

# NEWS & VIEWS

OF THE

## MAINE COUNSELING ASSOCIATION

SPRING/SUMMER 2005

### MESSAGE FROM THE PRESIDENT

by Terry Mitchell



The time has arrived when I must write my final message as your president. I want to first say that this year has been one of excitement and challenges for me as I continue to do my best for you. I have fully enjoyed every minute and want to thank all who have helped to make MeCA a strong association. A special thank you to Karen Lechner for all her hard work and helping to make this year's president "look good" at our conference. Once again, we had an opportunity to gather at the Samoset and meet with old friends, make some new ones, and attend workshops and information sessions that I hope you found useful. Please feel free to continue any conversations with your conference committee members about new ideas or changes you see helpful. I can tell you that these hardworking individuals are already thinking and planning for a bigger and better conference for you next year. If you haven't already done so, check out the pictures on our web site under annual conference. I have to admit those parrot heads from Northern Maine did the best job in the "show and song" department this year. A friend said to me, "I bet you'll feel like a big weight is lifted off you once the conference is over." Truth be known, I was a little sad on the ride home, knowing it would be another whole year before we all get together again.

However, twelve days later I was off to Atlanta representing Maine at the ACA National Conference. What an exciting and busy five days those were. Attendance reached just over four thousand people. There was something magical about being around so many counselors from around the United States and the world. This conference offers more than three hundred workshops, round table discussions, regional meetings, special luncheons and evening events. I was in counselor heaven. Having the chance to meet and network with so many other counselors was wonderful. I was amazed at the strength and depth of some state associations. The ACA conference next year will be held in Montreal. I say, "Let's get a bus and do Montreal next year." The only thing that I can imagine being more fun than attending one of these ACA conferences, would be going with a group of friends from home. Many of the people I spoke to in Atlanta were

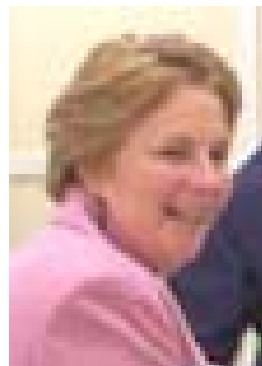
*This newsletter is dedicated to  
TERRY MITCHELL, OUR MECA PRESIDENT,  
because he is one of the really good guys.*

fascinated with meeting someone from Maine. I believe we have a very special image and heritage that others want to know more about. I realize that going to an ACA National Conference does cost a "tad bit" more. However, with a group effort in transportation, rooms, plus a whole year to plan, it could be quite reasonable. Send me an email if you think representing Maine counselors is something you would be interested in doing.

As I transition into the office of Past-President and co-chair of next year's conference, I want to assure you that the Maine Counseling Association is thriving and in great hands next year with Ben Milster. Our membership continues to increase and the opportunities for this group are endless. Your Executive Board is alive with exciting and hardworking individuals who want to hear from you. I will be continuing with my goal to have all counselors from Maine, "territorial folks sticking together," speaking with one unified voice for our profession and advocating for change. There is much work yet to be done and I want to encourage all of you to take an active role in your regional or divisional associations. We need your involvement to continue with this important work. Leadership positions are essential roles in your local areas. The Executive Board is still looking for an experienced past leader to step up and join us in the new position as Emerging Leader Representative. This appointment will be key to ensuring continued successful grooming of future leaders. I encourage those who have held leadership positions before to contact me for more information if you are interested.

Thank you for a special year that I will never forget.

*Karen Lechner, past  
MeCA president and*



*Ben Milster, president elect,  
at MeCA annual conference*

## EXECUTIVE BOARD

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## CENTRAL MAINE

by Sarah Aschauer

President Central Maine

Central Maine had great representation at the annual spring conference this year. Many members attended the regional meeting at the Samoset for Central Maine and expressed an interest in having Shelly Reed talk to our group for a luncheon meeting in May. We have been trying to set up a future meeting with Shelly, but our times have not been good for our college sponsor and for Shelly. We are still hoping to work something out before the end of the school year.

