



# Health

## KAUA'I BUSINESS REPORT

*Dr. Brad Klontz is a clinical psychologist, consultant, and author. He can be reached at e-mail brad@klontzcoaching.com. For more information on this or any other psychological topic or for free, confidential referrals to a psychologist in your area, visit the HPA online at www.hawaiipsych.org or call (808) 521-8995.*

# Got Stress?

Psychologists define stress as any change to which we must adapt. Stress is an unavoidable, everyday fact of life. Stress can come from waiting in traffic in Kapa'a, experiencing financial problems, arguing with your spouse, or suffering from an illness. But did you know that people experience stress when they have a good workout, go on vacation, get a promotion at work, or fall in love?

While stress has gotten a bad name, it can actually be a good thing. Positive stress can inspire us to change. It drives our desire to succeed, learn and grow. In fact, studies have shown that moderate amounts of stress actually improve our ability to perform at our best! But we all know that too much negative stress can overwhelm us, decrease our effectiveness, make us cranky, and increase our risk of illness and premature death.

The key to whether we experience stress as positive or negative lies in how we think about the changes and challenges we face. What do we say to ourselves about it all? If we tell ourselves we do not have what it takes to cope with the challenge, we will feel overwhelmed, which may result in our panicking or shutting down. If we believe the change is positive and we have what it takes to meet the challenge, we can feel energized, motivated, or even exhilarated! Whether stress is a result of major life changes or the cumulative effect of minor everyday worries, how we think about these experiences determines how they will

impact us.

When we face a real or imagined danger or threat, our body responds with biochemical changes designed to assure our survival. Our brain sounds an emergency alarm and

releases adrenaline and other chemicals into our bloodstream, which are designed to give us a quick burst of energy to cope with the situation. In response to these chemicals, our heart pumps faster, our lungs take in more oxygen, our muscles tense, our hearing and vision sharpen, and to save energy, our immune, digestive and reproductive systems shut down.

There are times when this stress response helps us, such as when we are being chased by a dog, when we swerve to avoid an accident, or when we are playing high-intensity sports. However, our body alone cannot tell the difference between life-threatening stressors and those that are not life threatening. Major health and emotional problems arise when we live with ongoing, non-life-threatening, negative stress. When stress hormones course through our veins

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## YOU'RE NOT ALONE



DR. BRAD KLONTZ

Clinical psychologist



### Great Homes on all sides of Kauai

#### WEST

**4480 MAMO RD., Kikiaola**  
Living Area: 2,165 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 43,472 sq. ft. MLS# 166691  
**OCEAN FRONT VILLA** with lush garden on the large lawn is steps from the ocean. \$3,250,000  
Jamie Friedman, RA 808-634-2011

**7966-B KEKAHA RD., Kekaha H/Lots**  
Living Area: 936 sq. ft. 3 Bed, 1.00 Bath  
Land Area: 7,517 sq. ft. MLS# 180209  
**1/2 MILE WALK TO KEKAHA BEACH.** Quiet cul-de-sac neighborhood with fenced yard for children or dogs. \$469,000  
Yvonne Summerfield, AB, RA 808-346-7251

**5382 MENEHUNE RD., Waimea Valley**  
Living Area: 1,600 sq. ft. 4 Bed, 3 Bath  
Land Area: 31,145 sq. ft. MLS# 178656  
**"OLD HAWAII"** in NEW STYLE 2-story home. 9 ft. walls throughout, hollow tile construction, marble tile and wood laminate floors, vaulted ceilings with skylights, storage, workshop, large lanai and downstairs office. Irrigation system with free ag water, rock walls & extensive landscaping, and completely fenced property. Separate studio has rental income. \$735,000  
Ivy T. Schurch, RA, ABR, RA 808-651-5015

