



Oklahoma  
Natural Gas®  
A Division of ONE Gas

# the pipeline

November 2023



## Wheels Spinning for Dinner Ideas?

“What’s for dinner?” Sometimes, it’s one of the trickiest questions to answer. Our latest video series, [“Dinner Spinner,”](#) is here to help with recipes for fish, mac and cheese, steak, pot pie and more.

The series features popular chefs from Oklahoma using natural gas to solve challenges with secret ingredients, requiring chefs to prepare cost-effective, mouthwatering recipes.

- James Beard Award winner **Andrew Black**, owner of Black Walnut, Grey Sweater and Gilded Acorn in Oklahoma City. The James Beard Award is among the nation’s most prestigious culinary honors.
- **Candace Conley**, owner of The Girl Can Cook Cooking Studio & Kitchen, where she teaches classes in Tulsa and Broken Arrow.
- **Jonathon Stranger**, executive chef and founder of El Coyote, Bar Cicchetti and Osteria in Oklahoma City and two-time Food Network Champion.

- **Zach Hutton**, James Beard nominee and owner of Scratch Kitchen and Cocktails-Paseo in Oklahoma City.
- **Alex Fish**, one of our own! Alex is a terrific chef and fleet analyst for ONE Gas, our parent company.



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## Life-Saving Tips: How to Detect Carbon Monoxide

November is Carbon Monoxide Awareness Month, a perfect time to refresh on how to avoid the dangers of this gas. Fuel that does not burn completely creates carbon monoxide. It can make you sick and, under some circumstances, may be deadly. Sources may include improperly vented or malfunctioning appliances, auto exhaust and blocked chimney flues.

Because it is odorless, colorless and tasteless, carbon monoxide can be difficult to detect. Here are some things you can look out for to help detect carbon monoxide:

- A yellow flame instead of a blue flame on appliance burners
- Black soot around vents, flues, furnace filters, burners or appliance access openings
- Headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness and vomiting

It is recommended to install a carbon monoxide detector in your home or business to help identify any potential issues. If you suspect the presence of carbon monoxide in your home or business, leave immediately and call 911.



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## Need Help Managing Your Bill?

For more predictability in your monthly natural gas bill, you can enroll in our **Average Payment Plan**, which is based on a 12-month rolling average. This program is a way to reduce the fluctuations of your monthly bill and make budgeting easy by spreading the cost throughout the year. Learn more and sign up [here](#).

If you need help paying your natural gas bills, visit our [CARES page](#) for information on local assistance programs, such as the Low Income Home Energy Assistance Program (LIHEAP) and Share The Warmth. You can also visit with a customer service representative to explore alternative payment options by calling **800-664-5463**.

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## Upgrade and Get Paid: Appliance Rebates Available

Got your eye on a new natural gas appliance with the upcoming holiday sales? You can save even more by applying for a [rebate](#) through Oklahoma Natural Gas!



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