High Altitude Health Tips

- Reduce alcohol, caffeine & salty foods.
- Drink 3-4 times more water than usual.
- Get plenty of rest before & during your stay.
- Take it easy! Your heart is working harder at this altitude, so quit while you're ahead if you're tired.
- Wear sunscreen—you receive 30% more ultraviolet radiation up here than at sea level!
- Wear sunglasses with ultraviolet protection, even on cloudy or snowy days. Your eyes can actually get "snow burned."
- Eat high carbohydrate meals, limiting fat & protein, for the first few days at altitude.
- In winter, keep warm & dry, & be sure clothes are not too tight or cutting off your circulation. Layering is best.

SYMPTOMS of High Altitude Sickness: Headache Nausea Unusual tiredness Trouble sleeping

High altitude sickness symptoms usually go away in a day or two, but if you develop a worsening cough or feel like you have fluid in your lungs—see a doctor immediately!

WHEN IN DOUBT, SEEK MEDICAL HELP! Cimarron Healthcare Clinic: 575-376-2402

Statistics

Elevation: 6,430 ft Population: 978 (2012 census) Climate: Summer: 85°F/55°F | Winter: 47°F/15°F

Mileage from Cimarron:

Taos: 57 Eagle Nest: 23 Angel Fire: 36 Red River: 42 Ute Park: 12 Raton: 40 Trinidad, CO: 62 Springer: 27 Las Vegas: 93 Santa Fe: 126 Albuquerque: 215 Denver: 260 Amarillo: 241 Oklahoma City: 500



Health & Beauty

4 NEW BEGINNINGS BEAUTY SALON

245 E. Ninth St | 376-2424 | closed Sun & Tues Women's & Men's Hair cuts | Walk-ins welcome, or call ahead: <u>New BARBER!</u> Cell: 505-440-5746

E & S ENVIRONMENTAL PRODUCTS Ed and Sandy Sitzberger | 376-2822 Weight loss & nutritional health products

FRANCIE'S LOTUS MASSAGE THERAPY Francie Casper, RN, LMT, CEIM | 970-765-1858

 TRI-POINTS ACUPUNTURE

 Call for appointment (Cimarron—ABQ—Taos) | 505-730-4472

 Dr. Susanne Tripodi, BA, MSOM, DOM, Dipl OM, LAc

Services

12 NORTHERN NM GAS CO Call for service | 800-916-2510 Complete portable LP gas service

16 CIMARRON LAUNDROMAT Highway 64, Adjacent to the Cree Mee Mon.-Sat. 7:30am-9pm; Sun 9am-9pm
22 GEORGE'S AUTO & DEISEL REPAIR

Corner of Hwys 64/58 | 575-376-2047 | George Lara Full service auto & diesel repair; welding | Mon-Fri 8am-5pm

24 SANCHEZ AUTO REPAIR 12th St. across from the Outfitter | 707-0114 | Phillip Sanchez Full service auto: engines, tires, oil change, & more.

CABINETS BY CONNIE Professional Cabinet-maker | 505-816-8848 1232 Hwy 58, Springer, NM 87747 | Located btwn Cimarron-Springer ROBERT'S EVERGREENS

Firewood | 376-2875

ZIA NATUARL GAS Serving residential and businesses | 800-520-4277

Outdoors

13 CIMARRON GUNS & GEAR 31010 Hwy 64 | 376-2099 New/used firearms; supplies/accessories; Tu-Sa 8-12p/1-5p

13 WILD COUNTRY TAXIDERMY & Guide Service Highway 64 & 8th Street | 376-2575 Mon-Fri 9am-5pm HIGH COUNTRY ANGLERS

Guided Fly Fishing by Doc Thompson | 376-9220

Catering

A TASTE of CIMARRON BBQ | Catering | 376-2706

Area Contractors

BALDY MOUNTAIN WELDING 1539 Hwy 58 | 483-2484 | Welding & construction G. CARLISLE EXCAVATION | 376-2663 MINOR CONSTRUCTION | 376-2473 WHITTEN CONSTRUCTION | 376-2700

Local & Federal Buildings

7 CIMARRON VILLAGE COMPLEX Village Hall | 376-2232 Village Library | 376-2474 | Hours: M-F 9-5 (closed 12-1) Cimarron Police | 376-2351

Healthcare Clinic | 376-2402 8 CIMARRON HOUSING AUTHORITY 124 N. Washington Ave | 376-2674

