

Counseling Corner

Making That Car Trip With Kids Less Stressful
from the American Counseling Association



Summer family vacations are fun, unless you count that part about driving to the vacation destination with a backseat filled with one or more unhappy kids.

Children can possess a great sense of anticipation but often a low level of patience. An upcoming beach vacation has them excited, but the all-day drive to get there not so much.

With a little planning and preparation, however, even a long car trip can be made more enjoyable, and certainly less stressful, for kids and parents.

An important first step? Have your car ready for the trip. Get your oil, air conditioning and tires checked before heading off. Broken down by the hot roadside is stress producing for everyone.

Next, think entertainment. Put together a package with favorite and new books, magazines,

video games, downloaded movies and music. Have the right electronics, and the needed car chargers, so those entertainment choices help the miles go by. Dole out the entertainment items one at a time. And don't turn the whole trip into an electronic cocoon. Family talking, bantering, even mild arguing, is all part of creating the nostalgia of a family road trip.

It's also important to remember that kids' time-to-eat schedules are not going to be the same as yours. The fact that you stopped for lunch only 2 hours ago doesn't mean your backseat buddies aren't starving. Pack a collection of small containers of healthy and filling treats. Skip the high-sugar, high-fat snacks and the resultant sugar high and crash they often produce.

And yes, the kids can sometimes look out the window. Get a road map (yes, they still make them) and mark out the route to your destination. Every once in awhile, get

the kids to trace the route, locate where they currently are, and see if they can find something worth seeing up ahead.

If something seems interesting, try actually stopping and seeing it. Make the trip not just getting to a destination, but about things along the way. A scenic overlook, a whacky museum, just a small town with a great local ice cream spot. An occasional stop might add travel time, but it gives the kids a chance for some exercise and can often be an unexpectedly fun experience for the whole family.

Making the drive an interesting part of the vacation can actually reduce stress for both parents and kids, and add to everyone's enjoyment.

Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@ counseling.org or visit the ACA website at www.counseling.org.

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504 Homes for Sale

Current MLS listings include several 3 and 4 bedroom, 2 bath homes for sale in popular locations. Call Matt Vogler, "The Weekend and After Hours Realtor" for addresses and pricing. 541.377.9470



FOR SALE BY OWNER
5.44 acres w/ water rights, custom built home. 2154 sq.ft., 2 1/2 bedroom, 2 1/2 bath, large front room w/ vaulted ceilings, upgraded kitchen & bathroom, sunroom attached, sun cover over patio, large deck 648 sq.ft., home and garage have all metal siding & roof, Super Good Sense construction, all electric w/ fireplace & stove, all kitchen appliances included, great view of Blue Mountains, all metal shop & RV coverage 1692 sq.ft., underground water system for yard & acreage, wheelline & handline for field, pole barn 984 sq.ft. for animals/hay/storage. 4 acres planted in grass, 4 acres are in farm deferral, yard is landscaped, well/septic, all fenced, all documents are filed. County. MV \$372,000. This is a must see house! Buyers Bonus. Asking \$349,000 Motivated Seller! 541-969-3676 541-969-4771

504 Homes for Sale

Call the "Weekend & After Hours Realtor" to view homes at a convenient time for you. Available on Short Notice, Special Financing Program Information! Call Matt Vogler, 541.377.9470
John J. Howard & Assoc.
(541) 377-9470

507 Homes w/Acreage

New Listing \$299,000 includes a 2910 square foot triplewide mobile home that looks new and 28 very private acres up East Birch Creek. About 8 miles east of Pilot Rock. Incredible views. Call Kal (541) 969-7358.
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\$695,000- 5079 sf (m/l), 12+acres. Unmatched quality and style, oversized rooms throughout. 2 car extra large garage, 3 stall barn, 30'x70' shop, extra garage, and RV parking. Kevin 541-969-8243. #17215908
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541-276-0021
516 Lots & Acreage
New listings 2 lots in Ukiah. Could be purchased together or separate. Each lot is \$59900. Utilities to property. Call for more info (541) 969-7358
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Elk Meadows. 10-13 Acre Sites now starting now at \$109,650 including Power & Water. Financing available. Easy commute to LaGrande or Pendleton.
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Pending.....\$165,000 - 4 Bedroom 2 Bath in Pendleton. Large Living Room. Country Kitchen. Large Lot. Lots of room for your family in this one. MLS# 18213404
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