



Hawaiian-style energy savings!

Hawaii's climate, environment, and culture make us special. We're different in our energy use, too, and the ways in which we can save.



Did you know that insulation can be helpful even in Hawaii's warm climate? Heat flows naturally from warmer to cooler spaces. So, using insulation in attics and walls can keep heat from radiating into the living areas and can reduce or eliminate the need for air conditioning.

Insulation comes as foam boards for roofing projects or as fiberglass batts and is blown in insulation for existing homes. A radiant barrier is similar to the shiny material used in dashboard protectors for car windshields. It is available from local home improvement stores and can be installed by a homeowner as a weekend project. Look for a radiant barrier with an emissivity rating of .05 or less.

Unlike the U.S. mainland, we don't have to heat our homes, and most of us choose refreshing trade winds or fans over air conditioning. So Hawaii's largest home energy user is usually a standard water heater.

As an alternative, consider a solar water heater. Solar system costs vary depending on the family size, usage patterns, and geographic location, but generally cost between \$4,000 and \$5,000. A system can pay for itself in four to five years with the help of MECO's \$1,000 rebate through approved solar contractors and the 35% state tax credit (available to most).



MECO-approved systems come with reminders for simple maintenance procedures, such as flushing the tank and collectors. The anode rod inside your tank should be changed every three to five years to help keep the tank from corroding. MECO-approved contractors install systems that must pass MECO's quality inspections.

MECO-approved solar contractors

Allen's Plumbing 877-6370	Hansen Solar (808) 372-3381	Poncho's Solar (808) 760-2345
Advantage Mechanical Plumbing 870-2487	D. Kawauchi Plumbing 572-1822	Solar Engineering 877-4430
Burgemeister Plumbing 879-6598	Maui Pacific Solar 280-6627	Sonshine Solar 575-7444
Dorvin D. Leis Co. 877-3902	Molokai Solar (808) 567-6796	Sun King 871-9721
Haleakala Solar, Inc. 871-8654	Pacific Energy Strategies 671-5566	Sunny Solutions 283-2514



For homes without air conditioning, refrigerators usually consume the second-largest portion of residential energy in Hawaii. ENERGY STAR qualified refrigerators use about half as much energy as models manufactured before 1993, so you might consider a replacement if you have an older one. The most efficient models have top-mounted freezers, followed by bottom-mounted models, and then by side-by-side types.

For more information on saving energy at your home or business, call MECO at (808) 871-8461.



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 MECO and its affiliates, HECO and HELCO. 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.

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 Maui

Maui High School
St. Anthony Junior & Senior High School
Seabury Hall



Answer to December puzzle

Where can you apply for an interest-free loan for solar water heating, with payments based on your estimated monthly savings?

MAUI ELECTRIC

You can pick up an application for an interest-free loan for the installation of a solar water heater at MECO's main office on the corner of Kamehameha Avenue and Kane Street in Kahului. Payments are based on expected savings. After the loan is paid off, savings continue for years to come. Get an application and more information at www.mauielectric.com by clicking on "Zero Interest Loans for Solar Water Heating."



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.

