Reaching for the Top

Inside:
Twelve Holiday Safety Tips
Low Carbon Diet
Gorgeous Golf Course lot at the end of Makaa Street

STUNNING MOUNTAIN and GOLF COURSE VIEWS. Excellent location toward the end of the cul de sac. Flag lot enhances privacy. May qualify for an additional Guest Cottage. Close to Kukui Grove Shopping Center, Kauai Community College, Schools and Beaches. $459,000(fs). Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677 or email: Karen@Alohaisland.com.

Koloa Gardens #10

Gorgeous renovated 2 bed, 2 bath upstairs condominium in Koloa Gardens, overlooking swimming pool. Private corner location away from Poipu Road. Beautiful large windows and very spacious open floor plan with great airflow. Many upgraded features. $549,000(fs). Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677.

2899 Aukoi Street, Lihue

Gorgeous 4 Bedroom Home in Lihue with many interior and exterior upgrades. Very private covered lanai and storage building. Completely Enclosed deck upstairs used as a guest room or recreation room. Beautiful spacious yard with lots of lush landscaping, small garden and fruit trees $815,000(fs). Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677.

6111 Lokomaiki’i Place, Wailua Homesteads


1139 Moanakai #B, Kapaa

Near Fuji Beach

Great opportunity to build a home located across the street from Fuji Beach (Baby Beach) in Kapaa! Located by the Kapaa Bike path and downtown Kapaa. $399,000(fs). Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677 with exp Realty.
Save postage, get your Currents online

Currents is mailed quarterly to members of Kaua‘i Island Utility Cooperative. This issue and back issues also are available online at www.kiuc.coop.

If you would like to help the cooperative save paper and postage, you can receive Currents via email or simply read it on our website. Just send a note to currents@kiuc.coop and we will take you off the mailing list.

We’re also open to story ideas, letters and suggestions. And we’re always looking for new recipes. Thank you for reading Currents.
Chairman’s Message

For the past 12 months, our nation has faced challenges we never could have imagined. As we close out an eventful 2020 and look forward to a brighter 2021, I am reminded that our community has persevered through it all in the spirit of harmony and aloha.

During a recent moment of reflection, I thought of a sermon delivered by Kahu Abraham Akaka at Kawaiha’o Church on O’ahu 50 years ago. Anyone who remembers Kahu Akaka knows his sermons were memorable for many reasons, one of which was he often accompanied them with his ukulele.

This particular sermon was shared after the harrowing and successful return of the Apollo 13 astronauts. Kahu Akaka’s message was profound. His brother, the late Sen. Daniel K. Akaka, remembered it this way:

“In his sermon that morning, Akaka compared the people of the Earth—black, white, brown and yellow—to the strings of a ukulele, and demonstrated on his ukulele how beautifully they can work together in harmony and how dissonant they can be when harmony is lost.”

President Richard Nixon and his wife, Pat, were in attendance at Kawaiha’o Church that Sunday. The president described the sermon as one of the most moving and meaningful religious services he had ever attended, and he reportedly invited Kahu Akaka to lead a service at the White House.

While these words were spoken a half-century ago, they are perhaps even more relevant today. Let us each remember them every time we hear the sweet melody of the ukulele.

During this holiday season, as we search for joy and peace amidst uncertainty, let us strive for greater harmony in our homes and community, throughout our state, the nation and the world.

Me ke aloha pumehana,
Allan A. Smith

2021 KIUC BOARD OF DIRECTORS ELECTION

Every March, KIUC holds an election to fill three spots on its board of directors. Voting for the board is one way members can participate in their cooperative. The next board of directors’ election is March 13, 2021.

Important deadlines include:

- Election deadline to vote: March 13, 2021, at noon Hawai‘i time.

All potential candidates must complete the authority to release information form, prospective KIUC board candidate application, and sign board policy 18—board member qualifications and eligibility. Candidates must also complete a directors’ duties and responsibilities orientation.

KIUC members should look for their election packets in the mail in late February 2021. There are three ways to vote: by paper, by phone or online.

The deadline to vote is March 13, 2021, at noon Hawai‘i time.

For more election information, go to https://website.kiuc.coop/board under the Election tab.
### Board Actions

**Below is a summary of some of the actions taken by the KIUC Board of Directors in August, September and October 2020.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>October 29, 2020, Board Meeting</strong></td>
<td>Motion carried, approval of 2021 Nominating Committee members Kelli Barsness, Julie Morioka, Randy Nishimura and Eddie Topenio. Motion carried, defined terms for all policies. Reviewed, approved with proposed amendment.</td>
</tr>
<tr>
<td><strong>September 25, 2020, Board Meeting</strong></td>
<td>Motion carried, appointment of Dee Crowell to Nominating Committee chair. Motion carried, confirm March 13, 2021, as board election date. Motion carried, Board Policy No. 22, providing information to directors. Reviewed, approved with proposed changes. Motion carried, Board Policy No. 27, communications by directors to the public. Reviewed, approved with minor changes.</td>
</tr>
<tr>
<td><strong>August 27, 2020, Board Meeting</strong></td>
<td>Motion carried, budget variance request for HCP CAPEX – Transmission, additional $520k.</td>
</tr>
</tbody>
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### SIGN UP FOR SMARTHUB TODAY

**Account Management at Your Fingertips**

**Register for Online Access**
Visit [www.kiuc.coop](http://www.kiuc.coop) and enroll in SmartHub on the web. To get started, click on the blue SmartHub icon. Click on the “NEW USER? Sign up to use our self-service site” button. You will then be prompted to enter the last four digits of your Social Security Number or Federal Identification Number (businesses), mailing address zip code as stated on your electric bill and select a security question. Your temporary password will then be emailed to you.

