



## Remodeling or landscaping?

### Check before you dig!



Before digging on your property determine the location of any underground power lines that may be in the work area.

You can look for pad-mounted electrical equipment or handhole covers (small manhole covers), which indicate that underground lines exist. Or contact HECO at **543-5654** to determine and mark the location of underground cables. Plan to give HECO 72 hours notice for this free service.

You should also check with telephone, gas, and television cable companies before starting any excavation work.

When digging near underground lines, proceed cautiously, using hand-digging methods. We recommend that you use non-metallic type tools.

If an underground power line is damaged during excavation, warn others to keep away and call HECO at **548-7961**.

If you are excavating with a backhoe or other mechanical equipment and you damage an underground power line, remain on the equipment until it can be cleared from the power line. If you must get off the equipment due to another hazard, jump free from the equipment so that your body clears it before touching the ground.

Don't take the power of electricity for granted. Keep your eye out for electrical hazards and work safely.

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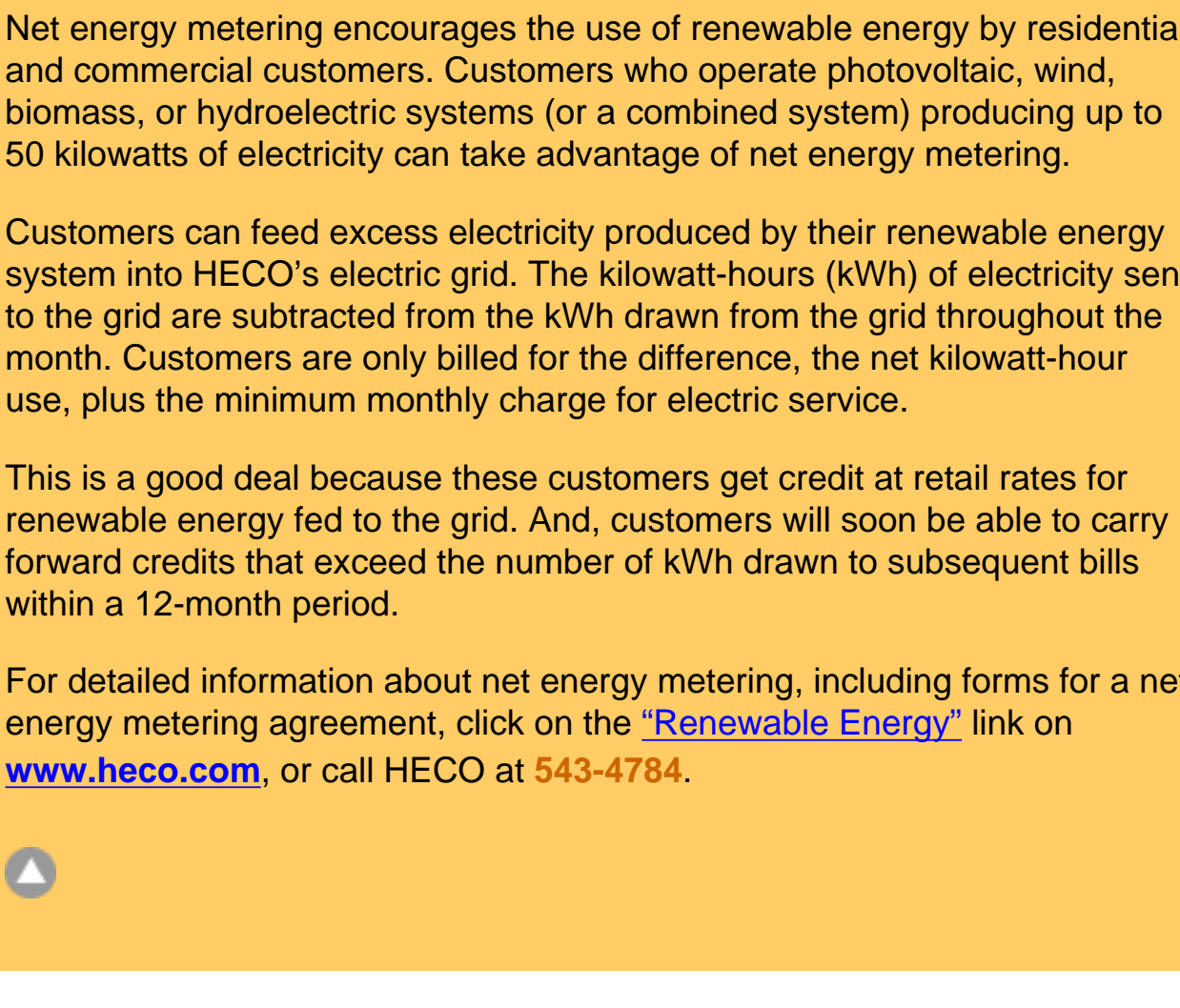
## Net metering encourages renewable energy

Net energy metering encourages the use of renewable energy by residential and commercial customers. Customers who operate photovoltaic, wind, biomass, or hydroelectric systems (or a combined system) producing up to 50 kilowatts of electricity can take advantage of net energy metering.

Customers can feed excess electricity produced by their renewable energy system into HECO's electric grid. The kilowatt-hours (kWh) of electricity sent to the grid are subtracted from the kWh drawn from the grid throughout the month. Customers are only billed for the difference, the net kilowatt-hour use, plus the minimum monthly charge for electric service.

This is a good deal because these customers get credit at retail rates for renewable energy fed to the grid. And, customers will soon be able to carry forward credits that exceed the number of kWh drawn to subsequent bills within a 12-month period.

