



Can't Stand the Heat? Get Out of the Kitchen

This summer avoid heating up your house – and making your A/C work overtime – by heading outside to cook up those favorite summer dishes. These days the barbecue's not just for grilling hamburgers and hot dogs. You can find a wide variety of recipes for pizzas, casseroles, breads, roasts, vegetables and more that can be made right on your grill.

Here are more tips on how to stay cool in the kitchen:

- **Fill your menu with salads, smoothies and other recipes that require little to no cooking.**
- **Microwave it.** The microwave uses two-thirds less energy than the stove and it's much faster.
- **Use your crock pot.** It's energy efficient and doesn't emit much heat. It's also versatile enough to

cook up plenty of summer fare, including barbecue, side dishes and even chocolate fondues.

- **For a quick and easy cleanup, load up the dishwasher.** It uses less water than doing dishes by hand. Just be sure to let them air dry.
- **Keep your refrigerator and freezer full so that they don't have to work as hard to stay cool.**
- **Upgrade your refrigerator to an ENERGY STAR® model.** Refrigerators with a top or bottom freezer design can save you an additional 2-3 percent on your bill compared to a side-by-side design.
- **And that spare fridge in the garage? Unplug or recycle it, if you don't really need it.** It could be costing you an additional \$150 a year!



For more summer saving tips, visit ReliablyGreen.OUC.com



Hurricane Season Safety

It's the start of hurricane season, which means it's time to review your family's emergency plan and restock the supplies in your hurricane kit. If those plans include the use of a generator in the event of a power outage, it is important to remember these tips to help keep you, your family, your neighbors and OUC's line crews safe:

- **Plug appliances directly into the generator or use a heavy duty, outdoor-rated extension cord.**
- **Avoid plugging the generator directly into your home – it could re-energize the power lines, endangering your**

neighbors and utility crews working to restore power in your area.

- **Be aware it is against the law and a violation of electrical codes to connect generators to your home's electrical circuits without the approved automatic-interrupt devices.**
- **Place the generator outside your home and away from open windows and doors to prevent carbon monoxide buildup.**
- **Do not use a generator in rainy or wet conditions. Operate it on a dry surface and use a canopy-like structure to keep out moisture.**

- **Always read the instructions carefully and consult a professional if you have any questions or concerns.**

For more hurricane preparedness and safety tips, visit www.ouc.com.



Fireworks, 'Wife Carrying Race' to Highlight 4th of July Lakefront Celebration

The 4th of July Lakefront Celebration, a tradition in St. Cloud, will feature a performance from rising country singer Kenyon Lockry and his band from 6–9 p.m. Lockry will treat St. Cloud to a patriotic country concert that will conclude with a reading of the Declaration of Independence and fireworks at about 9:30 p.m. The fireworks, sponsored by the City of St. Cloud, have gained a reputation as one of the top shows in Central Florida.

Other features of the event include a production of the St. Cloud Greater Osceola Chamber of Commerce and the "All American Baby Contest," beginning at 2 p.m. in the Marina Building. Don't miss St. Cloud's original "Wife Carrying Race." Bring your own "wife" or "husband" to compete for the 2010 trophy and wife's weight in beer. To enter to run the St. Cloud Pavement Pounders-designed obstacle beach course, or for more information, contact the St. Cloud Chamber of Commerce at [407.892.3671](tel:407.892.3671).



OUC's Preferred Contractor Network

Thinking about upgrading the insulation in your attic to keep out the heat? Or replacing that water-guzzling toilet with a high efficiency one? No matter the project, the home repair and service professionals of the OUC Preferred Contractor Network are just a click away. The OUC Preferred Contractor Network features:

- **Contact data for licensed contractors categorized by specialty, including plumbing, home fix-up, HVAC, leak detection, solar installations and more**
- **Standards of conduct and Code of Ethics**

Go to www.ouc.com today to find a contractor for your job or to learn how your business can be included in the Preferred Contractor Network.

Go Reliably Green and Save

Even in the hottest summer months, small changes can add up to big savings when it comes to improving your home's efficiency.

Visit ReliablyGreen.OUC.com to begin finding ways to reduce your energy and water consumption. This one-stop online conservation shop offers simple but effective energy and water saving tips, online energy audits, rebate programs and more. You can also follow us on Twitter at www.Twitter.com/ReliablyGreen and receive a conservation tip a day.



Para ver esta edición de *OUConexión*, por favor vaya en línea a espanol.ouc.com.