We are looking for interested members to apply for the following positions of the Central Maine organization: president, vice-president, secretary and treasurer. This is a great opportunity to get to know other professionals in your area. We intend to train and work with all those new officers at the beginning of the new term. Anyone who is interested is encouraged to contact any officer on the board or the current president of Central Maine.

Thanks to all of those active participants this year who have given their time to attend regional meetings and correspond via e-mail. Your comments are always welcome.

## SAVE THIS DATE!!!

**Monday, June 20, 2005**  
9 a.m. – 4 p.m.

### Maine Career Development Association (MCDA) June Conference

Kennebec Valley Community College, Fairfield

**Keynote: Spencer "Skip" Niles**, Ed.D, LPC, NCC  
Past President, NCDA and Professor of Counselor  
Education, Penn State University

### "Career Counselors Confront Critical Crossroads for the Future"

Tentative topics for afternoon sessions include:  
K-12 Career Preparation, Career Development in the  
Rural Setting, Internships for College Students, ASVAB  
Career Prep, Clients in Transition, Internships for  
College Students

Registration materials will be available in mid-April.  
For more information, check out our website at  
[www.maine-cda.org](http://www.maine-cda.org). You may also request registration  
materials from Robin Murphy, MCDA Secretary, via  
e-mail at [Rmurphy@maine.edu](mailto:Rmurphy@maine.edu).

## PEAK-CAREERS

Are you interested in developing your career development skills?  
Sign up for the next Career Development Facilitator (CDF) course

Eligible for National Certification

To learn more about this class go to [www.peak-careers.com](http://www.peak-careers.com)

Contact: Jim Peacock 873-1907 (h) 453-5082 (w)

[jim1@peak-careers.com](mailto:jim1@peak-careers.com)

## **NEW ENGLAND SUMMIT ON SCHOOL COUNSELORS**

by Bob Bardwell

On March 29, seven school counseling leaders met at the College of the Holy Cross to begin the process of examining the state of school counseling in New England. The meeting was coordinated by the New England Association for College Admission Counseling's (NEACAC) Human Relations Committee and Government Relations Committee. Also at the table were representatives of the American School Counseling Association (ASCA), the Connecticut School Counselors Association (CISCA), the Massachusetts School Counselors Association (MASCA) and the Rhode Island School Counselors Association (RISCA)..

The goals for the meeting were to learn about the status of school counseling in each state, what legislative agenda was in place in each state (if any) and what future steps this group could take to positively impact change in each state. The group agreed on the following common issues facing school counselors today:

- Large counselor caseloads
- Lack of counselors in many schools
- Counselors being replaced by non-certified staff
- Counselors performing non-counseling duties
- Lack of respect for/understanding of what counselors do
- Limited power to change the system

### **LEGISLATIVE NOTES**

*From the Desk of Phyllis Worthley*

I will try to update you in each newsletter with notes of interest of what is occurring at the State and National levels concerning proposed bills and law. If you would like to be placed on my list serve send your e-mail to [pworth@suscom-maine.net](mailto:pworth@suscom-maine.net).

Have you heard about **LD 1247**: This bill raises the maximum number of hours a 16 year old or 17 year old may work during a school week from 20 hours to 35 hours and raises the number of hours a 16 or 17 year old may work during a school day from 4 to 5 hours. A minor whose over-all grade average is below C or an equivalent grade or whose average grade in any class is below C- or an equivalent grade that the minor may work only pursuant to the provisions of this subsection—a minor who is placed in the restricted work list. No average grade for any class below a C- or an equivalent grade, except that the minor may work up to 8 hours on the last scheduled day of the school week.

I certainly don't want to be an alarmist as this bill may not pass but many will certainly share my concern as to who in our schools will be able to monitor the hours and the grades for these students?

Please do not hesitate to alert your representatives as to the long term results of this bill passing. Call, send a post card or e-mail. You can reach your representatives at [Maine.gov](http://Maine.gov) on the web. It is very easy in this time of technology to communicate our concerns.

