



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER

Protect Yourself from Carbon Monoxide Exposure



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:

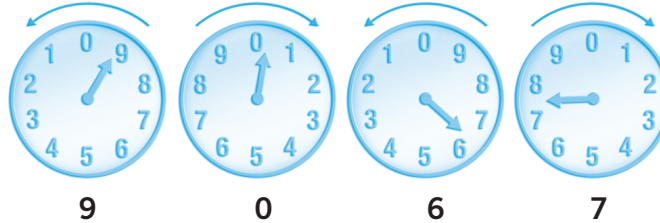
- Install and maintain a carbon monoxide detector in accordance with the manufacturer's instructions.
- Check and maintain proper ventilation of appliances and chimney flues.
- Clean or replace furnace filters regularly.
- Do not block air intake areas near appliances.
- Do not use a natural gas space 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.



Out with the Old, and In with the Rebates!



If it's time to upgrade or replace your old appliances, be sure to apply for a rebate through the Oklahoma Natural Gas Energy-Efficiency Program. With rebates available for energy-efficient natural gas furnaces, water heaters, clothes dryers and ranges, you can start saving money right away. And with the high efficiency of natural gas, you'll see savings for years to come on your energy bills.

The Energy-Efficiency Program offers the following rebates:

- Heating System – up to \$1,950
- Water Heater – up to \$850
- Natural Gas Clothes Dryer – up to \$500
- Natural Gas Range – up to \$200

Visit www.oklahomanaturalgas.com/rebates to learn more.

Game Day Spinach Artichoke Dip

Ingredients:

- 2 1/2 cups Parmesan cheese, separated
- 1 10-ounce box frozen spinach, thawed
- 1 14-ounce can artichoke hearts, drained and chopped
- 2/3 cup plain Greek yogurt
- 1 cup cream cheese
- 1/3 cup light mayonnaise
- 2 teaspoons minced garlic

Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Mix together 2 cups parmesan cheese, spinach and artichoke hearts.
3. Combine remaining ingredients and add to spinach mixture.
4. Transfer to a baking dish and top with remaining parmesan.
5. Bake for 20-30 minutes.
6. Serve with tortilla chips, pita bread or your favorite crackers.

Recipe adapted from www.food.com.

