

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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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 \$5.

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
reccservices.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

3 Attractions Pass: \$20.99. Your choice of any three attraction rides one time.

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/2YOkq9>

\$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.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: \$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
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 \$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
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

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

archeryshoppennm.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

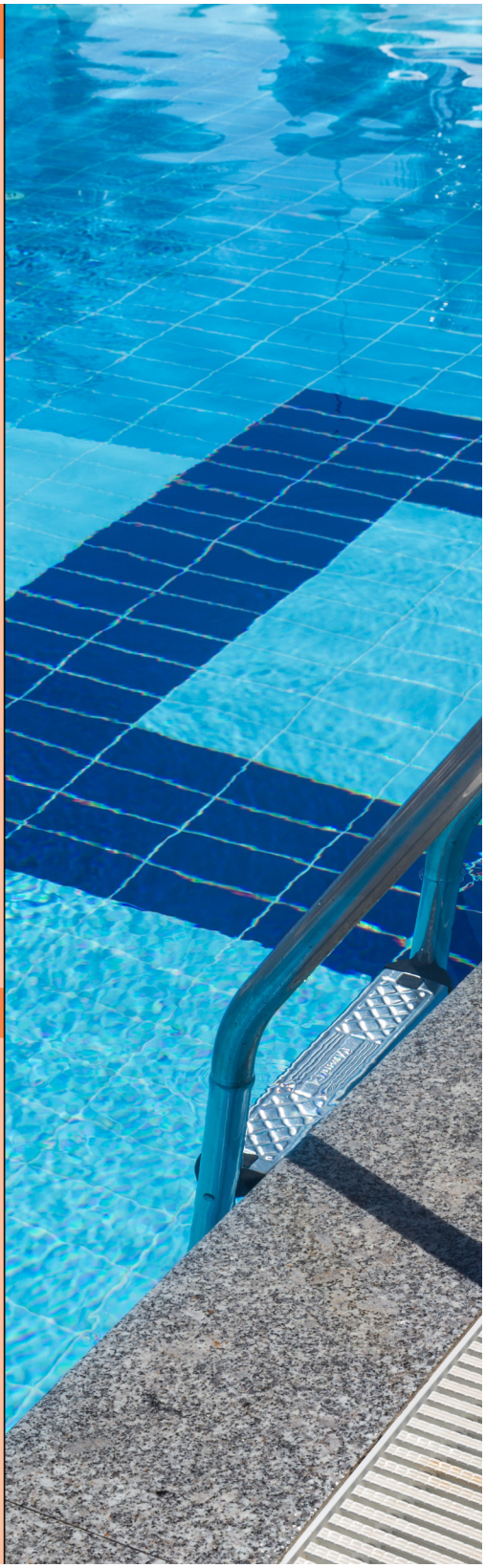
10100 Lomas Blvd. NE
(505) 768-4901
Indoor pool: Open year round.

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



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.

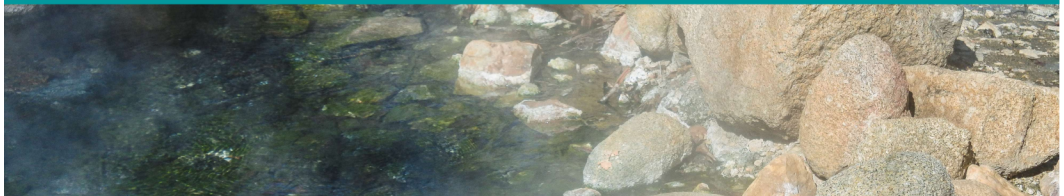
OVER 79%

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 Abousleman Loop (Jemez Springs, NM)
(575) 829-9175
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
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
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
Ancient ceremonial structures and passageways.

BANDALIER NATIONAL MONUMENT

15 Entrance Rd. (Los Alamos, NM)
(505) 672-3861
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
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
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

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

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

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

Whitewater canyon trail with picnic and swimming areas.

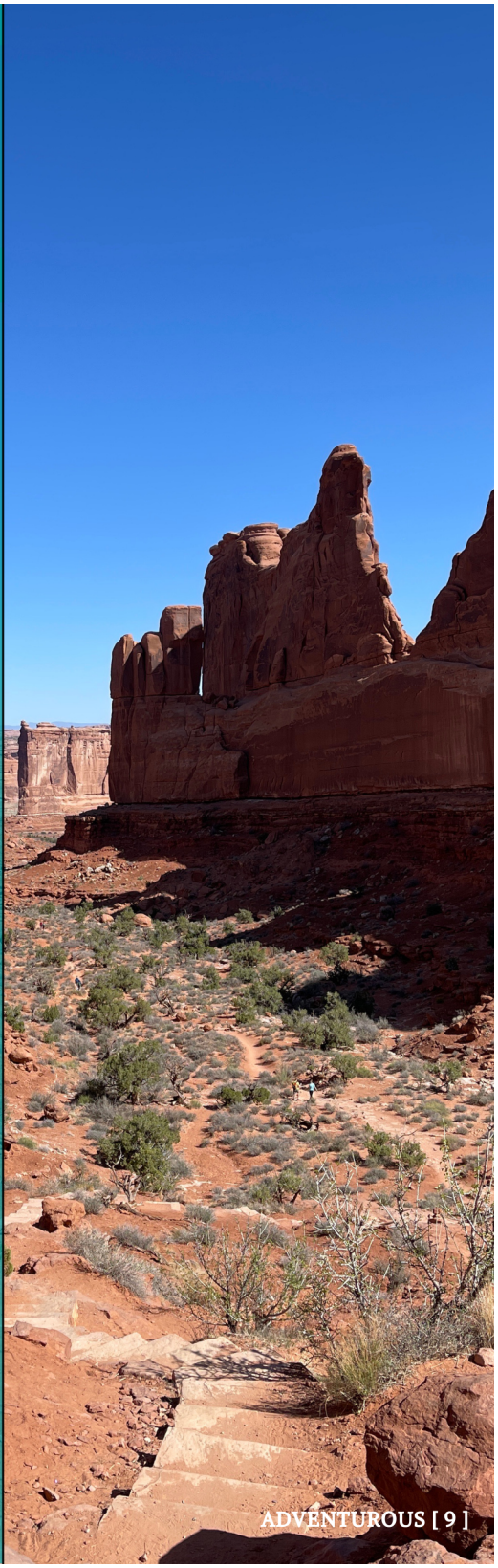
FORT UNION DRIVE IN MOVIE THEATER

3300 7th St. (Las Vegas, NM)

(505) 425-9934

driveinmovie.com/NM.htm

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

navajonationalparks.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.



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
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

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-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

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
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

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.*





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

*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

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

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

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
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
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

Begins at the UNM Bookstores
(505) 277-4706

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

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

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

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

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 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

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

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
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
-  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 BOTANICAL 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
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
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.

MESSAGE

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]



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](https://cosap.unm.edu)

Results from the UNM Student Lifestyles 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

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.

A scenic view of a pond with people swimming and a green Adirondack chair in the foreground. The pond is surrounded by trees and a wooden fence. The chair is made of green plastic and is positioned on a bed of brown mulch. The background shows a line of trees and a clear sky.

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

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LOBOS PARTY SMART [STAY WITH THE PACK]



SEE THE ONLINE VERSION AT COSAP.UNM.EDU