

Natural Gas Matters

Delivering ideas and insights from your natural gas service provider.

Avoiding Carbon Monoxide

Heating your home with natural gas is safe, clean and efficient. Natural gas is also superior for cooking, water heating and clothes drying. But it's especially important during this time of year to make sure that all fuel-burning heaters or appliances in your home or place of business are working properly to prevent the creation of carbon monoxide.

Carbon monoxide is an odorless, colorless and tasteless gas that can make you sick or, under some circumstances, cause death. Carbon monoxide can occur when any combustible fuel does not burn completely or exhaust is not properly removed. Sources include improperly vented cooking or water heating appliances, auto exhaust, blocked chimney flues and malfunctioning fuel-burning appliances.

You might suspect the presence of carbon monoxide if you see black soot around vents, flues, furnace filters or burners or appliance access openings. Another clue could be a yellow flame instead of a blue flame on appliance burners.



Symptoms of carbon monoxide poisoning are similar to other illnesses. These symptoms may include headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness and vomiting. If you suspect carbon monoxide leave immediately and use a phone located elsewhere to call 911.

Prevent carbon monoxide:

- Check and maintain proper ventilation of flue and chimney.
- Clean or replace air filters regularly.
- Don't block air intake areas near appliances.
- Don't use a gas range or space heater to heat your home.
- Don't start your car, lawn mower, snow blower or any combustion engine in a closed garage.
- Don't operate a grill inside your home, an enclosed porch or closed garage.
- If you see a yellow flame instead of a blue one, it's a warning sign that your natural gas appliance is not operating properly or is not vented properly.
- Use a UL-approved carbon monoxide detector with an audible alarm.



The ONE in Energy.™

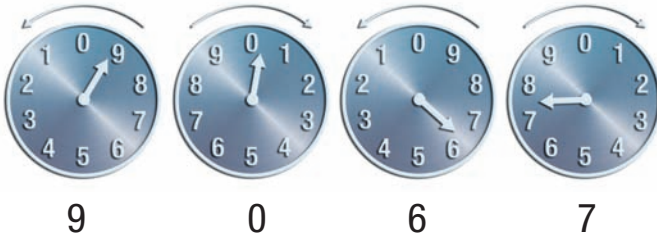


**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Read Your Own Meter

Some of our customers prefer to read their own natural gas meters each month and report the results to us. If you would like to read your own meter, here's how:



- Read each dial in the direction of the arrow, starting with the dial on the left.
- Notice the numbers are in a clockwise position on some dials, and a counterclockwise position on others.
- Record the last number the needle has passed, even if the needle has almost reached the next higher number.

You can file the reading by phone or via the Internet.

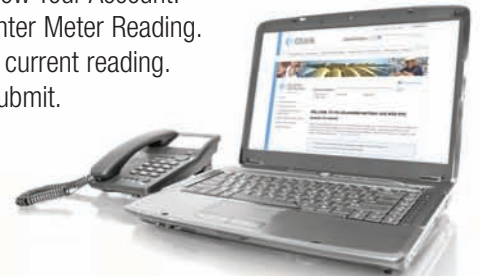
By Phone:

- Dial 800-219-1378.
- Follow the prompts to enter your Oklahoma Natural Gas account number.
- Follow the prompts to enter your meter reading.

On the Web:

Go to www.oklahomanaturalgas.com

- Log into View Your Account.
- Click on Enter Meter Reading.
- Enter your current reading.
- Click on Submit.



Just Right Chili

- 1/2 lb. ground beef
- 1/2 lb. ground pork
- 1-15 oz. can tomato sauce, no salt added
- 1-14 1/2 oz. can diced tomato with liquid
- 1 cup pinto beans, canned, drained

- 1 cup black beans, canned, drained
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoons salt
- 1 tablespoon chili powder

1. Cook the ground beef and pork together over a medium high heat in a skillet then drain fat.
2. Add the rest of the ingredients to the meat mixture and continue cooking until chili is heated to serving temperature.

Serves 6

Nutrition Facts per 1 Cup Serving: Calories: 307; Carbohydrate: 26 grams;
Protein: 35 grams; Fat: 7 grams; Sodium: 1166 mg; Fiber: 7 grams

Menu Suggestion: Just Right Chili, Cornbread, Milk or beverage of choice, Mixed fruit

Recipe provided by:

