



WHAT DOES A CARBON MONOXIDE DETECTOR DO AND HOW DOES IT WORK?

It might seem like a time-saver to run your car in the garage before a long commute, especially on a cold winter's morning. But the emissions from your vehicle can fill your garage with carbon monoxide (CO)—a dangerous, silent threat—even if the garage door is open.

Carbon monoxide is a **colorless, odorless, and poisonous gas** that claims over 430 lives a year. It's a byproduct of burning carbon fuel like the natural gas in your stove and the gasoline in your car. **Even small doses** of carbon monoxide can cause permanent damage or death.

What is carbon monoxide?

Carbon monoxide gas (CO gas) is a simple molecule: one part carbon and one part oxygen. Carbon monoxide comes when carbon fuel—like wood, gasoline, coal, propane, natural gas, and heating oil—fails to burn completely (incomplete combustion).

These energy sources aren't dangerous when you burn them in an open area with plenty of ventilation. But carbon monoxide is **hazardous in confined spaces**—like basements, kitchens, garages, or campers.

Carbon monoxide is hard to detect without a sensor, which is one of the reasons it's so dangerous.

When will my carbon monoxide detector go off?

The CO alarm sounds if your sensor detects a buildup of carbon monoxide in your home—usually **before you start sensing symptoms**. With a low CO level (50 ppm), it may take up to eight hours for the alarm to go off. Higher carbon monoxide levels (over 150 ppm) can trigger an alarm within minutes.

Act quickly when an alarm sounds because low doses over long periods can be just as dangerous as sudden carbon monoxide exposure in ultra-high doses.

How can I prevent carbon monoxide poisoning?

Carbon monoxide poisoning is a serious risk, but fortunately, it's preventable. Stop CO sources and be prepared.

Here are five carbon monoxide safety tips for avoiding exposure, including installing CO sensors throughout your home:



- **Never heat your home with a gas range.** Gas stoves produce carbon monoxide and can fill your home with dangerous gas.
- **Don't run your car in the garage.** Pull out of the garage first if you want to warm up your vehicle in the winter. Carbon monoxide is a common byproduct of vehicle exhaust and builds up quickly in a closed (or even open) garage.
- **Always have proper ventilation.** It's extremely dangerous to run gas-powered tools (like generators, space heaters, and pressure washers) in an enclosed area like a basement or garage without adequate ventilation.
- **Practice cooking safety while camping.** You should enjoy the wilderness safely. Don't use a charcoal grill, hibachi, or camping stove inside your home, tent, or camper. Besides, open flames and fabric tents don't tend to get along.
- **Install a carbon monoxide detector.** The best carbon monoxide detectors are affordable, easy to install, and can save your life. We recommend installing one on every level of your home, near each bedroom and garage, to test the air quality.

How much CO does it take to make me feel sick?

Most people begin to feel the effects of carbon monoxide exposure at 70 ppm. This is why it's important to have CO detectors since lower levels don't bring obvious symptoms.

By John Carlsen

Senior Staff Writer, Security & Smart Home

Recipe
DIRECTIONS

Winter Night Soup

Ingredients:

1 can black-eyed peas	¼ tsp. oregano
½ cup chopped bell pepper	¼ tsp. rosemary
¼ cup chopped onion	1 lb. smoked sausage
¼ tsp. garlic powder	1 cup grated cheddar cheese
¼ tsp. black pepper	

Directions

Sauté onion, bell pepper, and sausage until onions and peppers are tender. Add garlic powder, black pepper, oregano, rosemary, peas and simmer for 30 minutes. Prior to serving, sprinkle grated cheese on top. Serve with hot corn bread on a cold winter night.



16-POINT NATURAL GAS FURNACE INSPECTION

Zia Natural Gas Company wants to encourage you to have your furnace inspected or “tuned up.” This gives a professional an opportunity to check 16 specific points for possible issues and correct them to have your furnace running in top shape, helping to conserve energy. To receive your \$25 rebate: Simply have a licensed contractor complete and sign this form at zngc.com/ 16- point gas furnace inspection, then submit it along with a copy of contractor invoice and completed Rebate Application.



COMMUNITY CALENDAR

Every Monday Night – Ruidoso - **Monday Night Games** 5 PM to 8 PM at the Lost Hiker Midtown Location. Bring your own game or join one here!

Every Thursday Night – Ruidoso - **Thursday Night Trivia** 6:30 PM at the Lost Hiker Ruidoso Downs Location

Through January 29 – Ruidoso - **Ice Skating @ Wingfield Park** OPEN DAILY (Weekdays 3:00-8:00 PM | Weekends 11:00 AM – 8:00 PM) Every Wednesday is locals’ day! Free skate rental for Lincoln County residents. Day Pass with skate rental \$20, without skate rental \$12. Skating aids are available to provide a stable an enjoyable experience for the kids. Don’t miss it!

December 31 – Ruidoso - **Ring It Inn New Year’s Eve Celebration** Starting at 7 PM. Tickets \$125 At Inn of the Mountain Gods Doors & Dinner | 7 PM Pop Vision Band | 8 PM Drive Band | 9:30 PM Young Guns | 11 PM Champagne Toast | Midnight Get.

December 31 – Las Cruces - **Nutcracker! Magic of Christmas Ballet** 3 PM and 7 PM. Plaza Theatre The acclaimed holiday tradition celebrates its 30th anniversary, with larger-than-life puppets, breath-taking acrobatics, dazzling costumes and the exquisite artistry of an international cast.

December 31 – Las Cruces - **Las Cruces Chile Drop** The annual Las Cruces New Year’s Eve Chile Drop returns in-person to the Plaza de Las Cruces on December 31, bringing food, entertainment and fun to participants. The Chile Drop is a must-see celebration of Las Cruces food and culture that offers an exciting way to bring in a new year of new experiences. On the Downtown Plaza de Las Cruces. 9pm – 12:30am FREE ADMISSION Carnival vendors with food and games Craft Vendors Party favors while they last Main Street merchants Bone Yard, RAD & Little Toad will be open Performance by The Memphis Band. For more information on the event or to cast your vote ahead of time, visit the Las Cruces Chile Drop Facebook page. Call 575-525-1955 for time and more information. <https://downtownlascruces.org/>

Reminder: We use this section for our local communities. The messages must be non-partisan and non-religious. Non-Profit organization messages will be given preference. Please send the information to osaucedo@zngc.com before the 10th of the month to make the following month edition. Thank you.

“For last year’s words belong to last year’s language, and next year’s words await another voice.” - T.S. Elliot



New Mexico’s Natural Choice...Zia Natural Gas Company
Proudly celebrating over 30 years of service
and looking forward to many more!

Zia Natural Gas Company area offices:

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