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

FUN IN THE 505

VOLUME IX - 2023

BROUGHT TO YOU BY COSAP

LOOK THROUGH THIS BOOK AND TRY SOMETHING NEW!
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**WHEN YOU’RE FEELING...**

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DEAR LOBOS,

The UNM Campus Office of Substance and Alcohol Prevention is proud to present the ninth 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 S$.

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
recreservices.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
maplestreetdancespace.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 FAMILY FUN CENTER
12931 Indian School Rd. NE
(505) 299-3100
hinklefamilyfuncenter.com

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
$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
$35 walking, $45 cart riding, and $25 for walking 9 holes on weekdays.

HIKE

FIND NEARBY TRAILS ON THESE SITES:

• www.sandiahiking.com
• www.jemezmountaintrail.org
• www.exploremm.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: $7.

ROLLER KING
400 Paisano St. NE
(505) 299–4494
rollerkingnm.com
Adult Night: Weds 8pm–10pm, $7 admission.

INTRAMURAL & REC SPORTS

DUKE CITY CAGES
900 1st St NW
(505)–582–2163
dukecitycages.com
$30 lane no machine, $40 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
reccservices.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 $42 a month.

MOTOR SPORTS

Moriarty MX
38 Martin Rd. (Moriarty, NM)
(505) 453–1806
mxsports.com
$20 a rider and free overnight camping.

SANDIA SPEEDWAY
100 Speedway Park Blvd.
(505) 449–8368
suikacircuit.com
Multi-purpose tracks for motocross, drifting, karting, & more – $75 to race your own sports car.

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
1–800–587–2240
sipapu.ski
Free lodging for first time visitors with purchase of 1 lift ticket.

TAOS SKI VALLEY
116 Sutton Place, Taos, NM
(888) 262–8398
skitaoas.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
Offers student discounts for rafting, kayaking, and paddling.

SOL BOARD SPORTS
8414 Jefferson St. NE
(505) 450–2658
Stand-up paddle board rentals and lessons.

SHOOTING SPORTS

ALBUQUERQUE ARCHERY SHOPPE
2910 Carlisle Blvd. NE
(505) 878–9768
archeryshoppenm.com
$15 an hour for bow and arrows.

CALIBERS RIFLE RANGE
4340 Cutler Ave. NE
(505) 800–5103
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
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
12’ bowl, full pipe, concrete course, and stair sets with hubbas.

HAVEN SKATE SHOP
114 Vassar Dr. NE
(505) 232–6697
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
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
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
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

[ 6 ] ACTIVE
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
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<td><strong>ALBUQUERQUE OPEN SPACE LANDS</strong></td>
<td><strong>AZTEC RUINS NATIONAL MONUMENT</strong></td>
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<tr>
<td>6500 Coors NW (Visitor’s Center)</td>
<td>725 Ruins Rd. (Aztec, NM)</td>
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<tr>
<td>(505) 768-4950</td>
<td>(505) 334-6174</td>
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<tr>
<td><a href="https://bit.ly/2GTq0t7">https://bit.ly/2GTq0t7</a></td>
<td>nps.gov/azru</td>
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<td><em>Get maps of places with trails, find unique land art, or attend a community event.</em></td>
<td>Ancient ceremonial structures and passageways.</td>
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<td><strong>HOT SPRINGS</strong></td>
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<td><strong>JEMEZ HOT SPRINGS</strong></td>
<td><strong>BANDALIER NATIONAL MONUMENT</strong></td>
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<tr>
<td>40 Abousleman Loop (Jemez Springs, NM)</td>
<td>15 Entrance Rd. (Los Alamos, NM)</td>
</tr>
<tr>
<td>(575) 829-9175</td>
<td>(505) 672-3861</td>
</tr>
<tr>
<td>jemezhotsprings.com</td>
<td>nps.gov/band</td>
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<td><em>Multiple outdoor hot springs – some are clothing optional. 1 hour property pass/Soak: $25 per person.</em></td>
<td>33,000 acres of rugged, beautiful canyon and mesa country, as well as evidence of a human presence going back over 11,000 years.</td>
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<td><strong>OJO CALIENTE MINERAL SPRINGS</strong></td>
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<tr>
<td>50 Los Banos Drive. (Ojo Caliente, NM)</td>
<td></td>
</tr>
<tr>
<td>(877) 977-8212</td>
<td></td>
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<tr>
<td>ojosparesorts.com</td>
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<tr>
<td><em>Springs that flow from a volcanic aquifer as well as a mud pool. Check website for rates and specials.</em></td>
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<tr>
<td><strong>TEN THOUSAND WAVES</strong></td>
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<tr>
<td>21 Ten Thousand Waves Way, (Santa Fe, NM)</td>
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<tr>
<td>(505) 982-9304</td>
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<tr>
<td>tentousandwaves.com</td>
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<td><em>Outdoor hot tubs inspired by Japanese mountain hot spring resorts.</em></td>
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<td><strong>CHACO CANYON NATIONAL HISTORICAL PARK</strong></td>
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<td>NM 550 (Nageezi, NM)</td>
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<tr>
<td>(505) 786-7014</td>
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<tr>
<td>nps.gov/chcu/index.htm</td>
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<td><em>The densest concentration of pueblos in the southwest and an international dark sky park featuring the Chaco Observatory.</em></td>
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[8] ADVENTUROUS
NATIONAL PARKS

