & EVENTS

### ZOZOBRA

Ft. Marcy Park (Santa Fe, NM)  
(505) 428-9013  
burnzozobra.com  
*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  
balloonfiesta.com  
*For nine days in October the Albuquerque International Balloon Fiesta® creates an enchanted world of special shape balloon rodeos, twilight balloon glows, and vibrant balloon-filled skies.*

### DRAGON LIGHTS ALBUQUERQUE

300 San Pedro Dr NE  
(888) 484-2698  
dragonlightsabq.com  
*Larger than life Chinese lanterns, along with nightly performances, handicrafts, food, and more.*



## FESTIVALS

### FIESTAS

UNM Johnson Field  
[sse.unm.edu/fiestas.html](http://sse.unm.edu/fiestas.html)

*Music festival with multiple performers, food trucks and other entertainment. free for all UNM students.*

### FLAMENCO FESTIVAL

1620 Central Ave. SE  
(505) 242-7600  
[ffiabq.org](http://ffiabq.org)

*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  
[foodtruckfestivalsofamerica.com/newmexico](http://foodtruckfestivalsofamerica.com/newmexico)

*Over 20 local food trucks and over 20 local craft breweries- every Spring season.*

### HATCH CHILE FESTIVAL

133 Franklin Street Hatch, NM  
(575) 267-5132  
[hatchchilefest.com](http://hatchchilefest.com)

*Recipe samples from the famous Hatch chile crops, the crowning of the Chile Queen, horseshoe and chile ristra contests, and more.*

### LAVENDER IN THE VILLAGE FESTIVAL

Village of Los Ranchos, NM  
(505) 933-8650  
[lavenderinthevillage.org](http://lavenderinthevillage.org)

*100 Vendors of lavender plants, products, lotions, fine art, and much more.*

### ROUTE 66 SUMMERFEST

Central from Girard to Washington  
(505) 768-3556  
[cabq.gov/culturalservices/special-events-festivals/events/route-66-summerfest-2](http://cabq.gov/culturalservices/special-events-festivals/events/route-66-summerfest-2)  
*New Mexico's largest summer street festival located in different locations across the city.*

## FESTIVALS

### SOMOS ABQ

Civic Plaza  
[somosabq.com](http://somosabq.com)

*City-wide festival showcasing world-class entertainment, food vendors, local restaurants, arts & culture organizations, nonprofits, tech companies, and so much more.*

### SOUTHWEST CHOCOLATE & COFFEE FEST

300 San Pedro Dr. NE (NM Expo)  
(505) 933-8650  
[chocolateandcoffeesfest.com](http://chocolateandcoffeesfest.com)

*Chocolates, coffee roasters, candy makers, eating contests, and entertainment- every March.*

### UFO FESTIVAL

426 N Main St Roswell, NM  
(575) 624-6700  
[ufofestivalroswell.com](http://ufofestivalroswell.com)

*Celebrate the anniversary of the famous UFO crash with alien costume contests, films, guest lecturers, and more.*

## HOLIDAYS

### ANNUAL ABQ RIDE LUMINARIA TOUR

Downtown Albuquerque  
(505) 768-2000

[Luminariatour.com](http://Luminariatour.com)

*ABQ RIDE tour through beautiful neighborhoods filled with luminarias and Christmas lights in Old Town, the ABQ Country Club and other spots.*

### FREEDOM FOURTH

9201 Balloon Museum Dr. NE  
(505) 768-3556

[cabq.gov/culturalservices/things-to-do/annualevents/freedom-4th](http://cabq.gov/culturalservices/things-to-do/annualevents/freedom-4th)

*New Mexico's largest Independence Day celebration. Park and Ride services are available.*

### HANGING OF THE GREENS

Begins at the UNM Bookstores  
(505) 277-4706

[unmevents.unm.edu/site/sac/event/hanging-of-the-greens/](http://unmevents.unm.edu/site/sac/event/hanging-of-the-greens/)

*Luminarias, carolers, hot chocolate, and the presentation of the official wreath.*

### ISOTOPES BASEBALL AND FIREWORKS

1601 Avenida Cesar Chavez SE  
(505) 924-2255

[milb.com/albuquerque](http://milb.com/albuquerque)