**Sign Up for Mobile Access**
Download the free mobile app for your Apple or Android smartphone or tablet. Once you’ve downloaded the application, you’ll be prompted to search by location or name. Click on name and search for your service provider, Kaua’i Island Utility Cooperative. Press the search key on your phone. Click on Kaua’i Island Utility Cooperative and select confirm. You will be prompted to create an account if you haven’t already registered for SmartHub. If you already signed up, enter your email address and password.
KIUC Charitable Foundation Is Worthy of Support

By Teofilo Phil Tacbian, President, KIUC Charitable Foundation

Did you know KIUC has its own charitable foundation that supports worthy causes throughout Kaua‘i? The KIUC Charitable Foundation is separate from the cooperative and is governed by its own board of directors that includes KIUC board members, staff members and representatives from the community at large.

The KIUC Charitable Foundation was formed in January 2004. The following year, the Hawai‘i State Legislature passed a bill that allowed the foundation to receive unclaimed property such as uncashed credit deposit returns and patronage capital retirements.

Most of the nearly 1,000 cooperatives across the nation have a charitable foundation for just this purpose. It’s one of the many benefits of being served by an electrical cooperative that is owned by its members.

The KIUC Charitable Foundation has also raised money through an annual golf tournament.

Tens of thousands of dollars every year are granted to organizations on Kaua‘i for purposes such as:

- Educational scholarships to individuals on Kaua‘i.
- Electrical energy bill payment assistance for qualified low-income persons in our service area.
- Donations to nonprofit charitable community organizations.

Last year, KIUC’s Board of Directors established the Makana program, which allows members an opportunity to donate to good causes in our community through the KIUC Charitable Foundation. Participation in Makana is completely voluntary. Members need to opt in by authorizing KIUC to “round up” their monthly bill to the next dollar. For example, if your bill is $150.20, it will be rounded up to $151, with 80 cents going into the Makana fund.

More information on the Makana program can be found on the KIUC website under the “Community” tab.

We hope you’ll join Makana to help our community through the KIUC Charitable Foundation.
The KIUC Charitable Foundation awarded grants to the following recipients:

- Waimea Canyon Middle School PTSA, to buy materials to build picnic tables for more seating to help with social distancing.
- Kumu’s Cupboard, to help with supplies for teachers as they prepared for more distance learning.
- Ho’omana Inc., to replace an electrical meter that was critical to its infrastructure so it can reopen its store to continue to help the homeless, kupuna and families who are in need.

Since August 2008, the KIUC Charitable Foundation has funded KEO’s Low Income Energy Assistance Program. In 2020, the program has helped 75 families. For more information about the program, contact KEO at 245-4077.

**Ho’omana Thrift Store Meter Box Replacement**

Heavy rains and flooding damaged the electric meter and wiring at Ho’omana Thrift Store, which forced the store to close due to safety concerns. The grant from the KIUC Charitable Foundation and Hawai‘i Community Foundation allowed them to replace the damaged meter box and wiring.

“Ho’omana was a good fit for our grant,” says KIUC Charitable Foundation President Phil Tacbian. “The foundation board felt that Ho’omana fills a need in our community. By providing funds to help replace their meter box, it will help them to reopen their store and continue the work they’ve been doing in the community.”

The thrift store is important to Ho’omana because the proceeds from sales help support various training programs with both youth and adults.

Ho’omana’s mission is to assist the emotionally, mentally, physically challenged and those with disabilities by partnering with them as they go after every opportunity to reach their maximum potential.

For more information about Ho’omana, go to Hoomanainc.org.
Reaching for the Top

By Beth Tokioka
Imagine being 100 feet in the air, tethered only by a leather strap to a ladder that is temporarily attached to a 24-inch-diameter steel pole.

“It’s just part of the job,” says Greg Perreira, a veteran KIUC lineman who recently removed static wire from transmission poles in central Kaua‘i. Static wire, which protects electrical lines from lightning strikes, is not electrified. It is suspended above transmission lines, making it hazardous to endangered seabirds in flight.

To remove the static wire, linemen must fully extend their bucket truck, then affix up to three ladders to the pole to reach the top.

KIUC’s Transmission and Distribution Manager John Cox explains.

“There’s notches on the pole that are used to attach the ladders,” he says. “The lineman secures himself to the first ladder, then grabs the next ladder and climbs again until he reaches the top.”

It’s a dangerous job, but John says line work is about a lot more than knowing how to climb poles safely.

