

HEALTH

Putting insomnia to rest



Great Homes on all sides of Kauai

North Shore Homes

3572 KEONIANA PL., Princeville
Living Area: 3,243 sq. ft. 3 Bed, 2.50 Bath
Land Area: 14,125 sq. ft. MLS# 172266
SUN DRENCHED HOME with two large living areas, each with a working fireplace, twenty five foot high ceilings. Separate attached yoga/exercise studio. Home exterior is graced by three decks designed for entertaining and sunning. \$3,800,000
June M. Crane, RA 808-652-4732

3979 KAMEHAMEHA RD., Princeville
Living Area: 3,425 sq. ft. 5 Bed, 3.50 Bath
Land Area: 10,772 sq. ft. MLS# 180913
THIS CAPTIVATING HOME is on one of Kauai's most exclusive streets. Brazilian cherry wood floors, grand curved staircase, are an invitation to the main living areas. 10' ceiling and 8' doors, 16' slider off living room, slab granite counters, sunken family room, A/C, porch fans, 5-person hot tub, fountain, gas water heater & dryer. The relaxing master suite is a personal retreat. \$1,790,000
Glen Forman, R 808-639-9221

2461 KENEKE ST., Kilauea
Living Area: 1,740 sq. ft. 3 Bed, 2.00 Bath
Land Area: 7,080 sq. ft. MLS# 169557
BEAUTIFUL home in the heart of Kilauea. Many new features including: 400 sq. ft. addition with giant sliding glass doors and windows, new faucets, new kitchen and bathroom floors, new ceiling fan and lighting fixtures, newly painted house/roof. New bamboo trimmed fence & gate and resurface driveway. \$599,000
Patrick Core, RA 808-826-4000

5494 WEKE RD., Hanalei
Living Area: 2,568 sq. ft. 3 Bed, 3.50 Bath
Land Area: 16,408 sq. ft. MLS# 183764
STYLE, imagination, and a passion for all things beautiful best describe this elegant Hawaiian Style Home on world famous Hanalei Bay. Over a third of an acre of lawn, the waterfalls are best seen from the master bedroom, and master bedroom lanai. Features include: hardwood Brazilian cherry floors, various patterns of complimenting marble throughout, a marble arched twin shower room and deep spa bathtub, tropical etchings on entrance windows, and so much more! \$5,750,000
Patrick Core, RA 808-826-4000

3885 KAMEHAMEHA RD., Princeville
Living Area: 2,372 sq. ft. 4 Bed, 3 Bath
Land Area: 12,127 sq. ft. MLS# 174493
LUXURIOUS and elegant furnished custom home with two master suites, an open floor plan, numerous expansive lanais, and a hot tub is designed for easy island living. \$1,790,000
June Crane, RA 808-652-4732

2419 KAMALI', Puu Lani S/D
Living Area: 1,104 sq. ft. 3 Bed, 1.75 Bath
Land Area: 6,050 sq. ft. MLS# 177464
THOUGHTFULLY UPGRADED HOME has beautiful maple/oak custom kitchen cabinets and custom Brazilian cherry/maple hardwood floors in kitchen and dining area. Wainscotting for plantation feeling, tropical lava rock and travertine tile outdoor shower, covered lanai with built in dining table and lava rock privacy wall in front and fenced back yard. \$545,000
Elaine Schaefer R, GRI, ABR, DR 808-639-2935

3794 MOAEA PL., Princeville
Living Area: 1,185 sq. ft. 2 Bed, 2 Bath
Land Area: 8,572 sq. ft. MLS# 186142
PEACEFUL PLANTATION STYLE HOME with extra large lanai on a large corner lot, with lush privacy landscaping. Split level design for separation and privacy between living areas and bedrooms. Windows all across the living room bring the outdoors in, vaulted ceiling, gracefully arched windows, oak parquet flooring plus carpets. Living/dining/kitchen areas flow easily from one room to another. \$699,000
Elaine Schaefer R, GRI, ABR, DR 808-639-2935

3765 Albert Rd., Princeville
Living Area: 1,312 sq. ft. 2 Bed, 2.00 Bath
Land Area: 10,639 sq. ft. MLS# 190836
COMFORTABLE, AIRY OPEN FLOOR PLAN with vaulted ceilings. Partially furnished with den, workshop and deck. Private back yard and mature landscaping. \$689,000
Heather P. Core, R(S) 808-635-2906

