

Natural Gas Matters

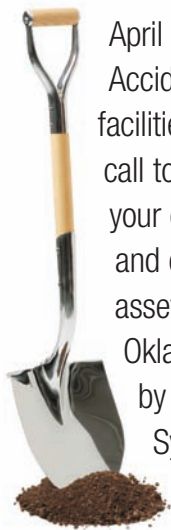
Delivering ideas and insights from your natural gas service provider.

The Hole Truth About Digging Safely

When spring arrives and it's time to tackle all those outdoor home improvement projects around the house, it's tempting to take that shovel and get right to work. But there's an important call you need to make before you dig – and all you have to remember is 811.

It's a call that could keep you safe. You may not realize it, but beneath your feet is a vast network of pipelines and telecommunications and electrical cables. And if you accidentally strike one of them when you're digging, you could interrupt services that thousands of people depend upon – and put yourself in danger as well.

There's no charge to you. It's easy to do. So this spring, be safe: **Call before you dig.**



April is National Safe Digging Month. Accidental damage to underground facilities doesn't have to happen. One phone call to 811 from wherever you are will route your call to a system that alerts pipeline and cable owners to mark their buried assets within 48 hours of the request. In Oklahoma, that responsibility is assumed by "Call OKIE" (the Oklahoma One-Call System). You can also Call OKIE direct at 800-522-6543.



The ONE in Energy.™



**OKLAHOMA
NATURAL GAS**

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Why We're There

Occasionally, some of our customers are startled to see a meter reader or some other Oklahoma Natural Gas Company employee or contractor in their yards. While we respect your privacy, there are times when it is necessary for us to be on your property.

Most of our meters are read manually, which means that a meter reader must be able to see the dial in order to properly record the reading. If your gate is locked or the meter is otherwise inaccessible, we may be forced to estimate the reading. That could also happen if we encounter an aggressive dog, or if your meter is obstructed by vegetation or debris.

Other work, such as safety inspections, may also require our personnel to be on your property. You may not realize it, but Oklahoma Natural Gas has a legal right of way to access our facilities.

We're there to provide you with safe, reliable natural gas service. We appreciate your cooperation when that goal takes us to your home.



Going Green with Gas



The first Earth Day celebration was 40 years ago this month. In the years since, more and more of us have come to realize that using natural gas is not only beneficial to consumers, it's also good for our planet, too. By taking the place of other fossil-based fuels, clean-burning natural gas reduces our collective carbon footprint – and most of the natural gas used in this country is domestically produced.

So the next time you're considering an appliance purchase or a new home heating system, go green: Choose natural gas.

Breakfast Egg Burrito

2 eggs
1 slice American cheese
1 large tortilla
Cooking spray
Salsa (optional)

1. Spray large skillet or counter-top grill with cooking spray and heat skillet or grill.
2. Crack eggs in small bowl, mix well and add to hot skillet or grill.
3. Stir eggs over hot surface with spatula to allow the eggs to cook thoroughly.
4. When eggs are almost cooked, move them to one side of skillet or grill and place tortilla flat on other side; after a few seconds, flip tortilla with spatula so both sides are warm and tortilla is soft.
5. Remove warm tortilla and place flat on plate.
6. With spatula, remove 1/2 of cooked eggs from skillet or grill and place eggs slightly off center of tortilla.
7. Place American cheese on top of eggs then layer the other 1/2 of cooked eggs on top of cheese to allow the cheese to melt into eggs.
8. Wrap tortilla around egg and cheese mixture "burrito style."
9. Top with salsa, if desired.

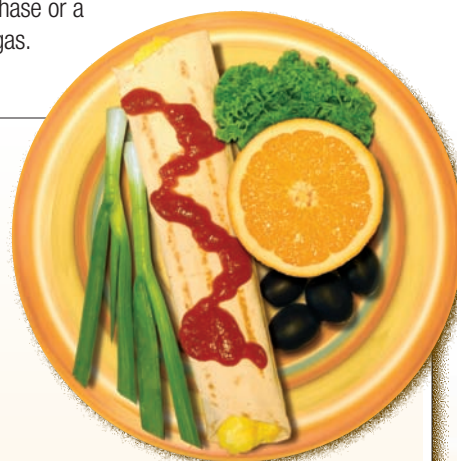
1 Serving

Nutrition Facts per Serving: Calories: 340; Carbohydrate: 27 grams; Protein: 20.5 grams; Fat: 16 grams; Sodium: 670 mg; Fiber: 1 gram

Menu Suggestion: Breakfast Egg Burrito, Sliced green peppers or carrot sticks, Cranberry juice or juice of choice

If you prefer a spicy egg burrito, use Pepper Jack cheese instead of American cheese and stir in sliced jalapenos and chopped onions to eggs before rolling in tortilla; add salsa to taste.

If eating breakfast on the run, wrap egg burrito in foil.



Recipe provided by:

