



Celebrate Arbor Day Get a free tree!

In Hawaii, Arbor Day is observed on the first Friday in November. This Arbor Day marks the 100th anniversary of the celebration in Hawaii and the custom of planting trees to benefit the environment.



This is a reproduction of a watercolor of the ohia tree flower by Isabella Sinclair, depicted in *Common Hawaiian Trees*. Ohia lehua is one of the trees that will be available at the Arbor Day giveaway.

The ohia tree is sacred to Pele, the volcano goddess. Polynesians used its hard wood to carve images, household utensils, canoes, and musical instruments. Lei makers use its flowers and immature red leaves. Endemic birds such as the iiwi and apapane feed on the flowers.

To celebrate, we will join the students from Kua O Ka La Charter School to give away 500 potted plants and trees, including ohia, kou, monkeypod, lama, and milo, at HELCO's office, 1200 Kilauea Avenue in Hilo, on **Saturday, November 5, from 10:00 a.m. to 2:00 p.m.**

This is the fourth year that the students from Kua O Ka La have volunteered for this event. As part of their curriculum, students propagated plants and trees using three techniques: planting from seed, planting from seedling, and air layering.

The free plants and trees are made possible by grant money the charter school received from the Kaulunani Urban Forestry Program of the Department of Land and Natural Resources.

Along with a free tree, attendees will receive a brochure with tips on planting and caring for their tree or shrub. *Common Hawaiian Trees*, a useful guide that describes indigenous and native trees of Hawaii, will be available for purchase.

An important consideration for homeowners is to properly site a tree to maximize the benefits its shade provides to cool the home. Shading the walls and windows of the sunny sides of a home can reduce air conditioning energy costs by 30% or more. And remember to not plant a tree where it can interfere with power lines once it matures.

Also in this issue:

[Keep your cool with efficient ceiling fans](#)

[Home Energy Check](#)

[How to buy CFLs](#)

[Recipe of the month](#)

Keep your cool with efficient ceiling fans

Ceiling fans can make you feel up to four degrees cooler—and they use about 85% less energy than room air conditioners. ENERGY STAR® qualified ceiling fans move air up to 20% more efficiently than standard fans, saving more energy and money.

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. You may be able to raise the thermostat on your air conditioner or use it for shorter periods of time, thereby saving energy.

For more information on ceiling fans and energy efficiency, visit www.energystar.gov.

Home Energy Check



As a HELCO customer, you can complete an online questionnaire on your residential electricity use and receive an analysis of your family's energy costs. The analysis will show what is using the most electricity in your home, how much your appliances cost to use each year, and a list of money-saving energy tips customized for your home. For this unique service, go to Home Energy Check at www.heco.com.

How to buy CFLs

CFLs (compact fluorescent lamps) are great energy savers. ENERGY STAR® qualified CFLs use 66% to 75% less energy than standard incandescent bulbs.

The new CFLs come in sizes suitable for table lamps and ceiling fixtures. Some specialty CFLs work in dimmable and three-way fixtures. And if you buy the warm white light CFLs, you will find the color soft and inviting.

Only certain CFLs are made for enclosed fixtures or for use in outside, wet locations. Check the label carefully for the features you require.

CFLs may cost a bit more to purchase, but they last longer (four to seven years for home use) and use less energy. Pick a CFL with a well-known brand name for high quality and long life.

Compact Fluorescent Lamp	
60 WATT EQUIVALENT LIGHT OUTPUT	
Light Output (Lumens)	900
Energy Used (Watts)	15
Life (Hours)	8,000



LASTS 5 YEARS



CFLs use less electricity than standard incandescent bulbs for the same amount of light output (lumens). To help you choose the right one, compare the light output of the bulb you are replacing with the light output of a CFL and purchase the CFL with the same output.

Additionally, most CFLs list their wattage equivalency to incandescent bulbs on the package. You can easily divide the wattage of the bulb you are replacing by four to select the equivalent CFL.

Start by replacing the incandescent bulbs that get the most use in your home, perhaps hallway bulbs or those in kitchen and bathroom fixtures. We think you will like them and we know you will be pleased with the money you save.

RECIPE OF THE MONTH

Toll House Kookie Brittle



- 1 cup butter or margarine, softened
- 1 cup sugar
- 1 teaspoon salt
- 1 1/2 teaspoons vanilla
- 2 cups flour
- 1 cup semi-sweet chocolate pieces
- 1 cup chopped nuts

Preheat electric oven to 375° F. In large bowl of electric mixer, cream butter and sugar. Add salt and vanilla. Mix in flour, chocolate pieces, and 3/4 cup of the nuts. Press evenly into a ungreased 15 1/2 x 10 1/2 x 1-inch pan. Sprinkle the remaining 1/4 cup nuts over top and press lightly. Bake for 25 minutes. Cool and break into irregular shaped pieces. Recipe makes about 30 cookies.