“These guys have to be sharp,” he says. “Electricity doesn’t make mistakes. One mistake, and that’s it. They have to know all the safety protocols.”

Safety is the highest priority for KIUC. Line crews conduct daily briefings, going over the day’s schedule and coordinating with other work groups as necessary.

“It’s one thing getting up there, but once you’re up there that’s when the work begins,” John says. “They have to be mentally tough and aware of their surroundings at all times, especially when they’re in close proximity to 60,000 volts.”

Lisa Ubay, KIUC’s manager of human resources and safety, agrees.

“The job of a lineman is not for everyone,” she says. “You have to have a certain mindset and disposition in order to be successful. Not every candidate makes it through the process.”

Greg joined KIUC’s line crew in 2006.

“I was working for KIUC’s tree-trimming contractor, Asplundh, doing line-clearing work for about 10 years,” Greg says. “I got familiar with bucket truck operations and working around live power lines, so I decided to apply at KIUC.”

Greg says the hardest part of the transition was the apprentice bookwork.

“I had 72 books to complete pertaining to line work and the fundamentals of electricity,” he says. “My coworkers were very helpful in getting me through that process. I’m really proud to work with such a great group of guys.”
The energy industry is undergoing rapid change, and technology is paving the way for innovation in the way energy is used, produced, stored and shared. Consumers are interested in more green energy alternatives, while smart homes and apps make managing energy use and paying your electric bill more convenient than ever.

While the changing energy market has created more options for consumers, it has also resulted in more utility scams and misleading information surrounding solar installations. That’s because of two factors.

Utility scams are common because of the vast number of utilities that exist, and consumers are understandably anxious with the threat of disruption to their electric, heating or water service. Second, new products and services in the energy industry provide an opening for scammers and pop-up companies to provide misleading information or shoddy products and services.

A common phone scam typically begins with a phone number that appears to be from KIUC. The scammer will claim you have a past-due account and threaten to disconnect service or take legal action. The scammer will typically demand that you use a prepaid debit card or money order, often within a short, urgent time frame to pay the past-due amount.

You can combat this scam by being aware of the status of your account and knowing KIUC will never call you about a past-due balance. Never give your banking or personal information over the phone to someone you did not call. If you have a question or concern about your energy bill, call us directly at 241.4300. Do not use the phone number given by the scammer.

Another scam we see from time to time is connected to rooftop solar. Homeowners with rooftop solar may receive a sales call offering an accessory, upgrade or extended warranty to their solar array. The calls could be from scammers claiming to represent a solar company, promising to replace faulty or broken parts or improve efficiency. Again, if you are not expecting the call, don’t be fooled. These calls offering misleading information are likely a scam. Call your solar contractor if you think there may be a problem. Other than occasional cleaning, rooftop solar—if installed correctly—is virtually maintenance-free.

In this ever-changing environment, it’s important to remember you have a trusted energy advisor: your local electric cooperative. We are a community-focused organization that works to efficiently deliver affordable, reliable and safe energy to our members.

Remember, we’re just one call or click away, so please reach out with any questions about your electric service or bills. We are here to help.
Twelve Holiday Safety Tips

**Inspect electrical decorations before use.**
Carefully inspect all decorations. Cracked sockets, frayed, bare wires and loose connections may cause a serious shock or start a fire. Unplug or turn off decorations while handling and installing them.

**Do not overload electrical outlets.**
Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets.

**Pay close attention to how many strings of lights you plug together.**
Wattage loads can add up quickly. Follow the manufacturer’s recommendations on how many sets of lights can be plugged together in a single string.

**Keep trees fresh by watering their bases daily.**
Dry trees are a serious fire hazard. Don’t buy a live tree that is already dry and losing needles. Cut off some of the tree trunk at the base to help the tree absorb water. If buying an artificial tree, make certain it is labeled fire retardant or fire resistant.

**Use battery-operated candles.**
Fire-lit candles start almost half of home decoration fires.

**Keep combustibles at least 3 feet from heat source.**
A heat source that was too close to decorations was a factor in half of home fires that began with decorations.

**Protect cords from damage.**
To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors or windows, placed under rugs, located near heat sources, or attached to nails or staples.

**When decorating outdoors, only use extension cords and electrical decorations approved for outdoor use.**
Keep all extension cords out of water. Make sure spotlights used to illuminate decorations are well ventilated, protected from the elements and rated for outdoor use.

**Check decorations for certification label.**
Decorations not bearing a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA) or any accredited inspection retailers many not have not been tested for safety and could be hazardous.

**Inspect your entire home inside and out before going to bed or leaving the house.**
Turn off or unplug all indoor and outdoor decorations before going to bed and when you leave your home.

**Plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters to prevent electric shock.**
If you are using non-GFCI circuits, buy cords or devices that provide portable, inline GFI protection. These can be bought at most home improvement stores or online retailer locations.

**Look for LED products instead of traditional incandescent light strands.**
Replace incandescents with LED strands, which use less energy and run cooler.
Hey, Do We Have Your Money?

