



December, 2010

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Message from MSCA President

By Carrie Burnham, MSCA President

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Merry Christmas!

I hope this newsletter finds you enjoying a well earned Christmas Break! I hope that you are having a rejuvenating break with your families.

My article will be brief, in that I would like to wish you a Merry Christmas and Joyous New Year, and give you a couple of announcements.

I am excited to say that I

am preparing for the birth of my son...sometime in the next weeks...his official arrival date is early January – but, I really like anytime in the month of December! The MSCA Board will all be pitching in to cover any questions or concerns during the time I am away with my little one. Please feel free to contact your level Vice President with any questions you may have at this time – all of our con-

tacts are on the website.

We will be posting the results of the 2 e-mail votes shortly: the 2010 By-Law Revisions and Presidential Term Proposal. Information about both of these items has been presented at the MSCA Fall Membership Meeting, and via e-mail. The MSCA Board has allowed a 30 day discussion time and the official call for vote occurred on December 1st. Thank you

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Pass Us the Turkey and One of those Little 10,000 LUX Sunlamps Too!

By Kristy Savaria, Past-President



Important Dates

- MIEA Annual Conference Great Falls, Apr 7-10, 2011
- MSCA Spring Institute Bozeman, Apr 14-15, 2011
- 2011 Children's Mental Health Conference, Great Falls, May 19-20, 2011
- ASCA National Conference Seattle, WA June 25-28, 2011

Holiday Season is generally a blessed time where families and friends gather together for celebratory festivities. For some, as the weather changes and the season approaches it brings a different feeling; An overwhelming feeling of loneliness, sadness and emptiness that is tough to describe unless you have actually been there or have some experience working with SAD. School

Counselors are often the first reporters to parents regarding how well or not so well children are performing and doing psychosocially in school today.

SAD is the abbreviated name for seasonal affective disorder. The symptoms usually start in the late autumn or early winter as the days tend to be shorter with less natural sunlight. The illness generally lasts five to seven months and subsides on its own as spring

pops its head through the door and we begin to enjoy warmer and longer days.

Dr. Shila Matthew, a board certified psychiatrist at Kaiser Permanente Health system suggests that there are four classic symptoms shown by her patients who have been diagnosed as having SAD. These are: 1) increased desire to sleep, 2) extreme lethargy, 3) depression, and 4) increased appetite which often lead to

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Making the Connection With Parents

By Teresa Majerus , Middle School V.P.

“...junior high counselors become more knowledgeable than most parents about the latest trends.....”

On a recent Saturday morning I was visiting with a group of mothers as we watched our junior high sons play basketball. What began as a casual conversation turned to an in depth question and answer session about the life of an adolescent. I learned from these concerned parents their interest in being “in the know” about the current trends and fads among their junior high aged children. Each of us could recall our own junior high experiences but were all in agreement that today was a new era and our children are growing up in a different world. We discussed everything from the use and misuse of cell phones, electronic communications, and even what some believe to be the meaning and use of silly bands.

By the nature of the job, junior high counselors become more knowledgeable than most parents about the latest trends and fads of today’s youth. It’s not only our responsibility to continue learning about these fads, but an obligation to share this knowl-

edge with parents and guardians.

In the latest Professional School Counseling Journal (No 14 , Oct 2010), a study entitled “Parent Perceptions of Barriers to Academic Success in Rural Middle Schools” revealed barrier themes for parents of academically at risk students. In a discussion of the implications of the article there were four points that I found relevant for communicating with parents.

The first area is to participate in school-family-community organizations and activities. Some examples are; being involved with other agencies (such as social workers, Human Resource Development Counsel etc...) conducting needs assessment surveys with parents, and collaborating with community leaders and other stakeholders. This involvement exposes counselors to a variety of avenues of information.

The second is to develop parents as resources. School counselors must see parents as experts on their child’s

needs and learn to work with, instead of for, the student. Parents are a valuable resource once they understand that you value their input. After all, they know their child best!

