

Pino Family Ranch Handbook

Draft



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Pino Ranch Handbook

1. Emergency Assistance

Carrizozo Health Center

Address: 710 E. Avenue at the intersection of Airport Road.

Hours: 8 am to 5 pm Monday through Friday

Phone: 575-648-2317

All emergencies: 911

New Mexico Poison Control Center: 1-800-222-1222

2. Phone Service

Phone service at the ranch is dependent on your carrier. Verizon seems to function consistently. Program your cell phone with the emergency numbers above. and the New Mexico Poison Center at 1-800-222-1222.

3. Climate Adjustment

a. Altitude Sickness

Albuquerque's altitude is 4352 feet above sea level and Carrizozo's is 5429. Air is thinner than at lower altitudes. Altitude sickness may develop in travelers who ascend rapidly to higher altitudes. Symptoms of altitude sickness, may include feeling tired, headaches, nausea, vomiting, and dizziness. It sometimes takes a few days to acclimate to the altitude.

Preventing Altitude Sickness:

- Ascend gradually or by increments to higher altitudes
- Avoid overexertion
- Eat light meals
- Avoid alcohol (effects of alcohol are magnified at higher altitudes)

b. Dehydration

Higher altitudes increase the risk for dehydration. Even low levels of dehydration can cause dry mouth, headaches, lethargy, weakness, dizziness and constipation. Most occurrences of dehydration can be easily reversed by increasing fluid intake, but severe cases of dehydration require immediate medical attention.

Preventing Dehydration:

- Drink plenty of fluids, especially when in the sun.
- Make sure you are taking in more fluid than you are losing.

- Schedule physical outdoor activities for the cooler parts of the day.
- Drink appropriate sports drinks to help maintain electrolyte balance.

c. Sunburn

The New Mexico sun emits high levels of ultraviolet (UV) radiation (intensity) during most days of the year. When your skin is exposed to the sun for a period of time, eventually it burns, turning red and irritated.

Preventing Sunburn:

- Schedule physical activity during hours when the sun is less intense (before 10 and after 4).
- Wear long sleeves and pants with a tight weave when exposed to sunlight.
- Wear a broad-brimmed hat that protects your neck and ears.
- Wear sunglasses that block 99% to 100% of UVA and UVB radiation.
- Use sunscreen, even on cloudy days.

d. Heat Stroke

Heat stroke, also called sunstroke, is a potentially life-threatening condition caused by your body overheating, caused by exposure to excessive heat and sun. Symptoms can be similar to those of a heart attack. After spending a lot of time in the sun, you may notice that your skin is incredibly hot and red. This is one of the most easily recognizable signs of heat stroke. This increase in body temperature calls for immediate medical attention.

Preventing Heat Stroke:

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.
- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Schedule vigorous activity for cooler times of the day.
- Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.

4. Cattle and Wildlife

a. Cattle

There are about 50 cattle grazing on the Pino Family Ranch in fenced meadows. A cow can weigh up to 1,600 pounds. Maintain a safe distance from all cattle and avoid making loud or startling noises. Walk well clear of calves, as a mother will instinctually protect her young.



Cow



Bull

Bulls are more muscular than cows and can weigh up to 2,400 pounds. Bulls can be extremely dangerous. Many times, bulls stomp, put their head down, or arch their back before they attack. If a bull starts to demonstrate signs of aggression, exit slowly and calmly, keeping the bull in sight. Do not turn around and run.

b. Hunting Season

Hunting season for antelope is in August. Hunters should not be passing through the Pino Family Ranch to access the National Forest but could be trespassing. Be vigilant if you venture into the foothills of Carrizo Mountain.

c. Antelope

Antelopes are generally characterized by a light, elegant figure, graceful limbs, small cloven hoofs, a short tail, and unbranched horns, which may be spiral-shaped. Some species of antelope can reach speeds of 60 miles (100 kilometers) per hour, making them among the fastest of land animals.

Antelope will consistently display a fear response to perceived predators, such as humans.



d. Coyote

Often confused with wolves, coyotes can be distinguished by their smaller size, more elongated muzzle and more pointed and prominent ears. Adults weigh 20–40 pounds, Overall body lengths vary between 48–60 inches, and tails measure approximately 16 inches.



Coyotes have a wide vocabulary of yips, barks and howls which you might hear at night. They are nocturnal and seldom seen. You may catch a glimpse of a coyote, however, as they move from one part of their territory to another in search of prey (usually small mammals such as mice or voles). Coyote attacks on people are very rare.

If you are approached by a coyote, you should yell, wave your arms, and/or throw something in its direction. Do not run away.

e. Black Bear

The size of the black bear in New Mexico may range from four to six feet long, and its height at the shoulder ranges from two to three feet when standing on all fours. It's common for an adult black bear to weigh from 200 to 450 pounds.