The next step will be to survey the school counseling association leaders in each state to learn more about the legislative process and opportunities that exist to impact change. We will gather more support (especially from those states not able to attend) and more information to help us with our next steps. Information from other states that have been successful in promoting school counselors will also be gathered. We then plan to meet again in the fall to continue the discussion and take specific action steps. Suggestions thus far include working with state legislatures to pass legislation that positively impacts school counselors, setting up advocacy groups in each state, engaging the state department of education in more dialogue and gathering data and research to show the impact from school counselor interventions.

We recognize that this is a large challenge, but one that we are ready to accept. We hope that others will join us. For more information or to become involved with this effort, please contact Bob Bardwell, Monson High School, 413. 267.4589x1107 or [bardwellr@monsonschools.com](mailto:bardwellr@monsonschools.com).

### **RESOURCES**

**[www.LookSmart.com](http://www.LookSmart.com)**

Go to [Find Search](#)

Search millions of articles from leading academic, industry and general interest publications. Free access to information.

**[www.psychwatch.com](http://www.psychwatch.com)**

**Online Resource for Professionals in Psychology and Psychiatry**

Current psychology related news articles, job listings for mental health professional, continuing education information, links to psychology (discipline-specific) journals.

**[www.onetcenter.org](http://www.onetcenter.org)**

Free Occupational Information Network Resource Center. O\*NET database takes the place of the Dictionary of Occupational Titles (DOT) as the nation's primary source of occupational information. The O\*NET Project is administered and sponsored by the US Department of Labor's Employment and Training Administration. This database is designed to assist employers, workers, educators, and students to make informed decisions about education, training, career choices, and work.

**[www.questia.com](http://www.questia.com)**

Dubbed the world's largest online library. A monthly fee is required to access articles. Helpful for graduate students.

**[www.eric.ed.gov](http://www.eric.ed.gov)**

The Education Resources Information Center (ERIC), sponsored by the Institute of Education Sciences (IES) of the U.S. Department of Education, produces the world's premier database of journal and non-journal education literature. The ERIC online system provides the public with a centralized ERIC Web site for searching the ERIC bibliographic database of more than 1.1 million citations going back to 1966. More than 107,000 full-text non-journal documents (issued 1993-2004), previously available through fee-based services only, **are now available for free**. ERIC is moving forward with its modernization program, and has begun acquiring materials for addition to the database.

If anyone would like to add any helpful resource websites to the next newsletter— please email DeAnna Hartel: [dhartel@msad46.org](mailto:dhartel@msad46.org)

This is what I want my epitaph to read: *He finally learned to mind his own business.* AAnon member.

From:

**Journal of Guidance and Counseling**

By Patrick Morrissette on  
*School Counselor Well-Being*

## ***MAINTAINING PERSONAL AWARENESS***

### **BURNOUT**

So many divergent perspectives and expectations create role ambiguity which become debilitating to school counselors. Poor role definition creates role conflict and creates confusion in identifying the expectations of students, teachers, and administration (Morrissette, 2000).

Burn out has been reviewed extensively in the literature. Figley (1995) as stated in Morrissette's (2000) article asserts that burnout is associated with multiple sources of stress and is cumulative and relatively predictable.

This construct—called burnout—is defined as a:

- State of extreme dissatisfaction with one's work
- Excessive distancing from clients
- Impaired competence
- Low energy
- Increased irritability with others
- Signs of impairment and depression resulting from individual, social and work environment, and social factors

Despite the vulnerability of counselors, distinct signs of counselor despair may be noticed by counselors themselves, colleagues, and significant others. Although some signs are subtle and not easily detected, typical signs of counselor distress include:

- withdrawal,
- persistent sadness,
- reduced energy,
- emotional over-involvement.

### **INTERVENTION**

Yassen (1995) stresses the need for personal well being: To maintain a sense of balance and professional wellness, Yassen emphasizes the importance of:

- Personal nutrition
- Exercise
- Sleep
- Relaxation
- Creative expression

#### **REFERENCES**

(from P. Morrissette's article: *School Counselor Well-Being*)

Figley, C. (1995). *Compassion fatigue as secondary traumatic stress disorder*. New York: Brunner/Mazel.

