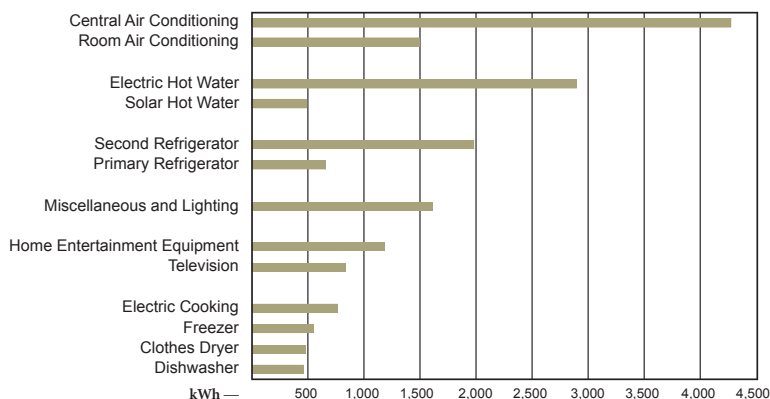


Where does your electricity go?

The following bar chart shows typical annual energy use by a family of four in Hawaii. Your usage may differ depending on your household activities as well as the type, number, and age of your appliances.

Annual Energy Use for Family of Four



Air Conditioning—These figures provide information on households that use central or split-system air conditioning to cool the entire home and on households that use room air conditioning (window units) to only cool individual rooms.

Water Heating—Energy use figures for both electric water heating and solar water heating are listed to illustrate the difference in energy use. Solar water heaters that are well designed and properly sized can reduce water heating costs by 80% to 90%.

Primary and Second Refrigerator—These figures assume that the second refrigerator is older and less energy efficient and that the primary refrigerator is a newer, more energy-efficient model. Newer

ENERGY STAR®-qualified refrigerators use about half as much electricity as models manufactured before 1993.

Home Entertainment Equipment—This amount includes large televisions, cable boxes, VCR/DVD players, stereos, game boxes, and computers and peripheral equipment.

Television—This usage amount includes 36-inch or smaller color TVs.

You can help control your electricity costs by being aware of which appliances in your home use the most energy and using them wisely.

If you purchase large appliances or home electronics, select those with the ENERGY STAR label. They have met strict energy efficiency criteria established by the U.S. Department of Energy and U.S. Environmental Protection Agency.

For detailed information on ENERGY STAR-qualified appliances go to: www.energystar.gov

Sign up for Automatic Bill Payment!

At HELCO, we offer a free service that will automatically process your electric bill payment. Through our Automatic Bill Payment (ABP) service, your bank, savings and loan institution, or credit union will pay your bill by deducting your monthly charge from any account you select.

With ABP, payment can be made automatically, on a regular schedule corresponding to your meter reading date. For your convenience, the payment is deducted approximately 13 working days after the bill has been mailed to you. The

date will be shown on your bill. This will provide you with enough of time to review the bill before it is paid and to call our Customer Service representatives if you have a question.

By simply completing an enrollment form and submitting it to us, we will set up the ABP process for you. For more information or to request that an ABP application form be mailed to you, call us at **969-6999**.

ABP enrollment forms are also available online at www.helcohi.com. Click on Pay Your Bill and select Auto Bill Payment.



Use extension cords safely!

Whether you need to plug an electrical appliance into a hard-to-reach outlet or supply electricity to your power tools, extension cords can be very useful. Unfortunately, improper use can lead to fire or electrical shock.

Please follow these safety tips when using extension cords.

- Only use extension cords that bear the mark of an independent testing lab, such as UL, ETL, or CSA.
- Do not use an indoor extension cord outdoors. Make sure the cord is marked as being suitable for outdoor use.
- Do not use cut or damaged extension cords as they may cause an electrical shock or burn.
- Do not run an extension cord under carpeting and make sure furniture is not resting on the cord.
- Make sure you do not overload the extension cord. Check the wattage rating on the cord and compare it to the wattage consumed by the appliance (or appliances) you plan to power. The wattage is marked on the appliance.*
- Never file plug blades or cut the grounding pin of an extension cord (or appliance cord) to fit it into an old outlet. If a plug does not fit, have a qualified electrician install a new outlet.
- Unplug extension cords when not in use. Cords plugged into an outlet have an electrical current running through them and could be a danger to children or pets. If the extension cord has several outlets and provides covers for unused outlets, use the covers.
- Do not substitute extension cords for permanent wiring; they are made to supply power on a short-term basis. Instead, have a qualified electrician install an electrical outlet where power is needed.

For more safety information on extension cords, go to the U.S. Consumer Product Safety Commission website: www.cpsc.gov

* If your appliance lists amps and volts rather than watts, multiply the amps times the volts to get watts:
5 amps x 125 volts = 625 watts (W)



Attend a free workshop on energy efficiency and auditing

Hawaii Community College, Friends of NELHA, and Hawaii Electric Light Company will be bringing the Green Team to your community to help you reduce your electricity bill and save money!

The members of the Green Team of Hawaii are experts and engineers in energy efficiency. They are offering free workshops on energy efficiency and auditing in various locations around Hawaii Island.

The workshops will cover:

- Analyzing your electric bill
- How to do an energy audit of your home or office
- New devices to cut your energy usage
- Calculating the return on your investment
- Rebates, tax credits, and other incentives
- Financing your energy efficiency equipment

The workshops will start at 10:00 a.m. and will be held as follows:

April 4—Pahala Community Center

April 18—NELHA Gateway Center

(This event will be part of the Kona Earth Festival.)

May 2—Pahoa High School

May 16—Hawaii Prep Academy Upper Campus

May 30—Hawaii Community College, Building 388, Rooms 101 & 102

For more information and to make a reservation, please call the Hawaii Community College Office of Continuing Education at **974-7531**.

These workshops are made possible through the County of Hawaii Department of Research and Development.

Our customer service hours

Our customer service office in Hilo, at 1200 Kilauea Avenue, is open from 7:30 a.m. to 4:30 p.m., Monday through Friday, excluding holidays. Our offices in Kamuela, at 66-1591 Kawaihae Road, and in Kailua-Kona, at 74-5519 Kaiwi Street, are open from 7:30 a.m. to 3:30 p.m., Monday through Friday, excluding holidays.

For routine customer service inquiries call **969-6999** (Hilo), **329-3584** (Kailua-Kona), or **885-4605** (Kamuela), Monday through Friday during office hours. For power problems or interruptions call our Trouble Line, 24 hours a day, at **969-6666**.

RECIPE OF THE MONTH

Carry-Along Shrimp or Chicken

- 3 pounds shrimp (16 to 20 per pound) **or**
- 3 pounds boneless and skinless chicken thighs
- 1 cup mayonnaise
- 2 tablespoons sugar
- 1 tablespoon oyster sauce
- 2 tablespoons minced garlic
- 2 tablespoons lemon pepper
- 1 tablespoon finely chopped parsley
- 1 tablespoon rice vinegar or lemon juice

Remove legs from shrimp but leave the shell intact. Cut the shrimp along the outer curved edge, being careful not to cut all the way through; remove vein. Whisk together remaining ingredients, pour over shrimp, and marinate for at least one hour in a leak-proof container or plastic bag. Place shrimp into a “carry-along” container (for example an ice chest) and take it with you to your gathering. Cook on an outdoor grill. Recipe makes 12 appetizer servings.