Although named black bears, their coats can range from golden brown to cinnamon and dark black. Black bears primarily live in the forest and woodlands. They are not known to reside in open grasslands nor in the desert.



Prevention tips:

- Keep all food and garbage in sealed containers.
- If you encounter a bear, stop, and back away slowly while facing the bear. Avoid direct eye contact, as the bear may consider that a threat. Do not run.
- if you startle the bear, wave your arms or hold out your jacket and make yourself appear large, and the bear will normally just walk or run away,

- If a black bear attacks you, fight back using anything at your disposal, such as rocks, sticks, binoculars or even your bare hands. Aim for the bear's nose and eyes.

f. Quail

Quail are one of the most abundant non-migratory bird species in New Mexico. However, during the last 15 years, hunters, wildlife managers, and outdoor enthusiasts have noted a general decline in the number of quail seen on any given day because they are losing their habitat. The Pino family puts out blocks of feed for the quail to encourage population growth. Newly hatched young are often seen in mid-September.



Montezuma Quail



Blue Scale Quail

g. Rabbit

New Mexico is home to two major species of jackrabbits and three cottontail species. You will see both around the Pino Family Ranch.



Cottontail



Jack Rabbit

5. Snakes

Snake seasons are spring and summer in New Mexico, when snakes emerge from their winter dens to hunt for food and water. Venomous snakes have triangular heads, elliptical pupils, upper jaws with fangs and rounded tails. There are two venomous snakes that inhabit New Mexico: the rattlesnake and the coral snake. They are often spotted in shady settings, under a car, in shrubs or weeds, or under a woodpile.

a. Rattlesnake

Several species of rattlesnakes inhabit New Mexico. Adult rattlesnakes are usually 2.5 to 4.5 feet long and have a rattle button that sounds if they feel threatened. Rattlesnake venom is very toxic and can be deadly.



Prairie Rattlesnake



Western Diamondback Rattlesnake



Western Prairie Rattlesnake

b. Coral Snake

Although the coral snakes in New Mexico are often too small to bite humans, their venom is highly toxic. Coral snakes are often confused with the New Mexico milk snake (does not have toxic venom) because of similar banding patterns. This catchy rhyme can help one distinguish the coral snake from its less dangerous counterpart, the New Mexico milk snake:

"Red touches yellow will kill a fellow (coral snake). Red touches black, venom lack (New Mexico milk snake)." However, if it slithers on the ground, it is best to leave it alone!



Coral Snake



Milk Snake

c. Bull Snake

Bull snakes are not poisonous and are helpful in keeping down the rodent population. Adult bullsnakes average about 4 to 6 ft (1.2 to 1.8 m) in total length. They are usually yellow, with brown, white, black, or sometimes reddish blotching. The blotching pattern is large blotches on top, three sets of spots on the sides, and bands of black on the tail. In contrast to rattlesnakes, which usually keep their tails elevated to sound the most efficient rattle, bullsnakes tend to keep their tails in contact with the ground, where they can be vibrated against leaves, for example.



Prevention and First Aid Tips:

- Do not try to capture or handle a poisonous snake.
- Walk in cleared areas where it is easy to see where you step or reach with your hands.
- Use a walking stick to rustle shrubs or brush to alert snakes of your presence.
- Wear protective clothing, such as long pants and boots. Some snakes, such as the rattlesnake, can sense the heat of bare skin.
- Wear gloves when using hands to move rocks or brush.
- Never put your hands or feet into places where you cannot see.
- Always carry your cell phone in case of an emergency.

If bitten by a poisonous snake:

- Remain calm.
- Put a safe distance between you and the snake.
- Get to a hospital immediately. Antivenom is the only accepted treatment.
- Keep the bite area immobilized and level with your heart.
- Do not put ice on the bite or try to suck the venom out with your mouth.
- Call the New Mexico Poison Center at 1-800-222-1222 for more first aid advice.
- Call 911 for an ambulance. Meet the ambulance at the main road or at an agreed upon halfway point to Alamogordo or Ruidoso. The ambulance will have life sustaining equipment and supplies.

6. Spiders

The venom of two spiders in New Mexico can cause serious illness: the black widow and the brown spider.

a. Black Widow

Black Widow spiders have a shiny black color and large, rounded abdomens. Females are larger than males, ranging from one to two inches in diameter. The female also differs from the male in that she has a red marking on her abdomen that may or may not look like an hourglass; however it is not recommended that one handles the spider to try to identify the hourglass shape.