Morrissette, P. (2000). *Well-Being, Guidance And Counseling*. The School Counselor, 16.

Yassen J. (1995). *Preventing secondary traumatic stress disorder*. In C. Figley (Ed.), *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized* (pp. 178-208). New York: Brunner/Mazel.

## ***MEMBERSHIP***

Membership in the Maine Counseling Association has risen by over 200 – an increase of over 50% - since 1999. If you have not already done so, be sure to become part of this vibrant organization that addresses the needs of counselors throughout the State of Maine. Next year's membership application is included in this newsletter because a number of folks had asked to receive it before the membership year begins on July 1. Many school counselors submit their purchase order before the summer so that their system can take care of payment before they return in the fall.

## ***RETIRING??***

We want to stay in touch with you through the newsletters once you retire. If your mailing address has been your business address, please forward me your home address so that you can continue your membership free of charge as an emeritus member. Gene Oakes, 685 Kenduskeag Ave., Bangor, ME 04401 or [goakes2@adelphia.net](mailto:goakes2@adelphia.net)

### **Maine's College of Business, Health, Education, and Professional Studies**

Offering M.S., B.S., and A.S. degrees, days, evenings, or weekends.

- ~ Professional degrees for the 21st Century
- ~ Residence halls wired for Internet, email and cable t.v.
- ~ 95+% placement after graduation
- ~ Personalized academic and career counseling
- ~ Classmates from across the globe
- ~ Computer labs open 24 hours per day
- ~ 90% of Husson's students receive financial aid

#### **PROGRAMS:**

- |  |                                   |
|--|-----------------------------------|
| *Accounting                                | *Business Technology Education    |
| *Biology                                   | *Computer Information Systems     |
| *Biology Teacher Education                 | *Criminal Justice                 |
| *Business Administration - Concentrations: | *Elementary Education             |
| -Family Business Management                | *Health Sciences                  |
| -Finance                                   | *Nursing                          |
| -General                                   | *Occupational Therapy             |
| -Hospitality Management                    | *Paralegal Studies                |
| -International Business                    | *Physical Education               |
| -Management                                | *Physical Therapy                 |
| -Marketing                                 | *Psychology                       |
| -Small Business Management                 | *Science and Humanities           |
| -Sports Management                         | or start with an Undeclared Major |

Husson College is accredited by the New England Association of Schools and Colleges, the National League for Nursing, and the Commission on Accreditation in Physical Therapy Education. The Occupational Therapy program holds developing program status with the Accreditation Council for Occupational Therapy Education.

One College Circle • Bangor, ME 04401 • 800-4HUSSON

h u s s o n . e d u HUSSON

*An update on the State Department of Education PSAT Initiative from incoming MeCA President Ben Milster.*

***To PSAT or not to PSAT...That seems to be the question***

***A response to a recent letter from Education Commissioner Susan Gendron***

Late last spring high school guidance personnel and administrators were advised of the opportunity to administer the PSAT to all of their grade 10 students at no cost to the students or schools. This initiative raised many questions, and generated concerns from the high school guidance community in general. As a result, the MeCA executive board wrote a letter to Education Commissioner Susan Gendron in January to articulate concerns that had been expressed to us, as well as to ask for some clarification on specific issues. On May 1<sup>st</sup>, our current President, Terry Mitchell received a response from the Commissioner. I would be pleased to hear your concerns, comments and questions about this issue at hand. Please email me at [benton\\_milster@jayhs.jay.k12.me.us](mailto:benton_milster@jayhs.jay.k12.me.us).