*Celebrate with America's pastime and a firework show.*

# HOLIDAYS

## MCCALL'S PUMPKIN PATCH

2 McCall Ln. (Moriarty, NM)  
(505) 595-7500  
mccallpumpkinpatch.com  
*Hayrides, corn maze, haunted barn, pumpkin launching, and more.*

## MUERTOS Y MARIGOLDS PARADE

1250 Isleta SW  
(505) 363-1326  
muertosymarigolds.org  
*Paint your face and pluck a marigold to place on an altar for a passed loved one.*

## NATIONAL BEAN DAY

Wagon Mound, NM  
<http://www.wmbeanday.com/>  
*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  
(505) 768-3270  
[cabq.gov/council/find-your-councilor/district-6/events/16th-annual-nob-hill-shopstroll](http://cabq.gov/council/find-your-councilor/district-6/events/16th-annual-nob-hill-shopstroll)  
*Walk car-free and care-free along Central Avenue from Girard to Washington while shopping, dining, and enjoying the entertainment and street performances.*

## OLD TOWN HOLIDAY STROLL

N Plaza St. NW  
(505) 768-3556  
[cabq.gov/culturalservices/historic-old-town/old-town-holiday-stroll](http://cabq.gov/culturalservices/historic-old-town/old-town-holiday-stroll)  
*Live music, dancing, carolers, luminarias, and Christmas light displays— check cabq.gov for dates.*

## RIVER OF LIGHTS

2601 Central Ave. NW  
(505) 768-2000  
[riveroflights.org](http://riveroflights.org)  
*Spectacular Christmas light sculptures cover the Botanical Gardens.*

## THANKSGIVING DAY 5K

901 Alcalde Pl SW  
[runsignup.com/Race/NM/Albuquerque/AlbuquerqueThanksgivingDay5K](http://runsignup.com/Race/NM/Albuquerque/AlbuquerqueThanksgivingDay5K)  
*The race course will take you through one of the most beautiful parts of the city on a mostly flat and fast route on paved roads along the historic Tingley Beach and beautiful Bosque Trail.*





**ALBUQUERQUE ISOTOPES**

1601 Avenida Cesar Chavez SE  
(505) 924-2255  
milb.com/albuquerque  
*ABQ's minor league baseball team.*

**DUKE CITY GLADIATORS**

*Tingley Coliseum*  
7802 Menaul blvd NE  
(505) 226-8006 Ext. 0  
dukecitygladiators.com  
*New Mexico's professional indoor  
football team*

**NEW MEXICO ICE WOLVES**

9530 Tramway Blvd. NE  
(505) 797-7825  
nmicewolves.com  
*New Mexico's junior league hockey  
team.*

**NEW MEXICO UNITED**

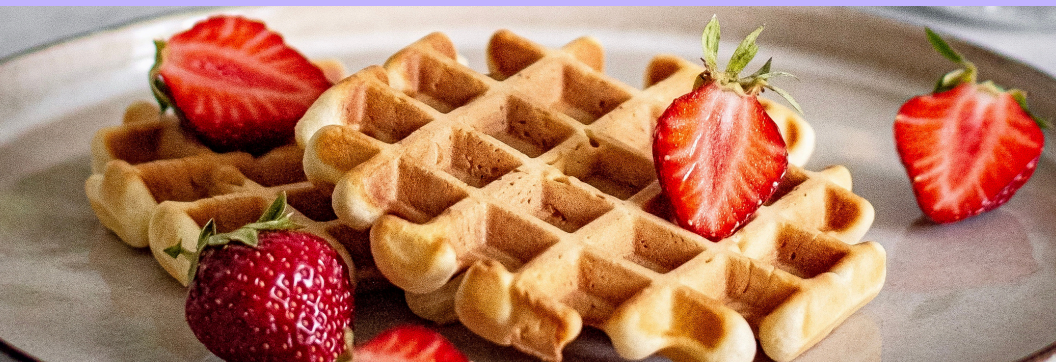
3500 Central Ave. SE, Suite 2  
(505) 209-7529  
newmexicoutd.com/club  
*New Mexico's pro soccer team.*

**UNM ATHLETICS**

Locations vary  
(505) 925-5858  
golobos.com  
*Get tickets at the UNM Bookstore  
ticket office or at The Pit ticket office.  
Students attend all sporting events for  
free.*



