



## Cool tips

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



**Before you decide to buy an air conditioner**, make sure you minimize the heat gain in your home.

- Use a light-colored roof that reflects heat.
- Place insulation or a radiant barrier in the attic to keep your living space cool.
- Use cooler-burning, energy-efficient compact fluorescent lamps instead of standard incandescent light bulbs.
- Apply window tinting or install ENERGY STAR® qualified windows for Hawaii.

- Install ENERGY STAR qualified ceiling fans and light kits (even with air conditioning) to help you feel cooler.

- Put in landscaping, trellises, awnings, or other shading, especially on the warmer south and west sides of your home.

**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.

- Be sure your air conditioner is sized right for your space; bigger isn't always better. Visit [www.energystar.gov](http://www.energystar.gov) for sizing information.

- 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.

- Ask for an ENERGY STAR qualified programmable thermostat to help save energy by keeping cooling equipment from running needlessly—for example, late at night, or while you are away from home.

- 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.

- 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.



## MECO earns the ENERGY STAR® Award

MECO received the prestigious ENERGY STAR for Homes, Outstanding Achievement Award from the U.S. Environmental Protection Agency for sponsoring 677 ENERGY STAR qualified homes in the past year, bringing the total to 2,660 since 2000. This was made possible by concerted efforts between MECO 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 MECO approved solar water heating system, your home can meet the guidelines to earn the ENERGY STAR. For more information on how to get a MECO approved solar water heating system for your home, or for the list of contractors who are ENERGY STAR partners, call 1-888-MECO-SUN.



## FREE CLASS: Taking the mystery out of solar

Learn the basics about solar water heating systems by attending a free, one-hour class offered by MECO. The class will cover:

- How solar water heaters and solar electric systems work
- What to look for when buying a solar water heater
- Financing options
- How to use a solar water heater
- Maintenance and troubleshooting
- When to replace the system

The class, cosponsored by Maui Community College (MCC), will be held from **6:00 p.m. to 7:00 p.m.**, in room 107 of the Laulima Building at MCC, on the following dates: **8/15/05, 9/13/05, 10/12/05, 11/17/05, and 12/12/05.**

Preregistration is required. Please call MCC at **984-3231** to register. For information on solar water heating systems call us at **1-888-MECO-SUN.**



## Aloha from



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](http://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.*



## MECO in Our Community

Stop by our energy fair and enjoy some music!

**When:** Saturday, September 10, 2005

**Where:** Queen Kaahumanu Center, Kahului

**Time:** 10:00 a.m. to 2:00 p.m.

Talk to our staff and review our exhibits to learn more about the production of electricity, energy conservation, and our services. We will be celebrating 25 years of electricity to delight the children. Entertainment will be provided by the Kaunoa Karaoke Singers and the Na Kupuna Ohana Serenaders and Dancers.



## 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.