2365 OKA ST., Old Mii S/D
Living Area: 820 sq. ft. 3 Bed, 1.00 Bath
Land Area: 6,050 sq. ft. MLS# 189985
CHARMING BUNGALOW in the heart of Kilauea, with a large bright airy screened lanai. New concrete slab under entire house ready to enclose into 2 car garage or living space and bedroom / bathroom just added. Mature avocado trees & tropical landscaping. \$560,100
Patrick Core, RA 808-826-4000

3829 HAULANI PL., Princeville
Living Area: 1,884 sq. ft. 3 Bed, 2.00 Bath
Land Area: 11,502 sq. ft. MLS# 178723
WELL MAINTAINED home is very clean inside and out. Downstairs family room, with its own lanai, can be a FOURTH bedroom. Shogun style sliding doors off master bedroom, hall entry, and kitchen for an open floorplan or privacy. Lots of glass and large skylight brightens the entire upstairs area. 1,400 sq. ft. of plantation style wrap-around lanai with 3 very inviting lanais. \$1,125,000
Al Overton, RA 808-652-8431

3934 NAMAHEHA LOOP, Princeville
Living Area: 2,047 sq. ft. 3 Bed, 2.00 Bath
Land Area: 13,387 sq. ft. MLS# 188368
VAULTED CEILINGS in the living room, kitchen, dining area, master bedroom & master bath gives this home a very open and spacious feeling. Large living room and open kitchen are located upstairs to take advantage of tradewinds. The partial wrap-around lanai off the living room and dining area provide for scenic views. Easy to show. \$975,000
Al Overton, RA 808-652-8431

4200 WAILEIA PL., Princeville
Living Area: 1,928 sq. ft. 3 Bed, 2.50 Bath
Land Area: 9,639 sq. ft. MLS# 192103
IN ALL OF HAWAII, Kauai stands apart with this well maintained two story residence on the golf course near The Woods #6 and #7 tee. Open upstairs living area with fantastic golf course views, leading out to a deck with double sliding doors positioned to allow winds to cool your day. Perfect for the outdoor Hawaiian life style. \$999,995
June M. Crane, RA 808-652-4732

4914 EMMALANI DR., Princeville
Living Area: 3,238 sq. ft. 4 Bed, 3.5 Bath
Land Area: 10,500 sq. ft. MLS# 192344
UNOBSTRUCTED MOUNTAIN AND WATERFALL views from this executive home adjacent to a 2 acre park in Princeville's Unit 1. This luxurious home offers spaciousness in each room with high ceilings & dramatic windows. Two master bedrooms, large entertainment areas, covered lanais on two floors and swimming pool and jacuzzi. Close to golf and beaches. \$1,850,000
James G. Pycha, PB 808-742-1777

Chris can't fall asleep. She has spent the past three hours in bed tossing and turning. She finds herself staring at the shadows on her wall and ceiling, and watching the minutes turn to hours on her clock. With her alarm set to go off in a couple of hours, Chris's chance at a good night's sleep is slipping away.

Tonight is not the first night's sleep that has eluded Chris. She has slept only a few hours a night for the past month. She has tried several remedies — watching television, reading, listening to music — but nothing seems to work. For the past several weeks she has slipped into a fitful sleep just

a few hours before her alarm goes off. Chris starts her day groggy and irritable. Her performance at work has been suffering as a result. Her fatigue makes it difficult to think clearly and stay focused on the job, and she finds herself nodding off at her desk and even during meetings.

Chris is not alone. Studies have shown that 30 percent to 50 percent of adults experience some type of insomnia, with approximately half of all sufferers reporting sleep difficulties on a regular basis. Insomnia can come in several different forms: difficulty falling asleep, falling asleep quickly but waking a few hours later unable to go back to sleep, or light and fitful sleep without ever achieving deep, restorative sleep. Insomnia can be caused by poor sleep habits, stress, anxiety, depression, physical pain, or food or beverages that have stimulants or cause indigestion. While often a symptom of something else, insomnia can become a problem in its own right, leading to a range of other symptoms.

