

## recipe corner

### Chicken Cordon Bleu Casserole

Prep time: 20 minutes

Baking temperature: 325°

Baking time: 1 ½ hours

- 6 chicken breast halves, deboned and skinned
- 6 slices of boiled ham, sliced medium
- 6 slices of Swiss cheese, sliced medium
- 1 can (10 ¾ oz.) cream of chicken soup
- ¼ cup water
- 2 cups croutons
- ½ cup butter, melted

In a 9"x13" pan, layer chicken, ham and cheese. Mix soup and water and pour over layers.

Mix croutons and butter and put over the top of casserole. Bake uncovered.

## CONNECTING WITH US

Visit us online:  
[www.uppco.com](http://www.uppco.com)

24-Hour Customer Service:  
800-562-7680  
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Ideas, Advice and News from Upper Peninsula Power Company



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[www.uppco.com](http://www.uppco.com)

## SIMPLE WAYS TO SAVE ENERGY

This winter heating season, welcome energy-saving ideas into your home. Put these winter-warmth tips from UPPCO to work for you and start saving energy and money, without sacrificing any of your comforts:

- **Turn on your ceiling fans.** They increase air movement and warmth while saving money. Reversing the fan direction in winter pulls warmer air down to where people are.
- **Take advantage of the heat from the sun.** Open shades on the southern and eastern windows during the day. Close these shades when the sun goes down to keep the heat from escaping.
- **Don't let heat go up the chimney.** Make sure the fireplace flue is closed when you are not using it.
- **Buy ENERGY STAR®.** From the largest to the smallest, when replacing appliances, insist on ENERGY STAR models. They use less energy, save you money every month and are better for the environment, too.

- **Seal ducts properly.** Sealing leaks in your heat ducts can reduce heating costs by 20%.
- **Insulate, insulate, insulate!** Adding insulation to attic, wall and sill box areas, and special insulation made to go inside power outlets, are a few of the most effective, affordable ways to cut energy costs.
- **Turn down your water heater.** If yours is set too high, it may be costing money without any added benefit. Keep yours at 120°, and you'll save energy without ever feeling the difference.
- **Watch that thermostat.** For every degree you lower it, you'll take about 1% off your bill. You'll stay comfortable at 65° to 68° during the day, and 60° at night.
- **Tune up your heating system.** Just like your car, your furnace needs to be tuned up to run at peak performance. An annual inspection can improve efficiency by 1-2%.
- **Caulk and weatherstrip.** Heat often escapes through older windows and doors. Caulk around the edges of windows and weatherstrip around door edges to significantly reduce that loss.

Find even more **Energy-Saving Tips** at [uppco.com](http://uppco.com)

**Note:** If you feel you'll have problems paying your monthly UPPCO bills, contact us as soon as possible, before your charges become too great. We'll work with you to see if we can come to an arrangement that satisfies your needs.

Call 24-Hour Customer Service at 800-562-7680

## Understanding the Environmental Characteristics of Your Electricity

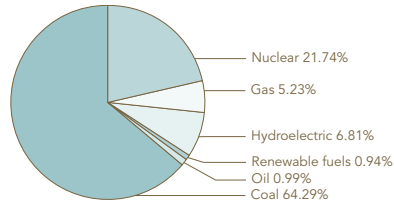
Beginning January 1, 2002, the Customer Choice and Electric Reliability Act gave all consumers in Michigan the option to choose the company that provides their electric supply. When choosing a supplier, it is important to know the sources of generation different companies may have. Included here is information regarding Upper Peninsula Power Company's fuel mix and emissions compared to other regions.

