



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 HELCO Trouble Line at **969-6666**.

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.

Representing the Big Island were: Hawaii Preparatory Academy, Kohala High School, Lanakila Learning Center, and West Hawaii Explorations Academy.

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 from Oahu won "Best of Show."

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**.



Kohala High School placed 2nd in "Best of Show" and won the "Vehicle Construction & Safety" and "Best Oral Presentation" categories.



The Lanakila Learning Center team placed 3rd in "Best in Show" and won the "Best Documentation" category.



Big Island is test site for wind device

To increase our use of renewable sources of energy, HECO and HELCO are seeking ways to improve the technology for incorporating more electricity generated by wind power into our electricity distribution system.

Trade winds do not blow steadily and are often quite gusty. This variation in the wind creates fluctuations in the amount of electricity produced and fed into the electric grid. These fluctuations can, at times, destabilize the quality of power on the grid, which in turn can adversely affect both the utility's ability to deliver power to the customer, as well as the wind farm's operation.

HECO recently patented an "Electronic Shock Absorber" to help stabilize fluctuations in electricity produced by wind farms. The device will be constructed by S&C Electric Company in Milwaukee, Wisconsin. When completed, at the end of 2005, a demonstration unit will be installed on the Big Island at the HELCO Lalamilo wind farm.

The technology is able to store excess power during periods of increased generation and release stored energy during periods of decreased generation. By smoothing the fluctuations of the electricity fed to the utility's grid, and thereby limiting the frequency and voltage variations, the Electronic Shock Absorber will allow Big Island consumers to enjoy increasing amounts of clean renewable energy.



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.**