Every year, KIUC publishes a list of members to whom we owe a patronage capital refund. Patronage capital is the money KIUC has left after paying all of its expenses in a given year. At the end of the year, that money is credited to each member’s patronage capital account, according to the amount paid for electricity used.

In past years, KIUC issued checks to members, so it’s possible some of those on the list simply forgot to cash the check or accidentally threw it away.

If your name appears on the list, you must apply for a refund. Please complete the refund form below and provide a copy of picture ID as proof the person requesting the refund is the same as the account holder.

You can mail in the form or bring it in to our office. If you need additional forms, download one from our website at www.kiuc.coop. If you have questions about patronage capital, please call 246.4300.

Please allow 45 business days for us to process your request.

Request for Patronage Capital Refund

Please Print:

Name: ________________________________________________________________

Mailing Address: ______________________________________________________________________________________________________

City: __________________________________ State: ___________________________ Zip: __________________

Telephone Number: ( ) ___________________________________ Email: ______________________________

Alternate Number: ( ) ___________________________________ KIUC Account No. __________________

Social Security Number: ___________________________ or Driver’s License Number: ___________________________

Business Federal Identification Number: ___________________________

I hereby certify and declare that:

1. I am the party legally entitled to claim ownership of this Patronage Capital Account, and
2. I have attached documentation to support and validate my claim for ownership of this Patronage Capital Account, and
3. I agree to indemnify and hold KIUC harmless for any and all damages, which may arise from subsequent claims to this Patronage Capital Account, and
4. I understand that a copy of this certification statement will be released to any party making subsequent claim to this Patronage Capital Account.
5. I understand that to the extent such member-owner or deceased member-owner owes any outstanding sums to KIUC, any Patronage Capital credits to be retired shall be applied by way of set-off to such sums.

Signature of applicant: ____________________________________________ Date: __________________

Select method of refund: □ Apply refund to account ___________________________
□ Request check refund _______________________________________  

Office use only:

Received ___________________________

Original check# ___________ Amount $ ___________

Original date issued _________ Date reissued ___________

Check# reissued ___________ Amount $ ___________

Initial ________________ ID: _______________________________________

Mail request form with a copy of your picture ID to:

Member Services
Patronage Capital
Kaua’i Island Utility Cooperative
4463 Pahe’e St., Suite 1
Līhu’e, HI 96766-2000
For a full list of the most recent Patronage Capital refunds available, please visit www.kiuc.coop.
2021 Calendar of Student Art Goes Virtual

By Shelley Paik

With everything 2020 has thrown at us, we have learned to adapt and navigate the challenges, leading to many events going virtual. The 2021 KIUC Calendar of Student Art is one of them.

It was important for us to continue the calendar contest and support arts for kids, but we had to find new ways to do it while limiting contact to keep with social-distancing regulations.

We were able to accomplish this by adding an online submission form to the KIUC website so parents and teachers could submit artwork electronically. For the first time since the contest began, we did not receive any artwork in person.

With a few hiccups, we had a wonderful collection of art for our judges to choose from. All of the artwork was loaded onto a website for our judges to view. Judges Lisa Kahn Macko and Carole Kahn met the challenge and selected some amazing work.

Carole said it was a fun experience but much more difficult not having the actual artwork in hand.

Look for your 2021 calendar of student art in the mail in late December. Don’t forget to start drawing for our 2022 calendar—the deadline will be here before you know it!

grand prize winner
Shania Rosa, Eighth Grade, St. Catherine School
## 2021 Calendar of Student Art Winners

Congratulations to all of the winners of the 2021 Calendar of Student Art. Look for your calendar in the mail soon!

### Calendar Winners

**Cover**

- **January**
  - Norah Salausa
  - St. Catherine School

- **February**
  - Kenna Silva
  - Kapa’a Elementary School

- **March**
  - Kaylee Ann Fujii
  - St. Catherine School

- **April**
  - Aleia Kanehe
  - Island School

- **May**
  - Moses Adams
  - Alaka’i O Kaua’i

- **June**
  - Abby Winters
  - Kapa’a Middle School
  - *Ten Thousand Hands Art Studio*