EL MALPAIS NATIONAL MONUMENT
1900 E Santa Fe Ave, (Grants, NM)
(505) 285–4641
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
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
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
Swimming and scuba diving.

CATWALK TRAIL
Highway 174 (Glenwood, NM)
(575) 539–2481
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
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
The only place in the US where you can stand in four states at once.

GETAWAY ADVENTURES
Johnson Center: Rec Services
(505) 277–8182
recservices.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
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
Explore the beautiful white sand dunes. A one-of-a-kind outdoor adventure.
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
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
thedinnderdetective.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 of 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
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
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-imaxrp
New release films and an IMAX theater.

RECORD

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
don’s.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 collectables.

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 1st 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
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
thelaunderground.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 NE
(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**  
114 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.*

**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.*
ALBUQUERQUE MUSEUM OF ART & HISTORY
2000 Mountain Rd. NW
(505) 243–7255
cabq.gov/culturalservices/albuquerque museum
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.
MUSEUMS

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

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
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
popejoyresents.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.

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
eleylive.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
alburquerqueamphitheater.com
Popular artist outdoor concerts.
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
vortexaabq.org

Local and national theater productions check website for free events. $17 student admission.
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 bloodstream 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/springstorm–1
Help with various community projects around the city followed by food, games, and music.

FAIRS & EVENTS

ZOZOUBRA
Ft. Marcy Park (Santa Fe, NM)
(505) 428–9013
burnzo zobra.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
Music festival with multiple performers, food trucks and other entertainment. Free for all UNM students.

FLAMENCO FESTIVAL
1620 Central Ave. SE
(505) 242-7600
ffiaq.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
foodtruckfestivalofamerica.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
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
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
New Mexico’s largest summer street festival located in different locations across the city.

FESTIVALS

SOMOS ABQ
Civic Plaza
somosasbq.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
chocolateandcoffeefest.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
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
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
New Mexico’s largest Independence Day celebration. Park and Ride services are available.

HANGING OF THE GREENS
Beginns at the UNM Bookstores
(505) 277–4706
unmevents.unm.edu/site/sac/event/hangingof-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
Celebrate with America’s pastime and a firework show.
HOLIDAYS

MCALL’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 alter 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
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
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
Spectacular Christmas light sculptures cover the Botanical Gardens.

THANKSGIVING DAY 5K
901 Alcalde Pl SW
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
grovecafeandmarket.com

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

LOYOLA’S FAMILY RESTAURANT
4500 Central Ave SE
(505) 268–6478
loyolasfamilyrestaurant.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 ’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
Old-school take-out spot known for unfussy burgers, chili cheese dogs, fries & shakes.

