

THE magazine for the whole family

## Extreme Birthday Party

By Traci Carroll

I get lost really easily. I mean really easily. Maybe that's why I had some trepidation about visiting a cave...you know, a big, dark hole in the ground full of invisible sink-holes, meta-metaphor for places on earth and in life where your sense of direction fails you, supreme image for the uncharted territory of the unconscious. OK, well maybe sometimes a cave is just a cave, but I truly thought I would have to stop and ask for directions at least three times. To my pleasure and surprise, Appalachian Caverns was easy to find and a quick 25 minute drive from downtown Johnson City. After a few miles of pastures and poppies and mobile homes, the Appalachian Caverns sign was impossible to miss. Feeling that I had actually discovered the cave myself, I exclaimed to owner Roger Hartley, "I had no idea this was back here!" I could tell he had heard this too many times: "That's our problem." Local archaeologist S.D. Dean had put Appalachian Caverns on the National Cave Association Map in 1969, but when the cave came up for auction last May, present owner Roger Hartley didn't know it existed, either. The site had been developed by its previous owners in the 1980s, but had been closed for a year and a half. Although it may not be as well known, Appalachian Caverns is larger than Bristol Caverns and is considered the region's mother cave. *please see "BATTY" on page 13*



*Appalachian Caverns caving experience*

## Trip Tips

By Laurel Smith

"Pack your car the night before!" I said. I told this to my brother before his 7 hour drive to meet us at the beach for Thanksgiving, but of course, being my "little" brother, he did not listen. He thought he could pack his wife, two young children and all their cribs, strollers, snacks, toys, car seats and suitcases in the morning before they left. As a result, they didn't get on the road until noon! Seriously, packing the car the night before a big trip accomplishes several things. First, it allows you to pack at a leisurely pace so you are not rushed and panicked, leaving you stressed out just before you get behind the wheel. You will be able to hop in the car cheerfully rested and relaxed in the morning with your coffee in hand, more able to enjoy the journey, and with more patience to keep the kids happy. *please see "tips" page 12*



## Camping with Children

By Mary Bouldin



Camping with children can be a real challenge. If you are a regular camper who wants to try camping with your new additions to the family, you are in for some surprises and some major adaptations. If you are attempting camping for the first time as an adult - congratulations! You will never find a more rewarding adventure! Either way, you may find the tips offered here a great help in planning your trip.

### Tips For Parents:

Don't expect to make a whirlwind trip - Your children may not enjoy seeing five parks in four days. Most young children will remember a great spot with good dirt for digging in - not many different famous monuments. Older children will enjoy meeting other children and *please see "Camping Tips" on page 3*

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Chris Joker and Floyd Bailey

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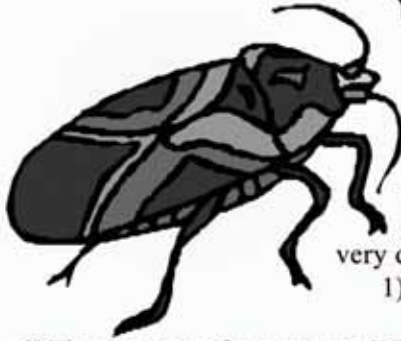
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# Yucky News

By: Brad T. Bromling



**C**ockroach - yuck - just saying the name can make you squirm! Of all the different kinds of insects in the world, few are disliked more than cockroaches. There are good reasons to stay away from them. Because of their unclean eating habits, scientists tell us that they can carry diseases. Cockroaches eat almost anything - from shoe polish to soap (and just about everything in between)! Once they move into your house, they are very difficult to control. This is true for several reasons.

- 1) They are active mainly at night. You can have roaches living in your house and never know it-- unless you get up and turn on the lights!
- 2) They are very fast runners. When you turn on the lights, they will run to a crack so fast that you may not be able to stop them before they get away
- 3) They are hard to kill. Their bodies are very strong; unless you hit them just right, they'll get away.
- 4) Their flat bodies allow them to slip through very tiny cracks.
- 5) Roaches are able to go a few months without food - so it's hard to starve them out.
- 6) They have many, many babies! In a year, one pair of cockroaches can produce 400,000 babies. It is obvious cockroaches were designed for survival. **FPT**



## Roach Humor

**Did you hear the one about the cock-roach pudding?  
"NEVER MIND YOU WOULD NEVER SWALLOW IT"!**

### Musical roach

A woman went into a restaurant And sat down. From a tiny cage he took out a beetle, a cockroach and a tiny harmonica. The cockroach picked up the harmonica and began to play. The beetle began to sing. The waiter's eyes widened in surprise. "What an amazing thing!" he said, "I've never seen anything like that." "Well, don't get too excited," replied the woman. "It's not as amazing as it looks. The cockroach is a ventriloquist."

### Two roaches talking

Two roaches were munching on garbage in an alley when one engages a discussion about a new restaurant.

"I was in that new restaurant across the street," said one. "It's so clean! The kitchen is spotless, and the floors are gleaming white. There is no dirt anywhere--it's so sanitary that the whole place shines."

"Please," said the other roach frowning. "Not while I'm eating!"

Every night, Joe would go down to the to a restaurant, get 6 hotdogs and 2 sweet teas, bring them home, and eat and drink while he watched TV. One night, as he finished his last hot dog, the doorbell rang. He stumbled to the door and found a six-foot cockroach standing there. The bug grabbed him by the collar and messed up his hair, then left.

The next night, after he finished his 4th hot dog and second sweet tea, the doorbell rang. He walked slowly to the door and found the same six-foot cockroach standing there. The big bug made fun of the way Joe was dressed, then left.

The next night, after he finished his 1st hot doge and sweet tea, the doorbell rang again. The same six-foot cockroach was standing there. This time, the bug made fun of Joe's mamma. Then the big bug left.

The fourth night Joe didn't eat his hot dogs or drink his tea at all. The doorbell rang. The cockroach was standing there. The bug called Joe nasty names and left.

The following day, Joe went to see his doctor. He explained the events of the preceding four nights. "What can I do?" he pleaded.

"Not much" the doctor replied. "There's just a nasty bug going around."

## Kid Friendly Recipes



In discussions with my parent friends it seems that getting children to eat somewhat healthy food is a universal struggle. To help alleviate this situation **Family Pastime** has searched the globe for recipes that make meal time a bit more palatable for our children. Try out these recipes and be sure to give us feedback on our website [www.familypastime.com](http://www.familypastime.com) or if you have a recipe you would like to share you may submit it on line as well.

### Bacon Spaghetti

Serve with tossed salad and garlic bread.

Makes 4 - 5 servings.

1 pound bacon 1 pound spaghetti  
3 cloves garlic, minced  
5 tablespoons olive oil  
salt to taste ground black pepper to taste  
2 tablespoons grated Parmesan cheese

#### Directions

1 Cook bacon until crispy. Drain well. Crumble.  
2 Prepare spaghetti according to package directions.  
3 Process garlic cloves through a garlic press, and combine with olive oil. Toss spaghetti, bacon, garlic/olive oil. Season with salt and pepper to taste. Sprinkle with Parmesan cheese.

### Peanut Butter Noodles

This is kid friendly with an Asian twist. Can also be made with your favorite pasta. Makes 4 servings.

