

URBAN concepts

Summer 2022



With travel and many in person activities back in full swing, we hope you all have been able to have a safe and relaxing summer so far. And as this summer comes to an end, we are excited to close it out with a new edition of Urban Concepts!

In this edition we share with you articles on water and energy conservation, a history on Hawaii things that are not actually originally from Hawaii, and our produce showcase this issue is dragon fruit.

We hope you enjoy our Summer 2022 issue of Urban Concepts!

Mahalo,
Brett Hill Construction

<https://bretthillcompanies.com/>

In this Issue:

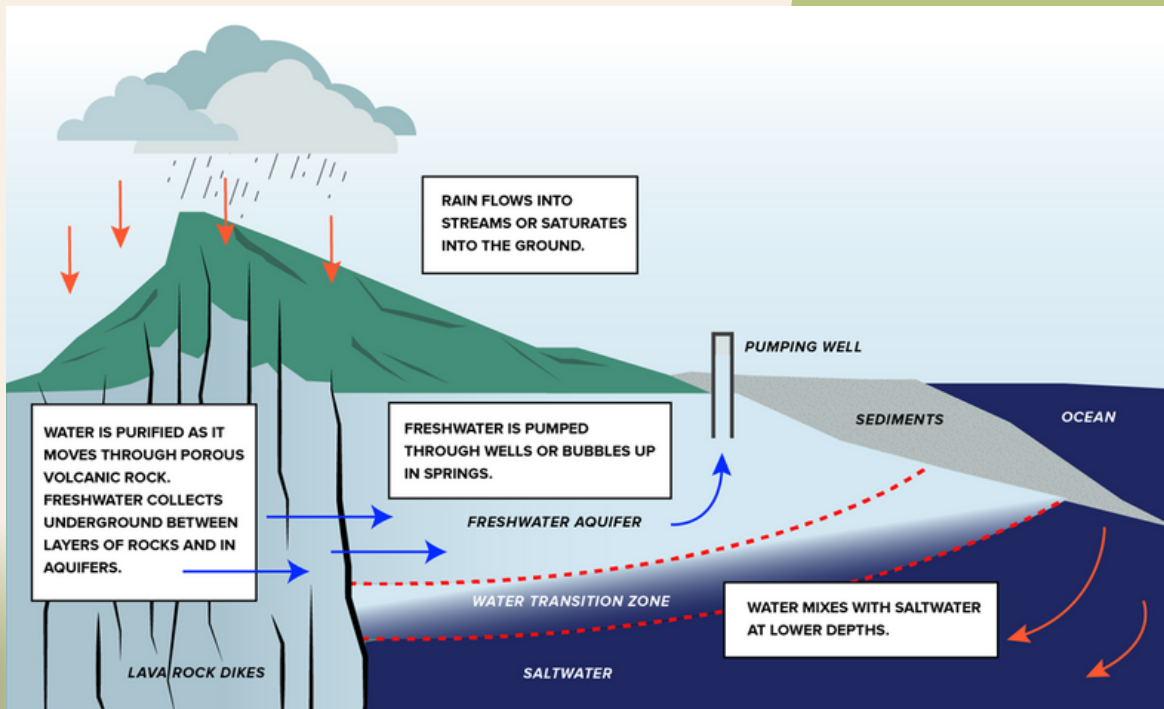
~ Page 2 ~
Water ~ Our Precious Resource

~ Page 4 ~
History of.....Hawaii related things that surprisingly don't originate from Hawaii

~ Page 7 ~
Conserving Energy While Saving Money

~ Page 9 ~
Produce Showcase - Dragon Fruit

Water ~ Our Precious Resource



It's often said that water is our most precious resource. There is a lot of truth to that. Having safe and pure running water is a gift we sometimes take for granted until it stops flowing or has restrictions placed on its usage. If you've ever experienced a water main or pump break in your neighborhood, you realize just how much we depend so heavily on available flowing water.

