

## Carbon Monoxide Poisoning



Carbon monoxide poisoning occurs when carbon monoxide builds up in your bloodstream. When too much carbon monoxide is in the air, your body replaces the oxygen in your red blood cells with carbon monoxide. This can lead to serious tissue damage, or even death. Carbon monoxide is a colorless, odorless, tasteless gas produced by burning gasoline, wood, propane, charcoal or other fuel. Improperly ventilated appliances and engines, particularly in a tightly sealed or enclosed space, may allow carbon monoxide to accumulate to dangerous levels. If you think you or someone you're with may have carbon monoxide poisoning, get into fresh air and seek emergency medical care.

### Signs and symptoms of carbon monoxide poisoning may include:

- Dull headache
- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath
- Confusion
- Blurred vision
- Loss of consciousness



Carbon monoxide poisoning can be particularly dangerous for people who are sleeping or intoxicated. People may have irreversible brain damage or even die before anyone realizes there's a problem.

### Prevention

Simple precautions can help prevent carbon monoxide poisoning:

**Install carbon monoxide detectors.** Put one in the hallway near each sleeping area in your house. Check the batteries every time you check your smoke detector batteries — at least twice a year. If the alarm sounds, leave the house and call 911 or the fire department. Carbon monoxide detectors are also available for motor homes and boats.

**Open the garage door before starting your car.** Never leave your car running in your garage. Be particularly cautious if you have an attached garage. Leaving your car running in a space attached to the rest of your house is never safe, even with the garage door open.

**Use gas appliances as recommended.** Never use a gas stove or oven to heat your home. Use portable gas camp stoves outdoors only. Use fuel-burning space heaters only when someone is awake to monitor them and doors or windows are open to provide fresh air. Don't run a generator in an enclosed space such as the basement or garage.

**Keep your fuel-burning appliances and engines properly vented.** These include:

- Space heaters, Furnaces, Water heaters, Fireplaces, Wood-burning stoves

If you have a fireplace, keep it in good repair. Clean your fireplace chimney and flue every year.

Keep vents and chimneys unblocked during remodeling. Check that they aren't covered by tarps or debris.



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## RECIPE

### Creamy Poblano Chicken Rellenos Soup

#### INGREDIENTS

- 8 tablespoons unsalted butter
- 2 cups small-diced onion
- 4 celery stalks, cut into medium dice
- 3 carrots, cut into medium dice
- 2 cloves garlic, minced
- 3 medium poblano peppers, seeded and cut into medium dice
- 1½ teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1/4 teaspoon dried thyme
- 8 cups (2 quarts) chicken broth
- 2 cups heavy cream
- 3 cups shredded cooked chicken breast
- 1/4 cup chopped fresh cilantro
- Tortilla strips and sliced radishes, for garnish



#### Directions

1. In a large soup pot, melt the butter over medium-high heat. Add the onion, celery, carrots, garlic and poblanos and sauté, stirring often, until tender, 12-15 minutes. Add the salt, pepper, cumin and thyme and sauté until caramelized and fragrant, 3-5 minutes longer.
2. Add the broth and cream, bring to a simmer, then reduce the heat to medium-low and cook, stirring often, for 15-20 minutes to meld the flavors.
3. Use an immersion blender to carefully blend the soup until smooth. (Alternatively, let cool slightly and, working in batches as necessary, process in a stand blender until smooth, filling the blender no more than half full and removing the lid slowly after blending. Pour the soup back into the pot.)
4. Add the chicken and simmer for 15-30 minutes to meld the flavors to your liking. Stir in the cilantro. Serve warm, garnished with tortilla strips and sliced radishes.

Zia Natural Gas Company offers scholarships to 2024 graduating Seniors in each of our operating districts.

Applications and instructions are available through your High School Guidance Counselor or you can visit us online [www.zngc.com](http://www.zngc.com) and look for the scholarship criteria and application under the News & Links tab. Deadline to apply is April 15th, so don't delay!



### COMMUNITY CALENDAR

Daylight Savings Time begins on Sunday, March 10, 2024!

#### Ruidoso

**March- Veterans Coffee and Company.** Please come join fellow Veterans for complimentary coffee and pastries and good fellowship with other Veterans. All levels of discharges and branches of the military are honored! Every Thursday from 1pm-3pm, 615 Sudderth Dr Ste I Ruidoso, NM. For more information call Lynn Zimmer at 575-527-9178.

**March 16 - Walk the Links is our first Run / Walk of the year.** It's also the first part of our Run Ruidoso Race Series. You can join us for one race or make this the start of the series. For more information you can call the Parks & Rec office at 575-257-5030, ext.1204. Hope to see you there.

**March 9- Satisfaction: a Rolling Stones Tribute Band at Spencer Theater.** Celebrating the amazing musical legacy of the Rolling Stones, Satisfaction is a mind-blowing group that look, sound, strut and sing just like the real Rolling Stones - arguably the greatest rock and roll band in the world! 7:00 PM - 9:00 PM For more information call 575-336-4800.

**March 25- Moonlight Hike at White Sands National Park** Embark on an enchanting journey into the heart of White Sands National Park with ranger-guided Moonlight Hikes, a captivating experience that unveils the park's mesmerizing beauty after dark. Monday March 25th, 2024 8:30pm-10:30pm For more information call 877-444-6777.

#### Las Cruces

**March 4- Cowboys Days** The Old West becomes new again each spring at the New Mexico Farm & Ranch Heritage Museum's biggest event of the year, Cowboy Days, bringing to life New Mexico's ranching traditions through demonstrations, food, living history activities, games, and other family-friendly programs. At New Mexico Farm & Ranch Heritage Museum 9:00 am - 4:00 pm

**March 16- Bataan Memorial Death March** Offering clear blue skies, ample sunshine, and high rocky terrain, southwestern New Mexico is home to one of the most grueling marathons ever conceived by man. Held annually since 1989, The Bataan Memorial Death March is a challenging 26-mile journey through the high desert terrain of White Sands Missile Range. At White Sands Missile Range. 7:00 am - 12:00 pm. More Than Just A Marathon ([bataanmarch.com](http://bataanmarch.com))

#### Hobbs

**March - Women's Real Talk Support Group presented by Helen Houston's Justice House,** Every Thursday @ noon, lunch provided, all are welcome, 1515 W Calle Sur (Entrance on the side of building) Hobbs, NM.

**Reminder:** We use this section for our local communities. The messages must be non-partisan and non-religious. Non-profit organizations' messages will be given preference. Please send the information to [osaucedo@zngc.com](mailto:osaucedo@zngc.com) before the 10th of the month to make the following month edition. Thank you.



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

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