- **July**
  - Daisy Keller
  - St. Catherine School

- **August**
  - Wailani Olanolan
  - Kapa’a Middle School

- **September**
  - Julianne Pearson
  - Island School

- **October**
  - Kianalei Kamalani
  - Island School

- **November**
  - Hi’ilani Ventura
  - Island School

- **December**
  - Jessica Hreljac
  - Kaua’i High School

### Honorable Mention

- **Umiko Kaneg**, 1st grade, Kīlauea School
- **Kaira Terui**, 1st grade, Wilcox Elementary School
- **Ally Sophia Sahagun**, 1st grade, Wilcox Elementary School
- **Suilen Hada-Ruben**, 2nd grade, Alaka’i O Kaua’i
- **Ka’enala’eku Chock**, 2nd grade, Island School
- **Ku’ulei Nizo**, 2nd grade, Kekaha Elementary
- **Roc Olanolan**, 2nd grade, Kīlauea School
- **Elise Lawhon**, 3rd grade, Island School
- **Nathaniel Eddy**, 3rd grade, St. Catherine School/ *Ten Thousand Hands Art Studio*
- **Aribella Guino Cuenca**, 4th grade, St. Catherine School
- **Naia Char**, 5th grade, St. Catherine School
- **Aubrie Ortal**, 7th grade, Waimea Canyon Middle School
- **Ashley Chun**, 8th grade, Island School
- **Keira Lynn Parmentier**, 9th grade, Island School
- **Via Maristelle Javinar**, 9th grade, Kaua’i High School
- **Reyn Wells**, 10th grade, Island School
- **Paulina Do**, 12th grade, Island School
- **Sophia Riley**, 12th grade, Island School
- **Misa Mycynek Primacio**, 8th grade, Island School
- **Hailey Cox**, 10th grade, Island School
- **Lehua Mahelona-Taylor**, Kindergarten, Kaua’i Christian Academy/ *Ten Thousand Hands Art Studio*
News flash: You don’t have to put up a huge solar field, install a photovoltaic-battery storage system in your home or buy an electric vehicle to reduce your carbon footprint. In fact, you need look no further than your kitchen pantry for a start.

“Our dietary choices either contribute or reduce the current amount of carbon and greenhouse gases in the atmosphere,” says Dr. Judy Shabert, who lives in Kīlauea and holds a degree in public health from Harvard University with an emphasis on nutrition. “All humans like routines and habits. The foods one eats are no exception. It takes a conscious effort to make dietary changes, but there are ways to do it by making a serious commitment to eating less meat and more plants-based foods.”

The so-called low-carbon diet began to take off in 2007. The movement is based on five principles: If you buy it, eat it (i.e., don’t waste); eat seasonal and regional foods; move away from beef and cheese; eat locally produced food; and skip processed food products.

The shift on Kaua‘i to a more plant-heavy diet is apparent to at least one local chef.

“When we talk to customers during meetings and tastings, a lot of them say they want to steer clear of meat for both humane and environmental reasons,” says Chef Gavin Onishi of Contemporary Flavors Catering, based in Puhi. “There’s definitely a trend toward consuming more vegetarian and vegan food.”

Gavin is quick to point out, you don’t have to trade meat for taste.

“People can make meatless dishes taste great by taking the time to research and prep,” he says. “Use spices and try different ethnic cuisines. Indian and Moroccan cultures have a lot of vegetarian/vegan food, and it’s incredibly flavorful.”

Sharon de la Pena, a registered dietitian at Ho‘ola Lahui Hawai‘i on Kaua‘i, says you can follow simple steps to transition to a low-carbon diet. These steps include eating more of the vegetarian dishes you already enjoy, replacing meat in your favorite recipes with alternatives such as beans.

Delicious meatless recipe ideas, courtesy Ho‘ola Lahui Hawai‘i.

- Marinate tofu in teriyaki sauce. Use instead of Spam for a tasty musubi.
- Replace pork with eggplant for a delicious vegetarian adobo dish.
- Cook young, green jackfruit and shred to substitute for pork in tacos or wonton.
and tofu, borrowing vegetarian cookbooks from the library and experimenting, and involving the whole family.

Sharon stresses there are important health benefits as well. “Eating a plant-based diet reduces risk of heart disease, improves cholesterol and lowers blood pressure,” she says. “It’s also helpful in managing diabetes, lowering body weight and improving insulin function.”

You don’t have to become vegetarian to lower your carbon footprint. If you’re a meat lover, the key is choosing meat products that are locally raised and grass-fed.

Makaweli Meat Co., a subsidiary of Gay & Robinson, has been supplying residents with grass-fed beef raised on the west side of Kaua‘i since 2013. The company typically sells 200,000 pounds of beef products per year, most of which is consumed on Kaua‘i.

“Our mandate is to be sustainable,” says Alan Robinson, president of Gay & Robinson. “We’re continually looking for ways to improve the product, from trying alternative locally grown feedstock to improving pasture management.”

Alan says the quality of the product takes precedence over quantity. “Our reputation is very important to us,” he says. “It takes a bit of education for the consumer to appreciate grass-fed beef because it’s leaner than most imported beef. We’re working with different types of feedstock, like clover and alfalfa, to replace guinea grass and enhance the flavor profile.”

Eating local can be as easy as shopping for fresh produce at Kaua‘i’s farmers markets. From the west side to the north shore and most points in between, you can find a bustling market featuring fruits, veggies and value-added products such as honey and taro hummus, straight from the farm.

“We’re so fortunate to live in a rural area with the ability to grow our own food,” Dr. Shabert says. “If we all worked to purchase our produce at the farmers markets or grow fruit and vegetables ourselves, we would go a long way to reduce greenhouse gases.”

There’s no doubt about it. Adopting a low-carbon diet has clear benefits for you and for the planet.

Contemporary Flavors Catering
Tell us about your background. Where did you go to school/college? What year did you participate in Youth Tour?

CN: I was born on Kaua‘i and was raised on the East Side of the island. I attended Kapa‘a elementary, middle and high school. I participated in Youth Tour in 2013 as the delegate from Kapa‘a.

What was most memorable for you about Youth Tour?