**4881 MENEHUNE RD., Waimea Valley**  
Living Area: 1,604 sq. ft. 4 Bed, 3.50 Bath  
Land Area: 12,907 sq. ft. MLS# 178986  
**GREAT RENTAL INCOME OPPORTUNITIES!!** Home plus guest cottage!!! Both in immaculate condition. Recent upgrades include electronic security gate, exterior security doors, custom made canvas awning over front deck, new carpet, 150amp service, small a/c units in the bedroom, exterior paint. Guest cottage has new flooring, and newer interior paint. \$825,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**4677 MOI RD., Hanapepe Hts**  
Living Area: 912 sq. ft. 3 Bed, 1.50 Bath  
Land Area: 10,160 sq. ft. MLS# 171265  
**EXTENDED HOME** waiting for a family to give it some TLC... Separate electric meters for attached 1 bdrm apt. w/separate entrance. Exterior room/office has potential for rental income. \$499,000  
Ivy T. Schurch, RA, ABR, RA 808-651-5015

**4743 ALII RD., Hanapepe Hts**  
Living Area: 2,462 sq. ft. 5 Bed, 1.00 Bath  
Land Area: 7,015 sq. ft. MLS# 166554  
**THIS 6 bedroom, 2 bath home** is perfect for an extended family or rental unit. The home is immaculate and represents an excellent investment opportunity. \$525,000  
Barbara Morrison, RA 808-631-9126

**5094 KAHUA PL. Cliffside**  
Living Area: 3,640 sq. ft. 4 Bed, 3.00 Bath  
Land Area: 1.41 ac. MLS# 172666  
**SPACIOUS 2 story home** with wrap around lanai. Drive-way circles the front of the house, and garage is accessible from either side, each with own entrance. Downstairs mother-in-law dwelling is identical to upstairs in design and appeal. \$1,249,000  
Daniel C. Schmidt, RA 808-652-0815

#### SOUTH

**4684 ULUPUA ST., Eleele Nani S/D**  
Living Area: 1,108 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 6,100 sq. ft. MLS# 178734  
**LEAST EXPENSIVE HOME** in Eleele Nani neighborhood. Laundry facility inside the home, carport with storage area. Privacy from neighbors on either side from manicured hedge. Mature palm trees in front of home. \$450,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**3887 GALLO PL., Gallo Place S/D**  
Living Area: 2,004 sq. ft. 3 Bed, 3.00 Bath  
Land Area: 11,168 sq. ft. MLS# 166411  
**2 STORY HOME** located on quiet cul-de-sac, great neighborhood, underground utilities. Upstairs is open floor plan, kitchen and baths, two large bedrooms, fireplace, views of mountains. Downstairs is mother-in-law studio, with entrance. \$639,000  
Francis G. Hutchinson, RA 808-652-0914

**1227 PUA MELIA ST., Kakela Makai**  
Living Area: 1,352 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 10,407 sq. ft. MLS# 179700  
**HIGH QUALITY** immaculate home in Kakela Makai. Corian countertops in kitchen and bathrooms, upgraded fixtures throughout, Brazilian Ipe hardwood flooring. Open floor plan with vaulted ceilings in the great room and master bedroom. \$918,500.  
Vann Slatter, RA 808-346-1646

**3754 KAKELA MAKAI DR., Kakela Makai**  
Living Area: 1,650 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 10,369 sq. ft. MLS# 178164  
**OCEAN VIEW HOME** in Kakela Makai. 3 bedrooms 2 bath downstairs and 1/2 bath, living, dining, family and kitchen upstairs. Dine and cook with views of mountain and ocean. \$939,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**4070-A PAI STREET, Kalaheo Makai**  
Living Area: 1,725 sq. ft. 3 Bed, 3.00 Bath  
Land Area: 7,669 sq. ft. MLS# 174392  
**MATURE PALM LINED** driveway offers private and peaceful living. Birch wood floors throughout, carpeted bedrooms, open beam ceilings, lanai's off bedrooms, spacious deck off living and dining area. Spacious kitchen, large family room, 2 car enclosed garage. \$878,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**5316 PUULIMA RD., Kalaheo Hmstds**  
Living Area: 2,168 sq. ft. 4 Bed, 6 Bath  
Land Area: 22,651 sq. ft. MLS# 152151  
**CUSTOM HOME** offers a sunken living room w/ marble floors, a brick fireplace, recessed lighting and ceiling. Two separate buildings: 1) studio with 2 car carport; 2) 2 car enclosed garage with two studios, laundry room and bath. Large 1BR, 3BA guest house under construction. \$950,000  
Barbara Morrison, RA 808-631-9126