The third area is to bridge the communication gap between parents and schools and help foster a welcoming school environment. A simple phone call to discuss a concern, to share a funny moment their child was involved in, or to praise their child for positive behavior can go miles in building a positive relationship with parents. Especially with parents who have a negative view of the school.

The fourth area was to develop a list of available and legitimate resources for parents and school staff. Compiling a list of websites, books, and community resources to share upon request is a value for any counseling office.

It’s true that parents know their child best. It’s also a fact that parents don’t always get the whole story and are

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The Holidays: Happy or Horrible

By Lisa Kuehn, K-12 V.P.

I truly hope that the majority of you are looking forward to this holiday season. As for me, I am not and I know that I am not alone. This is the first round of holidays for me without my husband. As if making it through Thanksgiving and Christmas on my own isn't enough, I also have to deal with Kevin's Birthday on December 29th and New Years. The last pictures we took together were on New Years Eve 2009.

For those of you who have also suffered a great loss, whether it was this year or in the past few years, I know that the day-to-day survival is hard enough but then you throw all of the "joyous occasions" into the mix and it may seem almost unbearable.

One of the positive things I have done for myself is join a Grief-Share group. The program is Christian based but they also provide a wealth of general information on dealing with grief. I would like to share with all of you a list of tips for surviving the holidays. They were written by Laura Petherbridge in 2007 and incorporated into the

GriefShare program. Though they were created with a focus on grieving, many of the suggestions are applicable to anyone feeling the stress of the holidays.

PREPARE – The ambush of emotions can attack at any time; prepare beforehand.

ACCEPT the difficulty of this time of year and your loss. Remind yourself that it's a season and it will pass.

SOCIALIZE – Don't hibernate. Insecure feelings may tempt you to isolate, but force yourself to go out even if it's only for a short time.

LOWER your expectations – Movies and songs paint an unrealistic picture of the holidays.

DON'T ANESTHETIZE the pain with drugs or alcohol – Numbing emotional distress with chemicals creates more depression.

TRIMMING – If old ornaments or trimmings cause too much pain, don't hang them this year. Put them aside for another time.

GET UP AND MOVE – Take care of your physical well-being. Healthy foods will give you

strength; fattening and sugar-filled foods can worsen your depression. Exercise produces natural stress reducers. SHOP online if going to the mall is too stressful. **COPING STRATEGY** – Have the phone number of your counselor, pastor, church, close friend or hotline already taped to your phone. Make the commitment to call someone if negative thoughts get fierce.

LIGHT – Get some sunshine. Winter can take its toll on your emotions by the loss of sun you experience.

INVITE a new (same-sex) friend to see a movie, have dinner or help decorate the house.

SET BOUNDARIES – Precisely explain to your family and friends what you are capable of doing this year, and what you aren't. Don't let others guilt you into taking on more than you can handle.

REACH OTHERS by discovering people who might be alone during the holidays.

I hope all of you find joy during this holiday season and that the new year brings everything you wish for.

Tips for Surviving the Holiday



Bits & Pieces

By Marolane Stevenson, President Elect

Rather than write an article about one topic, I decided to report and comment on three.

CONFERENCES

First, based upon the number of people attending and comments made, the school counselor part of the MEA/MFT Conference in Helena was a huge success. The room was packed for the keynote presenters. There was standing and sitting room only for Dr. Emily Stevens, a psychotherapist, consultant, and speaker who specializes in emerging brain-based research, educational interventions, and clinical approaches. She spoke about Mental Health Problems – Strategies to Use.

The presentation by Dr. Renee' Schoening who spoke about Intervention Strategies for Relational Aggression was also very popular. The room was full. Attendees appreciated learning about strategies to use in counseling and in the classroom related to girls' aggressive behaviors.

Plans are already being made for the next MEA/MFT conference in Missoula. Due to the favorable comments about Dr. Steven's day workshop the Board voted to ask her to return

to Montana for another workshop. The topic will be different but very applicable to counselors and teachers.

