



Big Island teams triumph at **Electron Marathon**

A crowd of over 2000 cheered on as Big Island teams took top honors at the **Fifth Annual Electron Marathon** on March 25 at Ford Island. After coming within a half a lap of winning a year ago, **West Hawaii Explorations Academy** returned with a more aggressive pace to beat 18 other schools around the track. The school completed 57 laps in one hour, five more than runner up **Castle High**. **Waiakea High** took the prestigious Best of Show Award for the top overall score including vehicle performance, documentation and oral presentation. **Kohala** and **Kealakehe High Schools** took 4th and 9th place honors, respectively, for vehicle performance.



The annual marathon features student-built electric vehicles racing in a head-to-head endurance contest. HELCO helps co-sponsor the annual event in partnership with Hawaiian Electric Company, the State Department of Education and the U.S. Navy. Other supporters include Maui Electric Company, Young Brothers, the U.S. Department of Energy and Citizens Energy Services – Kauai Electric Division.

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Big Island schools excelled at the Electron Marathon. West Hawaii Explorations Academy (top), Kohala High, Kealakehe High, and Waiakea High (left to right).



Cool smart and save

Thinking of beating the upcoming summer heat with a new room air conditioner? If so, remember that the monthly electric bill will increase when running an air conditioner. The amount of increase will depend on the number of hours the air conditioner is used, its size and Energy Efficiency Ratio (EER). To save money and energy, it is important to select the right size and energy efficient model.



Size matters!

An *undersized* unit will work extra hard and still won't remove all of the heat and humidity from the room. An *oversized* unit may reduce the room's temperature but may not properly reduce humidity. The result: A clammy feeling due to the cold moisture left in the air.

Here are some things to consider when deciding on the size of your air conditioner:

- What is the room's height, width and length?
- How many and what type of windows are in the room? How large are they?
- Are there vents, louvers, or other wall openings which will allow hot air to enter the room or cold air to escape?
- From what direction does the hot afternoon sun (southwest exposure) hit the room?
- What are the walls made out of (wood — "single or double wall," hollow tile or cement?)
- Does the room have a cathedral or drop ceiling?
- Is the room upstairs or downstairs?
- What types of appliances (which create heat) are in the room?

Have this information available when you consult with your appliance dealer or salesperson. They'll be able to help you select the proper size.

Check the EER

Be sure to check out the Energy Efficiency Ratio for the air conditioner you're considering. An EER of 9.0 or better is considered efficient.



Bill payment help available in **June**

During June, the State's Low Income Home Energy Assistance Program will be offering customers with household income and assets below a certain threshold a **one-time annual credit** against their electric bill.

- Hilo.....935-5219
- Ka'u/Puna.....928-8335
- Kona.....322-3428
- Hamakua.....775-7207
- Pahoa.....965-9480

To apply, **take your original electric bill (no copies)** during the period **June 1 through June 30** to one of these Hawaii County Economic Opportunity offices.



Hilo students show off environmental IQ

Congratulations to the students of **Hilo High** for taking top honors in the Audubon Society's Paradise Pursuits contest sponsored by Hawaiian Electric Company. The competition allows high school students to show what they know about nature and the environment.

RECIPE OF THE MONTH

Ragout of summer vegetables

- 2 cans (14-1/2 oz. size) chicken broth
- 1/4 cup butter or margarine
- 3 shallots, minced
- 1 lb. baby green beans
- 2 cups diced zucchini
- 2 cups diced yellow squash
- 1/2 teaspoon fresh ground pepper
- 1/4 cup chopped parsley



In a saucepan, bring broth to a boil. Reduce heat and boil, uncovered, for 30 minutes or until broth is reduced to 1/3 cup. In a skillet melt the butter. Add shallots and sauté until tender. Add reduced broth and beans; cover and cook for 3 to 5 minutes. Add zucchini, squash, and pepper; cover and cook for a few more minutes. Sprinkle with parsley and serve immediately. Makes 8 servings.

