

**Our Centers:**

**Basalt Center**

Basalt Elementary School  
Phone: 970.384.5855

**Glenwood Center**

Glenwood Springs Elementary School  
Phone: 970.384.6055

**Carbondale Center**

Bridges Center  
Phone: 970.384.5796

**All Centers' Hours:**

**8:00—4:00 M-F**

**www.rffrc.org**

"The RFFRC is an official application assistance site for CHP+, a low cost insurance plan for Colorado Children. Your child may qualify. Call us to apply!"

**Thanks to The Global Action Student Group from GSMS for their generous donation to RFFRC.**

**Honor a Teacher**

**Mrs. Stephanie Pollender**  
of Glenwood Springs  
Elementary School

has been recognized as a great teacher by the Barth Family.

**Aspen Valley Ski Club**

There is still time...  
Last day for early season price for Base Camp programs is Nov. 13th.

**Cleaning your Closets?**

Donate your unwanted items to Miser's Mercantile in Carbondale. Ask them to credit the Roaring Fork Family Resource Centers Account. We use the funds to help local families in need.

**Try saying YES instead of NO**

"No" seems to be the most dreaded word in the English language. Kids hate to hear it almost as much as adults! There's nothing that starts a fight faster than the simple sound of this teeny, tiny two-letter word. The world is full of "No's." That's why preparing kids for the real world requires that we deny their requests from time to time.

But how do we say "No" without finding ourselves in constant battles? By saying "Yes" to something else!

Instead of: *No, I'm not taking you until your chores are done.*  
Try: *Sure! I will take you when your chores are done.*

Rather than: *No. I am not paying \$200 for a pair of sneakers.*  
Experiment with: *I want you to have those. The ones I was planning on buying cost \$25. I'll provide that amount.*

Instead of: *No. You are not watching R-rated movies.*  
Try: *Renting a movie is a great idea. Find a G rated one, and we'll pop some popcorn tonight.*

- Love and Logic

**RFFRC will conduct the Love & Logic series in Carbondale starting in January.**

**Honor a Teacher,**

**and give the holiday gift that keeps on giving...**

In a recent survey, 94% of teachers were supportive of having a donation made the Family Resource Centers in their honor. Your tax-deductible donation will go right back to the children at school for medical, dental, mental health & vision care, tutoring, enrichment activities and much more.

The teacher that you honor will receive a colorful card with your *personalized* message. Complete the attached card and return it to the RFFRC with a check or money order. Call 384-5689 for more information.

**Honor a Teacher Reply Card**

Please print:

Donor's name \_\_\_\_\_ Donor's phone \_\_\_\_\_

Teacher's name \_\_\_\_\_ Teacher's school \_\_\_\_\_

Personalized message for the card: \_\_\_\_\_

**Circle one:** Do you want the card to sent to your home **or** sent directly to the teacher?

Return this card with your tax-deductible donation to:  
RFFRC, Box 1833, Carbondale, CO 81623 or call 384-5689