Conference planning usually starts a year in advance. We wish to offer professional development that applies to counselors. Often at the school or district level much pertains to teachers. Don't forget to mark your calendar for the spring conference in Bozeman! This is the best time to establish friendships with fellow counselors and to learn things we need to become even better counselors.

NOMINATIONS

Depending upon membership vote regarding continuation of a president-elect only or addition of president-elect-elect, I will be asking for volunteers or nominations. There is also an open position for vice president level K-12. Level vice president may serve one term or be elected for an additional two-year term. Visit our web site to vote and receive information about by-laws.

Give me a call if you are interested in serving or nominating someone. Being an officer is a fabulous opportunity to become acquainted with

outstanding people in our profession and a way to influence the direction of school counseling. My number is: 406-728-2400 Ext. 8033. My e-mail address is: mstevenson@mcps.k12.mt.us.

21ST CENTURY EDUCATION

Today's buzz word is: 21st century education.

When administrators and school board members attend their national conventions they will hear about and discuss this topic. If your district has not yet been involved, it will.

In Missoula, District I, a study about 21st century education is taking place. A consulting firm has been hired to conduct research and develop a model for us to use. Staff members have spent hours reading, meeting, and discussing. The approach has been to identify what is presently taking place, assess the needs of various groups affected, and decide what we must do to prepare our young people for their future. A mission statement, goals, curriculum, and school structure proposal will be developed and presented to the Board.

We can no longer teach or counsel as we did

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"We can no longer teach or counsel as we did ten years ago."



Greetings from Montana Digital Academy!

Submitted by Jason Neiffer

Montana Digital Academy wishes to thank school counselors from across Montana for your supporting during our very successful launch this past fall. We have learned an extraordinary amount from you and your students and are working hard to evolve our program to meet your program's and student's needs so students can truly *learn anywhere in Big Sky Country*.

MTDA launched its course offerings in the fall of 2010 and is providing innovative online coursework to Montana's K-12 students 24 hours a

day 7 days a week for the 2010-11 school year. MTDA offers 50 online high school and dual credit courses ranging from the core subject areas, to world languages and unique electives. The courses are delivered via the Internet and are available to students throughout the entire state of Montana. MTDA provides flexible educational options to meet the needs of the high school students. In the future, courses and online learning programming will be available for middle and elementary school students. For the 2010-2011 school year courses are

offered at no cost to students, parents or schools. The Montana Digital Academy has become the newest statewide online academy and rapidly has become an important part of the state online school initiative in the United States.

MTDA Program Update

MTDA began classes with students on September 7, 2011 and concluded an introductory drop/add period on September 28, 2010. The following data represents the interest by schools and students in the online school program and provides an understanding of

"MTDA provides flexible educational options to meet the needs of the high school students."

Free Training



8 contact hours

OPI Approved

This training is designed to help teachers, counselors, and others discuss adoption as an option. Our training will provide you with an accurate understanding about the adoption experience, including information about Montana law. We want to support your ability to empower women facing unintended pregnancies. Our shared goal is to ensure that pregnant women are able to make a well-informed decision, with no pressure.

Find a training near you

Friday, February 4—Billings
Wednesday, March 9—Great Falls
Thursday, April 14—Glendive
Wednesday, May 18—Butte
Tuesday, June 7—Helena
Wednesday, July 13—Missoula
Bozeman - TBD

Register

Or get more information

www.infantadoptiontraining.org

Or Call Becky Hubbert 252-3399

Funded by a grant from the
Department of Health and
Human Services

Others who are eligible to attend the free training

Nurses
Social Workers
Foster Parents
Mental Health Professionals
Crisis Center Staff
Correctional Officers/staff
Others

All Aboard to ASCA in Seattle!

By Renee Schoening, Elementary V.P.