# FEELING HUNGRY



## BRUNCH

### CAFE LUSH

700 Tijeras Ave. NW  
(505) 508-0164  
cafelushabq.com

*Creative, healthy dishes made with fresh, local ingredients.*

### CENTRAL GRILL AND COFFEE HOUSE

2056 Central Ave SW  
(505) 554-1424  
centralgrillandcoffeehouse.com

*Offering old school classics with a new twist.*

### CINNAMON SUGAR & SPICE CAFE

5809 Juan Tabo Blvd NE, Unit A.  
(505) 492-2119  
cinnamoncafeabq.com

*Whimsical restaurant serving breakfast and lunch. Also offers cooking classes.*

### DURAN CENTRAL PHARMACY

1815 Central Ave NW  
(505) 247-4141  
duransrx.com

*Diner, pharmacy and gift shop.*

### THE GROVE CAFE AND MARKET

600 Central Ave. SE  
(505) 248-9800  
grovecafemarket.com

*Cafe serves organic food sourced from local farmers and features a market with artisan products and gifts.*

## BRUNCH

### LOYOLA'S FAMILY RESTAURANT

4500 Central Ave SE  
(505) 268-6478  
loyolafamilyrestaurant.com

*Diner featured in Breaking Bad and Better Call Saul.*

### THE RANGE CAFE

320 Central Ave SE  
(505) 243-1440  
rangecafe.com

*Authentic New Mexican food.*

### THE SHOP BREAKFAST AND LUNCH

2933 Monte Vista Blvd NE  
(505) 433-2795  
theshopabq.com

*Locally owned cafe. American classics, with Latin American and southern influences.*

### TIA B'S LA WAFFLERIA

3710 Campus Blvd. NE  
(505) 492-2007  
lawafferiaabq.com

*Choose from nontraditional sweet and savory waffles or build your own waffle.*

### VIC'S VITTLES COUNTRY KITCHEN

8810 Central Ave SE.  
(505) 298-5143  
vicksvittles.com

*Southwestern and country food. Breakfast, lunch and dinner.*



## CAFES & RESTAURANTS

### 66 DINER

1405 Central Ave. NE  
(505) 247-1421  
66diner.com

*Route 66 50's style diner serving up American classics.*

### ANNAPURNA'S

2201 Silver Ave. SE  
(505) 262-2424  
chaishoppe.com

*Vegetarian cafe offering vegan and organic ayurvedic cuisine.*

### CHURCH STREET CAFE

2111 Church St. NW  
(505) 247-8522  
churchstreetcafe.com

*Local haunt for tried-and-true Southwestern fare including chile rellenos and carne adovada.*

### CRAZY FISH

3015 Central Ave NE  
(505) 232-3474  
crazyfishnm.com

*Japanese eatery with sushi bar and bento boxes.*

### THE DAILY GRIND

4360 Cutler Ave. NE  
(505) 883-8310  
dailygrindabq.net

*American and New Mexican cuisine along with a variety of pastries, deserts, and drinks.*

### DG'S DELI

1418 Martin Luther King Jr Ave. NE  
(505) 247-3354  
dgsdeliabq.com

*A locally-owned, made-from-scratch sandwich shop.*

### DION'S

4717 Central Ave NE  
(505) 265-6919  
dions.com

*A New Mexican favorite - pizza, salad and subs.*

### DOG HOUSE DRIVE-IN

1216 Central Ave. NW  
(505) 243-1019  
<https://bit.ly/31Fa2el>

*Old-school take-out spot known for unfussy burgers, chili cheese dogs, fries & shakes.*

## CAFES & RESTAURANTS

### EL PATIO

142 Harvard Dr. SE  
(505) 268-4245  
elpatioabq.com

*No-frills spot for traditional New Mexican fare including a number of vegetarian options.*

### FAN-TANG

3523 Central Ave NE  
(505) 266-3566  
fan-tang.com

*Upbeat counter-service place offering a varied range of familiar & creative Asian dishes.*