The letter written to Education Commissioner Susan Gendron from the MeCA executive board regarding the PSAT issue is available on our website: [www.mainecca.org](http://www.mainecca.org)

SUSAN A. GENDRON  
COMMISSIONER

April 29, 2005

Executive Committee  
Maine Counseling Association  
c/o Central High School  
402 Main Street, E. Corinth, ME 04427

Dear Executive Committee:

Thank you for your thoughtful communication of January 11, 2005. We are pleased to hear of any concerns and will attempt to be as helpful to the Maine Counseling Association as possible. We also want to acknowledge having heard from Maine counselors and other educators about the benefits from the state's support of the PSAT/NMSQT initiative for all Maine 10<sup>th</sup> graders and received their encouragement of such opportunities for students and schools. Parents have also contacted us from schools that did not participate in 2004, asking how we selected the schools and concerned when their student was not given the opportunity to take the test at no cost.

The Maine Department of Education's official position regarding the PSAT/NMSQT for all 10<sup>th</sup> grade students, like such practices in other states and school districts, is that it serves as an important part of addressing educational equity and student advancement. It supports our mutual desire to increase Maine's rate of post secondary education, currently one of the lowest in the nation, and preparing all students for college success standards, access and expectations. This initiative is part of a series of statewide efforts to have each student college ready, and to provide an early means of showing each student in a commonly understood manner that college is a possibility, whether or not they choose that option immediately after high school or in the future. Students will continue to make the choice to take the SAT in their junior and senior years. The PSAT provides early results in preparation for the SAT. Of the Class of 2004, 76 percent took the SAT. Familiarity with the format of college level testing can help with understanding strategies to be more successful on the SAT.

The PSAT is also a valuable curricular tool in helping both students and educators address, in the classroom as well as individual students, the need to increase an understanding of content. Taking the test more than a year prior to the 11<sup>th</sup> grade MEA'S also provide students and teachers with valuable information for instructional support in preparation for the content included in the MEA.

College readiness assists students early on through multiple approaches to success in college whether or not an institution requires admissions tests or placement tests. Having more high school students informed and prepared to attend college, with far fewer enrolled in remedial courses, will have many more of our students successfully continuing their education beyond high school.

The cost of the PSAT/NMSQT for 2004 was discounted to the State of Maine to \$9.35 per student from \$11.00 per student. We were fortunate to be able to provide state funds to support this initiative. We will continue to provide the funds for the 2005 PSAT exam for all 10<sup>th</sup> graders and will encourage each high school to give this opportunity to all of their sophomores.

Please keep in mind that we are very early on in this process and that there are additional resources to work with that will be beneficial to students and schools. In addition to 10<sup>th</sup> grade students participating in a comprehensive assessment process that provides them with personalized feedback on their academic skills via the PSAT/NMSQT Student Score Report, each high school will receive free school-level Summaries of Answers and Skills reports on the strengths and weaknesses of their students on college success measures essential to curriculum planning and teacher professional development across an education continuum within each district. Participating high schools also receive free access to AP Potential to support student academic advising, teacher professional development, and curriculum planning.

With respect to the question about guidelines for deciding which students with disabilities are to be tested, it would be of interest to hear of your recommendations and supporting rationales. We are planning to have workshops this spring to assist districts in preparing the necessary documentation. In the meantime, it might be helpful to note that once the information on a student with disabilities has been submitted to and approved by the College Board, there is no need to do this each year unless there is a change in high school or a significant change in the student's educational plan or circumstances. Please be sure to consult the eligibility guidelines for the College Board's Services for Student's with Disabilities.

Again, thank you for your communication.

Sincerely,  
Susan A. Gendron  
Commissioner

# MEMBERSHIP

## TYPES OF MEMBERSHIP

### Members

**\$30.00**

To be eligible, an individual's primary responsibilities must be in the area of counseling and his/her preparation or position is such to qualify him/her for membership in one of the Divisions of the American Counseling Association

### Student Members

Student Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an advanced degree in the field of counseling.

### Emeritus Members

Upon retirement from participation in the professional activity that enabled regular membership in the Association, any member who has been in good standing in the Association for 5 years

shall be transferred to emeritus status with the full rights and privileges of membership status, and shall thereupon be exempt from further dues and special assessments. Emeritus members are encouraged to notify the Membership Chair of address changes.

