



Protect your electronic equipment

For most of us, the purchase of a new piece of electronic equipment - whether a computer, TV, DVD player, or a major appliance - is an important investment of our hard-earned money. So,



just as you'd 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 HELCO'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 and take some simple steps.

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 electronic equipment. Here are a few things to look for:

- **UL Rating.** The surge suppressor should have an Underwriters Laboratories (UL) 1449 2nd edition surge suppression rating on its label. If your current surge suppressor does not have this rating and it's manufactured before 2/98, you should consider replacing it.
- **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 surge suppressor meets the 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 complete 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 generally used for equipment such as computers which store 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 electrical 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 current surges, which can be detrimental to electronic devices.

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



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More protection tips

- When working on your home computer, save your data files often and make backup copies. Look for software that performs automatic timed backups and check to be sure this feature is activated.
- During big storms, it's a good idea to unplug computers, answering machines, VCRs/DVDs and other sensitive equipment.
- Before purchasing an air conditioning unit, be sure the electrical system in your home can accommodate the additional load. A properly sized dedicated circuit for your air conditioning unit will minimize some common occurrences such as flickering lights or computers locking up when the unit cycles on. Consider checking with a qualified electrician before making a purchase.



Save with My Home Energy Check



With rising energy costs becoming an increasing concern, we'd like to remind you of one way you can optimize energy efficiency for your home. HELCO's online *My Home Energy Check* survey takes your responses to questions on everything from laundry habits to the size and age of your refrigerators and produces a customized report about your household's energy use. You'll also get an estimate of how much your appliances cost annually to operate and a tailored list of money saving energy tips.

To get your energy report, just click on the *My Home Energy Check* icon on our home page at www.heco.com.



Energy workshops for business advisors

Thanks to a grant from the U.S. Department of Energy, HELCO is sponsoring two workshops for financial professionals. The workshops are geared to help financial advisors who work with local businesses to understand the costs and benefits of installing solar and other energy efficient technologies.

Who should attend: CPAs, lenders, tax consultants, portfolio managers, financial advisors, real estate developers, and business owners

When and where:
 • May 13, Hilo, State Building, 75 Aupuni St.
 • May 15, Honolulu, HEI Training Room #2, 8th Floor, American Savings Tower, 1001 Bishop Street.

Time: 9:00 a.m. to 1:00 p.m.

Presenter: Keith Rutledge of Renewable Energy Development Institute

Registration: Call 969-0118 or email tmiyashi@hei.com

Cost: FREE!



Tips for tough choices

Attention teenagers and parents! Tune in to **The Power of Choice**, a series of videos on coping with real world pressures for today's teens. HELCO has arranged for the series to run on the Big Island's public access television, Na Leo 'O Hawaii'i Channel 55 in Hilo and Kona, on **Thursdays at 7:30 p.m.** Topics include communicating with parents, coping with pressures, drinking and driving, self-esteem, and much more.



Morton's of Chicago Key Lime Pie



RECIPE OF THE MONTH

- 1 (10-inch) ready-made graham cracker crust
- 1 egg white
- 2 cans (14 oz size) sweetened condensed milk
- 6 tablespoons sugar
- 1 cup egg yolks (about 14)
- 1 cup lime juice
- 1 cup heavy cream
- 2 1/2 tablespoons powdered sugar
- Grated rind of 1 lime

Preheat electric oven to 375°F. Brush inside of crust with egg white; bake for 5 minutes. In a large bowl, mix sweetened condensed milk, sugar, egg yolks, and lime juice. Pour into crust and bake for 30 minutes or until center is firm. Cool; refrigerate for 3 to 4 hours. In a large bowl, whip cream; add powdered sugar and beat until stiff peaks form. Spread over pie. Garnish with lime rind. Makes 8 servings.

