



2003 Electron Marathon powered by teamwork

A crowd of 3,000 turned out to watch 28 high school teams, including five from the Big Island, race their student-built cars at the 8th annual Hawaiian Electric Electron Marathon held in March at historic Ford Island.



(Top) Kohala High School's Electron blue go-cart took 2nd place overall at the 2003 Electron Marathon. (Middle) The team from Waiakea High School raced into 4th place and (bottom) West Hawaii Explorations Academy completed the race with the second fastest time.

West Hawaii Explorations Academy finished 18 seconds behind the overall winner, **Sacred Hearts Academy**, capturing second place in the vehicle performance category. **Kohala High School**, the overall Electron Marathon winner in 2002 and 2001, placed second for the Best of Show award with the second highest cumulative score for Documentation, Oral Presentation, Construction and Safety and Vehicle Performance. Overall results for other Big Island teams included **Waiakea High School** in 4th Place, **West Hawaii Explorations Academy** in 9th Place and **Honokaa High School** in 20th place.

Each team designed and built their own vehicles from kits supplied by HELCO and our affiliates, HECO and MECO. Co-sponsors of the event are the United States Navy and the State Department of Education. Other partners include the U.S. Department of Energy and Young Brothers, which provides free shipping for team cars from neighbor islands.

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Graduates: Hang on to your memories

It's graduation time again and here in Hawaii we express pride in our graduates with lei, gifts and bright, shiny mylar balloons. As a reminder, these metallic-like balloons can become entangled in overhead lines and cause outages.

In an effort to encourage graduates to "Hang on to Your Memories," we urge family members and friends to be sure a small weight is attached to the end of the ribbon or string that holds the balloon, or consider an alternative gift—such as a lei, flowers, stuffed animals, gift certificates or non-helium inflated toys. Help us ensure that graduation celebrations are **bright** occasions for all.



COMING UP...

A PowerQuest workshop for teachers

Public and private middle and high school teachers are invited to attend a free workshop on **June 17 and 18, 2003 at the Kamehameha Elementary School in Keaau, Hawaii from 8:00 a.m. to 4:00 p.m.** to explore learning activities and teaching strategies that promote solar energy. Dr. Chris Moersch, co-technical writer of **PowerQuest** and Director of the National Business Education Alliance, will lead the workshop made possible by a U.S. Department of Energy Million Solar Roofs grant in conjunction with our **Sun Power for Schools** program. The workshop is sponsored by HELCO, HECO, the State Department of Education, U.S. Department of Energy and Kamehameha Schools. **Call 969-0127 or 969-0137 to register.**



Bill payment help available in June

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

To apply, **take your current original electric bill** to one of these Hawaii County Economic Opportunity Council (HCEOC) offices between **June 2 through June 30** to see if you might qualify.

Hilo	935-5219
Pahoa	965-6440, 965-9931
Pahoa (Immigrant line)	965-9480
Pahala	928-8335
Honokaa	775-7207
Kona	322-3428



Electric Kitchen airs at new times

The Electric Kitchen, our popular cooking and energy information show, has a revised airtime schedule on Oceanic Cable Channel 16. It will continue to be shown on **Sundays at 9:30 a.m.** The show will also be aired on **Mondays at 6:30 p.m.** and **Thursdays and Fridays at 5:30 p.m.**



Expanding energy choices for the future

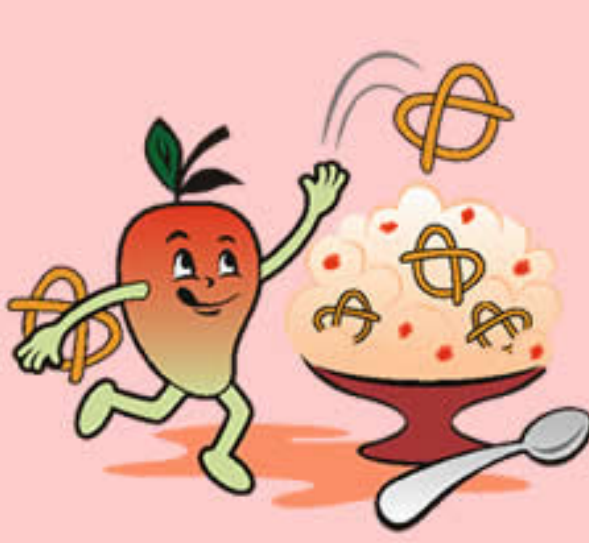
Although it's still necessary for HELCO and our neighbor island utilities, HECO and MECO to use traditional fuels such as oil and coal to ensure reliability for our stand alone systems, we also have established a good record of using renewable energy from sources like geothermal, biomass and hydro. Together with technologies that help use electricity more efficiently, HELCO is making investments that further develop a full range of energy choices to meet Hawaii's future energy needs. Here's where our electricity currently comes from:

HELCO Big Island of Hawaii		HECO's family of companies HECO / HELCO / MECO	
	%		%
Oil	80.5	Oil	79.6
Coal	8.2	Coal	15.6
Hydro	3.4	Hydro	0.4
Wind	1.1	Wind	0.1
Biomass	0	Biomass	3.6
Geothermal	6.8	Geothermal	0.7
	<hr/> 100%		<hr/> 100%



RECIPE OF THE MONTH

Mango Pretzel Fluff



- 1 cup coarsely crushed pretzels
- 1/2 cup butter or margarine, melted
- 1 cup sugar
- 1 pkg (8 oz) cream cheese
- 2 cups chopped mango
- 1 container (12 oz) frozen whipped topping, thawed

Preheat electric oven to 400°F. In a bowl, combine pretzels, butter and 1/2 cup of the sugar. Press into a 13 x 9 x 2-inch pan. Bake for 7 minutes; cool. In a large bowl, beat cream cheese and the remaining 1/2 cup sugar. Fold in mango and whipped topping; chill until ready to serve. Just before serving, break pretzel mixture into small pieces; stir into mango mixture. Makes 6 servings. (Note: pretzel chunks should be added just before serving to keep them crispy. Other fruits such as pineapple can be used in place of the mango.)

