



Use less...save more

Saving water can save you money

It always makes sense to use water wisely, but with lower than normal rainfall in several areas of the Big Island, particularly in West Hawaii, it's even more important to take a few extra steps to conserve water.



There is a bright side to this effort: By using water wisely, you can help save on your electric bill. Your water heater is often the biggest user of electricity in your home. Using hot water more efficiently for laundry, bathing and dishwashing can save you money.

Here are a few steps to help save water in and around your home:

- Turn off the water while brushing your teeth or shaving. Wet your toothbrush before brushing, then use a tumbler of water to rinse. When shaving, fill a small container or the bottom of the sink with a few inches of water to rinse your razor. **Savings:** 3 gallons per minute.
- Keep tub baths to a minimum; or take shorter showers. Limit your showers to the time it takes to wet yourself and rinse off. **Savings:** 21 -24 gallons.
- Check bathroom faucets and pipes for leaks. **Savings:** 1/5 gallon per minute, or 8,640 gallons per month.
- Check your toilet for leaks. Put a few drops of food coloring in the toilet tank. If the coloring appears in the toilet bowl without flushing, you have a leak that should be repaired at once. **Savings:** Possibly hundreds of gallons.
- Run only full loads in your automatic dishwasher. **Savings:** 33 gallons per load.
- When washing dishes by hand, rinse them in a sink filled with water rather than under a running tap. **Savings:** 3 gallons per minute.
- Don't hose down your sidewalk, lanai or driveway with water. Use a broom or rake for cleaning. **Savings:** Up to 10 gallons per minute.
- When washing your car, use a pail and sponge instead of a running hose. Or use a nozzle that shuts off water when you're not wetting or rinsing the car. **Savings:** Up to 10 gallons per minute.

For more water saving tips, check the website at www.hbws.org.

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Landscaping for energy and water savings

Proper landscaping can save energy and add beauty, comfort and value to your home. Consider these suggestions:

- In Hawaii, plant trees to shade the sunnier east, west and south facing walls and roofs. Shading an air conditioner can increase its efficiency too.
- Use trees and shrubs near windows and paved areas to reduce heat radiation into the living area.
- Be sure that mature trees will still allow sunlight to reach your solar water or solar electric system, and avoid planting trees in proximity to both overhead and underground utility lines.
- Consider limiting your lawn area. Grass requires more water than shrubs or other groundcovers and many native species are beautiful, resilient, disease resistant and drought and salt tolerant. Drought resistant native plants include: **Trees:** wiliwili, kou, milo, ma'o hau hele. **Shrubs:** a'ali'i, 'ākia, kulu'i, naupaka, ma'o, pōhinahina. **Groundcovers:** naio, 'ilima, 'ākulikuli, 'ilie'e, 'ūlei.

Be careful to avoid invasive species that can damage the Big Island's ecosystems and watershed areas. For more information on landscaping with appropriate plants, visit the Hawaiian Ecosystems at Risk website at www.hear.org. You can also contact the University of Hawaii Cooperative Hotline in Hilo at **959-9155** (Tuesdays and Fridays between 9 a.m. and noon) and in Kona at **322-4892** (Thursdays between 9 a.m. and noon), or the Kona Outdoor Circle at **329-0462**.

Free showerheads

To promote energy efficiency and water conservation, HELCO and the County of Hawaii Department of Water Supply have teamed up to distribute free high efficiency showerheads to Big Island residents. The showerheads are available at the Department of Water Supply offices in Hilo, Waimea, Kona and Ka'u through the month of September or as long as supplies are available. By installing a high efficiency showerhead you not only use water wisely, but you can save up to \$120 a year in water heating costs. For more information about the free showerhead program, call the Department of Water Supply at **961-8060** or **961-8790**.

Coming up:



It's that time of year when HELCO employees start working on the Toys for Tots campaign. In 2002, with the support of Hui Makai Motorcycle Club, Longs Drugs, the U.S. Marine Corps and Big Island contributors, HELCO distributed 8,000 toys to underprivileged children on our island during the holiday season.

This year our goal is to put smiles on even more Big Island keiki. With your help we can do it. **Join us at the 4th Annual "Tee-off for Tots" Golf Tournament fundraiser to be held at the Naniiloa Country Club on October 11.** Your donations of new toys or monetary contributions are welcome at any of our business offices in Hilo, Waimea and Kona. The HELCO employees' Toys for Tots program is the Big Island's supporting organization for the U.S. Marine Corps Toys for Tots Foundation. For more information about the program or the tournament, call **969-0118**.

LOOK FOR

The Electric Kitchen on KITV4

Starting on **September 7, 2003**, The Electric Kitchen will be moving from OC16 to KITV4. You can catch the great cooking demonstrations and energy saving tips every **Sunday at 4:30 p.m.**

Be sure to tune in to the October 26 show that will feature two registered dietitians who are members of the Big Island Nutrition Council. Julia Zee of the University of Hawaii Cooperative Extension Service and Nani Rothfus, nutritionist for Hui Malama Ola Na OIwi, will be promoting fruits and vegetables and healthy ingredient substitutions.

MARK YOUR CALENDAR:

HELCO's Energy Fair

Saturday, October 4, 2003
9:30 a.m. to 7:00 p.m.
The Prince Kuhio Plaza

RECIPE OF THE MONTH

Lemon Bars



Crust

- 1 cup butter
- 1/2 cup powdered sugar
- 1 tablespoon grated lemon zest
- 2 cups flour
- Dash of salt

Preheat electric oven to 325°F. Spray a 13 x 9 x 2-inch pan with vegetable oil spray. In a large bowl, using an electric mixer, cream butter and sugar. Add lemon zest and mix well. Add flour and salt and mix until crumbly-do not over mix. Press mixture evenly into bottom of prepared pan. Bake for 20 to 30 minutes, or until golden brown.

Filling

- 8 eggs
- 3-1/2 cups sugar
- 11 tablespoons flour
- 3/4 cup plus 1 tablespoon lemon juice (13 tablespoons total)
- 1-1/2 tablespoons grated lemon zest
- Powdered sugar

While crust is baking, combine eggs, sugar, and flour in a large bowl of electric mixer; mix until just blended. Add lemon juice and mix lightly. Gently stir in lemon zest. Pour over hot crust and bake at 325°F for 20 to 30 minutes, or until filling is set. Cool, cut into bars and sprinkle with powdered sugar.