

## Cool tips for a room air conditioner

**R**oom air conditioners (window air conditioners) cool rooms rather than the entire home. Using them as such, they are less expensive to operate than central air conditioners, even though their efficiency is generally lower than that of central units.

A room air conditioner's efficiency is measured by the energy efficiency ratio (EER). Air conditioners built after January 1, 1990, must have an EER of 8.0 or greater.

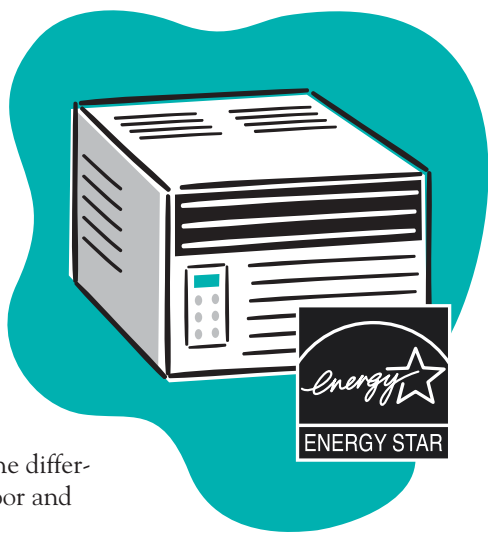
When buying a new room air conditioner, buy one with an EER of 10.0 or above. Check the EnergyGuide label for the unit and also look for room air conditioners with the ENERGY STAR® label.

Following are some energy-saving tips for using a room air conditioner:

- Proper sizing is very important; a bigger unit is not necessarily better. A small unit running for an extended period operates more efficiently and is more effective at dehumidifying than a large unit that cycles on and off too frequently.
- The unit should be level when installed so that the inside drainage system and other mechanisms operate efficiently.
- Install the unit in a shaded spot. Direct sunshine on the unit's outdoor heat exchanger

decreases efficiency by as much as 10%.

- Don't place lamps or televisions near your air conditioner's thermostat because their heat can cause the air conditioner to run longer than necessary.
- Set your air conditioner's thermostat as high as is comfortably possible, minimizing the difference between the indoor and outdoor temperatures.
- Don't set your thermostat at a colder setting than normal when you turn on your air conditioner; it will not cool your home any faster.
- Set the fan speed on high, except on very humid days. On humid days the low fan speed will cool your room better and



will remove more moisture from the air because of slower air movement through the cooling equipment.

- Consider using an interior fan in conjunction with your air conditioner to spread the cooled air more effectively.

### POWER TIPS



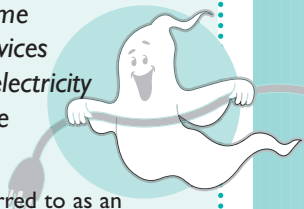
## Avoid phantom loads

*Did you know that many home appliances and electronic devices consume small amounts of electricity even when they appear to be inactive or turned off?*

This draw of electricity is referred to as an "energy sneaker" or a "phantom load." You can prove this yourself by touching the wall adaptor of your cordless phone or cellular phone recharger. If it is warm, you know it's using electricity.

Phantom loads most commonly occur in elec-

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tronics that have a clock, timer, or automatic start, such as remote control TVs, VCRs, alarm clocks, microwave ovens, cable boxes, and computers. These electronic devices are using standby power to maintain signal reception capability, monitor conditions, power internal clocks, charge batteries, or display information.

In the average home, 75% of the electricity used to power home electronics is consumed while the products are turned off, but are in standby mode.

To avoid phantom loads, unplug electronic devices when they are not needed, or have them plugged into a power strip that you can manually turn off. Be sure to follow the power strip manufacturer's recommendations to avoid overloading it. And before you disconnect your cable boxes, be sure to ask cable and Internet service providers about their equipment's power requirements.

## Plant a tree...a free tree!

November is a great time to plant a tree, when the winter rains will help it to thrive. And to help you start planting, we are celebrating **Arbor Day** in partnership with Hawaii Island Master Gardener Association, Kaulunani Urban and Community Forestry Program, Hooulu Lahui, and Kua O Ka La Public Charter School.

The students at Kua O Ka La researched and carefully propagated several species of trees and look forward to

giving them away, one per family.

If you carefully site your new tree on the sunny side of your home, next summer it may be big enough to start shading you from the hot summer sun. Shading the walls and windows on the sunny sides of your home can reduce air conditioning costs by up to 30%!

You can pick up your free tree on **Saturday, November 4**, from **10:00 a.m. until 1:00 p.m.**, at our main office, 1200 Kilauea Avenue in Hilo.

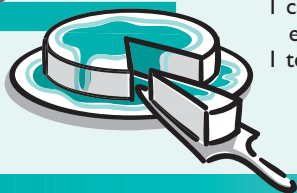
The trees include: Alahee, Kamani, Koa acacia, Kokio keokeo, Kolea, Kou, Mao hau hele, Milo, Ohia, Puhala, and Ulei.

And if you live on the west side of the island, the Amy B.H. Greenwell Ethnobotanical Garden, located in Captain Cook, is also celebrating Arbor Day on November 4. Native Hawaiian and Polynesian-introduced trees will be given away from 8:30 a.m. until noon, while supplies last.

Hooulu Lahui and Kua O Ka La Public Charter School received the Hawaiian Electric Company Arbor Day Award last year for their successful tree propagation and give-away program. Pictured here are: (l to r) Leila Kealoha, Forestry Instructor, Kua O Ka La Public Charter School (PCS); Jackie Ralya, Technical Support Volunteer Coordinator, Kaulunani Urban and Community Forestry Program; Susie Osborne, Principal, Kua O Ka La PCS; Iris Henkel, student, Kua O Ka La PCS; Keikialoha Kekipi, Executive Director, Hooulu Lahui.



## Cream Cheese Flan



- 3/4 cup sugar
- 1 package (8 ounces) cream cheese, softened
- 5 eggs
- 1 can (14 ounces) sweetened condensed milk
- 1 can (12 ounces) evaporated milk
- 1 teaspoon vanilla

### RECIPE OF THE MONTH

Preheat oven to 350°F. In a heavy skillet, heat sugar over medium-low heat, stirring constantly, until sugar is caramelized. Quickly pour into a deep 10-inch pie pan; tilt to evenly coat bottom of pan. In large bowl of electric mixer, beat cream cheese until smooth. Add eggs, one at a time, beating well after each addition. Add remaining ingredients; mix well. Pour mixture over caramelized sugar. Place pie pan in a large baking pan. Pour boiling water into baking pan to the depth of 1 inch. Bake flan for 50 to 60 minutes or until a knife inserted in the center comes out clean. Cool and refrigerate overnight. Loosen edges of flan with a knife; invert onto a serving dish. Cut into serving pieces; spoon syrup on each serving. Recipe makes 8 to 10 servings.