



Be prepared

Summer's here! The weather is great and many of our keiki are enjoying summer activities. But don't be fooled. June through November mark hurricane season in Hawaii. Those of you who remember the devastation of Hurricane Iwa and Hurricane Iniki will agree: A little planning and advance preparation are worth it.

Confirm your emergency plan.

Have you moved recently? If so, learn where the nearest emergency shelter is located in your area and decide where family members will meet if separated.



Update your home emergency kit to include:

- A portable battery powered radio
- Flashlights, extra batteries
- First-aid kit with special medications
- Manual can opener
- Toothbrushes, soap and other personal hygiene supplies
- Three-to-five day supply of non-perishable food
- Ice chest and frozen ice packs
- Water (minimum of two quarts per person per day)
- Masking tape for windows
- Camp stove and fuel

If the power goes out:

- **Use flashlights rather than candles.** An open flame may create a fire hazard.
- **Use emergency generators safely.** As a general rule, don't plug generators directly into household outlets or connect them to your household wiring. This can cause power to backfeed into our lines, unexpectedly energizing them and endangering crews working to restore power. Instead, plug appliances directly into the generator. Make sure the wattage for the appliances doesn't exceed the generator's capacity. Run generators outside to allow for adequate ventilation.
- **Emergency calls only, please.** After a storm, stay tuned to local radio, TV and newspapers for reports on HELCO's progress in assessing and repairing major damage. Please help us keep phone lines open by calling only if you don't hear a status report for outages in your area or if you need to report an emergency such as a downed power line or sparking electrical equipment.
- Before calling us to report an outage, check your home circuit breakers or fuses to help determine if your electric service might be a result of a household problem.
- If your immediate neighbors have power restored, but you're still without power, call us at 969-6666.

Other safety concerns:

- Think hot! Stay away from downed power lines. Assume the lines are energized and dangerous. If you see someone injured after touching a downed power line, call 911 for help; don't try to rescue them. You could become a victim yourself. Report the downed line to us at 969-6666.
- If there is significant water damage in your home that might make it unsafe, call a licensed electrician for advice.



Also in this issue:

[More light, less energy](#)

[What does your electricity cost?](#)

[PowerQuest workshop](#)

[Recipe of the month](#)



Hawaii County Economic Opportunity Council (HCEOC) and Hawaii Electric Light Company (HELCO) have teamed up to make energy efficient lighting accessible to more families on the Big Island. Recently, about 5,000 compact fluorescent light bulbs provided by HELCO were given to more than 1200 low income families to help them save on energy costs.



PowerQuest workshop



A group of Big Island educators received hands-on instruction from Dr. Chris Moersch to integrate PowerQuest energy lessons into their classrooms. PowerQuest is a standards-based curriculum that focuses students' attention on renewable energy. The workshop was made possible by a grant provided to HELCO and the Island of Hawaii Million Solar Roofs (MSR) Partnership from the U.S. Department of Energy's Million Solar Roofs program. Other sponsors included the State of Hawaii Department of Education, Kamehameha Schools and Hawaiian Electric Company. For more information about the PowerQuest program, call HELCO at 969-0137 or visit the Sun Power for Schools section at www.heco.com.



What does your electricity cost?

To give you a better understanding of your electricity costs, we've provided a chart that shows the average cost of electricity paid by the various categories of HELCO customers in 2002:

Rate Schedule	Cents per kilowatthour
Residential	21.08
"P" Large power use businesses	15.23
"J" Medium power use businesses	18.10
"G" Smaller power use businesses	25.38
"H" Commercial cooking, heating, air conditioning & refrigeration	18.98
"U" Time of Use option for businesses	16.74
"F" Street lights (City & State)	19.30

Why aren't rates the same for all categories of customers? Rates are generally based on the cost to serve each customer category. For example, on a cost per kilowatthour basis, it costs more to serve residential and small businesses. In other cases, such as the rate schedule U category, rates are lower because these customers have agreed to operate primarily during the off-peak period of the day.

Why are electric rates so high overall? The electrical systems on each island in Hawaii are completely independent. Unlike the mainland, we can't depend on anyone else to deliver power if there's a problem. So we need to take steps to ensure our system is extra reliable and that costs more.

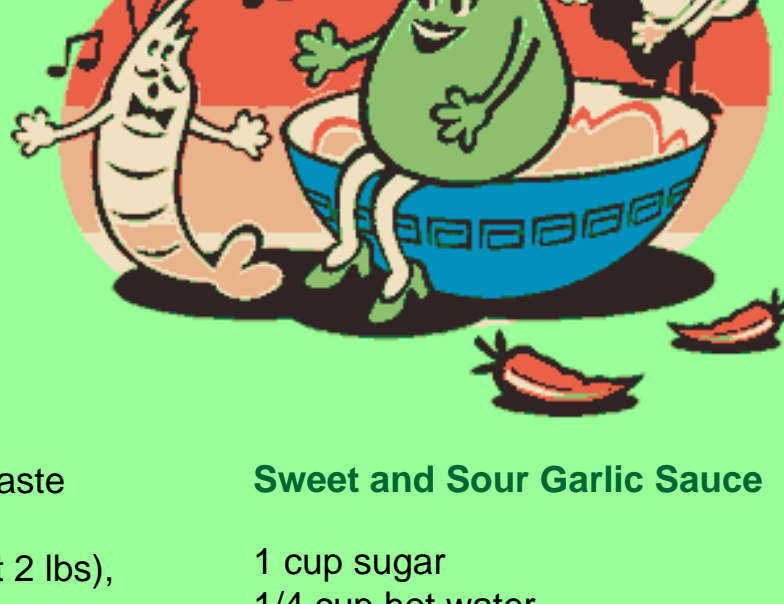
It's especially costly to provide electricity to the Big Island where we're serving an area about the size of the state of Connecticut, but the costs have to be spread over a relatively small number of customers.

Like many other goods and services in Hawaii, electricity costs are higher, but we are always looking for ways to help keep them as low as possible.



RECIPE OF THE MONTH

Green Papaya Salad



- 3 tablespoons tamarind paste
- 1/4 cup hot water
- 1-2 green papayas (about 2 lbs), peeled and shredded
- 1/2 cup finely minced cinnamon basil
- Sweet and Sour Garlic Sauce**
- Chopped peanuts for garnish
- 1/2 lb cooked jumbo shrimp

Mix tamarind paste with hot water and strain through a medium fine strainer. In a large mixing bowl, mix strained tamarind paste, papaya and basil. Toss with 1/3 cup sweet and sour garlic sauce. Transfer salad to a serving platter; garnish with peanuts and shrimp. Makes 4 servings.

- Sweet and Sour Garlic Sauce**
- 1 cup sugar
- 1/4 cup hot water
- 1/2 cup fish sauce
- 3 to 4 cloves garlic, minced
- 3 red Hawaiian chili peppers, minced
- 2 to 3 tablespoons lemon juice or vinegar
- 1/2 cup coconut juice
- 1/2 carrot and/or daikon (white radish), finely shredded

Mix sugar with hot water; add fish sauce, garlic, chili pepper, add lemon juice and coconut juice. Add carrot and daikon just before serving. Makes about 1-1/2 cups.