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.
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<tr>
<th><strong>CAFES &amp; RESTAURANTS</strong></th>
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<tr>
<td><strong>LOS CUATES</strong></td>
<td><strong>THAI VEGAN</strong></td>
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<td>4901 Lomas Blvd. NE</td>
<td>3804 Central Ave. SE</td>
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<td>(505) 255–5079</td>
<td>(505) 200–2290</td>
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<td>loscuatesrestaurants.com</td>
<td>heritageandvegan.com</td>
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<tr>
<td><em>A wide range of New Mexican dishes.</em></td>
<td><em>Thai vegan cuisine.</em></td>
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<tr>
<td><strong>MARY &amp; TITO’S CAFE</strong></td>
<td><strong>DELIVERY</strong></td>
</tr>
<tr>
<td>2711 4th St. NW</td>
<td><strong>CHEBA HUT</strong></td>
</tr>
<tr>
<td>(505) 344–6266</td>
<td>115 Harvard Dr. SE</td>
</tr>
<tr>
<td>maryandtitoscafeabq.com</td>
<td>(505) 232–2432</td>
</tr>
<tr>
<td><em>New Mexican cuisine.</em></td>
<td>chebahut.com</td>
</tr>
<tr>
<td><strong>O RAMEN</strong></td>
<td><strong>MARIO’S PIZZA</strong></td>
</tr>
<tr>
<td>2114 Central Ave SE</td>
<td>2401 San Pedro NE</td>
</tr>
<tr>
<td>(505) 508–1897</td>
<td>(505) 883–4414</td>
</tr>
<tr>
<td>facebook.com/oramenandcurry</td>
<td>mariospizzabq.com</td>
</tr>
<tr>
<td><em>Ramen house and curry.</em></td>
<td><em>Pizza and Italian food.</em></td>
</tr>
<tr>
<td><strong>SAGGIOS</strong></td>
<td></td>
</tr>
<tr>
<td>107 Cornell Dr. SE</td>
<td><strong>DESSERT</strong></td>
</tr>
<tr>
<td>(505) 255–5454</td>
<td><strong>THE CANDY LADY</strong></td>
</tr>
<tr>
<td>unsaggios.com</td>
<td>424 San Felipe St. NW</td>
</tr>
<tr>
<td><em>Pizza joint and Italian dishes.</em></td>
<td>(505) 243–6239</td>
</tr>
<tr>
<td><strong>SHOGUN JAPANESE RESTAURANT</strong></td>
<td>thecandy lady.com</td>
</tr>
<tr>
<td>3310 Central Ave SE</td>
<td><em>Home of the Breaking Bad blue sky candy and much more.</em></td>
</tr>
<tr>
<td>(505) 265–9166</td>
<td><strong>CHOCOLATE DUDE</strong></td>
</tr>
<tr>
<td>shogunabq.com</td>
<td>3339 Central Ave. NE</td>
</tr>
<tr>
<td><em>Tempura, sushi bar and Japanese cuisine.</em></td>
<td>(505) 639–5502</td>
</tr>
<tr>
<td><strong>SLICE PARLOR</strong></td>
<td>chocolatedudeabq.com</td>
</tr>
<tr>
<td>3410 Central Ave SE</td>
<td><em>All things chocolate.</em></td>
</tr>
<tr>
<td>(505) 232–2808</td>
<td></td>
</tr>
<tr>
<td>sliceparlor.com</td>
<td><strong>FROST GELATO – A GELATO SHOPPE</strong></td>
</tr>
<tr>
<td><em>New York style pizza.</em></td>
<td>ABQ Uptown</td>
</tr>
<tr>
<td><strong>SATELLITE</strong></td>
<td>2201 Q St NE Suite 9A</td>
</tr>
<tr>
<td>2300 Central Ave SE</td>
<td>Phone: 505–883–2522</td>
</tr>
<tr>
<td>(505) 254–3800</td>
<td>frostgelato.com</td>
</tr>
<tr>
<td>Satellitecoffee.com</td>
<td><em>Authentic Italian Gelato.</em></td>
</tr>
<tr>
<td><em>Cafe serving artisan brews plus breakfast and sandwiches.</em></td>
<td></td>
</tr>
<tr>
<td><strong>SALA THAI</strong></td>
<td><strong>CHOCOLATE DUDE</strong></td>
</tr>
<tr>
<td>102 Richmond Dr NE</td>
<td>3339 Central Ave. NE</td>
</tr>
<tr>
<td>(505) 265–9330</td>
<td>(505) 750–4656</td>
</tr>
<tr>
<td><em>Thai cuisine.</em></td>
<td><em>Large variety of flavors and toppings</em></td>
</tr>
<tr>
<td><strong>FROST GELATO – A GELATO SHOPPE</strong></td>
<td></td>
</tr>
<tr>
<td><strong>OLO FROZEN YOGURT STUDIO</strong></td>
<td></td>
</tr>
<tr>
<td><strong>RISE + ROAST</strong></td>
<td><strong>RISE + ROAST</strong></td>
</tr>
<tr>
<td>401 Eubank SE Unit E</td>
<td>401 Eubank SE Unit E</td>
</tr>
<tr>
<td>(505) 207–1000</td>
<td>(505) 207–1000</td>
</tr>
<tr>
<td>riseandroast.com</td>
<td>riseandroast.com</td>
</tr>
<tr>
<td><em>Local, Fresh donuts + New Mexico brewed top-shelf coffee.</em></td>
<td></td>
</tr>
</tbody>
</table>
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
yougotta password.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

DOWNTOWN MARKET
810 Copper Ave NW
(505) 252–2959
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/
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
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
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
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
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
stjаместеаroom.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!