*Note: All members admitted are required to 1) subscribe to the purposes of the Association, 2) reside or work in the State of Maine, 3) maintain ethical standards of professional conduct and 4) be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.*

The MeCA Membership Application can also be found on the MeCA Web Site at [www.mainecca.org](http://www.mainecca.org). Check out [www.counseling.org](http://www.counseling.org) to see the benefits to joining the American Counseling Association.

### FAQs about Membership

*How do I tell what the last membership year was that I paid my dues?* Your address label indicates the most current year that you paid your dues. "03-04" for this last year.

*What if I believe I have paid my dues for this year but my label does not indicate this?* Contact the Membership Chair by e-mail ([goakes2@adelphia.net](mailto:goakes2@adelphia.net)) and you will receive a response ASAP.

*How do I get a membership card?* Membership cards are mailed to individuals after the membership fee has been received.

## WILL EDUCATION DEPARTMENT MAKE A TEST CHANGE?

Permission from Bangor Daily News  
Excerpts by Ruth-Ellen Cohen

Hoping that high school juniors will take their annual statewide test more seriously and thus perform better, the Maine Department of Education is considering replacing the current assessment with a college entrance exam.

By replacing the MEA with the Scholastic Aptitude Test (SAT) or a similar college entrance exam, 11<sup>th</sup> graders may be more inclined to see the test as being relevant Deputy Commissioner Patrick Phillips said.

But even considering the arduousness of the MEA, "there's certainly significant room for improvement," said Brud Maxcy of the Department of Education. According to the most recent data, just under half of 11<sup>th</sup> graders met or exceeded the standards in reading, while 24 percent met or exceeded the standards in mathematics, he said. Performance largely has remained unchanged during the past five years, he noted.

Seventy percent of Maine students already participate in the SAT as juniors and seniors, state officials said. "They take the test with some really clear motivation because they're using it [as part of] the college entrance process, Phillips said.

While the idea has been met in Maine with some degree of enthusiasm, a number of issues need to be explored, according to Phillips.

Changes [if they occur] likely wouldn't come about before 2007 since they would require legislative approval, concluded Phillips.

## THE MODEL IS HERE!

IMPORTANT NEWS FROM THE DESK OF SHELLY REED,  
MAINE DEPARTMENT OF EDUCATION

Hi, NEWS UPDATE:

**A new website is available for school counselors  
in order to access:**

The Maine Comprehensive School Counseling Program Model K-12

- located at this website:

**[www.state.me.us/education/tdae](http://www.state.me.us/education/tdae)**

- Follow the clicks to **school counselors**;
- There you will find the model.  
It is in 2 formats for electronic use.

I have been on the road this Spring to visit Maine's schools. The main purpose of my visits was to provide informational sessions and workshops for local implementation. I hope to add the **local implementation guide** to our website this summer. I have found the guide to be useful. I would love to meet with more counselors for review and discussion of these local plans. I will be available throughout this summer at 624-6637, or [shelley.reed@maine.gov](mailto:shelley.reed@maine.gov)

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207-624-6637  
[shelley.reed@Maine.gov](mailto:shelley.reed@Maine.gov)

## Maine Counseling Association 2005-2006 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at Bangor High School at 941-6217.)

### Membership Information

Name: \_\_\_\_\_

Address you want mailings sent to:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

e-mail Address: \_\_\_\_\_

Place of Employment (please include address if different from mailing address):

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Educational Background:

Degree: \_\_\_\_\_ Major: \_\_\_\_\_

University/College: \_\_\_\_\_

# Years in Professional Field: \_\_\_\_\_

Occupation (check primary one):

- Career Counselor (CAR)
- College Admissions Counselor (ADM)
- College Counselor (PSC)
- Counselor Educator (CED)
- Emeritus Member (EMS)
- Employment Counselor (EMP)
- Marriage and Family Therapist (MFT)
- Mental Health Counselor (MHC)
- Pastoral Counselor (PAS)
- School Counselor (SC) Check level:
  - K-5 (A)
  - 6-8 (B)
  - 9-12 (C)
  - K-9 (D)
  - K-12 (E)
- Student (STD)
- Substance Abuse Counselor (SAC)
- Vocational Counselor (VOC)
- Other (OTH) Please specify: \_\_\_\_\_