Recently we've experienced a couple of events that have shown us we are vulnerable to having the availability of this precious resource restricted. The fuel contamination which led to the shutdown of the Halawa well and the severe drought on the west side of Oahu has initiated discussions of mandatory water use restrictions.

Oahu's water supply originates from rain water that falls on the Ko'olau and Waianae mountain ranges. From there this water gets purified and filtered through years of percolating through the island's soil and porous volcanic rock to become one of the cleanest water supply anywhere. The water then settles into a reservoir of fresh water that exists within Oahu's porous volcanic rock called an aquifer, or fresh water lens. It then becomes the source of water for all the wells and springs on the island.

In the future our water supply could be significantly impacted by global warming. With global warming, rain water will evaporate at a faster rate causing much more severe drought conditions and larger volumes of water in our atmosphere. This will lead to larger and more intense storms where excess water will runoff and not filter into our aquifers. So protecting our water begins with protecting our environment.

Oahu has always had strict regulations regarding the use of water. From the ancient pre 1700s where there were strict laws governing the consumption of water and the usage of the irrigation system to today where the Board of Water Supply monitors our water usage on a daily basis and will raise the red flag whenever usage reaches levels of concern.

For our part, we can play a significant role in keeping our consumption to minimal amounts but would still allow our quality of life to remain intact.

Here are some simple water conservation tips:

Fix leaky faucets - Dripping faucets wastes a lot of water and is very costly if left unrepaired. A drop of water every three seconds can amount to half a liter per hour or 12 liters per day. Hot water drips can be even more costly as its drawing water from the heater.

Replace or adjust your toilet flush parts - Toilet flush parts need to be replaced periodically as overtime these parts become worn and will not seal water very well. Toilet leaks can waste a significant amount of water if left unrepaired. In extreme cases we have seen water bills triple because of a leaking toilet.

Running water - Don't let the water run when washing your dishes, brushing your teeth or shaving.

Use a nozzle on your water hose to intermittently stop the flow of water when watering your plants or washing your cars

Lessen the frequency of watering - The Board of Water Supply recommends watering your plants and lawn no more than 1 - 2 times per week. It will still allow your vegetation to thrive while saving gallons of water per week.

Swimming pools - If you have a swimming pool, covering the pool when it's not in use will save a significant amount of water from evaporating into the atmosphere. Covering the pool is also a safety feature that keeps people or pets from falling in and keeps leaves and branches from falling into the pool that could clog the drain and filter.



HISTORY OF HAWAII THINGS...THAT AREN'T ORIGINALLY FROM HAWAII

SPAM



Spam was created in 1926 in Austin, Minnesota by the Hormel Company, in order to prevent thousands of pounds of pork shoulder from being wasted after the better pieces of ham were cut.

Jay Hormel thought of the idea to use the pork shoulder to create a new product called "Hormel Spiced Ham", now known as Spam. The name spam was chosen as the most creative name from a name contest that was held for the product.

Spam did not become popular in Hawaii until World War II, when it became one of the staple rations for soldiers. Since it requires no refrigeration, it made it easy to transport and was imported in bulk to the Hawaiian Islands so it could be distributed to the locals and soldiers based on the islands.

Flash forward to present day Hawaii, where you can find a spam musubi at almost every grocery store and gas station and it is even included as a platter on the McDonalds breakfast menu. It's estimated that Hawaii consumes 7 million cans per year, which is more spam than any other state in the U.S.

UKULELE

Although believed to have been invented in Hawaii, the Ukulele (initially called the machete) was originally brought over to Hawaii in the late 1800s by Portuguese plantation workers. The Hawaiians loved the way the players fingers jumped back and forth on the strings resulting in them naming their version of the four-stringed instrument the ukulele, translating to jumping flea. Aside from its name, the difference between the machete and the ukulele is that most machetes are built with juniper or other light woods and all early ukuleles were made completely of koa wood.

The ukulele or "uke" was popularized by King David Kalakaua, who incorporated it into Hawaiian music and hosted banquets and parties where it was used to entertain guests.



