



## Tsunami!

**April is Tsunami Awareness Month and, as the recent tsunami tragedy in Southeast Asia reminds us, now is the time to review this tsunami preparedness advice from Hawaii State Civil Defense.**

Don't wait until a warning is issued to start preparing for a tsunami. Check the tsunami evacuation maps in the disaster preparedness pages near the front of your telephone directory.

If you LIVE in an evacuation zone, develop a family disaster plan. Discuss evacuation routes with family members; then prepare in advance what you will need to take with you. If you must evacuate, shut off electricity and gas.

If you WORK in a tsunami evacuation zone, plan your evacuation route. Businesses located in tsunami evacuation zones should prepare and exercise coordinated evacuation plans for all personnel.

If you are outside an evacuation zone when a tsunami warning is issued, stay where you are. Keep streets and highways open for people who must evacuate.

When a tsunami warning is issued, avoid using telephones or cell phones except in emergencies. Turn off and unplug electrical equipment and appliances that use household current. They may be damaged if the tsunami disrupts the electric power grid.

Listen for instructions broadcast over radio and television. Use a battery-operated radio or T.V. if possible since electric power may be disrupted.

In all emergencies related to power lines, call for help immediately by dialing **911** or the HECO Trouble Line at **548-7961**.

We can't prevent tsunamis, but we can stop them from becoming killers. Plan now to survive a tsunami!

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## Water damage and electrical safety

**Q: If my home gets flooded, when are the electrical outlets safe to use?**

**A:** After a flood, it is wise to have your electrical system inspected by a licensed electrician. In addition to a visual inspection of your system, the electrician should perform tests to determine deterioration in the system.

Depending on the exposure, the age of the system, and other factors, electrical devices or wiring may need to be replaced.

**Q: What should I do if my appliances get wet?**

**A:** If your stove, washer, dryer, microwave, or other appliances become wet, be extremely cautious because there is a danger of electrical shock. Turn off the circuit breaker to the appliance before unplugging it. Let the unplugged appliance dry completely. This may take a week or two. Then have a technician check for damage.

Make sure that both the equipment and the surrounding area—cabinets, floors, etc.—are completely dry before attempting to unplug or move the item.

## Congratulations Electron Marathon participants!

The 10th Annual Hawaiian Electric Electron Marathon culminated March 19, amid a crowd of cheering supporters. Challengers representing teams from 27 high schools participated in a one-hour endurance race on Ford Island that tested the performance of their uniquely designed and constructed electric vehicle.

The marathon race is the crowning event following many months of preparation and several days of competition in which multi-disciplinary school teams are judged in the following four categories:

- Documentation - 40%
- Vehicle performance (Electron Marathon race) - 30%
- Vehicle design, construction, and safety - 20%
- Oral presentation - 10%

The teams with the highest combined scores place in the "Best of Show" category. Waialua High School was the Best of Show winner and also won the race.

The Sports Car Club of America, Hawaii Region, governs the race. The event is cosponsored by HECO, the Hawaii Department of Education, and the U.S. Navy. Partners in the event are HELCO, MECO, the U.S. Department of Energy, and Young Brothers.

Be sure to watch the **Electron Marathon** on **KITV** at **6:30 p.m.** on **Saturday, April 23**, and at **noon** on **Sunday, April 24, 2005**.



The jubilant Waialua High School team won the Electron Marathon "Best of Show" and also the "Best Vehicle Performance" category.

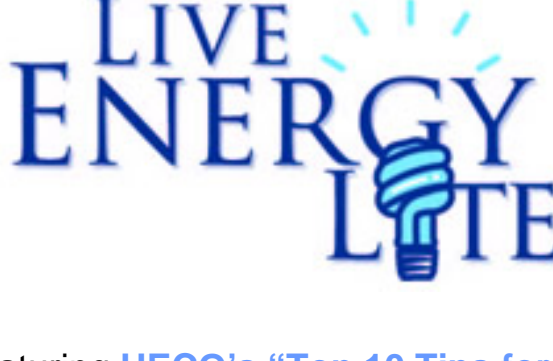
In a very close event, Sacred Hearts Academy placed 4th in "Best of Show."



Le Jardin Academy and Lanakila Baptist High School electric vehicles take a pace lap around the race track.

## Celebrate Earth Day and Live Energy Lite!

April 22 is Earth Day and what better way to commemorate the occasion than by making a commitment to save energy at home and at work? You'll not only help the environment, but can also save money on your electric bill too.



For some simple tips, check out the flyer featuring HECO's "Top 10 Tips for Energy Conservation" included with your electric bill this month.

### RECIPE OF THE MONTH

#### Aloha 'Aina Cafe Turkey Chili



- 2 pounds ground turkey
- 1-1/2 onions, chopped
- 1/2 cup chopped green, yellow, or red bell pepper
- 1-1/2 teaspoons dried ground cumin
- 1 tablespoon dried oregano (or substitute 3 tablespoons fresh thyme)
- 3 large cloves garlic, crushed
- 3 tablespoons chili powder
- 1 tablespoon paprika
- 1 cup stewed, diced tomatoes
- 2 cups tomato sauce
- 1 cup black beans
- 2 cups kidney beans
- 2 cups water
- 1 jalapeño pepper, finely chopped (optional for a hotter chili) or crushed red pepper flakes, to taste.

A leaner option to beef, this chili is "ono-licious" over "hapa" (half brown, half white) rice, or it can be added to Mexican wraps and tostada salads.

In a large saucepot, brown ground turkey. Add onions and bell peppers; sauté until translucent. Stir in cumin, oregano, and garlic. Add chili powder and paprika. Stir in stewed tomatoes, tomato sauce, beans, and water; bring to a boil. Reduce heat and simmer for 30-40 minutes. Recipe makes 6 servings.

Find out how to make great recipes like this one plus get energy-saving tips for your home by watching **The Electric Kitchen** on **KITV4, Sundays at 4:30 p.m.**