

Natural Gas Matters

Delivering ideas and insights from your natural gas service provider.

Protect Yourself From Imposters

Unfortunately, scams and fraud pose a real threat to today's consumers. Potential imposters may falsely claim to work for Oklahoma Natural Gas to take advantage of you or secure private information. You can prevent fraud from happening to you by being informed.



Oklahoma Natural Gas employees will only enter your home if you have contacted us for service, we are responding to an emergency or we are re-establishing service after it has been interrupted. Our employees always carry company IDs and will be happy to show you their identification badges. If you have any concern about the legitimacy of someone, please call us. You should know calls from Oklahoma Natural Gas will only relate to your natural gas service or account, never promotional offers.

Imposters may also solicit your information by calling you at home. They may claim to work for Oklahoma Natural Gas and request your bank account number or other sensitive information. Rest assured no one from our company will call and ask for this kind of information when your account is current. To view your account, please visit oklahomanaturalgas.com for information.



Oklahoma Natural Gas is committed to protecting both your privacy and your safety.

Share The Warmth provides a convenient way to assist your fellow Oklahomans who may be unable to pay their winter home-heating bills. Giving is as easy as checking a box on your Oklahoma Natural Gas bill statement, or signing up through your customer account online at www.oklahomanaturalgas.com. Oklahoma Natural Gas partners with our friends at the Salvation Army each year for this program. Please consider adding Share The Warmth to your charitable giving.

The ONE in Energy.™



**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Keeping the Cold Out... and More Money in (Your Pocket!)



With the temperature dropping outside, it takes more energy to stay warm and comfortable inside. As you use more natural gas to heat your house, your bill inevitably goes up. But what if you could help control these costs without sacrificing the comfort of a warm home?



You can. Following these money-saving solutions to some common sources of energy loss could reduce your annual home energy expenses:

- **Clean or replace your air filters.** A dirty furnace filter can cause the system to run less efficiently. Clean or change your filter once a month.
- **Seal and insulate ductwork.** Air can often escape through leaks in your system's ductwork. Apply foil tape to seal leaks, and insulate exposed ductwork in unheated areas of the home.
- **Weatherize your home.** Weather-stripping and caulking windows and doors can prevent cold air from entering the home and warm air from escaping.

- **Adjust your thermostat.** Most people are comfortable with a daytime temperature of 68 degrees. Using a programmable thermostat or turning down the temperature when you are away from home can help reduce energy consumption.
- **Call in a professional.** Have a professional inspect your natural gas furnace every year to maintain peak operating efficiency.

Chicken Spaghetti



Prep Time: 20-30 minutes
Cook Time: 30-35 minutes
Serves: 12



Ingredients:

1 (16 oz) pkg Vermicelli pasta
 1 (8 oz) container sour cream
 ½ cup chicken broth
 1 jar (6 oz) sliced mushrooms, drained
 4 cups chopped cooked chicken breasts
 ½ cup shredded parmesan cheese
 1 can cream of mushroom soup
 ½ tsp salt
 1 can cream of chicken soup
 1 tsp pepper
 1 can cream of celery soup
 2 cups (8 oz) shredded cheddar cheese

Directions:

1. Cook Vermicelli according to package directions; drain. Return to pot and toss with chicken broth.
2. Stir together chicken and remaining ingredients EXCEPT cheddar cheese; add vermicelli and toss well.
3. Spoon mixture into 2 lightly greased 11x7-inch baking dishes. Sprinkle with cheese.
4. Bake, covered, at 350°F for 30 minutes; uncover and bake 5 minutes more or until cheese is melted and bubbly.

Hint:

Freeze unbaked casserole up to 1 month if desired. Thaw overnight in refrigerator. Let stand for 30 minutes at room temperature and bake as directed.

Nutrition Facts per Serving:

Calories: 411	Dietary fiber: 1.6g
Total fat: 17.6g	Sugars: 3.36mg
Cholesterol: 73mg	Protein: 27g
Sodium: 767mg	

Recipe provided by:

