LAU CONSTANCE H
Form 4
March 11, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
LAU CONSTANCE H

(Last) (First) (Middle)

P.O. BOX 730

(Street)

HONOLULU, HI 96808-0730

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
HAWAIIAN ELECTRIC INDUSTRIES INC [HE]

3. Date of Earliest Transaction (Month/Day/Year)
03/09/2010

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
__X__ Director
_____ 10% Owner
__X__ Officer (give title below)
_____ Other (specify below)
President

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/09/2010		M		40,000	A	$ 14.74	250,471.1184	D	
Common Stock	03/09/2010		J		11,171	A	(1)	261,642.1184	D	
Common Stock	03/09/2010		S		200	D	$ 20.77	261,442.1184	D	
Common Stock	03/09/2010		S		1,900	D	$ 20.74	259,542.1184	D	
Common Stock	03/09/2010		S		4,200	D	$ 20.73	255,342.1184	D	

Common Stock	03/09/2010	S	3,200	D	$ 20.72	252,142.1184	D	
Common Stock	03/09/2010	S	3,500	D	$ 20.71	248,642.1184	D	
Common Stock	03/09/2010	S	2,300	D	$ 20.7	246,342.1184	D	
Common Stock	03/09/2010	S	2,270	D	$ 20.69	244,072.1184	D	
Common Stock	03/09/2010	S	1,631	D	$ 20.68	242,441.1184	D	
Common Stock	03/09/2010	S	3,258	D	$ 20.67	239,183.1184	D	
Common Stock	03/09/2010	S	700	D	$ 20.66	238,483.1184	D	
Common Stock	03/09/2010	S	5,717	D	$ 20.65	232,766.1184	D	
Common Stock	03/09/2010	S	4,295	D	$ 20.64	228,471.1184	D	
Common Stock	03/09/2010	S	100	D	$ 20.635	228,371.1184	D	
Common Stock	03/09/2010	S	8,150	D	$ 20.63	220,221.1184	D	
Common Stock	03/09/2010	S	150	D	$ 20.625	220,071.1184	D	
Common Stock	03/09/2010	S	3,508	D	$ 20.62	216,563.1184	D	
Common Stock	03/09/2010	S	4,292	D	$ 20.61	212,271.1184	D	
Common Stock	03/09/2010	S	800	D	$ 20.6	211,471.1184	D	
Common Stock	03/09/2010	S	1,000	D	$ 20.59	210,471.1184	D	
Common Stock	03/10/2010	W	603.0223	A	$ 0	211,074.1407	D	
Common Stock						93.789 (2)	I	By 401k
Common Stock						7,201.7522 (3)	I	By custodian for children

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LAU CONSTANCE H P.O. BOX 730 HONOLULU, HI 96808-0730	X		President	

Signatures

Chester A. Richardson, Atty-in-fact for Constance H. Lau	03/11/2010
**Signature of Reporting Person	Date

Explanation of Responses:

***** If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

****** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Shares acquired as dividend equivalents pursuant to the terms of the Stock Option and Incentive Plan for the period 5/10/00 - 2/11/04 with a range in price of $16.0078 to $25.7075 (price accommodating 2-for-1 split).

(2) Represents shares held in the form of stock units in the HEI Common Stock fund pursuant to the Hawaiian Electric Industries Retirement Savings Plan as of January 8, 2010.

(3) Includes shares acquired under the Hawaiian Electric Industries, Inc. Dividend Reinvestment and Stock Purchase Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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