The environmental characteristics of your electricity as reported to the Michigan Public Service Commission pursuant to Public Act 141 of 2000 are as follows:

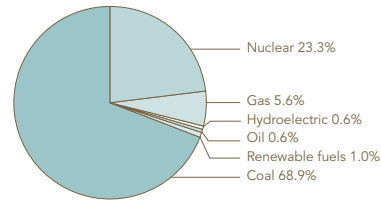
### Average Fuel Mix Comparison: UPPCO Versus a Regional Average

| Fuel Source              | Percentage of Fuel Type Used to Produce UPPCO's Total Electricity | Percentage of Fuel Type Used to Produce Electricity in Michigan, Illinois, Indiana, Ohio and Wisconsin |
|--------------------------|---|--|
| Coal                     | 64.29   | 68.9   |
| Nuclear                  | 21.74   | 23.3   |
| Gas                      | 5.23  | 5.6  |
| Oil                      | 0.99  | 0.6  |
| Hydroelectric            | 6.81  | 0.6  |
| Renewable Fuels          | 0.94  | 1.0  |
| Biofuel                  | —   | —  |
| Biomass                  | 0.06  | 0.06   |
| Solar                    | —   | —  |
| Solid Waste Incineration | 0.33  | 0.35   |
| Wind                     | 0.05  | 0.05   |
| Wood                     | 0.50  | 0.54   |
| Other - Tire Derived     | —   | —  |

### Percentage of Fuel Type Used to Produce UPPCO's Total Electricity



### Percentage of Fuel Type Used to Produce Electricity in Michigan, Illinois, Indiana, Ohio and Wisconsin



- The information shown is for the UPPCO system, which includes generation in Michigan but does not include generation of any of its affiliate companies. It is for the period of November 2007 through October 2008. The regional information is for the 12-month period of September 2006 through August 2007.
- Solid Waste Incineration includes landfill gas.
- "—" denotes "not applicable" or "negligible."
- In this table, the fuel mix data for the electricity supplied to you by UPPCO includes regional average fuel mix data from Michigan, Illinois, Indiana, Ohio and Wisconsin as a proxy for the actual fuel mix of certain electricity purchased

by UPPCO. This is because the actual fuel mix of that purchased electricity could not be discerned. Purchased electricity accounted for 93.32% of the electricity supplied by UPPCO during the relevant period.

### Airborne Emissions and High-Level Nuclear Waste Comparison: UPPCO Versus a Regional Average

| Type of Emission/Waste   | UPPCO Average | Regional Average of All Generation in Michigan, Illinois, Indiana, Ohio and Wisconsin |
|--------------------------|---------------|---|
| Sulfur Dioxide           | 0.5           | 12.4  |
| Carbon Dioxide           | 2630.4        | 2088.1  |
| Oxides of Nitrogen       | 14.8          | 4.98  |
| High-Level Nuclear Waste | —             | 0.0074  |

- Emission rates are pounds per megawatt-hour of regional fossil generation. The nuclear waste rate is pounds per megawatt-hour of regional nuclear generation.
- The regional information for sulfur dioxide, carbon dioxide and nitrogen oxides is for the calendar year 2002. The UPPCO information is for the 12-month period ending December 31, 2007.
- The regional nuclear waste produced is based on the most recent fuel cycle periods for the region's nuclear plants, ending in 1998 and approximately 2 years in length. The UPPCO information is for the fuel cycle period of June 2000 to September 2001.

The information shown in the tables includes data for different time periods, due to the availability of such data. In making energy purchase decisions, you may find it more helpful to compare the fuel mix data of individual suppliers to that of other individual suppliers, rather than comparing the fuel mix of any one supplier to the regional fuel mix.



THERE IS STILL TIME TO  
**GET CASH FOR COLLEGE**

At UPPCO, we believe that through encouragement and financial assistance, deserving students can someday make significant contributions to their communities.

Each year, the Wisconsin Public Service Foundation, Inc. grants college money to students living in households we serve. Though the deadline for applications is fast approaching, there is still time to apply.

If you have a high school senior graduating in spring 2009, with plans to attend a technical or four-year college in Wisconsin or Upper Michigan, he or she may be eligible.

Eligibility is generally based upon such factors as academic standing and financial need. To apply for a scholarship or get more details, visit [uppc.com/info/scholarships.asp](http://uppc.com/info/scholarships.asp).

