



Safeguard your electronic equipment

Today's modern electronic equipment, such as microwave ovens, VCR/DVD players, answering machines, computers, and printers, contains sensitive circuitry and microprocessors that can be easily affected by electrical power quality disturbances.



Sometimes, a disturbance may originate outside your home. But in many cases, conditions within your home such as loose or improperly sized household wiring or corroded connections may cause or aggravate the problems.

That's why it's important to take special care to protect the electronic equipment in your home.

What should you do?

- **Unplug your sensitive electronic equipment during rainstorms, thunderstorms, and if the power goes out.** This will help prevent damage from potential surges during the storm and when power is restored.
- **Properly ground your cable TV, telephone, and utility service lines.** Power surges can enter your home through these lines. If you are unsure if they are grounded properly, consult a qualified electrician.
- **Use different circuits for sensitive electronic equipment.** Electronic equipment can be affected by appliances that cycle on and off, as this cycling can cause power fluctuations. For example, your computer should not be on the same circuit as your refrigerator.
- **Use a surge suppressor.** Use plug-in surge suppressors to protect individual sensitive equipment, even if you have installed a panel-mounted surge suppressor or lightning arrestor at your main circuit breaker panel. Look for the UL1449 (2nd edition) seal, which indicates the product meets minimum safety and effectiveness standards.
- **Get an Uninterruptible Power Supply (UPS).** A UPS filters incoming power and isolates electronic equipment from power disturbances. A UPS also provides additional power, which is stored in batteries, when the electric power drops or disappears altogether

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What is the price of electricity on the Big Island?

To help give our customers a clear understanding of the price of electricity, to the right is a chart that provides the average price paid in cents per kilowatt-hour (kWh) in 2004, by each customer category.

Rate Schedule	Avg. cents per kWh
Residential	23.91
"P" Large Power Use Business	18.51
"J" Medium Power Use Business	20.90
"G" Smaller Power Use Business	28.48
"H" Commercial Cooking, Heating, Air Conditioning, and Refrigeration	21.86
"F" Street and Park Lighting	22.49

Rates are not the same for all categories of customers. Why? It's because the rates are based on the cost of serving each category. It costs more on a cost per kilowatt-hour basis to serve residential and small business customers than it does to serve business customers consuming large amounts of electricity.

The cost of electricity in Hawaii is higher than on the U.S. mainland because our electrical systems on each island are independent and on some islands serve a relatively small customer base. There are no neighboring utility companies from which to draw power in the event of a problem with the generation or distribution systems. Therefore, to minimize the risk of not being able to deliver electricity to our customers, we must have reserve generating capacity and multiple distribution routes. In addition, our State's remote location also adds to the cost of doing business.



"No-Cost Energy Choices" quiz

Sometimes saving energy is just a matter of simple choices. Take the quiz below to see how you're doing.

1 Is your water heater set at 120 degrees?

This temperature should be adequate for most households—you may be wasting energy by setting your water heater any higher. (Check dishwasher manual for hot water requirements.) Yes: **6 points**

2 Do you always wash full loads of laundry and use cold water?

Use less energy by reducing the number of times your washer runs. Using cold water will save even more. Yes: **2 points**

3 Do you use the "sleep" feature on computers, printers, monitors, and other electronics?

This feature will automatically power down many electronic devices to a minimal level after a set period of inactivity and will "wake up" the device upon use. An ENERGY STAR qualified computer uses 70% less electricity than computers without enabled power management features. Are all your sleep features on? If so, give yourself **2 points**.

4 Do you use a solar clothes dryer?

Take advantage of Hawaii's fresh trade winds and sunshine by hanging clothes on a clothesline instead of using a dryer. You'll save energy—and wear and tear on your clothes! Yes: **6 points**

5 Do you avoid phantom loads?

Phantom loads appear in electronic items that are not "in use." They can appear in charging devices with "wall cube" plugs, VCRs, and other electronics with clock displays. Disconnect electronics by using a power strip between the outlet and the device, or unplug items completely. Consult with your cable and Internet service providers before disconnecting power. Yes: **1 point**

6 Are your refrigerator coils clean?

Unless you have a fairly recent model that doesn't require cleaning, you can reduce the load on your refrigerator by removing dirt and pet hair from the coils. Consult the owner's manual and unplug the refrigerator before cleaning coils. Yes: **5 points**

Scoring:
22 – 19 points: Excellent!
18 – 15 points: Good
14 – 12 points: Fair
Below 12 points: Need help?

Look for more energy-saving tips in upcoming *Consumer Lines!* You may also want to go to www.heco.com and visit "[Home Energy Check](#)."



Support for low-income households

During June, the State's Low Income Home Energy Assistance Program (LIHEAP) will be accepting applications from individuals with household incomes and assets below a certain level who want to apply for a one-time credit on their electric bill to help pay for heating or cooling their home.

To apply, you must present your most recent, original electric bill (no copies) to one of the following Hawaii County Economic Opportunity Council (HCEOC) offices during the period **June 1 through June 30**. HCEOC will determine whether you qualify.

- HILO 935-5219
- PAHOA 965-9480
- PAHALA 928-8335
- HONOKAA 775-7207
- KONA 322-3428



RECIPE OF THE MONTH

Tzajiki (Cucumber Yogurt Sauce)



- 1 large cucumber, peeled, seeded, and finely chopped
- 8 oz. plain yogurt
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon salt
- 3 tablespoons chopped mint or dill
- 2 teaspoons red wine vinegar

Place cucumber in a kitchen towel and squeeze out excess water. Drain yogurt in a fine mesh strainer or cheesecloth for about 1 hour; discard liquid. Combine all ingredients and chill for at least 1 hour to blend flavors. Recipe makes about 2 cups.

Note: This sauce can be served with stuffed grape leaves, fried fish, fried eggplant, zucchini, and souvlakia (grilled lamb on skewers).

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.