MACHETE



UKULELE

MALASADA

Like the ukulele, malasadas were also introduced to the islands in the late 1800s, by Portuguese plantation workers who immigrated to Hawaii. Malasadas, meaning "poorly-cooked", are a doughnut like pastry, shaped in a ball form, fried and rolled in sugar. Traditional malasadas are served plain but many places on the island serve them with yummy fillings such as custard or haupia.

In 1953, Leonard Rego, the grandson of Portuguese immigrants, opened up Leonard's Bakery on Oahu. He followed his grandmother's recipe and paved the way for malasadas in Hawaii, and you can now find malasadas at many local bakeries all over the islands.



SHAVE ICE

The origin of shave ice or "kakigori", is traced back to Hawaii's plantation days. The concept was introduced to Hawaii by Japanese immigrants who would use their tools to shave flakes off large blocks of ice to cool down. Originally, they used machetes (not to be confused with Portuguese ukuleles) to shave the ice but eventually upgraded to modified hand-cranked drill presses which was able to finely shave the ice as we see (and eat) today. Once these immigrant workers discovered the lush amounts of exotic fruits and sugars of the islands, they began to develop syrups to add new flavors to their shave ice treat.

After working on the plantations, some Japanese families opened up small "mom-and-pop" stores, where they sold groceries, household supplies and some even shave ice. In 1951, the iconic Matsumoto Shave Ice, now one of the most known shave ice places on Oahu, originally opened as a general store called M. Matsumoto Grocery Store.



MU'UMU'U

Brought over to Hawaii by the missionaries in the 1820s, the mu'umu'u's main purpose was to cover up the Hawaiian woman's skin and encourage modesty. Before the adoption of the mu'umu'u in Hawaii, women would wear bark cloth around their waists, called a pa'u. Originally called the Mother Hubbard dress, the mu'umu'u was introduced as a two-piece set. The undergarment piece was called a holoku which was a floor-length, long sleeve, loose fitting dress, with a high-necked yoke. The outer layer dress was called the mu'umu'u, translating to "cut off", this was due to it originally lacking a yoke. Due to the hot tropical weather, the Hawaiian women took on the mu'umu'u for everyday wear and only used the holoku for formal occasions.

Today, the ever evolving style of the mu'umu'u is considered part of the Aloha Friday tradition, the woman's equivalent to the men's Aloha shirt.



MACADAMIA NUTS

Believe it or not, macadamia nuts originated from Australia and the first macadamia tree in Hawaii was planted on the Big Island in 1881. Today, 90% of all macadamia nuts are harvested in Hawaii but it wasn't until the late 1940s that big companies in Hawaii started capitalizing on the macadamia. In 1946, Castle & Cooke entered the macadamia nut business and planted their first 1,000 acre orchard, marking the beginning of Hawaii becoming the world leader in macadamia production.

COCONUTS

Another shocker, coconuts are not naturally from Hawaii. The first coconut palm was brought over to the islands by early Polynesian settlers. Called niu in Hawaiian, the name coconut came from the Portuguese and Spanish word "coco" meaning head or skull. After the first palms were brought over to the islands, coconuts quickly became a primary crop to the native Hawaiians, not only for nutrition but because every part of the plant was utilized in some way. The fronds for weaving, husks for burning, fibers for ropes and lines, and empty shells for musical instruments, games and fertilizer.

CONSERVING ENERGY WHILE SAVING MONEY \$\$

With gas prices rising and the cost of goods climbing due to inflation, there are a handful of useful everyday habits and practices you could start in order to save in other area of your expenses.

Keep windows and entry doors closed while running your air conditioner - This will maintain the temperature of your residence without requiring extra effort on the air conditioner motor.

Set your air conditioner a few degrees warmer - In a typical household in Hawaii, the air conditioner represents approximately 15% of the total electricity consumed. Setting the temperature a few degrees warmer without compromising comfort would significantly reduce the electricity used to run the unit.

Regularly replace the filter in your air conditioning unit - This allows the motor in the unit to work less, thus use less electricity to cool your home. This is very important as we get into the warmer months of summer. Failure to regularly change your air filters will cause debris to get into your HVAC system and slow it down, reducing its efficiency.