#### INGREDIENTS:

1/2 cup chicken broth  
1 1/2 tablespoons minced fresh ginger root  
3 tablespoons soy sauce  
3 tablespoons peanut butter  
1 1/2 tablespoons honey  
2 teaspoons hot chile paste (optional)  
3 cloves garlic, minced  
8 ounces Udon noodles  
1/4 cup chopped green onions  
1/4 cup chopped peanuts

#### Directions

1 Cook noodles in a large pot of boiling water until done. Drain.  
2 Combine chicken broth, ginger, soy sauce, peanut butter, honey, chili paste, and garlic in a small saucepan.  
Cook over medium heat until peanut butter melts and is heated through.  
Add noodles, and toss to coat.  
Garnish with green onions and peanuts.

**What do cats call mice on skateboards?  
"Meals on Wheels."**

### Pizza Casserole

You can easily personalize this recipe to suit your family's taste. Not only is it quick 'n easy, it tastes great, too! The kids will absolutely love it.

Top casserole with your favorite pizza toppings.

Prep Time: approx. 30 Minutes.

Cook Time: approx. 45 Minutes.

Ready in: approx. 1 Hour 15 Minutes.

Makes 4 servings.

2 (7.25 ounce) packages uncooked  
macaroni and cheese

1 (14 ounce) can pizza sauce

1 (8 ounce) package mozzarella cheese,  
shredded and divided

1/4 cup grated Parmesan cheese, divided

6 ounces pepperoni sausage, sliced

#### Directions

- 1 Bring a large pot of lightly salted water to a boil. Add pasta and cook for 5 to 8 minutes or about 3 minutes before cooked; drain and place noodles in a 9x13 inch baking dish.
- 2 Preheat oven to 400 degrees F (200 degrees C).
- 3 Stir in pizza sauce, powdered cheese packets from macaroni and cheese mix, 1/2 the mozzarella cheese, 1/2 the Parmesan cheese, pepperoni and any other pizza toppings that you want to add.
- 4 Top with the remaining cheeses.
- 5 Bake in preheated oven for 45 minutes or until cheese is bubbly
- 6 serve.

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I am writing this because if I don't I will forget it ever happened. I already don't believe it happened so maybe referring to this document will help convince me it really did. First let me say, if you have children you know they are loud. If you have more than one child they are LOUDER and if you have my daughter... Let me just say I am exploring options for a loud scholarship. If I can find a University that offers a full scholarship for loudness, we're there. Back to my story, I was at home with the kids. We had just finished dinner, I was cleaning up and they were... I'm really not sure what they were doing but they were doing it in the kitchen

and, of course, it was loud. Now I don't know how the idea first occurred to me. It's insane that it would and if I had thought before I spoke I probably would have dismissed it out of hand and never brought it up again. I said, in a calm, low tone (the kind of tone that is internationally known by children of all ages as the "Daddy is close to the end of his rope" tone) I said, "let's see who can be the quietest." That's all I said. What happened next is nothing short of a bonified child-rearing miracle. I don't know what actually made it work. Maybe the fumes they were inhaling from the exact combination of macaroni and cheese, baked beans, applesauce and ketchup on their shirts. Maybe it was ingesting just the right amount of playdoh, dog treats and marshmallows? Who knows? Sufficed to say that combination will never occur again.

My son replied, "let's play quiet mouse". I raised an eyebrow. My daughter excitedly concurred, "Yes, yes Daddy let's play quiet mouse!" I have never in my life heard of quiet mouse. But being the quick thinking kind of father that I am I immediately put quiet and my children together and decided nothing bad can come of this. I can't lose. Anytime you can play something with your child that includes the word "quiet" you have to do it. I still don't believe what happened next. They both got quiet. Believe me when I tell you silence was never, for anyone, so golden. I almost went into shock. They were quiet. Quiet enough, I don't doubt that if I had turned on the garbage disposal, I would have actually heard it. My son whispered, "whose the winner Daddy?" Winner? No, the game can't be over yet; this can't be so. This, this mouse is nothing but a tease. I felt the silence slipping away like a happy meal toy down the toilet. And then I calmly whispered, "The game isn't over until Daddy finishes cleaning up the kitchen." This is when I knew I had grabbed that plastic movie action figure by the last visible lock of purple hair and pulled it from the swirling waters. They fell for it. We continued with the game. By the end of this game our kitchen was so clean you could actually eat off the table. I cleaned things I didn't even know could be cleaned and some that couldn't. I squeezed every bit of quiet out of that mouse. Somehow we held on all the way through my cleaning every cube in the ice bin. Somewhere in the midst of the game I realized I would have to pick a winner. This would be a bad thing. I could already hear the bickering in my head over how "NO FAIR, I WAS A QUIETER MOUSE THAN HER/HIM". *please see "Quiet Mouse" on page 15*

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# B I N G O

 Bike	 Airplane	 Hospital	 Picnic table	 Boat
 Cow	 Jeep	 Barn	 Parking meter	 Ambulance
 Slide	 NO PARKING	free	 STOP Stop sign	 RR crossing
 Traffic cone	 School crossing	 Dog	 Camp trailer	 YIELD
 ONE WAY One Way	 School bus	 75 Inter State	 SPEED LIMIT 50	 Monster truck

fpt-01

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# B I N G O

 American flag	 DETOUR	 School	 FOR SALE	 Tractor
 Passenger bus	 Horse	 Swing set	 Ambulance	 NO U TURN
 Van	 RR crossing	free	 Re-cycling bin	 Convertible
 House	 Fire truck	 Train	 Drink machine	 Tow truck
 Beetle	 WRONG WAY	 Dump truck	 Church	 Street sign

fpt-02

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# B I N G O

 Tractor	 Handicap	 Re-cycling bin	 NO U TURN	 Cement mixer
 SPEED ZONE AHEAD	 Train	 Bird	 Beetle	 Deer crossing
 18-wheeler	 Helicopter	free	 Jeep	 American flag
 Backhoe	 EXIT	 Van	 GAS	 Crane
 STOP Stop sign	 Bridge	 NO PASSING ZONE	 Airplane	 Mail box

fpt-03

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# B I N G O

 Hummer	 18-wheeler	 Motorcycle	 VW mini bus	 FOR SALE
 Deer crossing	 PASS WITH CARE	 75 Inter State	 Taxi	 School
 Stop light	 Passenger bus	free	 Cow	 Bike
 R.V.	 Church	 DO NOT ENTER	 Bull dozer	 Gas pump
 No left turn	 Boat	 Dumpster	 Traffic cone	 Bridge

fpt-04

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## Flying Fishermen

By Garry K. Brantley

If animals held fishing contests, these birds would be among the best anglers. Among the largest of all living birds, pelicans mostly eat live fish - and a lot of them. Adult Old World white pelicans, for example, need to eat more than four pounds of live fish each day. Catching these fish isn't a problem for pelicans because they have very unique ways of capturing their tasty meals. The brown pelican, for instance, hunts for fish above the water. Once it spots its prey, the brown pelican becomes a living "arrow." It points its head and beak toward the target, stretches its wings behind the back, and plunges into the water. As it enters the sea, the brown pelican scoops up water and fish in its huge pouch on the underside of its bill. Once the water drains from its pouch, it swallows the fish. Gulp! It's ready to take another plunge. Unlike the brown pelican, the American white pelican



fishes from the water's surface. This bird plunges its head and bill underwater to seize its prey. White pelicans often work as a fishing team. Forming a semicircle, these birds herd fish into shallow water by beating their wings on the surface. Then, using their huge beaks, they scoop the fish into their pouches.