**3430-A KALUA MOA RD., Lawai**  
Living Area: 1,108 sq. ft. 2 Bed, 1.00 Bath  
Land Area: 14,534 sq. ft. MLS# 178237  
**NEWLY BUILT** Plantation style home with open beam ceilings, laminate flooring throughout, lanai off kitchen and dining room. Outdoor shower and detached shed with washer and dryer. Plenty of banana trees, Kukui nut, oranges, and limes. \$625,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**5241 KOLOA RD., Koloa Town**  
Living Area: 1,604 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 9,016 sq. ft. MLS# 179260  
**BEAUTIFUL** plantation style home. Spacious and charming, extra long bath w/jacuzzi tub & shower. Screened lanai off Master Bedroom. Deck around front of home with lanai off kitchen, ideal for BBQ's and outdoor entertaining. Attractive entry gate. \$699,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**3135-B HAPA RD., Koloa**  
Living Area: 1,800 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 20,603 sq. ft. MLS# 178287  
**TWO STORY** gentleman's ranch on half acre is ready to move into. Large lanai wraps around most of the upper level offering mountain and ocean views. Building on the property for spacious tackroom, detached office space, or additional storage. Yard has a variety of mature fruit trees and is complemented by a lava rock retaining wall. \$750,000  
Shelly Kauai Carvalho, RA 808-652-3886

**3424 POIPU RD, Smith Tract**  
Living Area: 1,088 sq. ft. 4 Bed, 2.50 Bath  
Land Area: 8,407 sq. ft. MLS# 179135  
**WELL MAINTAINED** Plantation Home on unique corner lot in Koloa Town. Beautiful brick walkway around the property. Additional buildings with bath, laundry, and kitchen. Large private lanai, perfect for outdoor entertaining. Garage was previously being used as "Koloa Coffee Roasters" prime for home office or buyer to perform their own due diligence at the county for any type of special use permit needed to do business. \$895,000  
Yvonne Summerfield, ABR, RA 808-346-7251

**1682 KELEKA RD., Bayview @ Poipu**  
Living Area: 2,483 sq. ft. 4 Bed, 3.00 Bath  
Land Area: 11,036 sq. ft. MLS# 163287  
**LARGE EXECUTIVE HOME** has two sets of master bedrooms and family rooms located upstairs and downstairs. Custom features include tile floors, bamboo floors, Koa wood trim accents, new granite in the kitchen and travertine bathrooms. \$1,350,000  
Greg Bloss, RA 808-652-81015

**5569 WAILAAU, Koloa-Weliweli**  
Living Area: 2,177 sq. ft. 3 Bed, 3.00 Bath  
Land Area: 3.29 ac. MLS# 177161  
**BEAUTIFULLY** restored plantation style home with two master suites, manicured grounds, golf holes, natural stream, and a full length pool. \$2,395,000  
James G. Pycha, PB 808-742-1777

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# Stress Continued from Page 10

on a chronic basis, they can damage almost every major system in our body, leaving us with fatigue, respiratory problems, adult onset diabetes, depression, and inhibition of our immune and tissue repair systems. So how can we deal with negative stress?

Kauai psychologist, Dr. Alex Bivens, says that, "Top performers in athletics and business are beginning to recognize the important benefits of an effective stress management program in enhancing their performance and productivity." Dr. Bivens asserts that we could all benefit from integrating positive activities into our daily lives to enhance our ability to cope with stress.