### FIVE GUYS

6600 Menaul Blvd NE  
(505) 884-3648  
fiveguys.com

*Made-to-order burgers, fries & hot dogs, plus free peanuts while you wait.*

### FRONTIER

2400 Central Ave. SE  
(505) 266-0550  
frontierrestaurant.com

*New Mexican cuisine - a local favorite.*

### GREEN JEANS FARMERY

3600 Cutler Ave. NE  
(505) 313-0042  
greenjeansfarmery.com

*Feature unique eateries like Amore Pizzeria, Rockin' Taco, Rustic on the Green, Zeus' Juices, Chill'N, and more.*

### GUAVA TREE CAFE

118 Richmond Dr. NE  
(505) 990-2599  
guavatreecafe.rocks

*Latin American cuisine and Cuban sandwiches.*

### GYROS

106 Cornell Dr. SE  
(505) 255-4401  
gyrosabq.com

*Greek and Middle Eastern cuisine.*

### IL VICINO

3403 Central Ave. NE  
(505) 266-7855  
ilvicino.com

*Wood-oven pizzas.*

### LAGUNA BURGER

2400 12th Street NW  
(505) 352-8282  
thelagunaburger.com

*Award-winning green chile cheeseburger.*

## CAFES & RESTAURANTS

### LOS CUATES

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

### MARY & TITO'S CAFE

2711 4th St. NW  
(505) 344-6266  
maryandtitoscafeabq.com  
*New Mexican cuisine.*

### O RAMEN

2114 Central Ave SE  
(505) 508-1897  
facebook.com/oramenandcurry  
*Ramen house and curry.*

### SAGGIOS

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

### SHOGUN JAPANESE RESTAURANT

3310 Central Ave SE  
(505) 265-9166  
shogunabq.com  
*Tempura, sushi bar and Japanese cuisine.*

### SLICE PARLOR

3410 Central Ave SE  
(505) 232-2808  
sliceparlor.com  
*New York style pizza.*

### SATELLITE

2300 Central Ave SE  
(505) 254-3800  
Satellitecoffee.com  
*Cafe serving artisan brews plus breakfast and sandwiches.*

### SALA THAI

102 Richmond Dr NE  
(505) 265-9330  
<https://bit.ly/31Cho2e>  
*Thai cuisine.*

## CAFES & RESTAURANTS

### THAI VEGAN

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

## DELIVERY

### CHEBA HUT

115 Harvard Dr. SE  
(505) 232-2432  
chebahut.com  
*A variety of sandwiches and snacks like koolaid, pretzel bites, and rice krispie treats.*

### MARIO'S PIZZA

2401 San Pedro NE  
(505) 883-4414  
mariospizzaabq.com  
*Pizza and Italian food.*

## DESSERT

### THE CANDY LADY

424 San Felipe St. NW  
(505) 243-6239  
thecandylady.com  
*Home of the Breaking Bad blue sky candy and much more.*

### CHOCOLATE DUDE

3339 Central Ave. NE  
(505) 639-5502  
chocolatedudeabq.com  
*All things chocolate.*

### FROST GELATO - A GELATO SHOPPE

ABQ Uptown  
2201 Q St NE Suite 9A  
Phone: 505-883-2522  
frostgelato.com  
*Authentic Italian Gelato.*

### OLO FROZEN YOGURT STUDIO

3339 Central Ave. NE  
(505) 750-4656  
olodessertstudio.com  
*Large variety of flavors and toppings*

### RISE + ROAST

401 Eubank SE Unit E  
(505) 207-1000  
riseandroast.com  
*Local, Fresh donuts + New Mexico brewed top-shelf coffee.*

## DESSERT

### RUDE BOY COOKIES

1916 Central Ave SE

(505) 200-2235

rudeboycookies.com

*Freshly baked cookies and a milk bar.*

## FINE DINING

### ARTICHOKE CAFE

424 Central Ave. SE

(505) 243-0200

artichokecafe.com

*French and Italian inspired cuisine.*

### FARM AND TABLE

8917 4th St. NW

(505) 503-7124

farmandtablenm.com

*Ingredients are grown from their own farm and dishes are made from scratch.*

### LE TROQUET

228 Gold Ave SW

(505) 508-1166

abqfrenchrestaurant.com

*A cozy french bistro serving up delicious fine dining dishes.*

### LOS POBLANOS ORGANIC FARM

4803 Rio Grande Blvd. NW

(505) 985-5000

lospoblanos.com

*Upscale dishes prepared with ingredients from their farm.*

### SALT AND BOARD

115 Harvard Dr SE #9

(505) 219-2001

saltandboard.com

*Charcuterie and cheese boards. Pressed sandwiches and salads.*

### SEARED

119 San Pasquale Ave.

(505) 999-8414

searedabq.com

*Traditional American Bistro with the finest quality meats and vegetarian options.*