*There are seven species of pelicans worldwide. The brown pelican and North American pelican are the most common North American Species. A brown pelican hits the water with such force that the sound can be heard half a mile away. Beneath the skin of the pelican's chest is a series of specially-designed air pockets. This system cushions the impact, and protects the pelican from injury*

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|----------------------|----------------------|
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| 2. CEHMZPEIAN_____   | 13. OOCRNSHIRE_____  |
| 3. AOIOSPPHTMUP_____ | 14. GFEFIAR_____     |
| 4. SMOOSPO_____      | 15. KGNAOROA_____    |
| 5. TPHLNEEA_____     | 16. KALOA_____       |
| 6. EROLCDIOC_____    | 17. THONYP_____      |
| 7. OETOCY_____       | 18. EHMICZNEPA_____  |
| 8. ABDLAELEG_____    | 19. HFYELIJS_____    |
| 9. GLARAITLO_____    | 20. NYLX_____        |
| 10. DAORLPE_____     | 21. TCECELRILEE_____ |
| 11. CPSNIROO_____    | 22. KGEOC_____       |
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The most unsuccessful animal rescue ever, took place on January 14, 1978, when volunteers from the British army, filling in for striking firemen, were called by an elderly lady in South London to get her cat out of a tree. They extricated the cat with no difficulty whatsoever, and then ran over it as they drove back to the Fire Station.

**Words To Find:**

Circle the words. Words may be forwards, backwards up and down, left to right, right to left or diagonal.

- ANGELICA
- ARTHUR
- BARNEY RUBBLE
- BART SIMPSON
- BUGS BUNNY
- BUTTERCUP
- DAFFYDUCK
- DONNIE
- EDD
- GARFIELD
- GOOFY
- JIMMY NEUTRON

- KIM POSSIBLE
- LILO
- MICKEY MOUSE
- ROCKY
- SCOOBYDOO
- SHAGGY
- SMURFETTE
- SPONGE BOB
- TIGGER
- TIMMY TURNER
- TOM
- TOMMY PICKLES



## Parenting Tips

Raising kids today is arguably harder than ever before. But, there are some ways to help ease the stress and strain of raising your little ones and prevent behavior problems through good parenting.

1. Establish "together time" Establish a regular weekly routine for doing something special with your child -- even if it's just going out for ice cream
2. Don't be afraid to ask where your kids are going and who they'll be with. Get to know your kid's friends -- and their parents -- so you're familiar with their activities.
3. Try to be there after school when your child gets home.
4. Eat together often. Meals are a great time to talk about the day and bond.
5. Be a better listener. Ask and encourage questions. Ask your kid's input about family decisions. Showing your willingness to listen will make your child feel more comfortable about opening up to you.
6. Don't react in a way that will cut off further discussion. If your child says things that challenge or shock you, turn them into a calm discussion.
7. Be a living, day to day, example of your value system. Show the compassion, honesty, generosity and openness you want your child to have.
8. Know that there is no such thing as "do as I say, not as I do" when it comes to your kids.
9. Examine your own behavior.
10. Reward good behavior consistently and immediately. Expressions of love, appreciation, and thanks go a long way -- even for kids who think themselves too old for hugs.
11. Accentuate the positive. Emphasize what your kid does right. Restrain the urge to be critical. Affection and respect will reinforce good (and change bad) behavior. Embarrassment or uneasiness won't.
12. Create rules. Discuss in advance the consequences of breaking them. Don't make empty threats or let the rule-breaker off easy. Don't impose harsh or unexpected new punishments.
13. Set a curfew. Enforce it strictly, but be ready to negotiate on special occasions.
14. Have kids check in at regular times. Give them a phone card, change or even a pager, with clear rules for using it.
15. Call parents whose home is to be used for a party. On a party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in place).
16. Listen to your instincts. Don't be afraid to intervene if your gut reaction tells you something's wrong.
17. Let your children know how much you care in every situation you can, and especially when they are having problems.
11. Accentuate the positive. Emphasize what your kid does right. Restrain the urge to be critical. Affection and respect will reinforce good

Please see "Parenting tips" on

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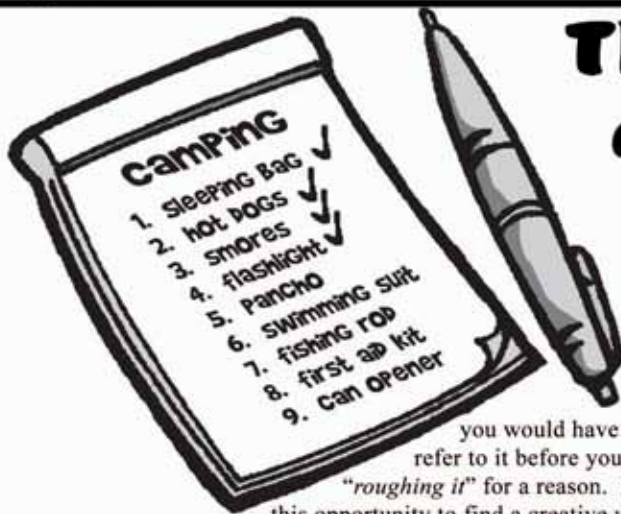
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Tuesday - Family Feast Specials

**Applebee's** - 2100 N. Roan Street, Johnson City  
Wednesday - \$.99 Kid's Meal (12 and under)

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## The big list of camping supplies

This is certainly not an exhaustive list but it is pretty extensive.

You will not need everything on this list and you may need some things that are not included on this list but it is a great starting point for thinking of things you may need or want on your next camping trip. We highly recommend you make a list while on your next camping trip of things

you would have liked to have had with you. Keep the list in your gear box that way you can refer to it before your next trip. An important thing to remember while camping is they call it "roughing it" for a reason. If you don't have exactly what you need make do with what you have or take this opportunity to find a creative way to accomplish what you need to. Above all else HAVE FUN!!!!