The bite is most painful during 8 to 12 hours after being bitten. Black Widow venom causes severe muscle spasms all over the body and can be deadly, especially in small children.



b. Brown Spider

In New Mexico, there are three species of brown spiders: the blanda, desert and Apache. All three species are similar looking spanning about an inch in length including the legs and light to dark brown in color. As close relatives to the brown recluse, the brown spiders may or may not have the "violin" marking present on their bodies. All three species live outdoors under logs, rocks, dead cacti, in burrows, etc. Their venom is very potent and can be deadly, especially in small children.



Apache Brown Spider

Prevention and First Aid Tips

- Dust and vacuum around windows, corners of rooms, and under furniture regularly.
- Wear gloves when working with wood piles, brush, and rocks; avoid stacking wood against your home.
- Shake shoes before wearing.

- If you think that you have been bitten by a spider that can cause serious illness, call the New Mexico Poison Center right away for treatment advice: 1-800-222-1222.

c. Scorpions

Scorpions are venomous relatives of spiders. They have 4 sets of legs and two pinchers in the front of their long bodies. They sting their victims with the tips of their tails.

Although all scorpions produce venom, the Arizona Bark scorpion is the only species that can cause serious medical illness and even death. It is one to one and one-half inches in length. This scorpion likes dark and damp places, so be extra careful around water at night.

Within two to three hours of being stung, adults may experience the following: pain and burning at the site of the bite; numbness and tingling distant to the site of the bite; difficulty swallowing and an increase in saliva or drooling; muscle twitching; respiratory problems; slurred speech; and restlessness and irritability.



Scorpion

Prevention and First Aid Tips

- Wear shoes when outdoors, especially around water and at night
- Shake all shoes, towels and bedding before using.
- If you think that you have been stung by a scorpion, call the New Mexico Poison Center right away for treatment advice: 1-800-222-1222.

7. Arroyos

Arroyo is Spanish for stream or a stream bed that is dry most of the time. There is a large arroyo just past the first entrance gate to the Pino Family Ranch. The runoff water from rainstorms from the Ruidoso direction, can cause the arroyo to become a fast moving and deep stream, carrying rocks and debris. Heavy Rains in the mountains can cause “Flash flooding.”



Dry Arroyo



Pino Family Ranch Flooded Arroyo

Do not enter the arroyo when water is running through it. It may look calm on the surface but you will not be able to determine the depth of the water. Within seconds you could get caught in water running at 40 miles per hour. Wait until the water recedes

8. Lightning and Fires

a. Lightning Strikes

Lightning strikes frequently in the forests and on the open ranges of New Mexico. If thunder is heard, then the storm is close enough for a lightning strike. Do not wait for the rain to start before seeking shelter, and do not leave shelter just because the rain has ended.

- Don't stand under or near trees, shrubs, or tall isolated objects. Taller objects are more likely to be struck by lightning.
- Stay away from open ranges or hilltops. If on an open range, crouch down with your heels touching and your head between your knees: this will make you a smaller target.
- If you are riding a bicycle, drop the bike and crouch to the ground. Most bikes are made of metal and are excellent lightning conductors.
- Run to your vehicle for safety. If caught in a thunderstorm, remain inside your car until the storm passes and close your windows. Avoid leaning on the car doors or touching any exposed metal. Don't handle the radio or your GPS system.

b. Lightning Fires

Fires on the range can be started by lightning. If a fire is spotted, call 911. The water is carried by truck from Carrizozo so it's essential to give good directions for the responders. It can take up to 30 minutes for them to reach the fire.

c. Forest Fires

Forest fires even 100 miles away can sometimes cause a smoky haze in the area as the smoke moves along the mountain range. Forest fires can be tracked at <https://inciweb.nwccg.gov> .

9. Contacts

a. Palace Contacts

Jackie Riccio - jackie@thepalacearts.com
Sophia Kurmann – sophia@thepalacearts.com
Thea Hope – thea@thepalacearts.com
Simon James Walker – walkers@unm.edu
Hiram Camp – camphiram@gmail.com

b. Pino Family Contacts

Michael Pino – michaelg.pino@gmail.com – 703-772-4385, liaison with Palace
Christy Pino – christypino@verizon.net - 703-527-9058, co-owner of ranch
Paul Pino – paullopezpino@gmail.com – 505-459-4112, co-owner of ranch
Pres Pino – preslygis777@gmail.com - co-owner of ranch

c. Carrizozo Contacts

Carrizozo Police Department - 575-648-2351
Carrizozo Fire Department - 575-648-1161
Carrizozo Health Center - 575-648-2317

d. Hospitals

Alamogordo – Gerald Champion Regional Medical Center – 575-439-6100
Ruidoso – Lincoln County Medical Center – 575-257-8200