The MSCA Board would like to do everything we can to encourage you to attend the national conference coming up in Seattle, June 25-28. One of the ideas we have for encouraging a big Montana presence is to charter a bus that would start in Billings, make stops in Bozeman, Butte, and Missoula, and other towns on the route. It would be a great opportunity for some fun connecting time for us as Montana school counselors, and it would hopefully make it easier for all of you to attend a big national event!

I have made the choice to attend several national conferences and

have benefited greatly from the quality training that is offered. Not only that, I have made some fantastic friends and developed relationships with others across the country that are passionate about our profession. If you are looking for a tremendous professional development opportunity and a way to renew your passion, a national conference is a great choice.

We would like to hear from you to know whether or not this is something that would be of interest to you. There would be a fee of \$100 or less for you to ride the bus, depending on where you live. MSCA

would contribute finances as well in order to make it reasonable for you. We would have access to the bus while at the conference, so would develop a schedule of transportation to some social events, shopping in Bellevue, and other important things.

Please e-mail me if this is something you would like to consider or if you have other questions. We would like to get an idea of the numbers by January to know if this is even feasible. Thanks and hope to see you!!!
rschoening@deerlodgeschools.org

Contact

Renee if you are interested in taking a chartered bus to ASCA.

June 25-28, 2011

Bylaws and Policies Revisions

Submitted by Kristy Savaria, MSCA Bylaws and Policies Chair

Bylaws and Policies revisions were discussed and proposed by the board to the general membership at Mea-Mft Conference October 21 and 22 in Helena, MT. We received some helpful suggestions and really appreciated member involvement in these discussions as they are vital to our organization and sustaining our states school counseling structure overall.

These revisions also included a new board request to discuss changing the terms of our execu-

tive board in the area of President, President Elect and Past President and then to add a new board title of President Elect. It was suggested to have these terms change to one year terms reflecting in an overall change to the board of total years served once the terms are completed. We feel this change will support sustaining a vital board and open up more positions for those seeking shorter term limits. Voting was electronically generated by our President, Carrie Burnham.

We ask you to consider self nominating for any open board positions as Dr. Stevenson, MSCA President Elect gets ready to post those for us. We have many veterans getting ready to go off the board and need fresh energy to continue the strategic plan and goals of the association as written. Thank you for your dedication to the association through continued membership and supportive communication. It is sincerely appreciated as we move into the next decade.



School Counselor Institute in Italy in July, 2011

Submitted by Dr. David Capuzzi, Ph.D., John Hopkins School of Education

School counseling graduate students, faculty members, and practitioners are invited to join faculty and students from Old Dominion University in Norfolk, Virginia for a school counseling institute that will be held in Italy this coming summer. The institute features experiences that combine learning about school counseling in cultures outside the United States with trips to tourist destinations.

The School Counselor Institute will be held July 10-21, 2011 in a villa in Tuscany near Florence, Italy. For complete information on the institute, please visit the program's web site at http://education.odu.edu/pcl/counselor/italy_school_counselor/index.shtml. If you have questions regarding the Italy institute, please contact Dr. Ted Remley at tremley@odu.edu. The cost is \$2,195 plus round-trip airfare to Rome.

The title of the institute is "School in Italy and the United States – Meeting the Mental Health Needs of Students." Program faculty members include Dr. Ted Remley, Dr. David Capuzzi, Dr.

Vivian McCollum, and Dr. Jolie Daigle. They are faculty members at Old Dominion University in Norfolk, Virginia; Johns Hopkins University in Baltimore, Maryland; and the University of Georgia in Athens.

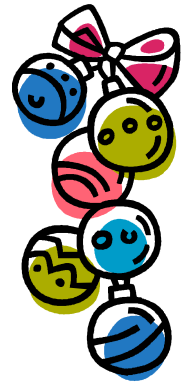
An optional post-institute excursion to Pesaro and Urbino, Italy, that will take place July 21- 25, 2011, is offered to participants for a low-cost extra fee.

The fees for the institute include 3 graduate or undergraduate credits or 30 continuing education hours; rooms; most meals; entrance to events; health and travel insurance; transportation within the country; and guides. Participants ar-

range and pay separately for their own transportation to and from the country.

