



Cool tips

In some homes central or split system air conditioning is replacing water heating as the biggest user of electricity.

Follow these tips for air conditioner energy savings.



If you are planning on purchasing or replacing an air conditioner, you will be able to buy a more efficient model than was available ten years ago.

- Look for a model with an SEER rating of 9.7 (present minimum requirement) or higher. SEER, the seasonal energy efficiency ratio, measures the relative amount of energy needed to provide a specific output of cool air.

- Purchase an ENERGY STAR® qualified air conditioner. It meets strict energy efficiency guidelines and uses at least ten percent less energy than a conventional model.

- For greatest savings, look for the model with the highest energy efficiency ratio (EER) provided on the yellow Energy Guide label.

- For maximum efficiency, select the proper model size for the room being cooled. The air conditioner's instructions should provide sizing guidance, or visit www.energystar.gov for information.

- When installing an air conditioner, place it on a shaded side of the house and allow a free flow of air around it. This can save one to two percent on your electricity bill.

If you presently use an air conditioner, use it wisely to conserve energy and reduce operating costs.

- Set the thermostat at the warmest comfortable setting and when leaving the room for more than five hours, either turn the air conditioner off or raise the thermostat five to ten degrees. Raising the temperature can cut your cooling costs by as much as five percent.

- When you turn the air conditioner on, don't set the thermostat at a colder setting than you need. It will not cool your home any faster.

- Shade the south- and west-facing windows of your home with awnings, solar screens, shutters, trees and shrubs, window blinds, or curtains to reduce your air conditioner's work load.

- Clean air conditioner filters regularly. Dirty filters cause air conditioners to work harder, thereby using more energy. Most filters can be removed, washed, dried, and reinstalled; some must be replaced.



Is wind energy in Oahu's future?

For over a year, we have been testing for a possible wind energy farm on Oahu and we are now listening to community opinions before deciding whether to go ahead with the project.

"Our on-site research over the past year shows—as predicted by computer-generated wind maps—that the ridges above Kahe Power Plant in Nanakuli have a strong wind resource that could sustain a wind farm," says Karl Stahlkopf, HECO senior vice president for energy solutions and chief technology officer.

"We are talking to the community in depth before deciding whether to acquire the land and if so, who would build, own, and operate any wind farm there."

Last month HECO hosted meetings in Leeward Oahu to report the outcome of the monitoring, answer questions, and hear the comments of people who live nearby and others.

The Kahe wind farm could potentially include up to 26 wind turbines able to generate about 39 megawatts (MW) at full capacity. Wind power is not constant and must be supported with other generating sources, but a single 1.5-MW wind turbine can produce enough power for about 400 homes.

Wind is clean energy, requiring no imported oil and generating no air emissions. Although a wind farm is expensive to build, the "fuel" is free.

The 1.5-MW wind turbines envisioned for Kahe would stand about 380 feet tall and would be visible from many places along the Leeward Coast, which is of concern to some people. Also, the land where they would be erected may contain archeological and cultural sites.

Demand for electricity is growing, and to meet that demand we must expand beyond traditional power sources with renewable energy—and we must practice energy conservation and efficiency whenever possible. A wind farm on Oahu would help Hawaii meet a 20% renewable energy target by 2020.

To learn more about the potential for wind energy, click on "Renewable Energy" at www.heco.com. To express an opinion about a wind farm on Oahu, write to us by September 1, 2005, at:

Wind Energy Comment
AT8-3V
Hawaiian Electric Company
P.O. Box 2750
Honolulu, Hawaii 96840-0001



HECO earns the ENERGY STAR® Award



HECO received the prestigious *ENERGY STAR for Homes, Outstanding Achievement Award* from the U.S. Environmental Protection Agency for sponsoring 882 ENERGY STAR qualified homes in the past year. This was made possible by concerted efforts between HECO and its solar and building industry ENERGY STAR partners.

Homes earn the ENERGY STAR when they are certified to be 30 percent more energy efficient than homes built to the 1993 National Model Energy Code. An ENERGY STAR qualified home performs better by lowering the energy demand, thereby reducing expenses for the homeowner and being good for the environment.

By installing a HECO approved solar water heating system, your home can meet the guidelines to earn the ENERGY STAR. For more information on how to get a HECO approved solar water heating system for your home, or for the list of contractors who are ENERGY STAR partners, call 94-POWER.



Aloha from the Electric Kitchen



After careful consideration we have decided to discontinue our cooking show *The Electric Kitchen*, broadcast Sunday afternoons on KITV. The last program will air August 28.

The television cooking show has been a valuable connection with you and with many members of local businesses, civic groups, and ethnic organizations who have served as guest demonstrators. However, as customers' expectations and business needs rapidly change, we are shifting our resources to serve you in new ways and to respond to your requests for new services.

We will maintain a "food connection" with you through the publication of recipes in *Consumer Lines* and on our Website, www.heco.com. And, just as the show did, we will continue to provide you with energy-saving tips for your kitchen and household.

Thank you for watching all these years. *Aloha*.



RECIPE OF THE MONTH

Shiitake-Crusted Fresh Fish



- 1/2 cup dried shiitake mushrooms stems included, whole or pieces
- 2 cups panko (Japanese bread crumbs)
- 1/2 cup chopped fresh basil
- 6 fresh fish fillets (6 ounces each)
- Salt
- Freshly ground black pepper
- 1/2 cup mayonnaise
- 2 teaspoons Sriracha (Thai garlic-chile paste)
- Canola oil, for sautéing

Preheat oven to 450°F. Place mushrooms, panko, and basil in a food processor and process until mixture is in fine crumbs; place in a shallow dish. Lightly season fillets with salt and pepper. Combine mayonnaise and Sriracha. Evenly spread a light coat of chile mayonnaise on one side of each fillet. Coat the same side evenly with the panko mixture. In an ovenproof sauté pan or skillet, add enough oil to coat the bottom and heat over medium heat. Add fillets, panko side down, and sauté for 3 minutes or until golden brown. Turn the fillets and place them in the oven for 5 minutes, or until cooked through and firm to the touch. Recipe makes 6 servings.