- Flashlights with batteries one for the parents and one for each child old enough to use it.
  - Headlamps this is a flashlight that straps onto your head. If you ever want to hike at night - this is the ONLY way to go. They're better than carrying a flashlight around. This helps one see what one is looking at, and are great for cooking and eating at night - not to mention a trip to the potty or fixing a tent stake at night .
  - Wooden matches and a lighter
  - A battery powered radio (with batteries of course)
  - Basic tools- Phillips head and slot head screwdrivers, a hammer, and a camp knife are a must. If you know anything about car maintenance add to this basic list.
  - A fire extinguisher - it may sit in your trunk for years. Check it to make sure it is charged
  - A first aid kit. Purchase a pre-packaged one or put together your own. I would suggest adding 'mole skin' in your kit if you plan to do any hiking. Mole skin is great for covering over blisters- it makes the blister heal much more quickly and takes away the discomfort.
  - A sewing kit- scissors, thread, a few needles and safety pins will do it.
  - Duct tape - this stuff has fixed everything from my tent to my car muffler.
  - Dish soap - I use anti-bacterial soap as I often do dishes in cold water. Biodegradable soap such as castile soap is available at camping gear shops and can be used for everything from cleaning dishes to brushing teeth.
  - Rope- Clothesline works fine but a Clothesline rope is heavy, can be difficult to work with. I use 7 strand, military style Para Cord.
  - Swiss Army Knife or Folding Multi-Purpose Tool - You don't need the super expensive model, a basic one will do fine.
  - Machete is great for cutting branches into firewood or trimming a campsite.
  - A cup for each camper
  - A roll of trash bags - Great for packing up wet gear, dirty laundry, dirty dishes, and trash.
- Toiletries** (many companies send out sample sizes of their products)
- Toothbrushes and toothpaste
  - Dental floss
  - Shampoo and baby shampoo
  - A Metal Mirror - For shaving, hair combing, or "What do I look like today?"
  - Baby wipes - Great for faces and hands as well as bottoms.
  - Diapers and /or Pull-Ups Training pants - better to have too many than to have too few!
  - Toilet Paper and a small shovel - Just in case you can't find a rest room or the facilities are out of paper!
  - Hair conditioner
  - Quarters for the Showers - Keep them in a prescription bottle.
  - Three hair combs and/or brushes - Three seems to be the magic number, any fewer and I wind up without a comb by the third day of the trip.
  - Hand soap - I find the anti-bacterial soaps very reassuring on camping trips though good old Ivory is supposed to be just fine
  - Sun screen - This is a must have - talk to our doctor for use on babies under six months
  - Bug Repellent
  - Skin lotion - go for something unscented unless you really like mosquitoes and bears
  - Shaving Accessories
  - Tweezers Someone is always getting a wood or glass sliver, or bug stinger in their skin. Also good for pulling out dirt or debris from a nasty cut
  - Aspirin, Tylenol, or some other pain reliever
  - Children's Tylenol or other child size fever reducer
  - Forehead thermometer - I use a handy heat sensitive strip.
  - Finger nail clippers or nail file
  - Antiperspirant
  - Lip balm - some come with U.V. protection
  - Prescription medications - get spares of all you can; especially allergy and asthma medications as conditions can be worsened by changing climate and vegetation
  - Pet Prescriptions - Although we recommend you do not bring pets, if you are bringing along a pet make sure your animal is medically ready for your trip.

Please see "Big List Continued" page 19

## Tips

*Continued from page 10*

Second, it gives you more time to think about what you have packed so you don't forget anything, and so you can decide whether you really need to bring certain things. This really helps alleviate that "I wonder if I forgot something" feeling that everyone gets when they are about 30 miles into a 300 mile drive. Next, it allows you to plan better for games and travel activities you want to bring, and what snacks to bring. This will save you money and time on the road if you can bring lunch with you, and save you sanity if you have planned well to keep the kids busy. One final bonus is that it might buy you a couple of hours of quiet time at the beginning of your drive. This is well worth it! Many times when we have left for long trips early in the morning, we literally picked the



kids up out of their beds, took them to the potty and put them in the car -- pajamas and all. If we were lucky they often slept a couple more hours before we had an easy breakfast break in the car (usually cereal mix or granola bars) and a clothing change at our first gas stop. With safety in mind, think about where you keep your car before you pack it. Since we keep our minivan in the garage, we feel safe having our stuff in the car overnight. If your car is outside, you might feel better piling it all up inside near the door the night before. It will still only take a moment to toss it all in if you've got it all ready to go ahead of time.

Packing the night before will help you get on the road sooner which means you'll arrive at your destination sooner! **FPT**

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# Batty

*continued from page 1*

With over \$700,000 worth of stainless steel bridges and fiberglass walkways, the paths through the cave are easily to negotiate (most of the paths are wheelchair accessible), and the lighting system is just bright enough to highlight formations such as flow rock, stalactites and stalagmites, and a remarkable fossilized catfish embedded in the wall. The cave's development also included the removal of 162 tons of abandoned refrigerators, automobiles, and other garbage from the mouth of the cave, along with an additional 160 tons of dirt and gravel. Our tour guide, Kevin, had an easygoing, down-home manner and an impressive command of both geology and the cave's history. The cave was known and used by local Native Ameri-

colorful story in the cave's history is that of the Linville brothers, who used the cave as a hideout in the nineteenth century. According to legend, one of the brothers died in the cave and was buried there, but was later exhumed and removed from the cave by Native Americans who began to hold tribal councils in the cave.

In addition to the tour provided for the general public, Appalachian Caverns also offers Birthday Tour Packages that feature a "Wild Tour" option: a wet, muddy, physically challenging 3 1/2-hour spelunking adventure led by experienced guides into some of the more remote areas of the caves. Anyone who passes a text crawl through one of the big cave's smaller corridors may participate in the Wild Tour I left Appalachian Caverns knowing a great deal more about the formation of caves and the importance of cave preservation for our local environment. The Appalachian Caverns Foundation is a non-profit organization dedicated to cleaning up cave entrances that have been used as dump sites, which pollute and poison ground water and threaten cave dwelling animals. The Foundation also educates the public on the importance of bats to local farmers as a means of controlling insects. Located at 420 Cave Hill Road in Blountville, TN, Appalachian Caverns welcomes tour groups and offers year-round RV camp sites and tent sites with hot showers. From I-81, take Exit 69 onto Hwy 394 for 2 1/2 miles to Feathers Chapel. Turn right onto Buncombe Road for 1 1/2 miles to Cave Hill Road. Make a left of Cave Hill Road and drive for 1/2 mile. To schedule Wild Tours and Birthday Parties, call 423-323-2337 or visit their website at [www.appalachiancaverns.net](http://www.appalachiancaverns.net). **FPT**

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## Camping

Camping continued from page 3



No matter how late we put our son to bed, he always gets up at sunrise when we camp. I made my son's food after reading how many chemicals can be found in baby food- except when camping. Disposable diapers aren't environmentally sound, but as long as you throw them into a trash can- you're doing fine! Take the baby out at every stop possible! We used to let our son sleep through gas stops. He figured it out and started waking up any time the car even slowed down! You can't have too many diapers or wet wipes. We ran out of diapers out in the boonies at a national monument in New Mexico and ended up stuffing our babies pants with napkins on the last two miles of a hike! If you haven't already discovered how handy having wipes can be, you'll find out on a camping trip! Have Mommy and Daddy use big comforters or blankets for themselves because a noisy or restless sleeping bag can make anyone of any age wake up. The hum of a battery-powered fan or generator imitates the sound of a car (when our little one sleeps the best) Other ideas: Let the little ones age 6 mos.- 3 years sit in their stroller around the campfire. It lets them be a part of things and also keeps them safe and in a familiar environment.

Camping trips rarely go perfectly the first time - but you can avoid a lot of serious complications with a bit of practice and planning. So how do you practice camping? Just do it close to home! The first camping trip should be a short two-night adventure near your home. This allows your infant the chance to become comfortable with the outdoors without over-doing it. A long trip can become disorienting for a baby or young child. Children have to adapt to long car rides. This takes training and patience. You don't want to start off your first camping trip with a screaming infant - so keep your trip close to home! Pick a spot without extreme temperatures. Even tiny babies can put up with almost anything you might expose them to - but you will have to work harder to keep them comfortable. I find heat is the extreme to avoid. You can keep a baby warm on snowy nights but it's hard to cool an unhappy baby in 95 degrees Fahrenheit (I got stuck in this situation once - it was no fun!!!) Infants under six months old should not wear sun screen unless your pediatrician recommends it. Even a baby kept in the shade can be exposed to a great deal of reflected sunlight. A baby with sunburn is a sad little thing. Avoid it at all costs! Camping near home

is also a great way for you to become accustomed to camping with a baby. Infants require a lot of equipment and supplies. If you forget something dire or realize that something you left home would really be handy you can always go home and get it. You don't want to find out about these little surprises 200 miles from home. Camping with a baby is always entertaining, but it may be quite a bit different than the trips you are used to taking. Give yourself a chance to get used to the changes. Plan to arrive at your campsite long before dark. You will need time in daylight to set up your tent and get situated. Even if you have set up your tent 100 times you may find it more difficult with your new addition. I suggest you have a tent that one person can set up alone if necessary. You will find this a necessity at one time or another if you plan to camp with babies or toddlers. Even tiny babies need time to acclimate to your new surroundings. A leisurely evening in your campsite will allow your baby to feel comfortable and secure. For your practice trip go overboard. Pack more clothes than you think you'll need, more formula or baby food, diapers, wipes, etc. This is your chance to see what you'll really need. Worry about packing space on your next trip. I recommend packing lots of clothes - but not too many items that are really heavy or bulky. It's better to layer lighter clothing. Temperature will fluctuate throughout each day and it is far simpler to add a layer or remove a layer of clothing when the climate changes rather than to re-dress your child five times a day.