CN: Making friends from different parts of the country and finding out how similar and different our experiences were as teenagers, students and young Americans was fascinating. Spending time in the nation’s capital learning about the commonalities between different states and their utility cooperatives was equally interesting for me.

Tell us about your college experience. What was it like living in an area of the country with such different climate?

CN: I had an excellent college experience. Boston University encouraged me to try every single thing that interested me and gave me the resources to make those things possible. They funded my internship at the United States Senate, my study abroad semester in Haifa, Israel, and my intensive Arabic immersion program in Amman, Jordan. My professors were engaging, thoughtful and always encouraged me to read beyond the assignments when I was curious about a topic. I was enrolled in the Kilachand Honors College, which structured its curriculum to provide an interdisciplinary, liberal education in addition to my major. Boston is an incredible college town. While the winters were objectively awful, I loved the easy access to live theatre, museums, concerts, restaurants and cafes.

When and how did you decide to join the armed services? How did your parents feel about it?

CN: My time that I spent in the Middle East made me appreciate the freedoms and privileges that I had growing up in Hawai‘i and the United States. I had always taken for granted simple things like being allowed to drive and attend university, and I felt the need to give back to the country that had allowed me to do so much. While an intern at the Senate, every lawyer advised taking time off before going to law school to do something interesting. I had already interned, traveled and volunteered enough that I knew I wanted to try something new. The Army gave me the opportunity to prove my abilities to myself in a new way and contribute to something bigger than myself. It challenged me in entirely new ways and gave me the most sacred honor that I will ever have in my life—leading America’s sons and daughters. My parents have been incredibly supportive. I would not have been able to serve the last few years without their countless letters, calls and encouragement.

What were your experiences like living abroad while serving in the military?

CN: My first duty station was in South Korea, where I worked as a tactical control officer on the Patriot Missile System. It was an incredible experience where I learned a lot and got to enjoy the country on the weekends. I loved the food, skin care shops and hiking in South Korea.

What are you doing now?

CN: I am currently stationed at Fort Bragg, North Carolina, and am working as an executive officer at an air defense unit.

What do you miss most about Kaua‘i?

CN: I miss everything about Kaua‘i: the food, beaches and mostly the people. I can’t wait to be home again!
How has the COVID-19 pandemic impacted you?
**CN:** COVID-19 has not impacted my day-to-day activities much, as my work has been considered mission essential to the Army since the beginning of the pandemic. We’ve had to make some adjustments to practice social distancing and proper recommended procedures. One difficult thing was I was not allowed to return home to Kaua‘i when moving in between duty stations due to military travel restrictions for service members, which was sad. However, I am looking forward to being able to travel back home for the holiday season.

What are your future goals and plans?
**CN:** I am hoping to finish my time in the Army and attend law school within the next few years. However, this will depend on my deployment schedule.

How has Youth Tour impacted your life?
**CN:** Youth Tour was a huge factor in me pursuing an internship in the Senate in college. Having this amazing experience in Washington, D.C., made me want to learn more about how exactly our democracy functioned and what my role as an active participant and citizen should look like.

Can you share any words of wisdom with young people who will graduate high school and pursue a career?
**CN:** I would advise them to do what interests them as opposed to what they think will sound the most prestigious or impressive. I believe that people will do well at things that they are genuinely invested in. Once you decide on a course of action for yourself, commit to it wholeheartedly. When you care about the community that you are a part of and the mission you are serving, whatever it is, it is harder to fail.

Any other thoughts you’d like to share?
**CN:** I’m very grateful for my childhood spent on Kaua‘i for a million reasons. I would not be the woman I am today without the values and morals that were impressed upon me at a young age. Taking care of other people, taking pride in your work and taking chances when they are presented to you are all things that I learned at home and have served me well ever since.

Image 1: 2013 Hawai‘i/Kansas Youth Tour delegation in front of the Capitol.

Image 2: Officer Candidate School graduation at Fort Benning, Georgia in January 2019.
Peanut Butter Cheesecake Nutter Butter Brownie Bars

1 package Ghirardelli brownie mix
2 eggs
½ cup water
½ cup oil
8 ounces cream cheese, softened
3 tablespoons creamy peanut butter
¼ cup sugar
16 Nutter Butter cookies

Heat oven to 350 F.

In a bowl, prepare brownie mix according to package directions. Line a 9-by-13-inch pan with parchment paper and pour a thin layer of brownie mix. Layer cookies on brownie mix. In a second bowl, combine cream cheese and sugar. Mix well, then add egg and peanut butter. Spread cream cheese mixture over the top.

Bake for about 35 to 40 minutes or until a toothpick inserted in the center comes out clean. Cool and serve.

Instant Pot Jeera

2 tablespoons olive oil
2 bay leaves
6 cloves
6 green cardamom pods
2 teaspoons cumin seeds
2 cups basmati rice
2¼ cups water
1 teaspoon sea salt

Rinse rice until water runs clear. Drain and set aside. Press the sauté button on an Instant Pot and add oil, bay leaves, cloves, cardamom and cumin. Let sizzle, then add rice. Stir for about 1 minute. Stir in water and salt. Close the pot and hit cancel, then press the manual button. Close the valve and cook on high pressure for 5 minutes. Once it is finished cooking, wait 2 minutes, then do a quick pressure release. Open the lid and fluff ingredients with a fork.
**Baba Ganoush**

- 2 medium eggplants
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- ¼ cup tahini

Heat oven to 450 F.

