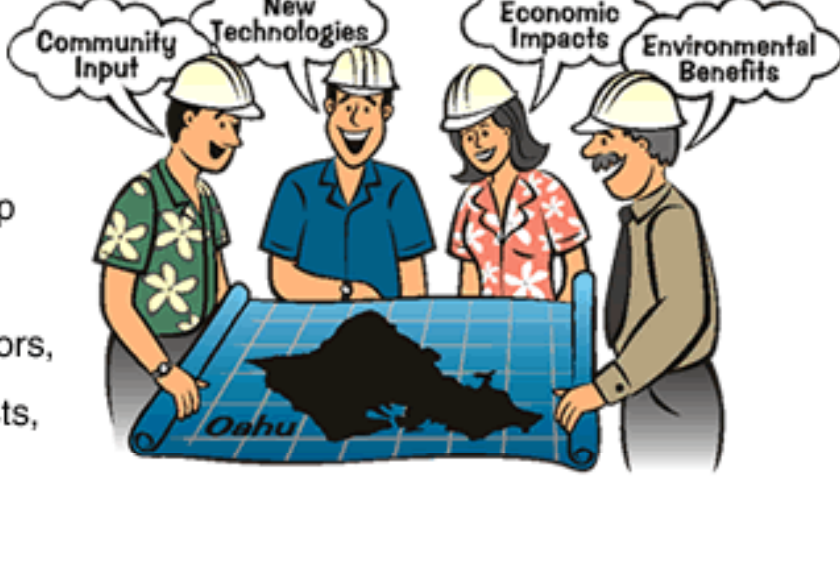




Charting Oahu's energy future

HECO's latest development of a long-term energy plan officially started September 2003, with an advisory group representing business, government, energy regulators, consumers, environmentalists, and other stakeholders.



Several technical sub-committees of the advisory group were formed to review and provide input on long-term forecasts, renewable energy and traditional power technologies, energy-efficiency programs, and distributed generation.

Possible long-term energy plans were developed, such as maximizing renewable energy, minimizing costs, and focusing on energy security. Computer models generated candidate plans that were evaluated by the group.

The plans were evaluated based on possible impact to electric bills, environmental effects, cultural considerations, and flexibility. The candidate plans were also evaluated under scenarios of higher-than-expected electricity use and fuel prices.

A public meeting was held on November 17, 2004 at Farrington High School to discuss the plans with the general public. For a month, comments were invited to encourage public input on the proposed plans.

Next steps: HECO will work with the advisory group to recommend a long-term energy plan, will document the findings, and will file a report with the Public Utilities Commission (PUC). HECO is required to file the report with the PUC by October 2005.

More information on HECO's integrated resource planning process can be found at: <http://irp.heco.com>

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Start your electric engines!

Teams from 30 high schools across the state are in the final stages of preparation for the **10th Annual Hawaiian Electric Electron Marathon**, an exciting one-hour race of electric vehicles designed and built by students. Race day festivities will take place from 9:00 a.m. to 12:30 p.m. on Ford Island at Pearl Harbor on **Saturday, March 19, 2005.**



The team from Iroquois Point Home School on Oahu won last year's Hawaiian Electric Electron Marathon.

High school teams build their electric vehicle using basic parts provided to them by HECO, HELCO, and MECO. The teams are judged on the performance of their electrically powered vehicle, on the vehicle's construction and safety, on the best documentation of the vehicle, and on the best oral presentation about the vehicle.

A preliminary, 10-lap, hotly contested, inter-service race will pit against each other electric vehicles constructed by teams from the U.S. Air Force, U.S. Army, U.S. Marine Corps, and U.S. Navy.

The event is cosponsored by the U.S. Navy and the Hawaii State Department of Education. Partners in the event are HELCO, MECO, U.S. Department of Energy, and Young Brothers, which donates the transportation of the electric vehicles from neighbor islands to Oahu.

Admission to the popular race day festivities is free and open to the public. For more information go to www.heco.com and find Electron Marathon listed under the *Generation e* link at the top of the home page.

Electron Marathon schools from Oahu

- | | |
|-----------------------------------|-------------------------------------|
| Campbell High School | Lanakila Baptist High School |
| Castle High School | Le Jardin Academy |
| Damien High School | Maryknoll Schools |
| Hawaii Baptist Academy | Nanakuli High & Intermediate School |
| Iolani School | St. Andrew's Priory |
| Kahuku High & Intermediate School | St. Louis School |
| Kalaheo High School | Sacred Hearts Academy |
| Kalani High School | Waialua High & Intermediate |
| Kapolei High School | Waianae High School |
| Kula Kaiapuni 'O Anuenue | |



Earned Income Tax Credit

The Earned Income Tax Credit (EITC) is a federal income tax credit for low-income workers. The EITC reduces the amount of tax an individual owes and when the credit exceeds the amount of taxes owed, it may be returned in the form of a refund.

The EITC is money for people who work, but don't earn high-enough income, and who could use the EITC to put food on the table, pay monthly bills, invest in education, or save for the future.

To qualify, taxpayers must meet certain requirements and file a tax return, even if they did not earn enough money to be obligated to file a tax return. This tax credit has no effect on certain welfare benefits.

For information on income level and other qualification requirements, call 1-800-TAX-1040, or get the information online at: www.irs.gov/eitc



Tropical delights



From Abalone Namasu to Warm Welcome Punch, the new cookbook, *A Taste to Remember: Tropical flavors from Hawaiian Electric Company*, is full of recipes that will please every palate.

The cookbook features some 100 recipes for pupus, beverages, salads, main dishes, and sweet delights, culled from HECO's collection. Also included are useful tips on the efficient use of your refrigerator/freezer, stove top, and oven.

Available for \$10 at HECO Customer Service locations at Richards Street and at Ward Avenue, *A Taste to Remember: Tropical flavors from Hawaiian Electric Company* is a fundraiser for the Aloha United Way.

If you can't stop by HECO Customer Service, order by mail by sending \$13, which includes shipping and handling, to HECO Corporate Communications, P.O. Box 2750, Honolulu, Hawaii 96840. Make checks payable to HECO.



RECIPE OF THE MONTH

Chicken Stew (Galinha Estufada)



- 1 (4 to 5 lb.) whole chicken
- 4 tablespoons olive oil
- 1 large onion, diced
- 3 stalks celery, diced
- 2 small carrots, diced
- 1/2 tablespoon paprika
- 4 cloves garlic, chopped
- 1 bay leaf, torn in half
- 1 whole allspice, crushed
- 1 teaspoon coarse salt (such as kosher salt)
- 1/4 teaspoon freshly cracked black pepper
- 1 cup white wine
- 4 small potatoes, cubed
- 3 cups chicken stock
- 1 can (14 1/2 oz.) diced tomatoes, including liquid
- 1 cup fresh or frozen peas
- 3 tablespoons finely chopped Italian flat leaf parsley

Cut chicken into serving pieces; rinse and pat dry. In a 5-quart Dutch oven or large saucepot, heat 2 tablespoons of the oil and brown chicken pieces; remove. Add the remaining 2 tablespoons oil, the onion, celery, carrots, paprika, garlic, bay leaf, allspice, salt, and pepper; sauté for 10 to 15 minutes, or until vegetables are golden brown. Add the wine and potatoes; cover and cook for 5 minutes. Add the chicken, chicken stock, and tomatoes; simmer over medium-low heat for 30 minutes. Stir in the peas and parsley; cover and simmer for 3 minutes. Recipe makes 6 to 8 servings.