Replace your current incandescent light bulbs with compact fluorescent light bulbs (CFL) or light-emitting diode (LED) lights - CFL's use about 60-75% less energy and lasts anywhere from 8 to 15 times longer than an equivalent incandescent bulb.

The Hawaiian Electric Company estimates that each bulb on average would save approximately \$24 a year. With the longest lifespan, LED's can last around 8-25 times longer than incandescent lighting and 6 times longer than a CFL. They are about twice as efficient when compared to CFL's which is great for the environment and also saving you money on your electrical bill.



Add motion sensor lighting in your home - They will reduce the electricity usage in the event the lights are inadvertently left in an empty room.



Using a dimmer to run your lights at 85% to 90% of its full brightness - Light dimmers extend the life of your bulbs without significantly lowering the brightness of your rooms. It also reduces heat generated from your lights, thereby minimizing your home cooling costs.



Save on Gas - Checking your tire pressure regularly could help you ensure that your tires are properly inflated and this can boost gas mileage by 3%, according to the US department of energy. By investing in a tire pressure gauge (\$10-20), you can monitor the health of your tires.





Turn off and unplug anything that you aren't using - Phantom energy is the energy your appliance uses when they're plugged in but not turned on, when you leave things plugged in and turned on when not in use, you are using energy and unnecessarily driving up your electricity bill. Get into the habit of turning off the lights when you leave a room, or utilize natural daylight. Unplugging appliances you aren't using can save you as much as \$100 per year.

Use a bar surge protector with multiple outlets - Surge protectors help control electricity usage by enabling you to turn off the main switch on the bar while also protecting your equipment from unexpected electrical surges



Clean your dryer filters and vent hoses on an annual basis - This allows the dryer to run at an optimum level while using the minimal amount of electricity and prevents the dryer from becoming a fire hazard in your home. In a typical household in Hawaii, the clothes dryer represents approximately 10% of the total electricity consumed.



Use your dishwasher - Running a full dishwasher can save you time and money. It might sound contradictory to run an appliance to save on your electricity and water bill, but handwashing can use as much as 27 gallons of water per load and a dishwasher uses only up to 5 gallons. Dishwashers also use water more efficiently, when using the dishwasher it filters and reuses the water during the wash cycle, minimizing the amount of water used.



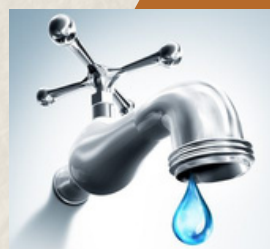
Other practices you could do to save energy and money -

*Fix leaky faucets - One drop each second can waste up to 1,661 gallons of water per year. A leaking hot water faucet will not only waste water but also as much as \$79 per year.

*Shorten showers - Cutting out two minutes of your shower every day can save you up to \$139 per year.

*Wash clothes in cold water - Doing laundry in cold water over hot water at least 2 times a week will save you as much as \$70 per year.

*Fan instead on air conditioner - Two fans running for four hours a day will save more than \$345 per year versus when running your air conditioner for the same amount of time.



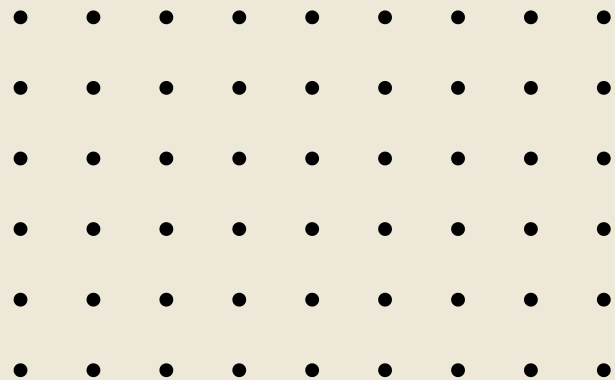
• • • • • • • • •
• • • • • • • • •
• • • • • • • • •

DRAGON FRUIT



What is it:

Dragon Fruit, also called pitaya is a tropical fruit that sprouts from a cactus plant that blooms at night under a full moon. It is named after the way it looks, similar to an artichoke with a pointy scale-like outside resembling a dragon. The juicy pulp is refreshing and ranges from subtly sweet to tart and the texture is sort of creamy with tiny black seeds resembling a kiwifruit or a cross between a kiwi and a pear.