Line a baking sheet with parchment paper. Halve eggplant lengthwise and brush with olive oil. Place on parchment paper with halved sides down. Roast until tender, about 30 to 40 minutes. Set aside to cool. Remove skin from eggplant and place eggplant in a strainer to remove moisture.

In a bowl, add eggplant, garlic and lemon juice. Stir until eggplant begins to get smooth. Add tahini until combined. While stirring, drizzle olive oil and add salt, cumin and lemon juice.

Serve with your favorite vegetables or pita chips.

**Cardamom-Spiced Fruit Cake**

- 1½ cup flour
- 1 block butter, softened
- 1 cup sugar
- 3 eggs

Heat oven to 350 F.

Cream butter and sugar. Add eggs, lemon zest and juice. Sift flour and cardamom. Add to wet mixture, then mix in candied fruits. Line loaf pan with parchment paper and fill with batter. Bake for 50 minutes or until the cake turns golden brown and a toothpick inserted in the center comes out clean.

**Sauteed Spiced Cauliflower**

- 1 head cauliflower, cut into florets
- 1 teaspoon fennel seeds
- 1 tablespoon fresh rosemary, chopped
- 3 cloves garlic, chopped
- 3 tablespoons olive oil, divided
- 1 teaspoon sea salt

Heat 1 tablespoon olive oil in a skillet on medium-high heat. Add rosemary, garlic and fennel seeds. Drizzle remaining olive oil on cauliflower, then add to pan with spices. Keep stirring for about 10 minutes until cauliflower is browned and cooked through. Sprinkle with salt and serve.
**Grilled Lemongrass Chicken**

- 1½ pounds boneless skinless chicken thighs
- 2 tablespoons canola oil
- 2 tablespoons lemongrass, finely chopped
- 1 tablespoon lemon juice
- 2 teaspoons shoyu
- 2 teaspoons brown sugar
- 2 cloves garlic, minced

Mix oil, lemongrass, lemon juice, shoyu, sugar and garlic until sugar has dissolved. Add chicken and marinate for at least 30 minutes. Grill chicken for 3 to 5 minutes per side, or until juices run clear and meat is not pink.

**Instant Pot Kale Sausage and Penne**

- 1 package penne pasta
- 1 jar marinara
- ¼ cup red wine
- ½ cup water
- 1 onion, chopped
- 1 package frozen kale
- 1 package Italian sausage
- 2 tablespoons fennel seeds
- 1 teaspoon dried chilies
- 2 tablespoons olive oil

Place Instant Pot in sauté mode. Add oil, sausage, fennel seeds, dried chilies and onion. Brown sausage for about 2 to 3 minutes. Add frozen kale and uncooked penne pasta to the Instant Pot. Stir mixture and add marinara, wine and water. Hit cancel on the Instant Pot, then turn to manual high pressure for 5 minutes. Close cover until cooked, then do a quick release.

**Surimi and Kamaboko Dip**

- 2 blocks kamaboko
- 1 package surimi
- 1 container sour cream
- ½ cup mayonnaise
- 1 teaspoon garlic salt
- 1 tablespoon black pepper

Finely chop kamaboko and surimi. Place in a large bowl. Combine all ingredients, mix well and refrigerate. Serve with your favorite cracker or pretzel chips.
**Chocolate Avocado Vegan Muffins**

- ½ cup avocado, mashed
- ¾ cup unsweetened almond milk
- 1 cup brown sugar
- 1½ cups flour
- 7 tablespoons cocoa powder
- 1½ teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup vegan chocolate chips

Heat oven to 350 F.

Line muffin tin with liners. Mix avocado and almond milk until smooth. Add brown sugar. Sift dry ingredients, then stir into wet mixture. Add chocolate chips. Scoop into cupcake liners about halfway to the top. Bake for 18 to 25 minutes or until a toothpick inserted in the center of a muffin comes out clean.

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**Spinach & Prosciutto Stuffed Peppers with Bechamel Sauce**

**Bechamel sauce**

- 2 tablespoons butter
- 4 tablespoons flour
- 1¼ cup whole milk
- ½ teaspoon pepper
- 1 teaspoon salt

**Spinach mixture**

- 1 tub Ricotta cheese
- 1 frozen chopped spinach, thawed and squeezed dry
- 12 mini sweet peppers, halved and seeded
- 1 jar marinara sauce
- 1 cup grated parmesan cheese
- 3-4 ounces prosciutto, thinly sliced and chopped
- 1 egg beaten
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 cups shredded Mozzarella cheese

In a saucepan, melt butter on medium/low heat. Add salt, pepper and flour to butter to form a paste then slowly add milk, constantly stirring. Set sauce aside. In a bowl combine ricotta, chopped spinach, parmesan cheese, prosciutto, egg, salt and pepper.