### Children ages Six through Twelve

My children happen to be right in this age range, so I am getting a lot of practical experience in this department! I have found arranging seating in the car, so siblings aren't next to each other is advantageous. A creatively packed backpack between children helps a lot with arguments. I pass out driving directions to my eight year old so he can watch for roads and can see how much further we will be traveling. Long trips at this age can be rather tedious and require creative planning. Sometimes we each take turns at making up a scary or ridiculous story - each child trying to outdo the other. We also sing goofy songs - and the children are particularly fond of commercial jingles that I remember from long ago. Sad to say, but the absolute best method of crowd control seems to be candy! When the children are absolutely driving me bonkers, I pull out a roll of Lifesavers (or other candy that comes in small bits and doesn't melt). I find a handy road sign and read the distances. I tell them that if they can be good and quiet until we reach the next town (or interstate, or five mile markers, etc.) they can get a candy. We continue this until the candy is gone, and by then they have forgotten whatever it was they were arguing about in the first place and all is good. Camping itself is a breeze with children this age. They can help set up the tent and unload the car and can be trusted to remain nearby without continual supervision. One thing only- every child must have their own flashlight! Everyone loves making cool shadows on the tent walls and all heck breaks loose if sharing is required. Hiking with six to eight year olds is generally a comedy of errors. My children would drag their feet and whine and complain - until I found the instant fix! Buy some of those disposable cameras or provide your children with cheap cameras at the start of a hike. The novelty of being able to carry their own cameras will get you through your travels that day. Get the photos developed at a one-hour place if possible while you are still traveling - and then make a huge deal about their incredible pictures. The next time you hike, the children will be eager as long as you provide them with film!

### Camping With Teens

Let your teens bring books, walkmans, etc. When they want to be left alone they have something better to do than picking on a sibling or getting in trouble. To keep my teens from getting "bored" on the long ride, I have taught them how to be navigators. They read the map before we go so they will know which routes we are taking and what they would like to see along the way. Each takes a turn riding up front in the motor home and telling me where we are. No more "Are We There Yet?" When planning our vacations I let each person pick a day that we will do something they want to do. This includes myself as well. Each of them also gets to choose a dinner meal of their choice and then fix it. Somehow when they get to use the BBQ the meals always taste better. We bring along a few tapes of old radio shows like "The Shadow" and listen to them when we are sitting around the campfire. I make sure on each one of these camp trips we stay a few days at campgrounds where there is swimming available. Not only do they keep busy and are having fun with other children but I get to lay on a blanket and read!

*please see "Tips from other parents" page 16*

For other great camping tips and ideas visit Mary's website at: [www.camp-a-roo.com](http://www.camp-a-roo.com)



# Quiet Mouse

*continued from page 6*

I imagined the fray that would ensue to be of such magnitude that it would actually reverse all the good that had been done during the game of quiet mouse. Somewhere in the back of my mind I remembered reading an article on the power of "positive reinforcement". Positive reinforcement was my answer. After I finished dusting the bologna and knowing I could drag this out no further, I declared... a tie! I had the two quietest mice ever. The thing about quiet mice is they love (positive reinforcement) to go shopping at Best Buy. I now have two quiet mice with their own 32" plasma screen TVs in their rooms and a huge credit card debt. But in addition to the memories of the few short moments of true silence I also have a new pursuit, finding a university with a quiet mouse team. The scholarship is as good as ours. **FPT**



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## Family Pastime Kid-toons by kids for kids

This month's episode: SuperMouse! Story by Rhiannon Joker and Quynne Riddle. Illustrations by Rhiannon Joker



SUPERMOUSE IS AT THE MOVIES WITH HER LITTLE BROTHER, DAWG. SUDDENLY, THE SUPERMOUSE ICON APPEARS, AFTER DAWG GOES TO THE BATHROOM.

SHE RUSHES OUTSIDE, ONLY TO FIND THE MOUSE MOBILE IS GONE!

SHE GRABS A CAB AND FINDS THE EVIL.

IT'S DAWGULAI HE TOOK OVER THE GUM FACTORY!

SUPERMOUSE WINS THE BATTLE AND SAVES THE FACTORY!

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# Tips from other parents who have been camping with children:



Everyone thinks that as children get older the job becomes easier. This isn't true for camping (not for the first few years, anyway). Start making long trips in the car before this age!

Bring lots of books! Hard cover books don't travel well; I suggest those cardboard books. Beware! As my husband and I used books to coax my son across the country, he is now a book fiend. We have to read 20 books (or one book 20 times a day)!

Our son was 1 his first year we camped (he is 8 now) and we brought stories on tape cassettes and cassettes of mommy and daddy singing the ABC song, twinkle twinkle little star and lots of his favorites. He sat in his car seat listening as the tape played over and over while we set up the tent. He loved it. We did the same thing a week later when we broke camp.

When my family goes camping we bring along our portable crib (a Pack 'N Play). We recently purchased an Astro Van (yes it's big but we don't have to literally pack the children into the back seat anymore) and the Pack 'N Play fits perfectly in the cargo area (without the back seat). My son is 2 so we're hoping to have him in a regular bed sometime this fall, but for now he sleeps great in his portable crib. When it's our bedtime we just take him out gently, hold him close and put him in the tent. This method worked great for naps, too. We park the van in the shade, open it up for the breeze and let him sleep away.

Put your car seat in the rear of the car (of course!) and leave the seat next to it empty. We actually packed the passenger seat to the roof. The days of traveling at your partners side are over! I found that in a traffic emergency, I could breast feed my son in his car seat. I ended up very lopsided, but it was worth it!

I'm a mother of 2 children, and a scout mother of 15 girls in this age group. We have the best time doing several camping trips each year! I always pick a theme for the trips. It helps me to organize activities around a central concept. Much easier! Our favorites have been "Western" including a chuck wagon meal, corn bread muffins and tea. We came up with 20 ways to use a bandana around camp and practiced tying knots with 1-foot sections of rope. We sang old western cowboy songs, tried Cowboy poetry and learned a little about the stars. The "Survivor" theme was a hit last summer focusing on back-to-the-basic camping essentials. Children this age can grate cheese, stir a cooking pot, fetch water, hand wash and hang laundry, clean up around camp and even pitch the tents with a little help. They love to hike (1 to 2 miles) with frequent breaks. Be sure to take along a trail mix snack the children can make themselves. We made ours a bit of a competition. Racing through mundane chores easily. "Explorers" themes like Lewis and Clark are great for this age group, too. They naturally love to explore. I take along magnifying glasses, containers, nets and plastic cups to catch and examine insects. I set a firm, no touching policy for reptiles, insects and plants until they've been identified- this saves a lot of worry. We use handbooks to make an identification. Always involve the children in the basics of the camp. If the adults do all the preparing, cooking, and cleaning, the children don't learn. The look on a child's face is priceless when they've made their first wood campfire or pitched their first tent. My best advice is plan with the children, but always leave plenty of room for running, swimming, biking or just kicking around a ball. My children love to comb beaches, draw in the dirt and gather rocks. I always have paper and crayons handy, cards are good, too - but don't worry about entertaining the children 24/7. Camping is all about learning to entertain yourself without tv and games. Throw in a book or favorite magazine for yourself, and use your imagination to fill in the rest.