To combat insomnia, people often set an initial goal of making themselves fall asleep. However, sleep is a spontaneous event and trying to force oneself go to sleep is an exercise in futility. Ironically, the very act of "trying" to fall asleep will end up keeping a

person awake.

Psychologist Dr. Gregg Jacobs, assistant professor of psychiatry at Harvard Medical School and author of "Say Goodnight to Insomnia" (1998, Owl Books), warns of other common "solutions" that are bound to backfire:

YOU'RE NOT ALONE



DR. BRAD KLONTZ

Clinical psychologist

using alcohol to fall asleep (which actually suppresses deep sleep), using caffeine to wake up, going to bed earlier, sleeping in later, or reducing exercise due to feelings of fatigue.

If possible, it is good to avoid taking sleeping pills. In fact, the Food and Drug Administration has recently confirmed reports of strange nighttime activity of

some users who take some of the more popular sleep medications. These activities, which users do not remember doing when they awaken, have involved things like "sleep driving" and nighttime food binges. Behavioral interventions can be even more effective than sleeping pills and do not carry the same complications. If you have difficulty sleeping, consider the following recommendations to help you put your insomnia to rest:

1. If sleep does not come within 30 to 40 minutes, get out of bed. Don't spend hours tossing and turning. Get up, go to another room, and engage in a calm, quiet, and soothing activity. When your eyelids get heavy, return to bed.

2. Learn to associate your bed with sleep — no eating, television watching, planning the next day or arguing with your partner. Use your bed for sleep or for loving activities only.

3. Stop watching television or engaging in any other stimulating activity at least 30 minutes before bedtime.

4. Remove the clock from sight. Staring at the clock and watching the minutes and hours tick away will only leave you feeling anxious or frustrated.

<p>NORTH SHORE</p> <p>PRINCEVILLE CENTER 5-4280 KUHIO HWY. SUITE 205 PRINCEVILLE, KAUAI, HI 96722 (808) 826-9675.....OFFICE (877) 838-8149.....TOLL FREE</p>	<p>KAPAA OFFICE</p> <p>KAUAI VILLAGE CENTER 4-831 KUHIO HWY. SUITES #428 - 430 KAPA'A, KAUAI, HI 96746 (808) 822-3777.....OFFICE (877) 822-3033.....TOLL FREE</p>	<p>SOUTH SHORE</p> <p>OLD KOLOA DISPENSARY 3417 EAST POIPU RD. SUITE 101-102 KOLOA, KAUAI, HI 96756 (808) 742-1777.....OFFICE (877) 742-1777.....TOLL FREE</p>
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Safari Helicopters offers Spring Senior Special

Kauai Business Report

Senior citizens with a sense of adventure, Safari Helicopters has a treat for you..

Kauai resident senior citizens are invited to fly on Safari's

Deluxe Waterfall flight for free on a space available basis.

Seniors who can pick up and be ready to go on an hour's notice and who would love to see Kauai can take advantage of this offer by calling 246-0136 to have their name placed on the list.

Government union workers to get 4 percent raises

HONOLULU — Hawaii government employees will get 4 percent pay raises in each of the next two years under a tentative agreement announced April 5 with the state.

About 26,000 state and county workers who are members of the Hawaii Government Employees Association will receive the salary increases starting July 1.

The deal will cost taxpayers \$183.2 million to give the raises to blue and white collar supervisors, white collar non-supervisors, Department of Education officers,

University of Hawaii administrative and technical employees and other professionals.

Negotiators for the state and the union settled on the contract rather than waiting for a binding decision from an arbitrator. It was the first time since 1998 the two sides have found a compromise

The contract still needs to be ratified by the union's members, a process that could be completed by April 17. Then the Legislature has the responsibility of paying for the agreement out of the state budget.

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5. Don't eat, exercise, or consume caffeinated beverages for at least four hours before bedtime.

6. If you find yourself ruminating about to-do lists, worries or concerns, or can't take your mind off of distressing thoughts or images, consider going to another room and taking time to write down your thoughts. Sometimes putting thoughts down on paper makes it easier to let them go and can quite often help quiet the mind.