The goal of stress management is not just to reduce stress. Rather, the goal is to increase our ability to deal with negative stress. This can be done by taking a few moments each day to take a few deep breaths, watch a beautiful sunset, enjoy some time with family or friends, take a walk, engage in some optimistic thinking, or play.

Most negative stress comes from our obsessing about the past or worrying about the future. When we are able to live in the present, with our attention focused on what we are doing right now, there is little room for negative stress to overwhelm us. After all, in today's world we are rarely in situations in which we are in actual physical danger, and as such, we rarely benefit from a full-blown stress response.

In fact, our body can fully reverse its stress response in just three minutes after our brain has decided that we are not in any actual danger. The next time you are experiencing some negative stress, give yourself three minutes to take some deep breaths, focus your thoughts on the present moment and think rationally. Doing so will reverse your emergency response system, induce a sense of relaxation, and help you more effectively deal with whatever challenges you are facing.

We don't want to rid ourselves of stress. A life without challenge or

change is impossible, and even if it were possible, it would be incredibly dull. Instead we want to learn to manage our stress. So the next

time you're stuck in Kapa'a traffic and you begin to feel stressed, take a few deep breaths and remind yourself that releasing a bunch of

adrenaline into your blood stream is more likely to give you a heart attack than make the cars ahead of you move any faster!