Be sure to check below the dues covered by your check or purchase order. **If paying by purchase order, please be sure to indicate the name(s) of the member(s) on the PO.**

#### MeCA Membership

- \_\_\_\_\_ \$30 Regular Membership
- \_\_\_\_\_ No Fee Student Membership
- \_\_\_\_\_ No Fee Emeritus Membership

#### Divisional Membership

- \_\_\_\_\_ \$10 Maine Career Development

#### Regional Council Membership

- \_\_\_\_\_ \$5 Central Maine Counseling
- \_\_\_\_\_ \$5 Downeast Maine Counseling
- \_\_\_\_\_ \$10 Eastern Maine Counseling
- \_\_\_\_\_ \$5 Northern Maine Counseling
- \_\_\_\_\_ \$10 Southern Maine Counseling

\_\_\_\_\_ **TOTAL** (Check payable to MeCA)

Mail to : Gene Oakes  
 685 Kenduskeag Avenue  
 Bangor, Maine 04401

#### ADMINISTRATIVE USE ONLY:

Date received: \_\_\_\_\_

Check or PO #: \_\_\_\_\_

Amount: \_\_\_\_\_

Other/follow-up: \_\_\_\_\_

## CONFERENCE ROAD RACE RAN WITHOUT A HITCH

By Sandra Glynn

The air was cool and crisp as walkers, runners, and joggers assembled in front of the Samoset for this year's Spring Run-Off Road Race held during the MeCA Conference. The course was a 5K route that had a little something for everyone; miles one and three were fairly flat with the middle of the course running both down and uphill slopes and, as always, a beautiful water view.

History was made during this year's road race. Kate Grambow, one of the female runners, crossed the finish line ahead of any of her male counterparts with an impressive time of 21.42. Amy Vacchiano and Karen Wagner also strolled together to tie as first place winners in the walkers' category with a winning time of 36.52. You go, girls!

The other winners for both walkers and runners are listed below.

Female Walkers:	3rd Place Wendy Burbank 40.00
	1st Place Amy Vacchiano
	Karen Wagner 36.52
Male Walkers:	3rd Place Marty Gallant 38.32
	2nd Place Eric Steeves 37.08
	1st Place Kevin O'Reilly 36.54
Female Runners:	3rd Place Judy Ottman 24.53
	2nd Place Melissa Quimby 23.00
	1st Place Kate Grambow 21.42
Male Runners:	3rd Place Dale Lolar 23.20
	2nd Place Ben Milster 22.20
	1st Place Dave Baldwin 22.16

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This year a special award was given out depicting a horse's behind. The recipient of this medal was Susan Pierce. In the past Susan has always participated in the race by either running, jogging, or walking but, which ever style she chose, she would "bring up the rear!" She graciously accepted her award and was seen wearing it proudly for the rest of the conference.

I would also like to acknowledge the hardy team of volunteers who help run this race. Louise Grant and Kathy Jacques once again offered to pass out water to the participants at the turnaround point while Gene Oakes and Tony Victor tallied the scores at the finish line. My thanks to you all.

By Harriet Barrish.

From *REBT Resource Book for Practitioners*. Albert Ellis Institute 2000.

### DYSFUNCTIONAL HABITS THAT RESULT FROM PERFECTIONISM

#### Procrastination

- Putting off doing things since tasks feel overwhelming because they have to be done perfectly.

#### Overdoing It

- Needing to be flawless
- Having difficulty drawing lines between what is and what isn't important.
- Fearing to leave anything out.

#### Hoarding

- Having great difficulty prioritizing
- Having trouble getting rid of things because you might need them later.

#### Defensiveness

- Going to great lengths to avoid making mistakes.
- Having trouble simply acknowledging mistakes and often becoming very defensive.

#### Pickiness

- Becoming very upset over flaws in *other* people or things.

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