### SEASONS ROTISSERIE AND GRILL

2031 Mountain Rd. NW

(505) 766-5100

seasonsabq.com

*Upscale American dishes.*

## FINE DINING

### SIXTY-SIX ACRES

2400 12th St NW

(505) 243-2230

sixtysixacres.com

*Appetizers, salads, sandwiches and bowls.*

### SLATE STREET CAFE

515 Slate Ave. NW

(505) 243-2210

slatestreetcafe.com

*Bruschetta, sandwiches, and more.*

### RANGE CAFE

320 Central Ave. SE

(505) 243-1440

Rangecafe.com

*Modern twist on diner classics.*

### VERNON'S SPEAKEASY

6855 4th St NW

(505) 341-0831

yougottapassword.com

*Romantic, underground spot for steaks & seafood with a vintage speakeasy vibe & cozy seating.*

### VINAIGRETTE

1828 Central Ave. SE

(505) 842-5507

vinaigretteonline.com

*A fine-dining picnic experience.*



# GROWERS MARKETS

## **CORRALES GROWERS MARKET**

Recreation Center- 500 Jones Rd.

(505) 898-6336

[corralesgrowersmarket.com](http://corralesgrowersmarket.com)

*April 28–November 3: Every Sunday, 9pm–12pm. July 10–October: Every Wednesday.*

## **DOWNTOWN MARKET**

810 Copper Ave NW

(505) 252-2959

[downtowngrowers.org](http://downtowngrowers.org)

*Runs April–November, Saturdays 8am–12pm.*

*Features live music and entertainment.*

## **LOBO GROWERS MARKET**

UNM Cornell Mall

277-3325

[abqstew.com/lobo-growers-market/](http://abqstew.com/lobo-growers-market/)

*Spring semester: Annual event that takes place around Earth Day. Fall semester: Runs September–October.*

## **LOS RANCHOS GROWERS MARKET**

City Hall- 6718 Rio Grande Blvd. NW

[losranchosnm.gov/growers-market](http://losranchosnm.gov/growers-market)

*Regular Season, May–November, every Saturday from 7am–12pm. Winter Markets: 2nd Saturday of the month, Dec–April, 10am–12pm.*

## **NOB HILL GROWERS MARKET**

Morningside Park- Morningside & Lead

[facebook.com/nobhillgrowersmarket](http://facebook.com/nobhillgrowersmarket)

*Open-air market on Thursday evenings from late Spring to early autumn, from 3:00–6:30pm.*

## **RAILYARDS MARKET**

ABQ Rail Yards- 777 1st St. SW

Runs May–November, Sundays 9am–1pm.

[railyardsmarket.org](http://railyardsmarket.org)

*Features live music, entertainment, and tour areas of the famous building.*

## **SOUTH VALLEY GROWERS MARKET**

3907 Isleta Blvd SW

(505) 877-4044

[facebook.com/SouthValleyGrowersMarket](http://facebook.com/SouthValleyGrowersMarket)

*Runs June–October, Saturdays 8am–12pm.*







## REFRESHMENTS

### **HUMBLE COFFEE**

505 Central Ave NW  
(505) 609-7099  
humblecoffeeco.com  
*Craft coffee shop and  
locally-made treats.*

### **DOWNTOWN JAVA JOE'S**

906 Park Ave. SW  
(505) 765-1514  
downtownjavajoes.com  
*Coffee, cafe, and live music  
throughout the week.*

### **MICHAEL THOMAS COFFEE ROASTERS**

202 Bryn Mawr SE  
(505) 504-7078  
michaelthomascoffee.com  
*Hand-roasted coffee, pastries and  
a large patio to enjoy them on.*

### **PINON COFFEE HOUSE**

5222 4th St NW  
(505) 312-7876  
pinoncoffeehouse.com  
*Offering espresso-based drinks, nitro  
cold brew, and more, all made with  
their classic dark Piñon coffee.*