7. Practice meditation or pray if you are so inclined: The basics of meditation are simple and involve the practice of quieting the mind and letting go of thoughts. A common form of meditation involves counting breaths: 1 as you inhale, 2 as you exhale, 3 as you inhale, 4 as you exhale, etc., until you reach 10, then starting over at 1. As thoughts come and your mind

wanders from your task, gently return your attention to your counting and breathing. Keep doing this and you will eventually fall asleep. If not, you may attain enlightenment, which isn't bad either!

If your insomnia persists or is severe, it is likely a symptom of some underlying medical or emotional concern that needs more attention. If so, schedule a visit with your physician or psychologist.

Dr. Brad Klontz is the 2007 President-Elect of the Hawaii Psychological Association and co-author of The Financial Wisdom of Ebenezer Scrooge. He can be reached by e-mail at brad@klontzcoaching.com. For free, confidential referrals to a psychologist in your area, contact the HPA online at www.hawaiipsych.org or call (808) 521-8995.


Fed Continued from Page 8

volatility that has come with it — might not spur an immediate change in monetary policy.

"However awkward" the changes were in the Fed's policy statement last month, what happens to rates will depend on the "evolving outlook," he wrote. "I think investors who suspect that Chairman Bernanke will offer a new "put"

to bail them out will be disappointed."

That doesn't mean Bernanke doesn't have something up his sleeve. It just may take some more time to figure out what it might be.



