



CONSUMER *Lines*

HECO

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Holiday cooking

The holiday season is upon us, that wonderful time when family and friends gather and enjoy great food. Whether you are cooking for a dinner or a party, plan to include some of the following energy-saving tips.



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TIPS for the cooktop

- Use cookware with a flat bottom for efficient heat transfer. Cookware should also have straight sides and a tight-fitting cover.
- Use the smallest pan necessary and match the size of the cookware to the surface unit. A six-inch pan on an eight-inch burner wastes 40% of the energy produced by the burner.
- Cover cookware whenever possible. Food will cook faster, using the steam created inside.
- Turn the heat down when food reaches the proper cooking temperature and use the lowest possible level of heat to complete cooking.
- Turn the surface unit off a few minutes before the food has finished cooking and allow retained heat to complete the cooking.
- Use a pressure cooker whenever preparing an item that takes a long time. It can save energy by significantly reducing cooking time.
- Use small appliances, such as microwave ovens, toaster ovens, and crockpots when cooking or reheating small quantities of food.

TIPS for the oven

- Cook as many dishes as possible in the oven if you need to heat the oven for a particular recipe.
- Insert dishes in the oven immediately after turning it on, unless preheating is required for baking products like breads, cakes, and cookies.
- Turn off the oven five minutes before your cooking is completed when making roasts, turkeys, or casseroles and let the heat in the oven finish the cooking.
- Avoid unnecessary peeking! Opening the oven door lets up to 20% of the heat out, wasting energy.
- Keep pans in the oven separated, staggered on upper and lower racks, and don't let them touch the oven walls to maintain proper heat circulation.
- Don't cover your oven racks with foil because it blocks the flow of air.
- Use glass or ceramic pans in your oven when possible. You can turn down the temperature by 25° F, and foods will cook just as quickly.
- Set the oven's self-cleaning cycle immediately after baking, if you need to use it, to minimize the energy required to heat the oven to cleaning temperature.



PUC okays interim rate increase

In late September, the Hawaii Public Utilities Commission (PUC) issued an interim decision approving an overall, net, electric rate increase of 3.33%. The increase went into effect on September 28. HECO's last base rate increase was in 1995, when it received a 1.3% increase.

The exact percentage increase will vary depending on which rate schedule a customer is billed under. For example, a residential household using 600 kilowatt-hours a month will see its monthly electric bill increase by about \$5.

The amount approved largely reflects a compromise agreement between HECO and the State Consumer Advocate and the U.S. Department of Defense, the other parties in the case. The PUC will continue to review details of the request and later will issue a final decision. If at that time, the PUC approves a lower final increase, the difference will be refunded to customers with interest.

"We know any rate increase is tough on our customers," says Robbie Alm, HECO's senior vice president for public affairs. "And as Hawaii's economy has struggled, we have worked hard over the past decade to avoid asking for an increase. At the same time, we have invested close to three quarters of a billion dollars in major reliability improvements."

The interim increase is part of HECO's 2005 rate increase request filed in November 2004. In that filing, HECO requested a 7.3% net increase. About 1.9% of the original increase was requested for continuation and expansion of HECO-sponsored energy efficiency and conservation programs. The remaining 5.4% was largely to pay for major reliability investments made in the past decade since HECO's last rate case.

After the original filing, the PUC split off the energy efficiency and conservation programs into a separate Energy Efficiency Docket, which is still pending. This 1.9% requested increase remains under review and subject to change depending on the outcome of PUC policy decisions about such programs.



Support solar power!

Sun Power for Schools is a unique program that allows everyone to promote solar-powered electricity and solar powered lighting. Under the program, solar electric or solar lighting systems are installed at participating public schools on Oahu, Maui, Molokai, Lanai, and the Big Island.



Solar lighting systems provide additional security lighting at no cost to the schools where they are installed. Schools with solar electric systems benefit by receiving a small amount of free electricity for their daily needs.

Data is collected from the solar electric systems on the amount of solar energy available at their locations. The performance statistics are posted online at www.heco.com and can be used by teachers for classroom instruction.

Sun Power for Schools is made possible by a voluntary partnership between the HECO utilities (HECO, HELCO, and MECO), the State of Hawaii Department of Education, participating schools, and members of the community.

To become a solar power partner, call **(808) 543-7511** and ask that a Sun Power for Schools postage-paid reply card be mailed to you. You can write a check for a one-time contribution or contribute monthly when you pay your electric bill.



Hiroshima tune sparks energy savings

It was 20 years ago that the Los Angeles-based jazz group Hiroshima first created a catchy, synchronic tune that became the sound of HECO's TV commercials. Today the "Hawaiian Electric" tune has been revamped and is heard on HECO's new TV and radio spots, reminding everyone to "get in the groove" of saving electricity.



Hiroshima, photo by Jaimee Itagaki

Hawaii audiences can listen to Hiroshima when the band returns to Oahu for two performances, **December 10 at 8:00 p.m.** and **December 11 at 3:00 p.m.**, at the Hawaii Theatre Center. Tickets are \$40, \$32.50, and \$25. Call the Hawaii Theatre Center Box Office at **528-0506** for tickets and more information.



RECIPE OF THE MONTH

Oven Kalua Turkey



- 1 12-pound turkey
- 12 ti leaves
- 1 banana leaf
- 1/2 cup butter or margarine, softened
- 3 tablespoons Hawaiian salt
- 2 teaspoons liquid smoke

Rinse and drain turkey. Line a large baking pan with foil. Wash ti leaves and banana leaf; remove fibrous part of the veins. Line baking pan with ti leaves radiating from center; place half of the banana leaf in bottom of pan. Place turkey on leaves. Rub remaining ingredients on inside and outside of turkey. Place remaining half of banana leaf over turkey; fold leaves around turkey. Crimp foil around turkey and cover pan tightly with additional foil. Roast in electric oven at 375° F for 6 hours. Shred turkey, adding enough of the pan liquid to moisten meat. Recipe makes 8 to 10 servings.

