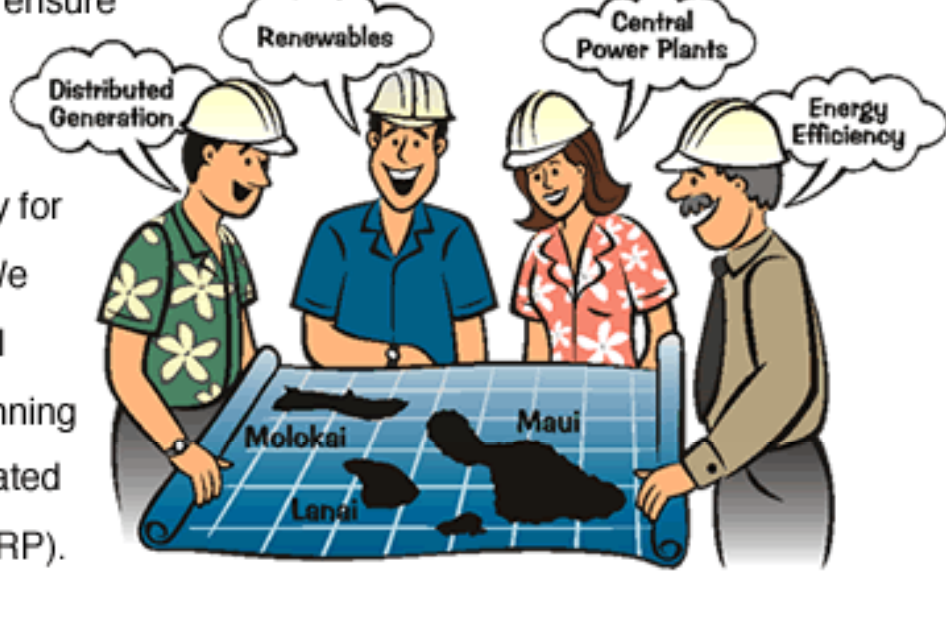




Help plan our island's energy future

How do we at MECO ensure that your energy needs will be met reliably and affordably for the years to come? We do it through a careful long-term energy planning process called Integrated Resource Planning (IRP).



In Integrated Resource Planning we examine the full range of choices, from ways to supply power to ways to reduce demand for it. We come up with a long-term plan that uses a combination of conservation, efficiency, renewable energy, distributed generation, and central power plants.

An important part of the process is community input. An advisory group of government, business, and community representatives works closely with MECO to make recommendations. Together, we'll consider the need for energy in the short and long term and the optimal mix of resources now and into the future to meet our electricity needs safely, reliably—and at reasonable cost to you.

If you are interested in learning more about Integrated Resource Planning, visit MECO's IRP Web site www.mecoirp.com. You will find information on MECO's IRP Advisory Group, general IRP information, Public Utilities Commission IRP documents, as well as meeting announcements and information. Community meetings to gather public comments on the development of the next Integrated Resource Plan will be announced on the Web site.

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Solar for Molokai helps save energy!

Last year MECO was awarded \$1.1 million from USDA Rural Development to install solar water heating on the island of Molokai. The "Solar for Molokai" grant is helping energy-smart residents like Matthew, Erika, Kahili, and Noelani Helm save about \$40 a month on their electric bill. They're likely to see even more savings in the summer months.



Water heating accounts for the largest use of energy in a typical Hawaii home. The Helm family of Molokai is enjoying savings provided by its new solar water heater.

MECO sends an inspector to check every installation in the program for quality and workmanship. Do you want to see energy savings in 2005? If you're a new home builder, renter, or property owner on Molokai, you can get a grant application by calling toll free 1-888-632-6786. Or, stop by any of the following locations:

USDA Rural Development Next to Pizza Cafe, Kaunakakai

Maui Electric Company Molokai Division, Lot 32A, Ulili Street, Kaunakakai

Alu Like Dept. of Hawaiian Home Lands, Office of Hawaiian Affairs, Queen Liliuokalani Children's Center, Kulana OIwi Complex across from the Coconut Grove

Molokai Enterprise Community 40 Ala Malama, Suite 207, Kaunakakai

Maui Economic Opportunity, Kaunakakai - at the end of Kolapa Road, just past the swimming pool

Molokai Public Library Kaunakakai

Molokai Community Service Council Kaunakakai - across from Verizon

Maui Electric Company 210 W. Kamehameha Avenue, Maui

Maui Economic Opportunity 99 Mahalani Street, Wailuku, Maui

Congratulations Electron Marathon participants!

The 10th Annual Hawaiian Electric Electron Marathon culminated March 19, amid a crowd of cheering supporters. Challengers representing teams from 27 high schools participated in a one-hour endurance race on Ford Island that tested the performance of their uniquely designed and constructed electric vehicle. Representing Maui County were Maui High School, St. Anthony Junior & Senior High School, and Seabury Hall.

The marathon race is the crowning event following many months of preparation and several days of competition in which multi-disciplinary school teams are judged in the following four categories:

- Documentation - 40%
- Vehicle performance (Electron Marathon race) - 30%
- Vehicle design, construction, and safety - 20%
- Oral presentation - 10%

The teams with the highest combined scores place in the "Best of Show" category. Waiialua High School from Oahu won "Best of Show." Seabury Hall placed 5th overall.

The Sports Car Club of America, Hawaii Region, governs the race. The event is cosponsored by HECO, the Hawaii Department of Education, and the U.S. Navy. Partners in the event are HELCO, MECO, the U.S. Department of Energy, and Young Brothers.

Be sure to watch the **Electron Marathon** on **KITV** at **6:30 p.m.** on **Saturday, April 23**, and at **noon** on **Sunday, April 24, 2005**.



The Seabury Hall team placed 5th in "Best of Show."

St. Anthony Junior & Senior High School team



Maui High School team

RECIPE OF THE MONTH

Aloha 'Aina Cafe

Turkey Chili



- 2 pounds ground turkey
- 1-1/2 onions, chopped
- 1/2 cup chopped green, yellow, or red bell pepper
- 1-1/2 teaspoons dried ground cumin
- 1 tablespoon dried oregano (or substitute 3 tablespoons fresh thyme)
- 3 large cloves garlic, crushed
- 3 tablespoons chili powder
- 1 tablespoon paprika
- 1 cup stewed, diced tomatoes
- 2 cups tomato sauce
- 1 cup black beans
- 2 cups kidney beans
- 2 cups water
- 1 jalapeño pepper, finely chopped (optional for a hotter chili) or crushed red pepper flakes, to taste.

A leaner option to beef, this chili is "ono-licious" over "hapa" (half brown, half white) rice, or it can be added to Mexican wraps and tostada salads.

In a large saucepot, brown ground turkey. Add onions and bell peppers; sauté until translucent. Stir in cumin, oregano, and garlic. Add chili powder and paprika. Stir in stewed tomatoes, tomato sauce, beans, and water; bring to a boil. Reduce heat and simmer for 30-40 minutes. Recipe makes 6 servings.

Find out how to make great recipes like this one plus get energy-saving tips for your home by watching **The Electric Kitchen** on **KITV4**, **Sundays at 4:30 p.m.**