Kauai Condos in All Price Ranges

Project	Unit #	Price	Living Area	Bds	Bths	\$/SF	Maint. Fees	Taxes	Agent Full Name	Agent Email address	Agent Cell Phone
KUHIIO SHORES (Half-Interest)	215	\$639,000	1,059	2	2	\$603	\$576	\$4,742	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
KUHIIO SHORES	113	\$998,000	824	1	1	\$1,211	\$445	\$3,951	Yvonne Summerfield	(RA) ysummerfield@yahoo.com	346-7251
KIAHUNA PH II	143	\$575,000	620	1	1	\$927	\$935	\$966	Yvonne Summerfield	(RA) ysummerfield@yahoo.com	346-7251
MAKAHUENA	IIC103	\$655,000	1,145	2	2	\$572	\$823	\$3,047	Bill E Facker RA (ABR)	(RA) bfack1@msn.com	634-8392
MAKAHUENA	I305	\$1,195,000	1,380	3	2.5	\$866	\$745	\$2,964	Yvonne Summerfield	(RA) ysummerfield@yahoo.com	346-7251
BANYAN HARBOR	37	\$361,000	924	2	1.5	\$391	\$416	\$1,215	Yvonne Summerfield	(RA) ysummerfield@yahoo.com	346-7251
BANYAN HARBOR	64	\$375,000	924	2	1.5	\$406	\$550	\$1,852	Jamie Friedman	(RA) jamiejoy@aloha.net	634-2011
HALELANI VILLAGE	W203	\$305,000	704	2	1	\$433	\$239	\$595	Shelly Kauai Carvalho	(RA) shelly@remaxpoipu.com	652-3886
HALELANI VILLAGE	S203	\$318,000	750	2	2	\$424	\$248	\$1,828	Yvonne Summerfield	(RA) ysummerfield@yahoo.com	346-7251
HALELANI VILLAGE	AA203	\$330,000	807	2	2	\$409	\$239	\$1,906	Shelly Kauai Carvalho	(RA) shelly@remaxpoipu.com	652-3886
HALELANI VILLAGE	R101	\$348,000	750	2	2	\$464	\$211	\$357	June M. Crane	(RA) aloha4@hawaiiintel.net	652-4732
HALE MALU AT PUHI	19	\$499,000	1,336	4	3	\$374	\$250	\$1,087	Francis G Hutchinson	(RA) taittd@aol.com	652-0914
REGENCY HULEIA	7	\$569,000	1,265	2	2.5	\$450	\$399	\$3,371	Patrick Core	(RA) hpcore@aol.com	634-6700
PLANTATION HALE	K9	\$234,000	633	1	1	\$370	\$585	\$771	Jimmy Johnson	(R) BIC Jimmy@KauaiLuxuryHomes.com	639-9675
ISLANDER ON THE BEACH	114	\$277,000	372	0	1	\$745	\$650	\$2,088	Patrick Core	(RA) hpcore@aol.com	634-6700
ISLANDER ON THE BEACH	271	\$329,050	372	0	1	\$885	\$417	\$719	Jimmy Johnson	(R) BIC Jimmy@KauaiLuxuryHomes.com	639-9675
ISLANDER ON THE BEACH	271	\$329,050	372	0	1	\$885	\$417	\$719	Patrick Core	(RA) hpcore@aol.com	634-6700
ISLANDER ON THE BEACH	148	\$370,000	372	0	1	\$995	\$650	\$2,565	Jamie Friedman	(RA) jamiejoy@aloha.net	634-2011
ISLANDER ON THE BEACH	146	\$378,000	372	0	1	\$1,016	\$650	\$2,565	Jamie Friedman	(RA) jamiejoy@aloha.net	634-2011
ISLANDER ON THE BEACH	147	\$395,000	372	0	1	\$1,062	\$650	\$2,565	Jamie Friedman	(RA) jamiejoy@aloha.net	634-2011
WAIPOULI BEACH RESORT	B301	\$829,000	1,312	2	3	\$632	\$1,500	\$2,433	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
WAIPOULI BEACH RESORT	A203	\$879,000	1,312	2	3	\$670	\$1,500	\$2,433	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
LAE NANI	431	\$895,000	1,072	2	2	\$835	\$847	\$4,377	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
WAIPOULI BEACH RESORT	C301	\$995,000	1,158	2	3	\$859	\$1,250	\$2,433	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
PRINCEVILLE PANIOLO	103	\$455,000	1,058	1	2	\$430	\$690	\$3,008	Coralyn Evans	(RA) cordy@hawaiian.net	639-4632
PUAMANA	6B	\$595,000	1,732	3	2	\$344	\$495	\$2,237	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
PLANTATION AT PRINCEVILLE	511	\$595,000	1,153	2	2	\$516	\$450	\$3,192	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
PLANTATION AT PRINCEVILLE	211	\$629,000	1,153	2	2	\$546	\$450	\$3,192	Jamie Friedman	(RA) jamiejoy@aloha.net	634-2011
PLANTATION AT PRINCEVILLE	1312	\$649,000	1,153	2	2	\$563	\$407	\$3,192	June M. Crane	(RA) aloha4@hawaiiintel.net	652-4732
PLANTATION AT PRINCEVILLE	1712	\$649,000	1,153	2	2	\$563	\$407	\$2,393	June M. Crane	(RA) aloha4@hawaiiintel.net	652-4732
KA'EO KAI PH I	4B	\$739,000	2,100	3	3	\$352	\$845	\$3,907	Al Overton	(RA) overton12@hawaiiintel.net	652-8431
ALII KAI AT HANAIEI	7102	\$789,500	886	2	2	\$891	\$345	\$3,576	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
CLIFFS AT PRINCEVILLE	7205	\$799,000	917	1	2	\$871	\$549	\$1,084	June M. Crane	(RA) aloha4@hawaiiintel.net	652-4732
SEALODGE II	J2	\$825,000	560	1	1	\$1,473	\$523	\$3,690	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
NIHILANI AT PRINCEVILLE	14A	\$879,000	1,800	3	2.5	\$488	\$1	\$1	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
ALII KAI AT HANAIEI	4302	\$1,100,000	1,086	2	2	\$1,013	\$528	\$4,383	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
PUU POA	103	\$1,899,950	1,800	2	2	\$1,056	\$633	\$7,127	Patrick Core	(RA) hpcore@aol.com	634-6700
PUU POA	103	\$1,899,950	1,800	2	2	\$1,056	\$633	\$7,127	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
PUU POA	305	\$1,950,000	1,352	2	2	\$1,442	\$633	\$8,440	James G. Pycha	(R) / PB jp@hiinfo.net	639-2622
POIPU SHORES	A104	\$1,360,000	1,035	2	2	\$1,314	\$1,203	\$5,460	Joy Zepeda	(RA) luxuryhomesinparadise@yahoo.com	647-4848
VILLAS ON THE PRINCE	31	\$1,065,000	1,800	3	3	\$592	\$530	\$4,712	Patrick Core	(RA) hpcore@aol.com	634-6700

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