## Great Homes on all sides of Kauai

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| <p><b>2704 HOONANI ROAD, Koloa Beach</b><br/>Living Area: 3,554 sq. ft. 8 Bed, 8 Bath<br/>Land Area: 20,749 sq. ft. MLS# 174579<br/><b>KOLOA LANDING COTTAGES</b> is a successful 5 cottage vacation rental business across from a popular dive, snorkel &amp; canoe paddling spot with grocery store, dive shop &amp; restaurants nearby. \$3,500,000<br/>Yvonne Summerfield, RA 808-346-7251</p> <p><b>4040 HUNAKAI ST., Ulu Ko S/D</b><br/>Living Area: 1,312 sq. ft. 3 Bed, 2.00 Bath<br/>Land Area: 8,671 sq. ft. MLS# 178768<br/><b>MOST AFFORDABLE HOME IN ULU KO SUBDIVISION</b> is close to Kukui Grove shopping center, dining, harbor, airport, hospital and a few minutes from Kalapaki Beach and two golf courses. \$595,000<br/>Yvonne Summerfield, ABR, RA 808-346-7251</p> <p><b>2637 APAPANE ST., Ulu Ko S/D</b><br/>Living Area: 1,264 sq. ft. 3 Bed, 2 Bath<br/>Land Area: 8,490 sq. ft. MLS# 177511<br/><b>CORNER LOT HOME</b> in nice neighborhood, close to schools, Kalapaki Bay, restaurants and shopping. Updated kitchen and laundry area, tiled floors, air conditioned rooms, enclosed landscaped back yard. \$619,000<br/>Amber S. Stevenson, RA 808-826-9675</p> <p><b>1904 LELEIONA ST., Puhī S/D</b><br/>Living Area: 2,995 sq. ft. 6 Bed, 3.50 Bath<br/>Land Area: 8,524 sq. ft. MLS# 175267<br/><b>LARGE HOME</b> for multi-generational family or investment as a rental, board and care or group home. Great location just blocks from Puhī Industrial Center and Kauai Community College. \$825,000<br/>Barbara Morrison, RA 808-631-9126</p> <p><b>3991 ALALA ST., Ulu Ko S/D</b><br/>Living Area: 3,089 sq. ft. 4 Bed, 2.00 Bath<br/>Land Area: 8,829 sq. ft. MLS# 179489<br/><b>ARCHITECTURAL DESIGN GEM</b> shines with Pride of Ownership. New carpet, vinylclad windows, intercom system, central vacuum, tiled kitchen countertops, upgraded wet bar and lanai. Upstairs featuring master suite, office or den and wrap around hardwood decks. \$1,195,000<br/>Shelly Kauī Carvalho, RA 808-652-3886</p> <p><b>2615 APAPANE ST., Ulu Ko S/D</b><br/>Living Area: 3,670 sq. ft. 6 Bed, 5.00 Bath<br/>Land Area: 8,772 sq. ft. MLS# 158614<br/><b>CUSTOM DESIGNED</b> 2-story home with open floor plan, vaulted ceilings, built-ins, formal and family dining rooms, study, family room and an entertaining living room. Separate laundry room, exercise room, sewing room, courtyard &amp; two patios. Private master suite upstairs with hot tub and his &amp; hers built-in closets and vanity. \$1,200,000<br/>Barbara Morrison, A 808-631-9126</p> | <p><b>2937 AUKOI ST., Lihue</b><br/>Living Area: 1,774 sq. ft. 3 Bed, 3.00 Bath<br/>Land Area: 7,521 sq. ft. MLS# 171307<br/><b>TWO-STORY HOME</b> with great floor plan, wet-bar, full bath and large living room and storage areas. Upstairs is the kitchen, large family room with vaulted ceilings, 3 good size bedrooms and 2 baths. Room for entertaining on large lanai. \$679,000<br/>Greg Bloss, RA 808-652-8101</p> <p><b>4754 LAUKONA ST., Hanamaulu Homes</b><br/>Living Area: 1,558 sq. ft. 5 Bed, 2.00 Bath<br/>Land Area: 6,000 sq. ft. MLS# 173873<br/><b>HOME</b> for extended family or investment opportunity. Main home has 3 bedrooms, 1 bath and large family room with additional 2 bedrooms and bath. \$699,000<br/>Shelly Kauī Carvalho, RA 808-652-3886<br/>EAST</p> <p><b>310 APANA RD., Coco Palms</b><br/>Living Area: 1,146 sq. ft. 4 Bed, 1.00 Bath<br/>Land Area: 33,018 sq. ft. MLS# 177288<br/><b>THREE FOURTHS</b> of an acre adjacent to Coco Palms Hotel. \$16,000,000<br/>Jimmy Johnson, BIC 808-639-9675</p> <p><b>329 HIE ST., Kauai Gardens</b><br/>Living Area: 1,232 sq. ft. 3 Bed, 2.00 Bath<br/>Land Area: 9,112 sq. ft. MLS# 173441<br/><b>CUTE, CLEAN, AND QUIET HOME</b> freshened up with landscaping and new paint. \$564,999<br/>Jimmy Johnson, BIC 808-639-9675</p> <p><b>6746 KUAMOO RD., Kauai Gardens</b><br/>Living Area: 864 sq. ft. 3 Bed, 1.00 