My parents had five children in ten years and we took several long road trips. What made it bearable? My parents would set a limit of every 100 miles (seemed like 500, but it was worth it) we would stop. If we had behaved well (of course, we always had), we received a prize. The prizes were simple little things usually picked up at the local five and dime store...i.e. bubbles, a comic book, a toy car, a box of crackerjacks...etc. The prizes were wrapped which made it even more exciting. My parents had a set of prizes for each of us so we always got something we would enjoy. With the short attention spans children have, the new prize would tide us over 'til the next stop. The bubbles were obviously outdoor prizes though.

*please see "More tips" page 17*

# More tips from other parents who have been camping with children:



*Continued from page 16*

A game for the road. This is for children who can spell and of course, know their alphabet. As you're driving down the road, watch the road signs (any non-moving sign will do). Go through the alphabet finding one letter per sign (per person!) Each person races to get through his/her alphabet first. I.E. Arkansas State Line...first person to see it yells out "A" and what he/she saw. He/she then looks for a sign with "B" and everyone else continues with whatever letter they are on.

When we camp with our small children, we take the illuminated "glow" sticks (the kind in the foil cover that you break and shake) to use at bedtime for night-lights. We tie one to the ceiling of the tent when the children retire and untie and lower it when we retire. We bring one for each night of camping. The soft glow becomes softer as the night wears on and is gentle on adult eyes! I recommend the green ones versus the red one -the red are brighter it seems.

The camp journal. We took plain white paper - about 5 sheets. Our son folded it in half and held it together with a paper clip. He then colored the front cover and titled it my camp journal. He was very proud of his journal. Two of his younger brothers also wanted a journal. They can't read or write yet, so I told them to do pictures instead of writing in them. They now have a nice memory of our first trip.

One of the neat things my daughter and I do, is a game of high tech hide and seek of sorts...we have FRS (family radio service) walkie talkies...she can hide out, and I have to find her (providing she can see me when she hides, for safety's sake) I have to find her then...and vice versa...lots of fun, and we use the walkie talkies all the time, in stores when we go shopping or other times. A walkie talkie is a wonderful little gadget for children! These that I bought weren't terribly expensive and I got them at a pawnshop for even less...the pair were less than 30 dollars and we have fun with them all the time! Just use your imagination and remember what it was like to be a child...ideas will fill your mind almost instantly of things, little things we can do to make anything more fun! One last thing I'd like to mention, when talking with a child about anything serious, GET DOWN TO THEIR LEVEL ! squat down or get them up on something high so they can see eye to eye with you and not feel intimidated.

Bring cards. You can play many games with a simple deck of cards. (They can even be a deck that is missing cards. Young children don't know/care) Go Fish, and war, and my children even made up old maid,

Pack lots of socks for each child. At least 2 pair or more per day. If there is a drop of water, or mud puddle of any kind to be found, they will find it! Don't expect the socks to come clean.

It is mandatory that we carry 2 bug jars, 2 nets, 2 buckets, and 2 flashlights. Our sons are 5 and 7 and they enjoy looking at the different kinds of insects that they can find. They always catch frogs and minnows near the lakes and streams. We examine these creatures and return them unharmed to the wild.

We have a big cloth laundry bag we take along on all camping trips. In the bag we pack ball gloves, baseball/softball, bat, Frisbee, tennis rackets and balls, soccer ball, hackey sacks, etc. Any sporting equipment your family might enjoy. This really saves the day for us. We also pack a couple of blow-up beach balls. This gives the children something to throw around in a swimming pool or even at a campsite.

We love to take our small rubber raft whenever we can. It packs very small, but provides big entertainment. Be sure to buy a low pressure blower that plugs in to the car cigarette lighter, and save your breath. Those rafts are bigger than they look. And get some decent life jackets for everyone.

# Parenting Tips

*continued from page 10*



12. Create rules. Discuss in advance the consequences of breaking them. Don't make empty threats or let the rule-breaker off easy. Don't impose harsh or unexpected new punishments.
13. Set a curfew. Enforce it strictly, but be ready to negotiate on special occasions.
14. Have kids check in at regular times. Give them a phone card, change, or even a pager, with clear rules for using it.
15. Call parents whose home is to be used for a party. On a party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in place).
16. Listen to your instincts. Don't be afraid to intervene if your gut reaction tells you something's wrong.
17. Let your children know how much you care in every situation you can, and especially when they are having problems.
18. Keep a positive attitude about your ability to be a parent. Trust your instincts.
19. Take care of yourself. Meet your needs for support with other adults so you can establish healthy parent-child boundaries.
20. Take time to teach your children values while they are young. Live your own values every day.
21. Make your home a safe, secure, and positive environment. Provide appropriate privacy for each family member.
22. Get involved in your child's school, your neighborhood, and your community. You, not the teachers and other authority figures in your child's life, are responsible for parenting your child.
23. Set clear rules and limits for your children. Be flexible and adjust the rules and limits as they grow and are able to set them for themselves.
24. Follow through with consequences for your children's misbehavior. Be certain the consequences are immediate and relate to the misbehavior, not your anger.
25. Let your children take responsibility for their own actions. They will learn quickly if misbehavior results in unpleasant natural consequences.
26. Be a guide for your children. Offer to help with homework, in social situations, and with concerns about the future. Be there to help them direct and redirect their energy and to understand and express their feelings.
27. You are separate from your child. Let go of the responsibility for all of your children's feelings or outcome of their decisions. Your children's successes or failures are theirs, not yours.
28. Provide an environment for your children where a foundation of mutual appreciation, support, and respect is the basis of your relationship into their adult years.



# The big list Continued

*continued from page 11*

## The Gear

- A tent - (or RV) Make sure you have all the stakes, ropes, poles, etc. Most tents come with cheap stakes I buy 'industrial strength' stakes.
- A ground cloth or tarp - You should always have a tarp or two or more to go with your tent. You should have one tarp that fits well over the top of your tent.
- Sleeping bags or blankets - lots of blankets
- Fleece Sleeping Bag Liner - Not only does this add warmth to a sleeping bag, it helps keep your sleeping bag clean. It's easier to wash than the whole sleeping bag.
- A Canteen is a great carrier for your favorite beverage - even water!
- Pillows. Coats work great if you're in a pinch for space or stuff clothing in a stuff bag.
- Camping lanterns - we use the battery operated kind. They aren't as bright as gas lamps, but are safer with a small child and can be used in the tent without fear.
- Candle Lanterns - Pretty safe, good at night inside a tent, and saves your batteries. A tabletop candle lantern adds light and warmth to a tent. Candles really can warm your tent!
- Camp stove and Propane or other fuel - You don't need a stove if you don't mind cold food or buying wood every night.
- A Propane Grill - A propane grill for grilling meats comes in handy under the tarp when it is raining and you want that grilled steak for dinner.
- Charcoal and lighter fluid great if you don't have a gas grill - not every place has firewood available
- A Long Handle Pick Ax I use the side of the ax head to pound in my stakes, the point of the ax to take them out.
- A bandanna Great for tying hair back and can be a washcloth, etc.
- Solar Powered AA Battery Recharger - Those AA batteries run down fast, particularly with children.
- A Cooler - I use a cheap \$6.00 cooler. HINT: A block of ice will keep food cooler much longer; cubes will cool much more quickly.
- A baby backpack
- Backpacks for the children - Why carry snacks for everyone? Let the children pack and carry what they want to bring (they might want to bring less stuff next time).
- A stroller - This is a nice item to have but a nightmare to pack. If your child is able to walk, I really recommend you leave the stroller at home. If you do want to bring it - pack it last so you can get it out without emptying the trunk.
- A chair for meals - I purchased a child's chair that will clip onto almost any table.
- A solar shower - I've been told that these are great for dish washing as well as bathing!

