



Are you prepared?

The 2005 hurricane season officially began June 1 and continues through November 30. Hurricane experts with NOAA's National Weather Service expect two to three tropical cyclones to occur within the Central Pacific this year.



If you haven't developed a family emergency plan, now is the time to do so. Learn evacuation routes and shelter locations in advance. If conditions require that you evacuate from your home, follow instructions from the Civil Defense Agency.

A hurricane or tropical storm may cause a power outage. Unplug unnecessary electric appliances during a storm. If you need to seek safer shelter, shut off electricity at the main switch before you leave your home.

If you lose power and decide to operate an emergency generator, run the generator in a well-ventilated, dry, outdoor area. Do not plug the generator into household outlets; plug appliances into the generator. Make sure the wattage of the appliances does not exceed the generator's capacity.

If you see a downed power line, do not go near it. Call HECO at **548-7961**.

For detailed information, get a copy of our free **Handbook for Emergency Preparedness** at our customer service offices, at your neighborhood City Mill, or visit www.heco.com.

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Prepare a home survival kit.

- Portable, battery-powered radio, with extra batteries
- Flashlights, with extra batteries, candles, and matches or lighters
- First aid kit, with special medications your family requires
- Bottled water, preferably one gallon per person per day, for three to five days
- Personal hygiene supplies
- Non-perishable foods for three to five days, including special dietary foods if required
- Manual can opener and bottle opener
- Disposable plates, cups, and utensils
- Camp stove or hibachi with fuel or charcoal for three to five days
- Ice chest with ice or frozen ice packs

Energy-efficient homes offer long-lasting value



Solar water heaters are installed in the ENERGY STAR-qualified homes at the Montecito and Tuscany home communities in Ewa by Gentry.

Gentry Homes, Ltd. has become the first major residential real estate developer on Oahu to join the Environmental Protection Agency's program as an ENERGY STAR® partner and to build ENERGY STAR-qualified homes.

ENERGY STAR-qualified homes are independently certified to be at least 30% more energy efficient than homes built to the 1993 national Model Energy Code. These homes are built with energy-efficient features that provide value and comfort in the home, thereby conserving energy, saving money, and protecting the environment.

Gentry Homes achieves its energy savings through a variety of features including: increased insulation; extremely low solar heat gain, dual-pane windows; high-efficiency air conditioners; tight construction; tight duct systems; and solar water heating.

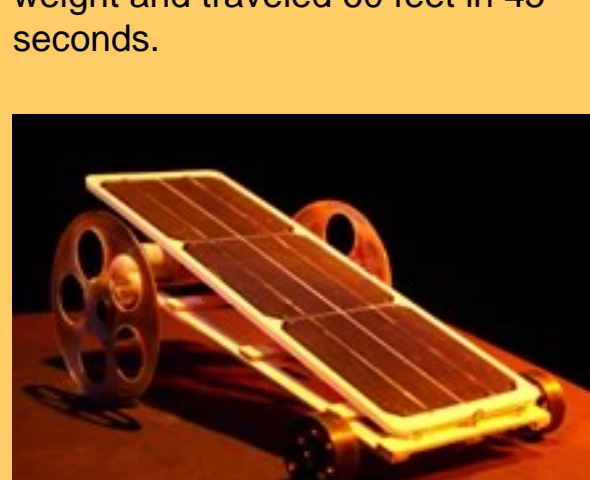
The solar water heaters used by Gentry Homes are installed by a HECO-approved solar contractor and are inspected by HECO to assure the performance of the system. Solar water heaters can save a family of four up to \$480 per year in electricity costs.

Solar Sprint demonstrates the sun's power

Amid sunny blue skies, students from seven schools demonstrated the performance of their small, solar-powered cars during the 6th Annual Solar Sprint Exhibition, held May 20, 2005, at Kapolei High School. The event, cosponsored by HECO and the State of Hawaii Department of Education (DOE), brought classroom lessons on renewable energy to an exciting conclusion.

Students from **Iao School** on Maui and Oahu's **Kahuku High and Intermediate, Niu Valley Middle, Stevenson Intermediate, Waialua High and Intermediate, Waipahu Intermediate, and Wheeler Intermediate Schools** participated in the exhibition by testing their homemade, light-weight, solar cars against standards set by DOE.

Cars successfully meeting the standards traveled 60 feet in less than 20 seconds. Cars exceeding the standards carried 12 ounces of weight and traveled 60 feet in 45 seconds.



A photovoltaic solar panel powers a small electric motor on light vehicles such as this one in the Solar Sprint Exhibition.



Here are some simple ideas that can help you save energy and money at your home or small business:

- Replace incandescent bulbs with compact fluorescents.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Use your microwave instead of a conventional electric range or oven.
- Turn off your computer and monitor when not in use.
- Plug electronics, such as TVs and VCRs, into power strips and turn off power strips when equipment is not in use.
- Lower the thermostat on your hot water heater to 120°.
- Take showers instead of baths to reduce hot water use.
- Wash only full loads of dishes and clothes.

Persimmon Bundt Cake



RECIPE OF THE MONTH

- 4 large ripe Hachiya persimmons
- 1 1/2 teaspoons baking soda
- 1 3/4 cups sugar
- 1/2 cup unsalted butter, softened
- 3 extra large eggs
- 2 teaspoons vanilla
- 2 cups flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 3/4 cup chopped macadamia nuts
- 3/4 cup golden raisins
- Powdered sugar

Preheat oven to 350°F. Butter and flour a 10-inch diameter (12-cup capacity) bundt pan. Peel persimmons and press pulp through a coarse sieve. Measure 1-1/3 cups persimmon puree into a small bowl; add baking soda and set aside. In a large bowl of an electric mixer, beat sugar and butter until well mixed. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Sift flour, cinnamon, salt, allspice, and cloves into butter mixture; mix well using a rubber spatula. Stir in persimmon mixture, nuts, and raisins; pour into prepared bundt pan. Bake for about 55 minutes or until tester inserted near center comes out clean. Invert cake onto cooling rack; cool completely. Sift powdered sugar over cake as desired. Recipe makes 12 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.**