



## The *shocking* facts about lightning

In this season of winter storms, we hope you'll take a moment to consider these home safety tips.

Lightning can strike as far as ten miles away from the rain area in a thunderstorm.

That is about the distance you can hear thunder. Therefore, if you can hear thunder, you are within striking distance! Take shelter and follow safety measures immediately.



Lightning can enter a home in one of three ways: through a direct strike; through wires or pipes that extend outside the house; and through the ground. Lightning can travel through electrical, phone, plumbing, radio, and television reception systems. Lightning can also travel through any metal wires or bars found in concrete walls or flooring.

Once inside your home, you should stay away from windows, doors, and lanais. Do not lie on concrete floors and do not lean against concrete walls.

Avoid contact with anything that conducts electricity. This means not handling electrical equipment, electrical cords, or corded telephones.

It is recommended that you unplug electrical appliances, computers, and other sensitive electronic equipment before a storm becomes severe. A high-voltage spike from a lightning strike can cause the insulation of an electric cord to fail and an appliance to short-circuit, both of which can cause a fire. High-voltage spikes can also occur when storm winds push tree limbs into power lines.

Avoid contact with plumbing, which includes not washing your hands, taking a shower, washing dishes, or doing laundry. Washers and dryers are especially dangerous because they are made of metal and are connected to electrical and plumbing systems. Additionally, the dryer vent provides an electrical path from the outside.

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## Workshop promotes "building green"

On October 20, 2004, MECO and our cosponsors hosted a workshop on Leadership in Energy and Environmental Design (LEED™). The LEED™ rating system was established by the U.S. Green Building Council to promote integrated, whole-building design practices and to raise awareness of green building benefits.

Guest speaker Nathan Good, a LEED™ accredited professional, addressed over 70 professional builders, designers, and engineers interested in environmentally friendly techniques and materials.



MECO's Energy Efficiency Program Manager for New Construction, Walter Enomoto (top) worked with trainer Nathan Good (center) and his team from CH2M Hill, Scott Moncrief (left) and Leslie Mathine (bottom) to present the LEED workshop to Maui's building professionals.

MECO would like to thank the following cosponsors for making the workshop possible:

- A&B Properties
- AIA Maui Chapter
- Dowling Company
- Hawaii Department of Business, Economic Development, and Tourism

- Kapalua Land Company, Ltd.
- Makena Resort
- Maui Land and Pineapple Company, Inc.



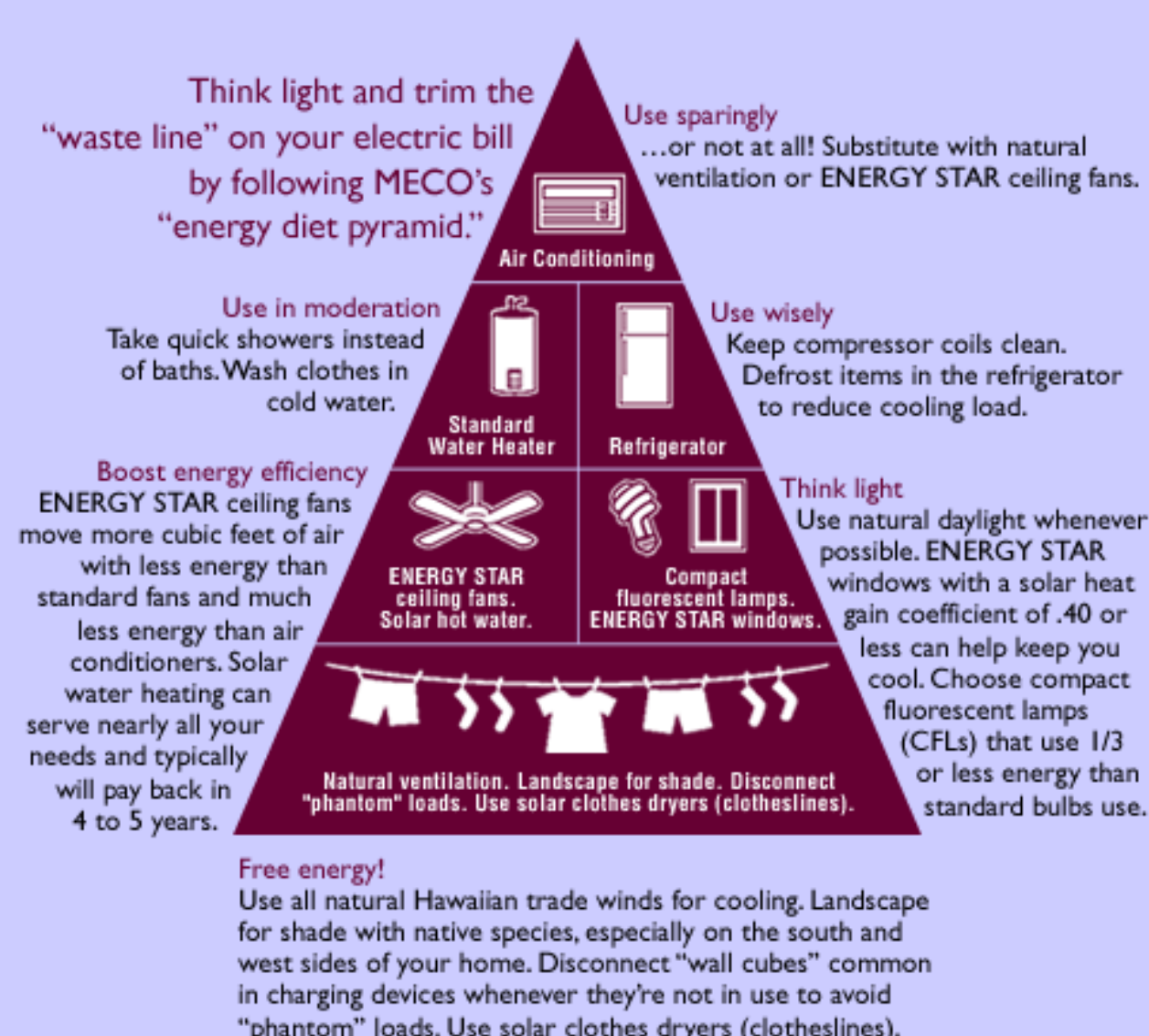
## Answer to November puzzle

You can get a **tax credit** of up to \$1,750 from the State of Hawaii for the installation of solar water heating.

If you have a tax liability, you are eligible for a tax credit equal to 35% of your system cost, up to \$1750, after MECO's \$1000 rebate is deducted.



## The energy diet pyramid



## RECIPE OF THE MONTH

### Simple, "ono," and healthy chicken adobo



- 2 pounds boneless, skinless chicken breasts, cut into 2-inch pieces
- 1 onion, chopped
- 1/2 tablespoon whole black peppercorns
- 1 cup water
- 1/2 cup saltless soy sauce (available at Japanese grocery stores)
- 1/2 cup cider vinegar
- 2 bay leaves
- 7 cloves garlic, chopped

In a large sauce pot, combine all ingredients. Bring to a boil; lower to medium heat and simmer until liquid is almost completely evaporated. Do not stir while simmering to prevent chicken pieces from falling apart. Serve with brown rice. Recipe makes 6 servings.