## The Glove Box

- Car Registration and Insurance information.
- Medical insurance - Bring everyone's cards; better safe than sorry.
- Travelers check receipts
- Camera and film - Many cameras take strange batteries - bring a spare!
- Bring a book - If you read, bring something. You never know where you'll be waiting.
- Your AAA Card - If you don't have one, I recommend you get one. Free tows in the U.S.A. are only the beginning. Your policy may say they only tow 7 miles - but that's not the full truth. AAA will tow you seven miles in town. If you break down 40 miles from the nearest town - they won't start counting up your seven miles until you reach town. I once broke down 60 miles from the nearest services and bummed a ride to the local AAA office. I paid the \$49 card fee and had my car towed the next day. I would have paid \$120 for the same tow had I not purchased a AAA card. Free maps and trip planning are just a bonus.
- Your checkbook - Most self-service campgrounds accept checks and it's less complicated than trying to come up with exact change at every stop
- The Golden Access Passport and/or Adventure Pass- For \$50 you can purchase a pass that covers the entry fees to National Parks, National Monuments, Bureau of Land Management Areas, and Forest Service areas for one year. Some forests now charge for the Adventure Pass. This pass also gives you a discount on camping fees for some parks. Most parks have a \$10 entry fee. Yosemite and the Grand Canyon are \$20 areas. Some parks are free. These fees are in addition to the fees you pay for camping. If you plan on visiting five parks in the next year, this pass will pay for itself.
- Your credit cards and ATM cards - Yes, I have left my VISA at home accidentally - the only time I have needed it of course
- Money - Don't bring hundreds please and find a creative hiding spot for some emergency cash in case you lose your wallet

## Cook Ware

- A plastic dishpan - This keeps the stuff from rolling all over in the trunk and comes in handy for dish washing and bathing.
- Paper plates - bring twice as many as you think you'll need. Also useful to entertain children - instant art paper!
- Can Opener
- Silverware - 2x everyone in your party
- Paper towels
- Condiments - Almost all condiments will keep well - Just make them easy to get to.
- Adult beverages - If you like a beer or a glass of wine after a long day of hiking I recommend that you bring some along if you are going someplace you haven't been to before. I have run into dry counties or outrageous prices on every trip I have taken.
- Hot Dogs - Excellent food. Almost everyone loves hot dogs.
- A box of Cereal - Cheerios, Chex's, any Cereal that requires no sugar. Eat this out of a cup. It's a quick and easy breakfast. You can also buy single serving packages - slice these open down the front of the box and carefully fold back the wax paper. Just add milk and forget having to wash bowls!
- S'more Fixings - Marshmallows, chocolate bars, and graham crackers!
- Zip lock storage bags - really handy if you hate seeing your butter floating around in the bottom of the cooler.
- Aluminum foil
- A spatula - My husband says the flat ended ones work best for camping.

please see "even more of the big list" page 20

# even more of the big list

- Cooking Utensils - A serving spoon, a pronged fork, a pair of tongs, and a good knife
- Hot Pads
- Clothes Pins
- A frying pan - I use an old cast iron pan so I can cook on any surface without worrying about my pan.
- A pot with a lid

*continued from page 19*

## In The Car

- Water - I use a large container for the bulk of the water and keep a small bottle with water in reach for drinking in the car or on hikes.
- Maps
- Toys
- Towels - Towels also help keep little legs from getting burned on hot seats or cold legs warm in a cold car.

## Clothing To Bring

- A Good Hat - Seattle Sombrero Rain Hat - Best all-round hat I've ever had. Gotta have a good hat. Seattle Sombrero will do it.
- Rain Poncho - For children or adults, a rain poncho is a quick putter-onner when the water is coming down.
- Sport Sandals - Quick and easy footwear around camp, often useful for walking in shallow river and lake water. Also a really good idea for those public showers!
- Long Underwear - Put 'em on when the air is chilly or damp, or at night when the temperature drops. **FPT**

For other great camping tips and ideas visit Mary's website at: [www.camp-a-roo.com](http://www.camp-a-roo.com)



## Can too much camping go to your brain?

These are actual comments left on Provincial park registration sheets and comment cards by backpackers completing wilderness camping trips:

"A small deer came into my camp and stole my bag of pickles. Is there a way I can get reimbursed? Please call."

"Escalators would help on steep uphill sections."

"Trails need to be wider so people can walk while holding hands."

"Instead of a permit system or regulations, the Forest Service needs to reduce worldwide population growth to limit the number of visitors to wilderness."

"Ban walking sticks in wilderness. Hikers that use walking sticks are more likely to chase animals."

"All the mile markers are missing this year."

"Found a smoldering cigarette left by a horse."

"Trails need to be reconstructed. Please avoid building trails that go uphill."

"Too many bugs and leeches and spiders and spider webs. Please spray the wilderness to rid the area of these pests."

"Please pave the trails so they can be plowed of snow in the winter."

"Chair lifts need to be in some places so that we can get to wonderful views without having to hike to them."

"The coyotes made too much noise last night and kept me awake. Please eradicate these annoying animals."