Bath<br/>Land Area: 11,467 sq. ft. MLS# 178804<br/><b>YOUR SPECIAL DREAM</b> - Open concept living area with new fans and fabulous picture windows, new paint and solar walkway. Magnificent spacious yard with mature landscape. \$649,000<br/>Jamie Friedman, RA 808-634-2011</p> <p><b>364 KAHOLALEE RD., Mt. View Half Ac</b><br/>Living Area: 1,893 sq. ft. 3 Bed, 3.00 Bath<br/>Land Area: 9,979 sq. ft. MLS# 174455<br/><b>NEWLY REMODELED</b> 2-story home on a 2 house CPR parcel. Custom tile floors, custom carved doors, remote control ceiling fans, white plantation shutters, etched glass, air conditioned living room and bedrooms. \$795,000<br/>Yvonne Summerfield, ABR, RA 808-346-7251</p> <p><b>6520 KAAHELE ST., Wailua River Vw</b><br/>Living Area: 2,359 sq. ft. 4 Bed, 3.00 Bath<br/>Land Area: 9,585 sq. ft. MLS# 173996<br/><b>FABULOUS</b> ranch style home, soaring cathedral ceilings with a wonderfully flowing floor plan ideal for entertaining; formal dining room and giant game room. Fully renovated including new wood floors, berber carpet, new appliances, kitchen sink, new ceiling fans and new paint inside and out. \$799,000<br/>Barbara Morrison, RA 808-631-9126</p> | <p><b>7173 AINA PONO ST., Wailua Rise Est.</b><br/>Living Area: 2,237 sq. ft. 3 Bed, 2.00 Bath<br/>Land Area: 22,259 sq. ft. MLS# 178336<br/><b>TWO STORY LARGE HOME</b> in exclusive area. Cathedral ceilings in the living room and hardwood floors throughout. The master bedroom has sunken jacuzzi tub. \$929,000<br/>Barbara Morrison, RA 808-631-9126</p> <p><b>120 LIHAU ST., Wailua Haven</b><br/>Living Area: 4,138 sq. ft. 5 Bed, 5.50 Bath<br/>Land Area: 13,653 sq. ft. MLS# 158641<br/><b>SOLID, SPACIOUS</b> income-producing executive home designed for comfortable living and extensive entertaining. Impressive curb-side appeal, cathedral ceiling, chefs kitchen, showpiece Master bedroom and bath, fireplace, giant built-in aquarium, security system, solid moss rock wall, and gate for your privacy. \$2,280,000<br/>Jimmy Johnson, BIC 808-639-9675</p> <p><b>1689 HO'OMAHA PL, Kapahi</b><br/>Living Area: 1,303 sq. ft. 4 Bed, 2.00 Bath<br/>Land Area: 18,295 sq. ft. MLS# 171545<br/><b>SPANISH-STYLE</b> Stucco style home with multiple waterfall views from dining and bedrooms. Concrete stained flooring throughout the home. Uniquely decorated with modern accents and tropical flavor. Designed for privacy; 2 bedrooms and 1 bath on the left side of the home and 2 bedrooms and 1 bath to the right side of the home. \$595,000<br/>Yvonne Summerfield, ABR, RA 808-346-7251</p> <p><b>1140 PUUOPEAE RD., Kala Kea/Loko</b><br/>Living Area: 1,901 sq. ft. 3 Bed, 2.00 Bath<br/>Land Area: 22,215 sq. ft. MLS# 170238<br/><b>TERRIFIC FAMILY HOME</b> - Custom cedar home boasts towering vaulted cedar ceilings in living room and oversized picture windows. Upstairs has an air conditioned loft/third bedroom. Oversized detached garage for 2 cars and storage. \$674,000<br/>Jimmy Johnson, BIC 808-639-9675</p> <p><b>6490-A KIPAPA ROAD., Kipapa Rd</b><br/>Living Area: 1,144 sq. ft. 3 Bed, 2.00 Bath<br/>Land Area: 36,503 sq. ft. MLS# 179325<br/><b>BEST PRICED PROPERTY</b> on Kauai. Rare, private, secluded hilltop home is warm &amp; inviting. Well maintained with finer materials used throughout. Gas stove, dryer and on-demand water heater. 400sf attached garage, a brand new 800sf garage/shop has been built on lower level. Gated driveway insures privacy. \$735,000<br/>Christine Arsenault, RA 808-822-2094</p> <p><b>5970 KAWAIHAU RD., Aguiar Tract</b><br/>Living Area: 1,008 sq. ft. 3 Bed, 1.50 Bath<br/>Land Area: 7,500 sq. ft. MLS# 173330<br/><b>THIS THREE</b> bedroom, one and a half bath home is a cozy little charmer with tons of parking space. The front patio is private and spacious. This home has lovely mountain views in a very peaceful setting across from open agricultural land. \$495,000<br/>Barbara Morrison, RA 808-631-9126</p> |
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