5 U.S. POST OFFICE 210 E. 9th St., Cimarron, NM 87714 | 376-2548 M-F 8-3, Sat. 8-11am (closed lunch 11:30-12:30)

5 INTERNATIONAL BANK 31062 Hwy 64 | 376-2274 Mon-Fri 8am-5pm | 24 Hour ATM

9 SENIOR CITIZENS' CENTER | 376-2979 Open Weekdays serving Colfax County

7 CHAMBER OF COMMERCE | 376-2417 Hwy 64/Lincoln, Visitor Center at the park Area information, maps, brochures

EMERGENCY | 911 Cimarron Ambulance | 376-2232 Cimarron Fire Dept | 376-2271

CIMARRON PUBLIC SCHOOLS | 376-2007

Churches

14 FIRST BAPTIST CHURCH 5 Lambert Hills Blvd, corner of Hwy 64 | 376-2469 Sun: School- 9:45am, Worship-11am, Wed- 6pm

11 CHURCH OF CHRIST 759 E. 8th, corner of Lafayette | 376-2527 Sunday Worship- 11am

- 2 UNITED METHODIST CHURCH 31082 Hwy 64, corner of N. Collison | 376-2977 Sunday Worship-11am
- 26 IMMACULATE CONCEPTION 440 W. 18th Street | 376-2553 Sunday Worship: 10am

Area Ranches

CS Ranch | 376-2827 CS Hunting & Outfitters | 376-2595 Express Ranches Atmore, Ute Park | 376-2391 Express Ranches UU Bar | 376-2035 Philmont Scout Ranch | 376-2281 WS/Vermejo Park Ranch | 376-2276



BUSINESS LOCATOR &VILLAGE MAP



Cimarron Chamber of Commerce

P.O. Box 604 / 104 N. Lincoln Cimarron, NM 87714

Call: 575-376-2417 or toll free: 1-888-376-2417 Email: cimarronnm@gmail.com



Hours: Summer: Mon-Sat 10-5 Winter: Wed-Sat 10-1

www.cimarronnm.com



Shopping

1 GYPSY JEWELS BAKERY & BOUTIQUE 31094 W. Hwy 64 | 409-267-7965 | Tue-Sat 7am-3pm Unique Gifts, Boutique Items, Clothing, & BAKERY

6 CIMARRON ART GALLERY

337 E. Ninth St | 376-2614 Old-time soda fountain, jewelry, artwork Summer Daily: 9-6pm | Winter: Tu-Sa 9a-5p

6 CIMARRON BLUE MOON

341 E. Ninth St | 376-9040 Regional art & New Mexico-made products Hours: daily. 9-5

10 TERRA JAVA

100 N. Washington Ave | 426-4410 Antique/classic books, eclectic items, motorcycle collection

10 ROCKS ORE MINERALS

444 E. 9th St | 376-2017 | Mo-Sa 9-4:30 Mineral specimens, crystals, fossils, jewelry, rough rock, handknapped knives; No set hours--call if not open.

14 JONES EMBROIDERY

31130 Hwy 64 – in Ponil Campground | 376-2343 Embroidery & gift shop: open normal bus hours: 10-6

15 CIMARRON CANDLE COMPANY

31097 Highway 64 | 376-9002 | Finely scented candles handpoured along the Santa Fe Trail Sum: Mon-Sat 9-5. Sun 1-5.

16 RUSSELL'S SUNDRIES- "the Variety Store"

31083 Hwy 64 | 376-2502 | Wint: M-Sa 9-6, Sun 10-5 Sum: daily 9-7; | Craft supplies, household goods, fishing supplies; everything you forgot to pack!

17 CIMARRON WEST

256 E. 10th St., corner of Lincoln | 376-2423 Western wear, tack & saddlery, ranch supplies, feed Summer: Mon-Fri 9-6, Sat 9-5 Always closed Sundays.

20 CIMARRON TRADING CO | 376-1110

300 E 10th St ~Knives, Cowboy/Native American collectibles, & art. Mixture of items to intrigue shoppers. - summer: 8a-8p daily

23 THE OUTFITTER

12th St off Hwy 21 | 376-9128 Old West mercantile- Leather goods | Open Mon-Sat. 9am-5pm

27 SCHWENK'S ANTIQUES (Cim Canyon Wdwks) 716 Collison Ave; across from the St. James | 376-2044 Vintage items/Antiques/Furniture/Art/Crafts/Decor/etc Open May 15—Sept 30 daily 10-5:30 Horse boarding—\$15/night/head—call 376-2772 Storage Units / Kitchen Cabinets-call 376-2772



Springer, 34 mi.