Students are eligible for increased student loans due to the costs of the institutes. Some universities offer scholarships to support student or faculty participation in refereed international conferences. Participants have the opportunity to submit program proposals.

To secure a place in an institute, a deposit of \$250 should be submitted along with a completed application as soon as possible. The Italy school counselor institute has a limited number of spaces available for participants.



MSCA 2011 Spring Institute:
Keeping Kids Safe

April 14-15,
2011
Bozeman
Holiday Inn

Call for proposals!
We are looking for speakers to talk on the theme "Keeping Kids Safe" as well as our typical school counseling conference subjects: Academic, Personal, Social and Career.
Please **click here** to download the pdf and sign up to be a presenter this spring!

Featured School Counselor: Lola Smith A Rural Counselor with Several Hats

“...every student has the right to have access to academic, personal, and career counseling.....”

If you travel about 40 miles northwest of Billings you can find Lola Smith at work in the small town of Levina.

Lola is the K-12 counselor for approximately 85 students. In addition to counseling Lola teaches business and computers.

Lola has been in education for 20 years. In 1981 she started her career in education teaching business in Roy. She also taught at the Mountain View School for Girls in Helena and in West Yellowstone. She has been in Levina for ten years and added professional school counseling to her duties three years ago.

The one thing that Lola finds most rewarding is

when students have that “aha” moment or when she sees them applying what they have been talking about. Her personal philosophy is that every student has the right to have access to academic, personal, and career counseling in order to learn and grow into a self-confident contributing adult. She feels her duty as a counselor is to be each student’s greatest advocate.

Lola is married to Peter Smith and they have two adult sons. Their son James is in the National Guard in Helena but currently serving in Iraq. His wife Chloe will be having a baby in April—the first grandchild for Lola and



Peter. Their younger son, Thomas, is an aircraft mechanic and works for Edwards Jet Center in Billings.

Thank you Lola for your support of MSCA and all you do for students!

Message contd. from P. 1

for your votes and participation on these important MSCA items.

Lastly, I am pleased to announce, the MSCA Spring Institute: Keeping Kids Safe, will be held in Bozeman, at the Holiday Inn, on April 14-15th. We will be offering sectional format for all of you who like to mix things up a bit. We invite any of you to present what your schools are doing to keep kids safe in these challenging times. We would challenge you to tie your presentation into the ca-

reer, academic, or personal/social domains. We would love to have all levels represented. Please go to our website, www.mtschoolcounselor.org to access the proposal to present at the conference.

Thank you for all that you continue to do for Montana students! Wishing you a very Merry Christmas and Happy New Year!

Carrie Burnham, MSCA
President
FVCC Counselor
cburnham@fvcc.edu

Parents contd. from P. 2

often left unaware of the most recent trends. Many students get involved with these new trends at the junior high level when they are still discovering their identities. As junior high counselors we must keep a watchful eye and be proactive. We must learn what we can and help educate students and parents about issues that are harmful to our youth. As I had discovered at the basketball game, parents want to be “in the know” and they are looking to us for help.

MTDA contd. from P. 5

the involvement of Montana teachers and students from all parts of the state. The top ten courses by enrollment reflect the blend of needs of Montana students. Students enroll in MTDA classes for a variety of reasons including access and equity in small schools, the need to make up a credit, and to take a course that meets their academic needs and/or interests. The list of the top ten highest courses by enrollment serves to highlight these needs of equity and access, credit recovery, and choice and interest very well.

