

If you get angry, try counting to ten before you say anything. Another method would be to step away from the situation and go write it down in a journal. Start your own "anger" journal, include what made you mad, how mad you got, and how you reacted. You might even find other ways that work for you. The key thing is to recognize your anger and control it before you hurt your loved ones.

The point I am trying to make is when the combination of "troubled teen" and frustrated parent combine, it can light the fuse of an underlying problem leading to double trouble. A problem may have nothing to do with the teen, but it sure seems easy to blame them, and make them a target for your anger. A key to remember is that frustration leads to anger. Try to catch and deal with the frustration before it turns to anger. This does not only apply to our relationships with teens but other family members.

Mary Wright, the author of this article, has a BA in Psychology from the Willamette University. She also has counseling experience and has worked with adolescents.



FOREST SERVICE NEWS

The Forest Service and BLM are selling Christmas tree permits. Stop by the office and ask to see a map of the areas. Each tag is \$5.00. **REMEMBER**, on December 9th the office will be closed and the permits will be sold out of the Community Hall during Christmas in the Country. Come down stairs, can't miss them!

Sno-Park permits are now available at the Forest Service office. You can buy a day use permit or an annual.

Need a unique gift for that certain someone at Christmas. The Northwest Interpretive Association (NWIA) has an outlet at the Forest Service. You can purchase Smokey Bear dolls, t-shirts, sweat shirts, books and more! Stop by and check it out!

The Town of Butte Falls and the Butte Falls Ranger District have received official word that they have been named 1995 National Rural Community Assistance Award recipients. In December, Joyce Hailicka and Carrie Driskell will travel to Portland to receive a \$5,000 grant for community-based projects. This grant was submitted by these two folks under the title of SPIRIT! What a fitting name for our Town!

Along with Prospect, Butte Falls was among 19 communities, private individuals, or Federal employees honored from among nominations throughout the Nation in the rural community assistance strategy, "Working Together for Rural America."

Stay tuned for more on this grant in future issues of The Bulletin!

CHRISTMAS TREES FROM BLM

Permits for gathering your Christmas tree from the BLM are now available at the Butte Falls Ranger Station. They are five dollars each with a limit of two trees per family. The two permit areas are for the BLM lands north of Fish Lake Road to the Rogue River and south of Fish Lake Road to Hwy 140. The BLM will also be selling permits for trees at the "Christmas in the Country" on December 9th. With the very intermingled private land ownership, especially Medite Corp., we ask you carefully use your permit map to make sure the tree you cut is from BLM lands. **The BLM wishes you all a VERY MERRY CHRISTMAS!!!**