### **ST. JAMES TEAROOM**

320 Osuna Rd. NE, Bldg. D  
505-242-3752  
stjamestearoom.com  
*A fancy tea party experience.*

### **SQUEEZED JUICE BAR**

3600 Cutler Ave NE  
(505) 219-3166  
squeezedjuices.com  
*Smoothies, raw juice, juice cleanses  
acai bowls, and more.*

### **ZENDO COFFEE**

413 2nd St. SW  
(505) 926-1636  
zendocoffee.com  
*Espresso creations and tasty teas.*

# SMART PARTY TIPS

Whether you go to a bar, attend a party, or unwind with a drink at home... avoiding the consequences of alcohol 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!



**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!



**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 tasty food!



**AVOID DRINKING GAMES**

Drinking games tend to lead to binge drinking and losing tracking of the number of drinks you have had. Avoid the consequences of risky drinking to maintain the fun!



**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!



**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.



**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.



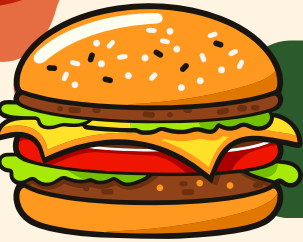
**HANG OUT WITH PEOPLE WHO DRINK LESS OR MORE SLOWLY**

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.

**LOBOS PARTY SMART [ STAY WITH THE PACK ]**



# 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!

- |  |  |
|--|--|
|  Adios MF               |  New Castle Brown       |
|  Amaretto Sour          |  Old Fashioned          |
|  Bloody Mary            |  PBR                    |
|  Blue Moon              |  Piña Colada            |
|  Champagne              |  Red and White Wine     |
|  Coors Light            |  Rum & Coke             |
|  Dos XX                 |  Samuel Adams Stout     |
|  Cosmopolitan           |  Screwdriver            |
|  Cranberry Vodka        |  Sex on the Beach       |
|  Deschutes IPA          |  Sierra Nevada IPA      |
|  Dessert Wine           |  Tom Collins            |
|  Fat Tire               |  Vodka Redbull         |
|  Gin & Tonic            |  Whiskey Coke         |
|  Guinness Stout       |  White Russian        |
|  Heinekin             |  Woodchuck Hard Cider |
|  Hot Toddy            |  |
|  Irish Car Bomb       |  |
|  Lemon Drop           |  |
|  Long Island Iced Tea |  |
|  Killian's Irish Red  |  |
|  Mai Tai               |  |
|  Manhattan            |  |
|  Margarita            |  |
|  Martini              |  |
|  Mimosa               |  |
|  Mojito               |  |
|  Moscow Mule          |  |
|  Mudslide              |  |

## KEY



**WHOLE HAMBURGER**



**3/4 HAMBURGER**



**1/2 HAMBURGER**



**1/4 HAMBURGER**

McDonald's Hamburger: 250 calories

# FEELING STRESSED



## GARDENS

### ALBUQUERQUE BOTANICAL GARDENS

2601 Central Ave. NW  
(505) 768-6200  
[cabq.gov/culturalservices/biopark](http://cabq.gov/culturalservices/biopark)  
*36 acres of gardens and conservatories to walk through.*

### ALBUQUERQUE GARDEN CENTER

10120 Lomas Blvd NE  
(505) 296-6020  
[albuquerquegardencenter.org](http://albuquerquegardencenter.org)  
*Offers beautiful garden grounds, garden shop, rental facilities and events.*

### LOBO GARDENS

Off-campus site: Campus and Vassar  
On-campus site: Hokona Hall  
[facebook.com/UNMLoboGardens](https://facebook.com/UNMLoboGardens)  
*Contact [growlobos@unm.edu](mailto:growlobos@unm.edu) to volunteer time or for event info.*

### RIO GRANDE COMMUNITY FARM

1701 Montano Rd NW  
(505) 308-4987  
[riograndefarm.org](http://riograndefarm.org)  
*Volunteer your time, become a member, or attend a workshop or event.*

## GYMS

### DOWNTOWN SPORTS AND WELLNESS

40 1st Plaza Center NW #76  
(505) 242-1500  
*Offers free trial and student-discounted memberships.*