Top Ten Course Enrollments (Fall 2010)

<u>Course</u>	<u>Enrollment</u>
Spanish I	164
Digital Photography	121
Physical Education	84
English I	80
Psychology	80
Health	78
French I	72
Web Design	69
Earth Science	68
Latin I	68
US History	68

MTDA Program Changes for Spring 2011

Based on the feedback we have received from site facilitators, we have made changes to our Spring 2011 program to help better meet the needs of students in Montana. These changes include:

- New courses: MTDA has added Current Issues in Government and Physical Education II.
- Credit recovery resources: MTDA will be rolling out an expanded program to deal with students in a supported credit recovery environment.
- Clarified add and drop dates: MTDA will be enforcing a two week (add) and four week (drop) window for entry and exit into our program. We will work with our instructors and local site facilitators to make sure that students are started in the curriculum during the first week of instruction.
- Enhanced data reporting: Our SIS and Moodle vendor expect to roll out enhanced data reporting features before the end of 1st semester, ready for full implementation 2nd semester.

Communication Plan

MTDA is committed to regular communication with counselors, site facilitators and administrations. In addition to our Site Facilitator blog (<http://sitefacilitators.montanadigitalacademy.org>), we will have training materials and events, including:

Live Q&A webinars on December 15th (10am) and January 11th (3:30pm). Details at:

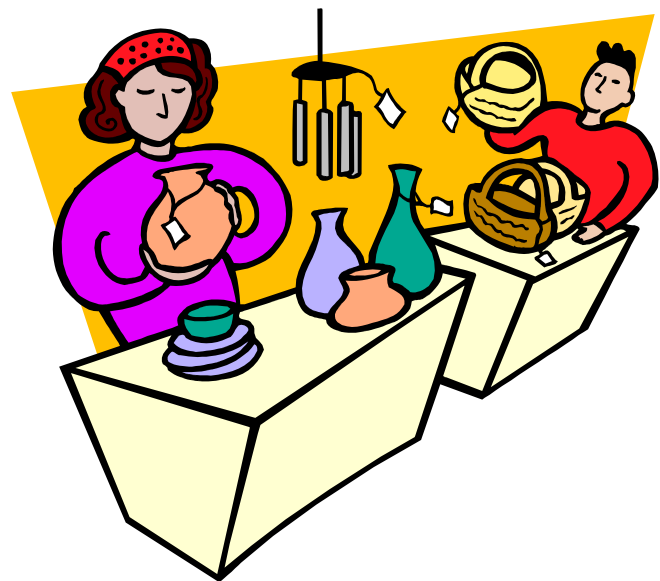
<http://montanadigitalacademy.org/sitefacilitators/?p=46>

Online training materials, posted before holiday break.

MSCA Spring Conference is right around the corner- if you are interested in exhibiting, please contact Kristy Savaria for forms to complete. Spaces will be limited this year to the front lobby and board room due to sectional format. Thank you!

Kristy_savaria@laurel.k12.mt.us

406-628-3452



**Exhibitors welcome to MSCA
Bozeman, April 14-15.**

Bits & Pieces Continued from P. 4

ten years ago. We must use new technology to our advantage. We must ask ourselves: Can we continue to expect kids to sit, listen, and take notes for 15-30 minutes when they have been raised in an environment of instant feedback and communication? Can we realistically ask them to sit in a classroom to do math problems/homework for 30 minutes? Have you noticed that students no longer wish to sit face-to-face to resolve a conflict? They would rather text.

We must identify what children are being exposed to and how this relates to learning. The latest brain research tells us that students no longer need to memo-

rise a lot of material and then regurgitate it. Rather, the computer will quickly give them the facts. They will need to use their brain to organize information, think, be creative, and solve problems.

All of this will affect school counseling. We can let someone else determine what and how we work with students, teachers, administrators, and parents or we can be proactive and define our role/function and programs to meet the needs of a 21st century society. We have noticed that there are an increasing number of students with personal/social and family problems. There are more divorces, single parents, and unemployed people. You have already noticed how students

are using the computer to obtain information about colleges and conduct college searches. Students are applying on line and counselors are writing letters of recommendation on line.

The MSCA Board's request that we spend time to learn about the ASCA Model and design our school counselor program using this model is a timely one. We need to be part of the process of developing schools for the 21st century.

Give me a call if you are interested in serving or nominating someone. Being an officer is a fabulous opportunity to become acquainted with outstanding people in our profession and a way to influence the direction of school counseling.