Artists & Galleries

6 SUSAN NORRIS ARTWORKS

357 E. Ninth St., corner of Washington Ave | 770-5725 Sculptor, painter **10 L. MARTIN PAVLETICH STUDIO**

428 E Ninth St | 376-2871 Original artwork Summer hours: Mem Day-Labor Day, Mo-Sa 9am-4pm

18 STEVE RICK

312 E. 10th St. (next to Cimarron Trading Co) | 376-2449 Custom knives/ironwork & sterling silver jewelry

30 OLD TOWN GALLERY-KNIGHT/WOLF STUDIOS 114 E. 17th St | 643-6075 Open by appointment or by chance

YVONNE O'BRIEN Photography | 376-4564

Located in Angel Fire | 377-1504 Providing outstanding Bookkeeping and Tax Service

JEANNE TATUM BOOKKEEPING Located in Ute Park | 376-2960 Bookkeeping, Tax Services, Payroll Services.

Realtors

10 O'NEILL LAND, LLC 456 E. 9th St. (behind Yvonne's Crossroads) | 376-2341 Real estate specializing in land and ranches

33 AMERICAN WEST RANCHES, LLC PO Box 73, Eagle Nest, NM 87718 | 377-3382 Stacie Ewing: Ranches, Homes, Land

Groceries & Gas

16 RUSSELL'S ONE STOP 31091 Hwy 64 (inside the gas station) | 376-2224 Groceries, meat/produce, gasoline & carwash Summer: Mon-Sat 7:30a-9p, Sun 7:30a-6p

21 CIMARRON MINI MART

Highways 58 and 64 | 376-2577 | Diesel, gas, convenience Store, beverages | Mon-Sat 6am-10pm; Sun. 7am-9pm

Lodaina

14 PONIL CAMPGROUND & RV PARK 31130 Hwy 64 east, towards Raton | 376-2343 RV parking, camping, showers, laundry, WiFi

17 CIMARRON INN & RV PARK

212 E. 10th St.- off Hwy 64 | 376-2268 Themed rooms, cabins w/ kitchens, RV & tent sites; grey water dumping—\$10. Water to refill RV—\$5 | Pets welcome~Free WiFi No smoking | Hrs: Winter: daily 8a-9p | Summer: 7a-10p

28 ST. JAMES HOTEL | 1-888-376-2664

617 S. Collison St. (Hwy 21) | 376-2664 Café, formal dining room, lounge Historic Tours: haunted hotel on the Santa Fe Trail

32 CASA DEL GAVILAN BED & BREAKFAST

6 mi. south on Hwy 21 | 376-2246 or 1-800-GAVILAN Historic Bed & Breakfast in the foothills of the Sangre de Cristo Mts.

33 PINE RIDGE MOTEL & RV PARK

15 mi. west on Highway 64 in Ute Park | 376-2960 Convenience store, gifts, gas, garage, fishing licenses Gift Shop: 9am-6pm; closed Tue (limited hours, call ahead) Gas station: 9am-5pm; Sun 12-5p | closed Tue

Restaurants

1 GYPSY JEWELS BAKERY | 409-267-7965 31094 W. Hwy 64 | 409-267-7965 Full-service bakery | Tu-Sa 7-3

4 CIMARRON'S HOUSE OF PIZZA Corner of Ninth & Lincoln | 376-2130 Summer daily 11am-8pm

12 THE PORCH CATERING 636 Ninth Street | 376-2228 | Call for Catering Th-Sa 5p-9p: Sun 10a-2p: reservations recommended

14 COLFAX TAVERN & DINER

8 mi. north on Hwy 64 | 376-2229 Pizza and billiards | Mo-Th 11a-9p, Fr-Su 11pm-?

16 CREE MEE RESTAURANT 31083 Hwy 64 (next to the Shell station) | 376-2480 Summer: Open Daily 8a-9p | Winter: Mon-Sat 9a-7p; Sun 9a-6p

19 B-E & US

400 E. 10th St. (formerly Burrito Banquet) Burritos, Frito Pies, Nachos. Mo-Sa 10-2; 5-8, closed Sun

20 THE KIT

31033 Hwy 64 E. next to the gas station | 376-2000 Full-service restaurant serving breakfast, lunch & dinner Open Daily 7am-9pm

28 THE ST. JAMES HOTEL

617 S. Collison (Hwy 21) | 376-2664 | Formal dining room Summer daily 7a-9p | Winter daily 7am-8pm | Bar: Daily