

Ways to Save

At Citizens Gas we know conserving energy not only saves you money, but it also benefits the environment. Below are 10 ways you can conserve energy and reduce your heating bill this winter. More conservation tips, and information about our rebates on high efficiency natural gas appliances, can be found at CitizensEnergySavers.com.



1. Dial it down - Turn your thermostat setting down to 65 - 68° F during the day, especially when you're not home. You may be able to set it even lower at night, but do not shut the furnace off if

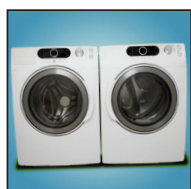
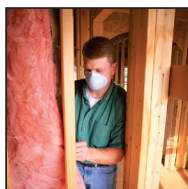
the temperature is expected to drop below 45 degrees that night. Under any conditions, keep thermostat adjustments to a minimum and do them gradually to give yourself time to adjust. You can automate these changes by installing a programmable thermostat.

2. Check your furnace filter - A clean filter helps your furnace do its job more efficiently and effectively. So change the filter each time you pay your gas bill. (Never remove the filter without replacing it.)



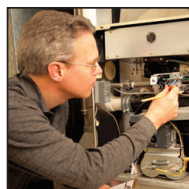
3. Turn down your water heater thermostat - At 120° F your water heater will be more energy efficient than at higher temperatures and still produce enough hot water for daily needs.

4. Check insulation - Make sure you have insulation in your attic, ceilings, exterior and basement walls, floors and crawl spaces. Adding insulation where it doesn't exist will create a more uniform temperature all year long.



5. Replace your old appliances - Buy a high-efficiency washer and natural gas dryer and run them only when you have a full load of laundry. Also, your clothes will dry twice as fast in a natural gas dryer.

6. Close the flue - Make sure the flue/damper on your fireplace is closed when not in use. Keeping your flue open is like keeping a window open and allowing warm air to shoot right up the chimney.



7. Be sure appliances are operating efficiently - Check to see that your natural gas appliances are in tip-top shape. Appliances that aren't working properly can run inefficiently and

cost you money. To find a licensed technician in your area, go to the "For Homes" section of citizensgas.com.

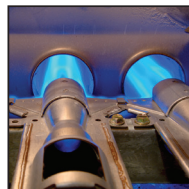
8. Caulk and weather strip - One of the quickest dollar-saving tasks you can do is to caulk, seal and weather strip where drafts are detected such as seams, cracks and openings to the outside. The materials you need to caulk and weather strip are inexpensive and available at your local hardware store.



9. Let the sun help heat your home in cold weather - Keep your window shades up on sunny days. One part of your home may get direct sunlight in the morning, another in the afternoon.

Also, close your draperies or blinds at night to help insulate the window.

10. Replace old furnaces - If your furnace is more than 10 years old, it's likely only about 60-70 percent efficient, meaning you lose about 30-40 cents of every heating dollar you spend. Most new furnaces are more than 80 percent efficient.



More information about energy conservation and home weatherization is available online at CitizensEnergySavers.com or call 1-800-203-1856.

Safety Comes First at Citizens Gas

Citizens Gas urges all customers to have working smoke and carbon monoxide alarms on all levels of their home and establish a home evacuation plan, which they practice with their family. Citizens Gas also recommends that every home have at least one dual sensor smoke alarm, which includes both ionization and photoelectric technology to detect both fast-moving and slow smoldering fires. More information about home heating safety is available at CitizensEnergySafety.com.



Citizens Energy Savers



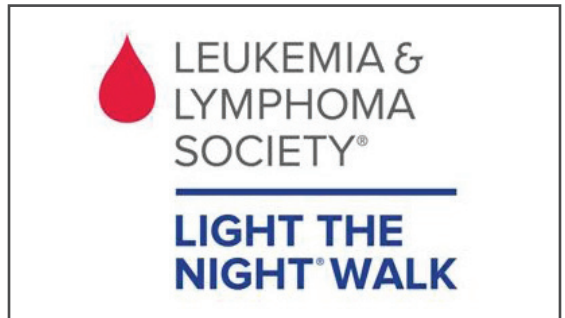
Check out CitizensEnergySavers.com for links to all of our energy conservation and bill management tools. Among the tools is the Citizens Home Energy Advisor, an online energy audit program that provides energy and cost-saving tips designed for your particular home.

Cash Rebates

Rebates are available on high efficiency natural gas appliances for your home. Get the rebate application and complete details on appliance and service requirements by visiting CitizensEnergySavers.com or call 1-800-203-1856.

Light the Night

Citizens Energy Group is again proud to be a sponsor of the Leukemia & Lymphoma Society's Light the Night Walk on October 15. Funds raised during this annual event go towards lifesaving research and support for people battling cancer. This year, a dozen teams from Citizens have formed to raise money and awareness. We're looking forward to an inspirational, memorable evening.



Artichoke Rice Cakes

Chef Joseph Heidenreich from Agio Restaurant

Ingredients

- 1-12oz Can Artichoke
- 1/4 cup Butter
- 1 Onion, finely chopped
- 1 Tbsp Garlic, chopped
- 2/3 cup Arborio Rice
- 2 cups Chicken stock
- 2/3 cup Grated Parmesan Cheese
- 5 oz. Manchego Cheese
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Parsley, chopped
- 4 oz White Wine

For Egg wash

- 4 oz Milk
- 2 Eggs, beaten
- 4 oz Flour
- 2 cups Bread Crumbs

Directions

Dice artichoke, add to melted butter and heat on medium. Add onion and garlic and cook for five minutes, stirring until onion is soft. Stir in rice, add white wine and chicken stock. Heat on medium until rice has absorbed all liquid. Add salt, pepper, and parsley then stir in parmesan cheese.

Let cool and form into 2 oz cakes using 1/8 oz Manchego cheese stuffed into the center of each cake.



Combine milk and beaten eggs to form the egg wash. Flatten the cakes slightly; roll in flour, egg wash, and then the bread crumbs. Line up to fry. Fry in sauté pan with olive oil until golden brown on each side. Arrange on a plate. Serve with fresh garlic mayo as dip, if preferred.