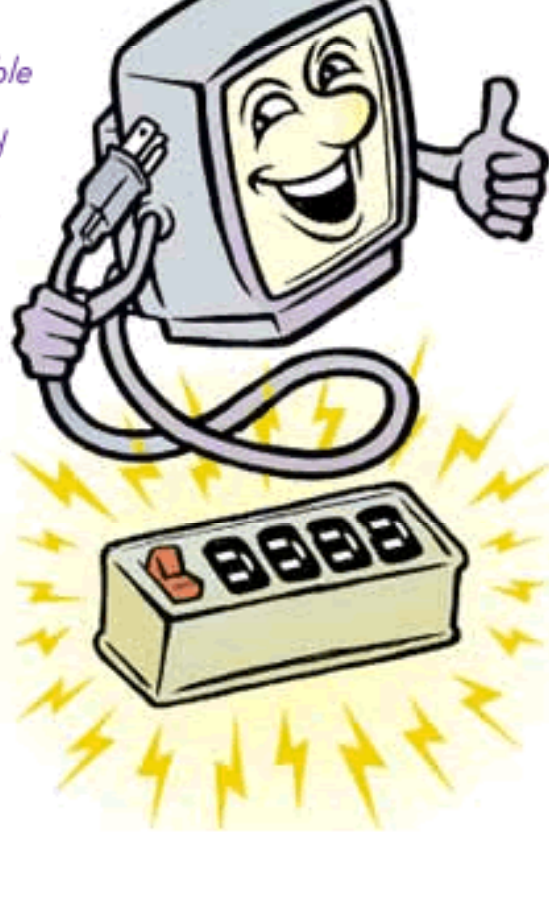




Protect your equipment

Just as you buy insurance for protection from possible health, fire and auto accident problems, you should take precautions to protect your sensitive electronic equipment from power problems at home and in the office.

The rules of MECO's tariff, approved by the Public Utilities Commission, say that customers should equip their motors and electronic equipment with devices to protect them from power interruptions and fluctuations.



What can you do to protect your electronic gear? Be a wise shopper.

Use appliances with built-in backup. More and more manufacturers are providing battery back-up or "ride through" features in their products. This can eliminate those annoying blinking digital displays on VCRs, clocks and microwaves.

Use plug-in surge suppressors. Surge suppressors act like an electrical sponge, absorbing potentially damaging excess voltage and preventing most of it from reaching your sensitive equipment.* Here are few things to look for:

• **Low "clamping voltage."** The lower the voltage rating, the better the protection. As a general rule, look for a rating of 330 volts or less and certification that the suppressor meets the Underwriters Laboratories (UL) 1449, second edition standard.

• **High "joule" rating.** A joule is a measurement of energy. The joule rating indicates the amount of energy or "over voltage" that the device is capable of handling. The higher the rating, the better. As a general rule, look for a rating of at least 1900 joules.

• **Cable line protection.** Cable lines can carry surges and spikes. For protection for your cable TV/VCR, select a surge suppressor with coax line protection.

• **Phone line protection.** To protect answering and fax machines, modems and phones, buy a surge suppressor with phone line protection.

Uninterruptible power supply (UPS). An on-line UPS device comes with a rechargeable battery between the electronic equipment and the power source. A UPS is relatively expensive, so it's generally used for equipment such as computers with valuable data files or software. The popularity of home computers has driven the price of UPS' down in recent years.

Use different circuits. Your computer and microwave should not be on the same circuit as your refrigerator or air conditioner. (If in doubt, check with a qualified electrician.) When these big appliances turn on and off they can cause voltage dips and surges, which can harm electronic devices.

Other tips. Working on your home computer? Save your data files often. Make backup copies. Look for software that performs automatic timed backups and make sure this feature is activated. During big storms, it's a good idea to unplug computers, answering machines, VCRs/DVDs and other sensitive equipment.

For more information, go to the website at www.heco.com and search for "residential power quality."

Also in this issue:

[Lokelani and Maui Waena get Sun Power](#)

[Maui High tops at Science Bowl](#)

[Building your dream home?](#)

[Recipe of the month](#)



Lokelani and Maui Waena get Sun Power

Lokelani and Maui Waena Middle Schools are the latest Maui County schools to receive a solar electric system under MECO's *Sun Power for Schools* program. Thanks to the program, both schools are receiving solar powered security lighting systems. *Sun Power for Schools* combines MECO resources with contributions from customers who sign up to become Sun Power partners to pay for demonstration photovoltaic (solar electric) systems at public schools.

The two middle schools join the other Maui County Sun Power schools, Baldwin, Lahainaluna and Molokai High. You can play a big part in helping more schools to participate in the program. Become a Sun Power partner by contributing just \$1 or more with your electric bill. Just fill out the postage-paid sign up card included with this month's electric bill. For more information, call **871-8461**.



Workers prepare to install PV panels at Lokelani Middle School to power up a new security lighting system.

Maui High tops at Science Bowl



Congratulations to Maui High's 9th Annual Science Bowl team members Jonathan Nguyen, Matt Jachowski, Christian Ling, Chris Ling, Nick Jachowski and their advisor Ed Ginoza, who came in first in the competition. Maui High will go on to represent Hawaii at the National Science Bowl competition in Washington, D.C. this May. As first place winners, Maui High's science department will receive \$1,000. MECO is one of the sponsors of this event.



Building your dream home?

MECO is teaming with American Savings Bank and Graham Builders to sponsor more "Build Your Dream Home" seminars. Come learn how to select a builder and find out how solar water heating can provide energy savings and financing options for your new home. The next three seminars will take place on the third Wednesday of the next three months in the MECO auditorium, 210 West Kamehameha Avenue, Kahului.

March 20 5:30 p.m.
April 17 5:30 p.m.
May 15 5:30 p.m.

To register or receive more information, call Graham Builders at **871-2806** or MECO at **872-3247**.



RECIPE OF THE MONTH

Kalua Pork and Lomi Salmon Quesadilla with Lime Cream



- 1 cup shredded mozzarella and cheddar cheese
- 2 (6-inch size) flour tortillas
- 3 oz kalua pork, cooked
- 1/4 cup lomi salmon*
- Lime cream**

Sprinkle 1/2 of the cheese on one of the tortillas. Top with kalua pork and 1 tablespoon of the lomi salmon. Sprinkle with remaining cheese; place remaining tortilla over cheese. Heat a non-stick skillet over medium-high heat. Brown quesadilla on both sides. Cut into 4 pieces; place on serving dish. Drizzle with lime cream and top with remaining lomi salmon. Makes 1 serving.

*Combine 1 diced tomato, 2 tablespoons sliced green onions, 2 tablespoons diced Maui onion, 1/4 lb diced salted salmon, Hawaiian salt and fresh ground black pepper to taste; chill.

**Combine the juice of 1 lime, 1/2 cup sour cream, 2 tablespoons milk, salt, and pepper to taste.