### CROSSFIT ALBUQUERQUE

5643 Jefferson St NE, Suite A.  
(505) 264-7341  
[crossfitalbuquerque.com](http://crossfitalbuquerque.com)  
*Free intro sessions. Experienced and caring coaches. Specialty classes included.*

### JOHNSON CENTER

UNM Main Campus  
(505) 277-0178  
[recservices.unm.edu](https://recservices.unm.edu)  
*Getaway adventures, personal training, outdoor and bike shop, intramural sports and more.*

### LIBERTY GYM

2401 Jefferson St. NE  
(505) 884-8012  
[libertygym.com](http://libertygym.com)  
*Offers \$5 day pass and \$25 month pass.*

### POWERFLEX GYM

1214 San Pedro Dr NE  
(505) 508-0718  
[powerflexgym.com](http://powerflexgym.com)  
*Offers 3 day VIP free Trial pass.*



## MASSAGE

### BODY WISDOM THERAPEUTICS MASSAGE AND BODYWORK

4610 Copper Ave NE  
(505) 710-6960  
bodywisdomtherapies.massagetherapy.com  
*Massages and reflexology.*

### STUDENT HEALTH AND COUNSELING MASSAGE THERAPY SERVICES

SHAC: Rooms 210 and 214A  
(505) 277-3136  
shac.unm.edu  
*\$40 for 50 min session- students can charge to bursar's account.*

## MEDITATION

### KADAMPA MEDITATION CENTER

142 Monroe St NE  
(505) 292-5293  
meditationinnewmexico.org  
*Take a meditation class or just stop by.*

### MASSAGE ENVY

6231 Riverside Plaza LN NW Suite B  
(505) 890-7979  
massageenvy.com  
*Customized affordable facials and massage.*

## PARKS

### ALTURA PARK

Indian School & Washington NE  
cabq.gov/parksandrecreation/parks/prescription-trails/87110/altura-park  
*Playground, tennis courts, picnic tables, sports field, good visibility.*

### BATAAN MEMORIAL PARK

748 Tulane Dr NE  
cabq.gov/parksandrecreation/parks/prescription-trails/87106/bataan-park  
*Picnic tables, large shade trees, lots of activity and good visibility.*

### MCDUFFIE "HIDDEN" PARK

3708 Mackland NE  
cabq.gov/parksandrecreation/parks/city-parks/park-addresses  
*Includes grass field and a Little Free Libraryentrances are alley ways.*

## PARKS

### MORNINGSIDE PARK

3901 Lead Ave SE  
cabq.gov/parksandrecreation/parks/city-parks/park-addresses  
*Includes grass field and playground.*

### ROBINSON PARK

810 Copper Ave NW  
cabq.gov/parksandrecreation/parks/city-parks/park-addresses  
*Includes grass field.*

### ROOSEVELT PARK

500 Spruce St SE  
cabq.gov/parksandrecreation/parks/prescription-trails/87106/roosevelt-park  
*Includes grass field, playground, picnic benches, and frisbee disk golf posts.*

## SPAS

### THE BACK PORCH DAY SPA

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

### BETTY'S BATH AND DAY SPA

1835 Candelaria Rd NW  
(505) 341-3456  
bettysbath.com  
*Tranquil spa offering outdoor hot tubs, saunas, steam rooms & services such as massage & facials.*

### LOVE'S HEALING TOUCH DAY SPA BATH'S

1218 Broadway Blvd. NE  
(505) 289-0495  
loveshealingtouch.com  
*Hot tubs, saunas, cool baths, treatments, stone massages, and more. \*No appointment is needed to use baths-just bring a swimsuit and \$15.*