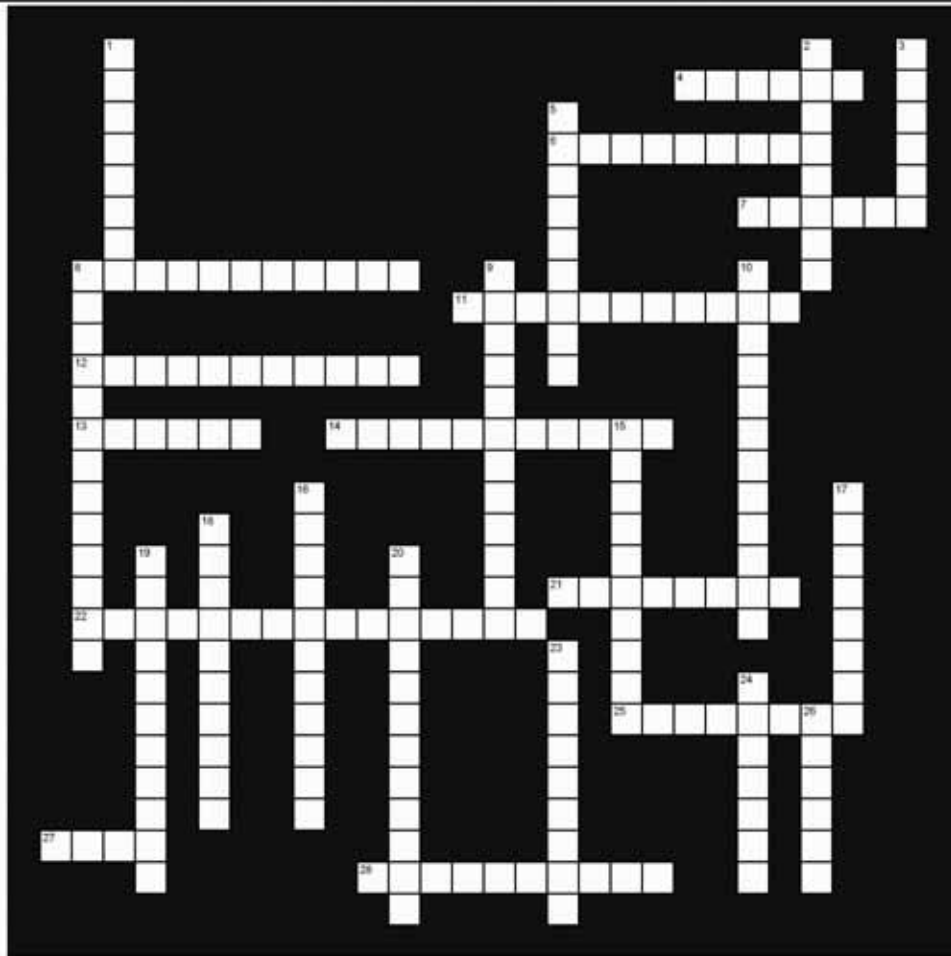
"Reflectors need to be placed on trees every 50 feet so people can hike at night with flashlights."

"Need more signs to keep area pristine."

"A McDonalds would be nice at the trail head."

"The places where trails do not exist are not well marked."

"Too many rocks in the mountains." **FPT**



## Candy crossword puzzle

### Across

4. A happy day at work every week or two
6. Sometimes you feel like a nut
7. Sometimes you don't
8. always comes with a toy surprise
11. this time and a future time
12. sweet clothing could be made from this
13. there's one born every minute
14. sons of mints
21. taste the rainbow
22. Athos, Porthos, and Aramis
25. geological sweets
27. nothing
28. candy legumes

### Down

1. If Super Man's alter ego owned a social club
2. Quite possibly named after a Yankee slugger
3. melt in your mouth not in your hands
5. Santa Claus would probably use this if he hurt his leg.
8. candy elephants would love these
9. A happy western cattle farmer
10. E.T. loved these
15. father of Dustin Hoffman's character in a 1982 movie
16. Could refer to Dustin Hoffman's part in this 1982 movie.
17. Big 'ol fish stories
18. Thrown to you if you fall off a ship
19. Key ingredient in Smores
20. drops a lot of things
23. Also a type of shoe but not as tasty as a shoe.
24. Not really candy however it is a tasty treat at the movies
26. parents sometimes cover your face with these

Look for the answers in next month's  
**Family Pastime Magazine**

## From the Editor

Well it's down to the message from the editor. I know this usually goes near the front however, I have already set up all of the other pages and this is the only page left and since it's my magazine...I will put it here.

I wanted to tell you a little about how **Family Pastime Magazine** came into being. My name is Chris Joker, I own RenderForge a multimedia, web development and Graphic design firm in Johnson City. Not too long ago I was visiting clients with my good friend Floyd Bailey, He owns Logan Computing a hardware, software and networking company in Johnson City. We decided to have lunch together and the conversation, as it often does, turned to our families and children. We were discussing what a wonderful place the Tri-Cities are to raise a family and how we have so many wonderful family things to do here. If only there were a source to help families find out what was going on. While there are many fine publications in the Tri-Cities none of them are targeted towards families and children. We decided to become that source. Our dream for Family Pastime Magazine is that it will help families to communicate and spend time together.

As we talked about it and shared our ideas with family and friends it became clear that everyone thought the same thing and thought that it was time for such a publication.

Months and a whole bunch of blood, sweat and a few tears later you are reading the fruits of our labor. While I am typing this you are probably asleep. Its 4:30 in the morning and I have a deadline in a few hours. As anyone with a small business and/or a dream knows if you want to your dream to be successful you can sleep later. Yesterday was Floyd's 19th wedding anniversary. He spent most of the day pounding away to help make **Family Pastime** make it to the printer on time. Fortunately his wife, Elizabeth is a strong believer in the family and this publication as well. At least I hope she still is, I already have the single parent slot filled on the staff. Everyone involved has a family and the children run the gamut from 6 to 21 so we have been through many of the parenting trials and tribulations that our readers are or will.

This publication is not perfect and I'm certain you will find some errors but we intend to keep plugging away and getting better with each issue. I would like to ask your help. Please e-mail (editor@familypastime.com) or snail mail (P.O. Box 3161 Johnson City, TN 37602) and let us know what you think. Good or bad. We will appreciate your feedback. I would also ask you to please shop with our advertisers every one of them believes in families and they believe in us to help us make this publication possible.

We have many plans for future issues. We also have plans for the website which is up **www.familypastime.com** but not complete.

Well I am about to put this issue to bed and then put me to bed. This weekend I am following the suggestions in the "Camping with Children" article and taking my children camping in Pigeon Forge and to Dollywood/Splash Country. In fact, as you read this I am probably laughing as I head down a large slide with my children.

Thank you for your support and we I will be pulling an all nighter again next month to get issue 2 finished.

Now go out and do something fun with your family.

# Weekend Retreat in the Mountains

By: Floyd Bailey

A place in the mountains! This is everyone's dream, but probably not in everyone's budget. However, here in the Tri-cities is a great opportunity to have the best of the best with family budgets in mind. Not only do we enjoy all the conveniences and amenities of city life, but also we are also very close to a place with beautiful vistas, grand overlooks, and snuggly woods. Such a place is just one-hour southeast of us and it is called Banner Elk, North Carolina. It's a wonderful quiet "get a-way" with numerous opportunities for recreation.

Horse back riding, white water rafting, fishing, swimming, hiking, camping, and these are just spring, summer and fall activities. Everyone, of course, knows about the winter ski resorts and all the fun in the snow. What you may not know is that Banner Elk provides for great weekend "get-a-ways" for every season. The process is simple. Call one of the many Mountain Accommodations centers; those fine folks there will help you decide on just the "right spot" for you and your family. There are literally hundreds of units available with all kinds of wonderful amenities to make your stay fun and relaxing. Units are reasonably priced, and right now you can take advantage of the off-season rates. There are units to fit every taste; big, small, wooded, mountaintop, and so on.

The area surrounding Banner Elk, N.C. is convenient to many other area attractions. Grandfather Mountain is just minutes down the road. The Tweetsie Rail Road is a great place for family fun and adventure. In fact, October is the time for Haunted Train Rides and the World Famous "Woolly Worm Festival" (October 15-16). Not to mention the world famous "Fall Leaves". In fact there is no place in the world where the beautiful leaves capture so much color and vibrancy as Banner Elk.

One other thing is worthy of note. Banner Elk usually boasts temperatures that are 10 degrees cooler than our temps here in the Tri-cities. So, if you are looking for that perfect weekend "get-a-way" not too far from home and reasonably priced, Pack your bags and "head for the hills". You will make memories for a lifetime. **FPT**

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