



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER

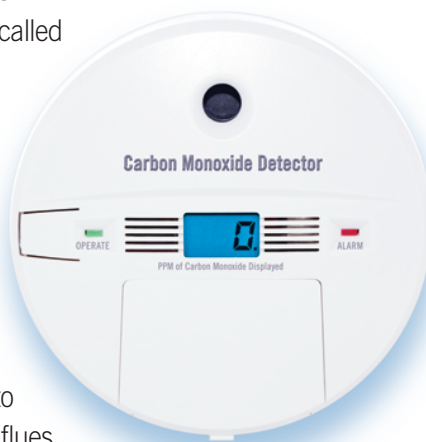


Carbon Monoxide – Know the Facts

Heating your home with natural gas is a safe, reliable and energy-efficient way to stay warm this winter. When appliances are installed properly and are operating efficiently, natural gas burns safely and cleanly. But it's important to make sure that all fuel-burning heaters and appliances are working properly to prevent the creation of carbon monoxide.

What Is Carbon Monoxide?

Carbon monoxide, sometimes called "CO," is an odorless, colorless and tasteless gas that can make you sick and, under some circumstances, may be deadly. Carbon monoxide is created when fuel does not burn completely. Sources may include improperly vented or malfunctioning appliances, auto exhaust and blocked chimney flues.



Carbon monoxide may be present if you see black soot around vents, flues, furnace filters or appliance-burner access points. A yellow flame instead of a blue flame on appliance burners is another warning sign. Carbon monoxide poisoning may be easily mistaken for other illnesses. Symptoms may include headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness and vomiting.

If you suspect the presence of carbon monoxide, leave immediately and then use a phone located away from the area to call 911.

How to Prevent Carbon Monoxide Exposure:

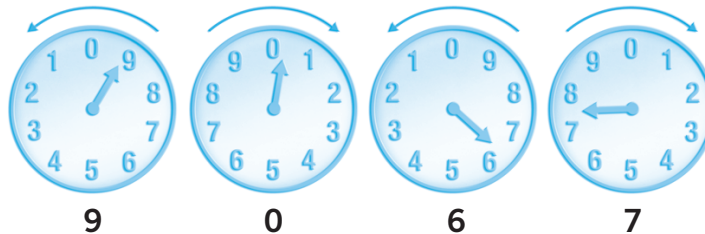
- Install and maintain a carbon monoxide detector in accordance with the manufacturer's instructions.
- Check and maintain proper ventilation of appliances and chimney flues.
- Clean or replace furnace filters regularly.
- Do not block air intake areas near appliances.
- Do not use a natural gas space heater or range to heat your home.
- Do not start your car, lawn mower, generator or any combustion engine in a closed garage.
- Do not operate a natural gas or propane grill in an enclosed area.
- Notice the color of the flame on a natural gas appliance. A yellow flame instead of a blue one is a warning sign that the appliance is not operating or vented properly.
- Have a qualified contractor inspect your heating and cooling equipment annually.

Reading Your Natural Gas Meter

Have you ever wondered how to read your own meter? It's not hard; simply follow these three steps:

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

Use this illustration to test your meter-reading skills.



Save Energy and Money with a Natural Gas Clothes Dryer



In the market for a new dryer? Think natural gas and you could save money and energy. Our Energy-Efficiency Program offers rebates of up to \$500 for the purchase and installation of an efficient natural gas clothes dryer!

Why choose a gas clothes dryer? They have faster cycle times than electric dryers, and clothes come out “fluffier” with natural gas – all this while giving you significant savings on your energy bills.

For quality, cost and energy efficiency, you just can't beat natural gas. For more information, program details and application forms, go to www.oklahomanaturalgas.com/rebates.

Creamy White Chicken Chili

Ingredients:

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|---|--|------------------------------|
| 1 tablespoon olive oil | 2 cans (15-1/2 oz. each) white beans, rinsed and drained | 1 teaspoon dried oregano |
| 1 pound boneless, skinless chicken breasts, cut into 1/2-inch cubes | 1 can (14-1/2 oz.) chicken broth | 1/2 teaspoon black pepper |
| 1 medium onion, chopped | 8 oz. chopped green chilies | 1/4 teaspoon cayenne pepper |
| 4 cloves of garlic, minced | 1 teaspoon salt | 1/4 teaspoon chili powder |
| 1 green bell pepper, chopped | 1 teaspoon ground cumin | 1 cup (8 ounces) sour cream |
| | | 1/2 cup heavy whipping cream |

Directions:

1. Heat oil in a large saucepan over a medium natural gas flame. Once oil is hot, add chicken, onion, garlic and bell pepper and sauté until chicken is no longer pink.
2. Add the beans, broth, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.
3. Remove from the heat; stir in sour cream and cream.

Yield: 7 servings. *Recipe adapted from www.tasteofhome.com*

