



CONNECTIONS

News and Information from OUC—The *Reliable One* | NOVEMBER 2010

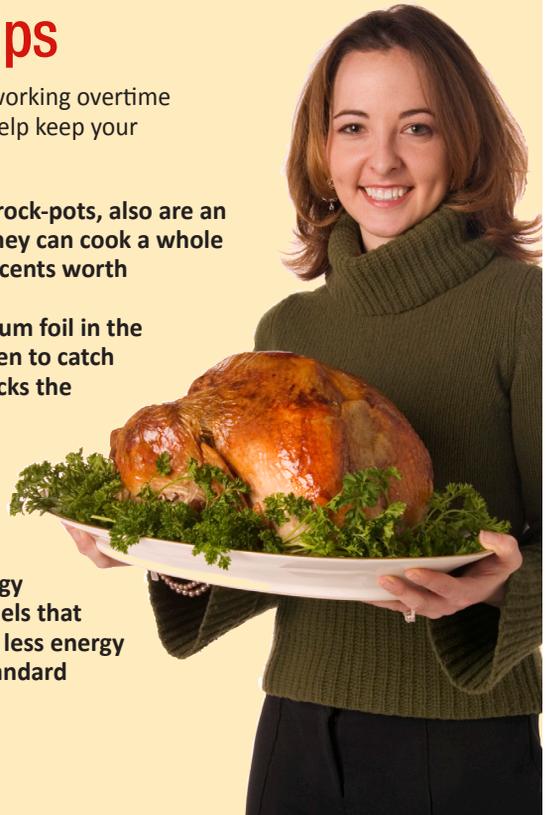
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OUC Serves Up Energy Saving Tips

This holiday season don't get burned by high utility bills. If your oven's working overtime cooking all of those traditional meals and treats, these simple tips can help keep your energy use in check:

- Opening the oven door lowers the temperature inside – by as much as 25 degrees, increases cooking time, wastes energy and heats up your kitchen. Instead turn on the oven light and look through the oven window.
- Cook several items at the same time. Just make sure to leave enough room for the heat to circulate around each casserole or pie plate.
- Use a microwave oven to cook smaller dishes quickly and efficiently. Microwaves use 50 percent less energy than conventional ovens and they don't heat up the kitchen.
- Slow cookers, or crock-pots, also are an efficient option. They can cook a whole meal for about 17 cents worth of electricity.
- Do not put aluminum foil in the bottom of your oven to catch spills, etc. This blocks the heat that the oven elements are trying to radiate.
- Consider upgrading your appliances to Energy Star-qualified models that use 10–50 percent less energy and water than standard models.



For more energy saving tips, follow us on Twitter @ReliablyGreen.

Share-A-Night This Holiday Season

The Ronald McDonald House® provides a “home-away-from-home” for families with seriously ill or injured children receiving treatment at local hospitals and medical facilities. Each year, Ronald McDonald House Charities® of Central Florida encourages members of our community to “Share-A-Night” by sponsoring family stays, so that they may be close to their child in their time of need.

There is no cost to stay at a Ronald McDonald House; however, nightly operating costs are about \$62 per family. As little as \$15 can help sponsor a family's overnight stay so they may focus on the health and well-being of their child. Families staying at the Ronald McDonald House need your help during their time of medical crisis.

Donate today at:
www.RMHCCF.org or call
407.206.0957.



Beware of Energy Saving Scams

Everyone wants to save money, but don't be fooled by scam artists who try to sell you a device or service that claims to save big bucks on your energy bills. OUC urges customers to beware of unsolicited phone calls and letters or pitches from door-to-door salespeople who promise unbelievable savings.

OUC will always clearly identify ourselves when contacting our customers, and all OUC employees and contractors are required to wear and display ID badges. If you have any questions about the validity of any call or solicitation you receive that appears to be from OUC, please feel free to call us at 407.957.7373.

OUC also recommends contacting the Better Business Bureau before purchasing anything and seeking out legitimate third-party validation from sources such as Consumer Reports, university reports or government agency Web sites.

34th Annual OUC Half Marathon and 5K

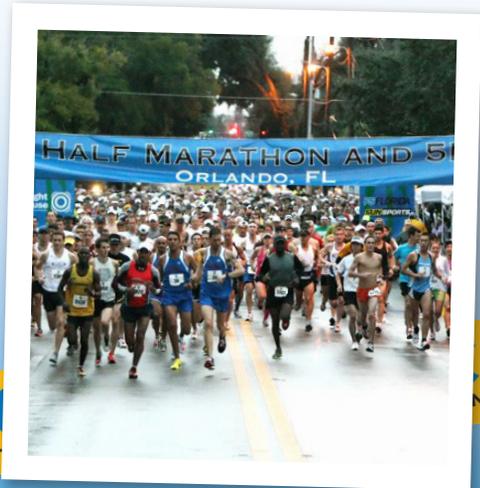
SATURDAY, DECEMBER 4 • LAKE EOLA PARK • 7 A.M. - HALF MARATHON • 7:15 A.M. - 5K

The 34th Annual OUC Half Marathon and 5K returns to the streets of downtown Orlando on Saturday, December 4. Proceeds from the race – considered one of the Southeast's most popular – will benefit the Florida Citrus Sports Foundation MVPs, which help enhance the quality of life for disadvantaged youth and families in Central Florida.

An Orlando tradition since 1976, the event starts and finishes in picturesque Lake Eola Park and offers participants a scenic tour of the City Beautiful. Known for its relatively flat/fast course and favorable Florida weather, the race attracts world class runners, local athletes and amateurs alike.

Half Marathon participants will receive a performance material shirt and all 5K runners will receive a race T-shirt. Every finisher will earn a medal.

After the race, the Finish Line Fiesta offers post-race refreshments, a beer garden, entertainment, awards ceremony and interactive booths by the event sponsors.



REGISTER ONLINE AT
ouchalfmarathonand5k.com

Injected Wall Foam

Love your old Florida home but hate the drafty walls that do nothing to contain your air conditioning and heating? Injected wall foam insulation may be the answer to improving the comfort level in your home while lowering your energy bills. Better yet, OUC has a rebate for up to \$300 for injected wall foam.

The cinder blocks used to build many of Florida's homes typically lack adequate insulation and practically invite moist outside air to seep into the home, creating drafts and even causing mold to form behind the walls.

Homes built before 1975 were not required to have insulation, and those that are more than 20 years old likely need touch-ups because the original insulation has lost its effectiveness. Injected wall foam fixes those problems by better insulating the rooms that you want.



The process involves injecting liquid foam behind walls and allowing it to expand to completely fill the cavity behind the wall. Injected wall foam insulation

inhibits mold and maintains its insulating value over time. And because the wall foam is inert, it makes your home more fire resistant, so home insurance costs may decline as your energy savings rise.

To receive OUC's rebate, you can do the work yourself or hire a trusted contractor using OUC's Preferred Contractor Network, which is available at www.ouc.com.

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



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