For detailed information about net energy metering, including forms for a net energy metering agreement, click on the ["Renewable Energy"](#) link on [www.heco.com](http://www.heco.com), or call HECO at **543-4784**.



## LIVE ENERGY LITE!

"Live Energy Lite" as you join in the celebration of Energy Awareness Month in October.

Join us at **Ala Moana Center** on **Saturday, October 15, 2005**, from **10:00 a.m. to 4:00 p.m.** to enjoy the "Live Energy Lite" festivities and learn about conservation.

You will be able to view interactive exhibits and talk about conservation with representatives from HECO; the Hawaii Solar Energy Association; Honolulu Board of Water Supply; Malama Hawaii; State of Hawaii Department of Business, Economic Development, and Tourism; The Gas Company; The Kokua Foundation; University of Hawaii School of Architecture; Rocky Mountain Institute; and the U.S. Department of Energy.

On **"Centerstage"** a program promoting energy conservation will take place from 11:00 a.m. to 3:00 p.m. that will include live entertainment by local groups, an Electric Quiz show, prize drawings with giveaways, and a lot more. The activities will be fun for the whole family.

Participating retailers will feature energy conservation products, such as ENERGY STAR® qualified appliances and other energy-saving items. This is a perfect time to cut back on your electricity use because September and October are the two months when we normally see the greatest demand for electricity on Oahu.

See you at Ala Moana Center!



HECO employees (l to r) Brandi Lau, Jan Loose, and Kaiulani de Silva promoted "living energy lite" at the recent Waianae Sunset on the Beach.



## Keep your cool with efficient ceiling fans

ENERGY STAR® qualified ceiling fans move air up to 20% more efficiently than standard fans, saving money and energy. Fans can make you feel up to four degrees cooler—and they use just a fraction of the energy of even the smallest air conditioner.

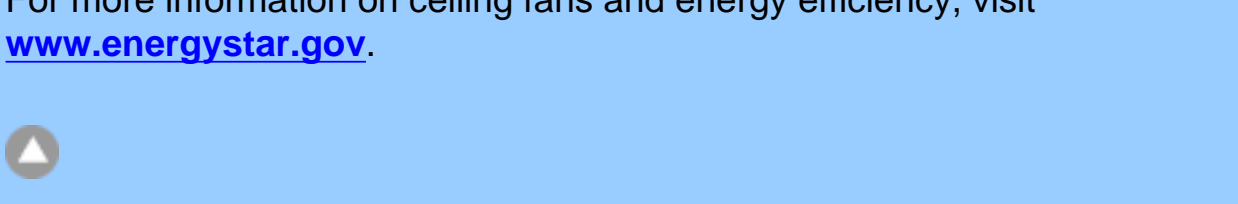
If you purchase a light kit for your ceiling fan, be sure that it also carries the ENERGY STAR logo. These lights use less energy for the same amount of light output and they emit 70% less heat.

Ceiling fans should be installed so that the blades are 7 to 9 feet above the floor and 10 to 12 inches below the ceiling for plenty of air flow.

A fan with a diameter of 44 inches is adequate for a room up to 225 square feet. A larger room requires a fan with a diameter of at least 50 inches. For a large room longer than 18 feet, you can install two smaller fans.

Even if you use an air conditioner, a ceiling fan can help you feel cooler. And you can save money by raising the thermostat on your air conditioner or by using it for shorter periods of time.

For more information on ceiling fans and energy efficiency, visit [www.energystar.gov](http://www.energystar.gov).

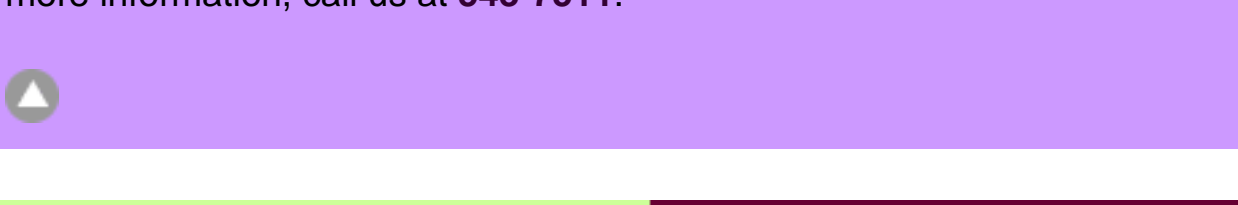


## Favorite recipes available every week!

On September 7, the *Honolulu Star-Bulletin* will debut **The Hawaiian Electric Kitchen**, our "refreshed" food column featuring favorite, local recipes from the files of our home economists. The column also will feature recipes from community, cultural, and nonprofit organizations, as well as from local cooks and chefs.

For a modern twist, the recipes will be updated for today's cook and will offer simple cooking techniques using healthy or alternative ingredients, such as low-sodium or low-sugar substitutes.

Look for the weekly column in the Wednesday Features section of the newspaper. Recipes also will be available online at [www.heco.com](http://www.heco.com). For more information, call us at **543-7511**.



#### RECIPE OF THE MONTH

## Portuguese Green Salad



- 1 head romaine lettuce
- 1 bunch watercress
- 1 red onion, thinly sliced
- 1 large tomato, diced
- 1/2 cup pitted black olives, sliced
- 1/2 cup garbanzo beans
- 1/4 cup salad oil
- 1/4 cup lemon juice
- Hawaiian rock salt
- Freshly ground black pepper

In a large salad bowl, break romaine and watercress into bite-size pieces. Add onion, tomato, olives, and beans. In a blender, whip salad oil with lemon juice. Pour over salad and toss gently. Serve with rock salt and freshly ground black pepper. Recipe makes 12 servings.