How to Select & Store:

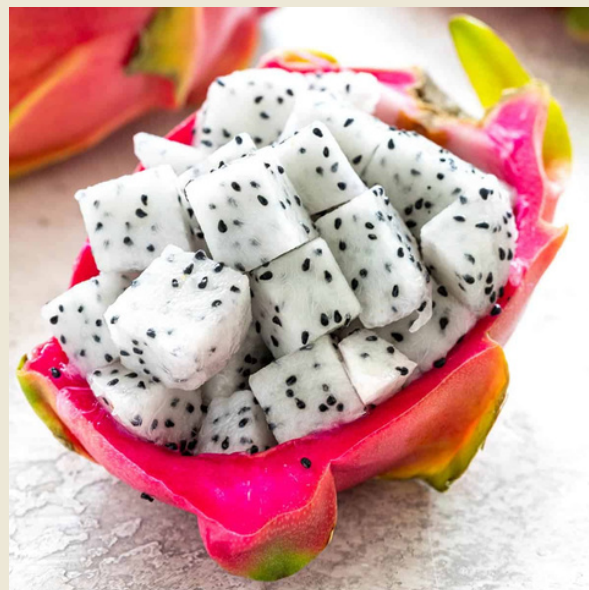
When shopping for dragon fruit look for shiny bright pink outside with fresh looking green tips. Avoid choosing ones that have any cracks or splits in the skin and if you notice the inside is a brownish color it is most likely expired or rotten. When storing the dragon fruit leave it out for 2-3 days and avoid peeling or cutting it, this will decrease its life significantly. Storing it in the refrigerator will slow down the ripening process, and it may be stored in there for up to 2 weeks. Before storing in fridge, remove the peel and slice, then place the sliced fruit in a sealed container or plastic bag, be sure to remove as much air as possible from the bag. Cut dragon fruit will probably last only a couple of days before expiring, you can sprinkle lemon juice over the fruit in order to keep it fresh and slow down the aging process. For long term storage, the cut fruit can be placed in a sealed container and kept in the freezer.

Nutritional Facts:

Dragon fruit is rich in fiber, antioxidants and vitamins and also contains prebiotics. Different from probiotics, prebiotics are a type of fiber that promotes that growth of healthy bacteria in your gut. With 7 grams of fiber per every one cup serving, dragon fruit is a great nutritional choice. Foods high in fiber are not only good for digestion, but also play a part in preventing heart disease and maintaining a healthy body weight. Containing 8% of the recommended daily intake per serving, dragon fruit is one of the handful of fruits that contains iron, iron is an important nutrient that transports oxygen throughout the body and helps to break down food to turn it into energy.

How to Prepare and Serve:

Usually eaten raw and served cut up, blended or frozen, dragon fruit can also be grilled and served on skewers like pineapple. To serve, slice the fruit in half, then scoop out the flesh with a spoon and eat it right out of the shell. Removing the fruits flesh is similar to serving an avocado. It can also be cut up and served in small cubes or use a melon baller to scoop out and serve in a fun sphere shape.



Refreshing Summer Cocktail Recipe

Ingredients:

- 1 tablespoon of muddled pink dragon fruit
- 1 shot of vodka (omit this ingredient and make it a mocktail!)
- Ice
- Clear sparkling soda
- Lime juice
- Sprig of mint (optional garnish)
- Fresh berries (optional garnish)

Directions:

1. Muddle dragon fruit in cocktail glass
2. Add ice, vodka, and a squeeze of lime juice to glass
3. Fill rest of glass with sparkling soda & mix
4. Add garnishes (optional)
5. ENJOY!