## WEBSITES

### ARTISTIC & CALMING

asmrion.com | calm.com  
weavesilk.com

*Unwind by taking a break with these calming websites.*

### BRAIN TEASERS

www.lumosity.com | mondaypunday.com  
theoatmeal.com

*Take a break but keep your brain active in fun ways.*

## YOGA

### ABQ HOT YOGA

724 Central Ave. SE  
(505) 243-4688  
hotyoga-abq.com

*Gentle warm yoga, fusion hot yoga, and hot power vinyasa yoga.*

### BHAVA YOGA

520 Central Ave. SE  
(505) 842-1080  
bhavayogastudio.com

*Offers a restorative class to calm your mind through breathing.*

### BIKRAM YOGA

1100 San Mateo blvd NE  
(505) 296-9642  
bikramabq.com

*Offers therapeutic hot yoga classes suited for all ages and levels.*

### YOGAZO

Vista Del Norte Dr NE  
(937) 671-8917  
yogazoabq.com

*A mobile yoga studio that shows up at multiple close and convenient locations.*


### YOGASAAR STUDIO

2205 Silver Ave SE  
(505) 227-7765  
Livingyouryoga.org

*Experience yoga that is transformative, engage in dynamic practices for all levels.*







# FACTS ON TAP

[ KNOW THE NORMS ]

**81%**

OF UNM STUDENTS REFUSE TO RIDE WITH A DRIVER WHO HAS BEEN DRINKING!

**81%**


OF UNM STUDENTS DON'T MISS CLASS BECAUSE OF DRINKING

**81%**

OF UNM STUDENTS HAVE NOT DRIVEN DRUNK

**84%**

OF UNM STUDENTS HAVE NOT PERFORMED POORLY ON A TEST BECAUSE THEY WERE DRUNK



**SEE MORE FACTS: [COSAP.UNM.EDU](https://cosap.unm.edu)**

Results from the  
UNM Student Lifestyle Survey  
Spring Semester 2023

# 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

1820 Sigma Chi Rd  
(505) 277-3013  
agoracares.org  
*Crisis line, short term support, and referrals.*

### CAMPUS OFFICE OF SUBSTANCE AND ALCOHOL PREVENTION (COSAP)

Mesa Vista Hall: Room 3059  
(505) 277-2795  
cosap.unm.edu  
*Information on substance use and referrals for students, staff, and faculty.*

### DEPARTMENT OF PSYCHOLOGY CLINIC

1820 Sigma Chi NE  
(505) 277-5164  
psych.unm.edu/community/psychologyclinic.html  
*Provides individual psychotherapy on a sliding fee scale.*

### LOBORESPECT ADVOCACY CENTER

University Advisement and Enrichment Center: Room 262  
(505) 277-2911  
loborespect.unm.edu  
*24/7 hour hotline, confidential reporting, education programs, and Lobo Food Pantry.*

### LOBO WELLNESS

SHAC Building  
(505) 277-1074  
shac.unm.edu/wellness  
*Information and education on topics such as stress management, nutrition, and exercise.*

### STUDENT HEALTH AND COUNSELING

SHAC Building  
(505) 277-3136  
shac.unm.edu  
*Walk-ins and appointments available during weekdays, 8am-5pm.*

## MEETINGS

### ALCOHOLICS ANONYMOUS

#### WOMEN'S RESOURCE CENTER

302 Cornell Dr  
Wednesdays: 12:00pm  
women.unm.edu  
*The Women's Centers holds a space for Alcoholic Anonymous meetings. All are welcome.*

#### MONTE VISTA CHRISTIAN CHURCH

3501 Campus Blvd NE  
Albuquerque, NM 87106  
- Tuesday, Thursday: 6pm  
- Wednesday: 8pm  
- Saturday: 5pm

### NARCOTICS ANONYMOUS

#### FRONTIER RESTAURANT

2400 Central Ave SE  
Albuquerque, NM 87106  
- Tuesday at 6:30am

#### UNIVERSITY HEIGHTS METHODIST CHURCH

2210 Silver Ave SE  
Albuquerque, NM 87106  
- Monday at 12pm

## PROGRAM

### COLLEGIATE RECOVERY PROGRAM (CRC)

SHAC Plaza Level Room 30  
(505) 277-3136  
recovery.unm.edu  
*A peer lead and organized program which serves students in recovery from addiction. It is a university-provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use.*





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!

## **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 Difference in College Students  
Clinical and Experimental Research  
Harvard Medical School Center for Addiction Medicine  
Brown University Center for Alcohol and Addiction Studies

### **SOCIAL NORMS**

UNM Student Lifestyle Survey, 2023

### **DRINKS VS. HAMBURGERS**

Calorie Count: Alcoholic Drinks

### **COSAP DEPARTMENT:**

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