Fill each pepper with layer of mixture. Place into 9x13 glass baking dish. Pour bechamel sauce into pan. Top each roll with marinara sauce, and top with cheese. Bake at 350 degrees for 30-45 minutes. Heat oven to 400 F. Bake lamb for 10 minutes. Turn off the oven and leave the dish in the oven for 15 more minutes.
A. The Company will exercise reasonable diligence and care to furnish and deliver a continuous and sufficient supply of electric energy to the customer, and to avoid any interruption of delivery of same. The Company will not be liable for interruption or insufficiency of supply or any loss, cost, damage or expense of any nature whatsoever, occasioned thereby if caused by accident, storm, fire, strikes, riots, war or any cause not within the Company’s control through the exercise of reasonable diligence and care.

B. The Company, whenever it shall find it necessary for the purpose of making repairs, changes or improvements to its system, will have the right to suspend temporarily the delivery of electric energy, but in all such cases, as reasonable notice thereof as circumstances will permit, will be given to the customer, and the making of such repairs, changes or improvements will be performed as rapidly as may be practicable, and if practicable, at such time as will cause the least inconvenience to the affected customer.

C. Should a shortage of supply ever occur, the Company will apportion its available supply of electricity among its customers as authorized or directed by the Public Utilities Commission. In the absence of a Commission order, the Company will apportion the supply in the manner that appears to it most equitable under conditions then prevailing. Any rules, regulations, rates or contracts of the Company which are inconsistent with such order or plan shall be deemed suspended while such order or plan is in effect and the Company shall not be liable when it acts in substantial compliance with such order or plan.

D. On a semiannual basis, the Company shall provide to the customer notification of the customer’s right to file compensation claims with the Company for any loss, cost, damage or expense caused by an interruption of service. The notification shall be on a separate information sheet enclosed with the billing.

E. For a customer’s compensation claim to be valid, it must be filed with the Company within thirty (30) days of the interruption of service. The Company shall review every claim and shall compensate the customer for any loss, cost, damage or expense as determined by the Company to be within the Company’s control.

PUC Decision and Order No. 19658
Effective: November 1, 2002
Statement of Operations

For the period 01/01/2020 – 10/31/2020

Like many organizations on Kaua‘i, KIUC has been impacted by the loss of sales due to the coronavirus pandemic. For the month of October, sales volume decreased 9% from the prior year. The year-to-date electricity use on the island is 10% lower than in the prior year; however, as of the end of September, KIUC’s renewable generation exceeded 60%.

Payment delinquencies, which would have resulted in service limitations or disconnections as of the end of October, were nearly 12 times higher than average. KIUC has suspended service limitations and disconnections through December 31, 2020, in response to COVID-19 financial impacts to members.

KIUC is doing everything we can, while maintaining safety and reliability, to reduce costs in various areas to operate efficiently and effectively and continue to maintain a strong financial position. The cooperative’s financial team is working closely with its lenders and regulators to mitigate the financial effects of the coronavirus pandemic. KIUC has also received a $2.8 million loan through the Paycheck Protection Program. The Small Business Administration’s PPP was established pursuant to Section 1102 of the Coronavirus Aid, Relief and Economic Security Act. As a result of these actions, revenues, expenses and net margins totaled $120.7 million, $114.6 million and $6.1 million, respectively, for the 10-month period ending October 31, 2020.

As is the case for all electric utilities, the cost of power generation is the largest expense, totaling $64 million or 53% of revenues. Commodities, which are fuel and purchased power costs, are the largest component of power generation, totaling $52.4 million or 43.4% of revenues. Fossil fuel is the largest component of commodities, totaling $17.1 million or 14.1% of revenues. Other commodities include hydro power, totaling $9.2 million or 7.7% of revenues; solar power, totaling $16.2 million or 13.4% of revenues; and biomass power, totaling $9.9 million or 8.2% of revenues. The remaining $11.6 million or 9.6% of revenues represents the cost of operating and maintaining the generating units.

The cost of operating and maintaining electric lines totaled $6.3 million or 5.2% of total revenues. The cost of servicing our members totaled $2.3 million or 1.9% of revenues. The cost of keeping our members informed totaled $0.5 million or 0.5% of revenues. Administrative and general costs, which include legislative and regulatory expenses, engineering, executive, human resources, safety and facilities, information services, financial and corporate services and board of director expenses, totaled $14.6 million or 12.1% of revenues. ☛

PERCENTAGE OF TOTAL REVENUE

- Commodities-Fossil Fuel — 14.1%
- Commodities-Hydro — 7.7%
- Commodities-Solar — 13.4%
- Commodities-Biomass — 8.2%
- Production, Operation and Maintenance — 9.6%
- Transmission & Distribution Operation & Maintenance — 5.2%
- Member Services — 1.9%
- Communications — 0.5%
- Administrative & General Net of Non-Operating Margins — 11.4%
- Depreciation & Amortization — 10.2%
- Taxes — 8.4%
- Interest — 4.3%
- Net Margins — 5.1%
Statement of Nondiscrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs, are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Person with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA’s TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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