<table>
<thead>
<tr>
<th>DECIDE AHEAD NOT TO EXCEED A SET NUMBER OF DRINKS</th>
<th>EAT BEFORE AND DURING THE TIME YOU ARE DRINKING</th>
<th>KEEP TRACK OF THE NUMBER OF DRINKS YOU HAVE</th>
<th>ALTERNATE WITH NON-ALCOHOLIC BEVERAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>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!</td>
<td>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!</td>
<td>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!</td>
<td>Alcohol is known to severely dehydrate muscles, including the brain. Avoid the hangover headache by remembering to hydrate and keep the good times going.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIMIT THE NUMBER OF DRINKS PER HOUR</th>
<th>AVOID DRINKING GAMES</th>
<th>WATCH A FRIEND’S DRINK WHILE HE OR SHE IS GONE</th>
<th>HANG OUT WITH PEOPLE WHO DRINK LESS OR MORE SLOWLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>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!</td>
<td>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!</td>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

**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
- Amaretto Sour
- Bloody Mary
- Blue Moon
- Champagne
- Coors Light
- Dos XX
- Cosmopolitan
- Cranberry Vodka
- Deschutes IPA
- Dessert Wine
- Fat Tire
- Gin & Tonic
- Guinness Stout
- Heinekin
- 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
- New Castle Brown
- Old Fashioned
- PBR
- Piña Colada
- Red and White Wine
- Rum & Coke
- Samuel Adams Stout
- Screwdriver
- Sex on the Beach
- Sierra Nevada IPA
- Tom Collins
- Vodka Redbull
- Whiskey Coke
- White Russian
- Woodchuck Hard Cider

KEY

- **WHOLE HAMBURGER**
- **3/4 HAMBURGER**
- **1/2 HAMBURGER**
- **1/4 HAMBURGER**

McDonald's Hamburger: 250 calories
FEELING STRESSED

GARDENS

ALBUQUERQUE BOTANTICAL GARDENS
2601 Central Ave. NW
(505) 768–6200
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
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
Contact growlobos@unm.edu to volunteer time or for event info.

RIO GRANDE COMMUNITY FARM
1701 Montano Rd NW
(505) 308–4987
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
Free intro sessions. Experienced and caring coaches. Specialty classes included.

JOHNSON CENTER
UNM Main Campus
(505) 277–0178
recesservices.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
Offers $5 day pass and $25 month pass.

POWERFLEX GYM
1214 San Pedro Dr NE
(505) 508–0718
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

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
Transquil 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.

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 Library entrances are alley ways.
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 ]

74% OF UNM STUDENTS REFUSE TO RIDE WITH A DRIVER WHO HAS BEEN DRINKING!

86% OF UNM STUDENTS DON'T MISS CLASS BECAUSE OF DRINKING

87% OF UNM STUDENTS HAVE NOT DRIVEN DRUNK

90% OF UNM STUDENTS HAVE NOT PERFORMED POORLY ON A TEST BECAUSE THEY WERE DRUNK

SEE MORE FACTS: COSAP.UNM.EDU

Results from the UNM Student Lifestyles Survey
Spring Semester 2023
# 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.*

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# 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

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# PROGRAM

**THRIVING MINDS**  
(505) 226-5999 or thrivingminds@unm.edu  
*A student organization at UNM that provides support for students in recovery and their allies. Meetings, sober activities, education and community.*
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:
3050 Mesa Vista Hall
Phone: 277-2795
Email: cosap@unm.edu
Website: cosap.unm.edu

STAFF:

Randall Starling Ph.D
Sr. Research Scientist II | Program Manager

Deanna Sprunk
Sr. Program Manager

Betty Tennyson
Grants Coordinator

Lauren Taylor
Marketing Assistant

Jollee Morales
Office Assistant