Pass Continued from P. 1

weight gain.

According to Dr. Matthew, winter depressions can be very severe and can affect the way people function or cease to function. Anxiety and irritability are signs that someone may be experiencing this disorder. Many lack energy and go on eating binges to try to stay awake and functioning which creates other issues. During the summer months they often lose the weight and can maintain healthier lifestyles and energy levels, it can be a vicious cycle which reoccurs each year for people who truly suffer from this disorder. These folks often suffer internally as they feel intense guilt and often avoid social contact because they just cannot handle having that social contact. It can also lead to increased sensitivity to pain, menstrual difficulties and loss of libido, in addition to the average mood and sleep issues that accompany it. SAD does not discriminate and can be found in both males and females. It usually does not start until a person reaches the age of 20-40 years, but has been found to be in more children, more recently. In two surveys- one done in Minnesota and one in Washington, D.C. it was noted that there is a speculative link between puberty and SAD, around the ages of 9-19 years of age.

In children depression is not usually noticed, but the three main symptoms are sadness, anxiety and irritability. There are some basic treatment options for SAD.

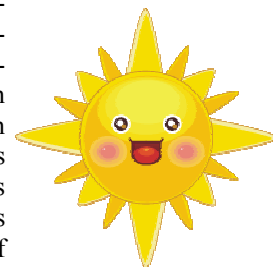
One of the most popular and easily used by patients in the privacy of their own homes is Bright Light Therapy. Researchers at more than 15 medical centers and clinics in both the US and abroad have had great success with light therapy. Marked improvement generally occurs within one week, if not sooner with minimal daily exposure in the am's to the 10,000 LUX light.

Negative Ion Therapy helps reduce irritation and depression, while improving energy levels. These devices work by releasing a negative ion, a molecule which contains an extra electron, into the air. The ions cling to the dirt in the home, settle it down, and make the air cleaner like fresh air after a thunderstorm. Researchers have found this device in proximity of the SAD suffers help with their symptoms as well.

Dawn stimulation uses a computer to simulate the gradual appearance of dawn and gradual disappearance of the light in the evening characteristic of spring.

Skin Illumination involves using light exposure to the eyes and skin. Studies researched the circadian rhythms and light exposure with this method.

Of course there are always standard conventional methods of using drug therapy to provide relief. This requires more information to be provided to your prescribing qualified professional and consultation with your wishes in order to be as effective as possible. (This list is not all of the options available to support persons with SAD, but lists most used.)



For children in our schools, as school counseling professionals partnering with parents and other educators, we can support students by observing and monitoring their academic achievement, activity and mood. Comparing it with the time of year to see if we can see any kind of pattern and then to make a referral to a qualified professional for further assessment and diagnosis. This disorder must be diagnosed and treated in consultation with a licensed professional.

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Some Counselors have relocated. Please take a moment to let us know their new address:
lsimpsondhs@blackfoot.net

The MSCA Newsletter, "Making a Difference" is published three times annually as a service to our members (Sept 15, Dec 15, Mar 15). Two issues are sent to members electronically and one issue is mailed. Board members, except for Treasurer and Secretary, submit articles of interest related to their level of representation. We welcome articles of interest from members or other educational professionals who would like to share information (due 30 days prior to publication). We encourage submissions be written in a friendly, informative, and practical style rather than technical or academic. Articles must be original and references are to be used when appropriate rather than footnotes. Articles must meet the mission of MSCA. No compensation is given for submitted articles. All articles are available on the MSCA website: www.mtschoolcounselor.org.

Advertisements may be submitted according to guidelines found on the website. (Full P. 1X=\$150, 1/2 P. 1X=\$125, 1/4 P. 1X=\$75, 1/2 Column 1X=\$50; see additional options). We reserve the right to edit copy or reject advertisements that do not meet the mission of MSCA. If you have questions please contact the Editor, Vicki Bisbee at vbisbee@wolfpoint.k12.mt.us.

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