



## Pollution Prevention Week: Act now!



September 18 through 24 is Pollution Prevention Week in Hawaii. And even if you receive this issue of *Consumer Lines* after the official dates, it's still a great opportunity for all of us to examine what we can do to prevent pollution, by reducing waste and conserving resources.

Here are some ideas:

**Be energy efficient.** That doesn't mean sacrificing comfort or convenience. You can:

- Consider using energy efficient appliances. Look for the yellow and black Energy Guide labels on new water heaters, refrigerators, freezers, washers and air conditioners. You can compare estimated annual operating costs to make a smart choice.
- Take advantage of HELCO's Residential Efficient Water Heating program and get cash incentives for installing a heat pump or solar water heating system. You'll save money on your electric bill, reduce the demand for electricity at the peak evening time, and help keep our environment clean.

**Drive efficiently.** Did you know that an estimated 60% of man-made pollution comes from motor vehicles?

- Drive sensibly. Jackrabbit starts and excessive speed burn more fuel.
- Take your car in for regular tune-ups so it burns fuel as efficiently as possible.
- Combine trips by planning ahead of time.
- Walk or bike to some destinations. And even if you don't, please be considerate of those who do. Observe crosswalks, signal before turning, and obey speed limits.
- Consider an electric vehicle (EV). The environmental effect of the electricity needed to run an EV is much less than the pollution from an ordinary gas-powered car.

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## Automatic bill payment

Want to save time and money when you pay your electric bill? Sign up for Automatic Bill Payment. No more checks to write, lines to stand in or stamps to stick. Once you sign up, your bill payment will be deducted from your checking or savings account about 13 working days after the bill has been sent. That will give you plenty of time to review your bill and ask questions, if needed. For more information, check out the insert included with this month's electric bill.



### E-BILL AUTOMATICALLY, TOO

In addition to using Automatic Bill Payment (ABP) to pay your bill, you can also enjoy the convenience of viewing your bill electronically at a secured Internet site. If you've already signed up for ABP, this service will continue when you sign up for our E-Bill service. ABP customers who sign up for E-Bill should follow these instructions after viewing your bill electronically: Simply click on "Mark" to indicate the bill has been paid. Do not click on "Pay." Your bill will be paid through Automatic Bill Payment, not E-Bill. (Note: E-Bill customers are not required to use ABP or vice versa).

For more information on E-Bill, visit the website at [www.heco.com](http://www.heco.com).

## Energy month activities

### Tours and more!

Ever wanted to see how electricity is made? Join us for a FREE tour of HELCO's Hill power plant. Then check out all of the appliances run on solar power in our Solar Electric demonstration trailer. Space is limited so call 969-0137 to register. Must be 12 years or older.

**Date:** Wednesday, October 4  
**Time:** 8:30 to 10:30 a.m.  
**Place:** 54 Halekauila Street, Hilo

### HELCO Energy Fair

Join HELCO employee volunteers for a fair filled with hands-on activities and energy exhibits for the whole family. Learn about everything from how to save money on your electric bill to the many renewable energy sources meeting the Big Island's electricity needs! See the winning entries in the 2000 Energy Poster Contest (award ceremony at noon). Visit Waiakea High School's Electron Marathon team — winners of the prestigious Best of Show award for their electric go-cart. Bring the kids to meet McGruff the Crime Dog and participate in the family safety fingerprinting program. Entertainment, free giveaways and much more!

**Date:** Saturday, October 21  
**Time:** 9:30 a.m. to 7 p.m.  
**Place:** Prince Kuhio Plaza



## HELCO supports schools



For more than four decades, HELCO has supported Big Island public and private schools by providing and providing teachers with a variety of energy education materials. The goal: Increased student understanding of energy and environment. As the school year begins once again, HELCO remains committed to this educational effort. Call 969-0137 for more information.

### RECIPE OF THE MONTH

## Tropical Fruit and Haupia Parfait

### Haupia

- 3 cups water
- 1 cup instant non-fat dry milk
- 2 to 4 tablespoons sugar
- 1/2 cup cornstarch
- 1/2 teaspoon coconut extract

### Guava Sauce

- 1 can (6 oz.) frozen guava nectar
- 1/2 can (6 oz. size) frozen pink lemonade
- 2 cups water
- 1/4 cup instant food thickener

Assorted fresh fruits, cut in 1/2-inch cubes



In a saucepan, combine all ingredients for haupia, except coconut extract; mix until smooth. Stirring occasionally, heat until mixture just comes to a boil. Lower heat and cook until mixture thickens; add coconut extract. Pour into a shallow pan, cover, and chill for 1 hour or until firm. In a bowl, combine guava juice, lemonade, and water. Add food thickener and stir until desired consistency. To serve, cut haupia into 1/2-inch cubes. Place alternate layers of haupia and fruits in parfait glasses. Pour guava sauce over parfaits and serve. Makes 8 servings.

