

ALSO INCLUDES
Community News!
 STARTING ON PAGE XX

WINOOSKI SCHOOL DISTRICT NEWS!

VOLUME 14, ISSUE 10

JULY 2017

congratulations class of 2017!



Presenting... The Class of 2017!



- | | |
|---|---|
| <ul style="list-style-type: none"> * Farho Abdullahi * Sujan Acharya Habi Ba ‡ Renuka Bhattachari *† Jocelyn Michelle Booher Joy Maria Carpenter Mitchell Chadwick *† Rainbow Rui Jin Chen *† Riley Leanne Corrigan Jeffrey Allen Davis Kimisha Alynthia Drummond Taylor Ann Duffey Mariah Holly Fraga Jasmine Gendron Bishnu Gurung ‡ Krishna Gurung *† Ennis Horozović Abdirizak Hussein Brianna M. Knox *† Colton James Lavalette *† Marie Ky-Hoa Ly *† Tatum Allee MacBride | <ul style="list-style-type: none"> Eh Man Musa (Ikaru) Ali Mayange *† Mariah Jesse Metivier Anab Mohamed *† Thong Nguyen * Justice Palmer Roshan Pradhan Chanda Pringle Anju Pokwal Robert Romprey Zainab Saeed Gabrielle T. Saunders Kim Soukone Vonaé Essence Thibou *† Holly Noelle Turner *† Pascal Siki Wa Siki Anthony Weber Nathaniel Joseph Whitney |
|---|---|

* Honor Student
 † National Honor Society Member
 ‡ National Technical Honor Society

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GLENN RUSSELL

Congratulations to all 2017 Scholarship Recipients!

Here is a list of the members of the Class of 2017 who were honored with financial awards at the graduation ceremony:

GREEN AND GOLD SCHOLARSHIP -

The University of Vermont awards this full-tuition scholarship for eight semesters provided that full-time enrollment and at least a 3.0 GPA are maintained. The student who has attained the highest academic distinction at the end of their junior year shall be the recipient. The Green and Gold Scholar for Winooski High School is **Key Nguyen**.



CLASS OF 2003 SCHOLARSHIP – The class of 2003 scholarship, co-sponsored by Dollars for Scholars, is presented to a senior who has demonstrated dedication to his/her class, and exhibited genuine care and respect for Winooski High School. The 2017 recipient is **Pascal Siki**.

WINOOSKI EAGLES SCHOLARSHIP -

The Winooski Eagles Scholarship is presented to 2 deserving student continuing his/her education. The 2017 recipient are **Roshan Pradhan** and **Renuka Bhattarai**.

SKILLS AND TRADE SCHOLARSHIP -

The Skills and Trade Scholarship, sponsored by Dollars for Scholars, is awarded to a student is continuing his or her education in a skill or trade. The 2017 recipient is **Jocelyn Booher**.

MAIDA F. TOWNSEND SCHOLARSHIP -

The Maida F. Townsend Scholarship, sponsored by Dollars for Scholars, is given to a student who has demonstrated a love of learning, an openness to the richness of differences among people, and a willingness to use his/her time and talent in service to others. The 2017 recipient is **Colton Lavalette**.

VFW COMMUNITY SERVICE AWARD -

The VFW Community Service Award is presented to two graduates in recognition

of outstanding community service. The 2017 recipients are **Tatum MacBride** and **Rainbow Chen**.

ACADEMIC SCHOLARSHIP– The Academic Scholarships, co-sponsored by Dollars for Scholars, is presented to two students who excel academically. The 2017 recipients are **Mariah Metivier** and **Key Nguyen**.

VERMONT HONOR SCHOLARSHIP -

The Vermont Honor Scholarship, initiated by the Vermont Legislature, is presented to a student with outstanding academic achievement going on to college. The 2017 recipient is **Mariah Metivier**.

STUDENT COUNCIL SCHOLARSHIP -

The student Council Scholarship, co-sponsored by Dollars for Scholars, is presented to a student who has made notable contributions to bettering WHS. The 2017 recipient is **Holly Turner**.



BOARD OF SCHOOL DIRECTORS AWARDS – These awards, co-sponsored by Dollars for Scholars, are presented to two graduates who who have shown the most improvement during their four years of high school. The 2017 recipients are **Jocelyn Booher** and **Justice Palmer**.

BILL EVERTS MEMORIAL SCHOLARSHIP – The Bill Everts Memorial Scholarship, given in memory of Bill Everts, is given to a senior who is the first in their family to go to college. The 2017 recipient is **Justice Palmer**.

WINOOSKI EDUCATION ASSOCIATION SCHOLARSHIP – The Winooski Education Association Scholarship is presented to two individuals entering the field of education in recognition



of exceptional contributions to school activities and all around excellence in academics. The 2017 recipients are **Habi Ba** and **Vonea Thibou**.

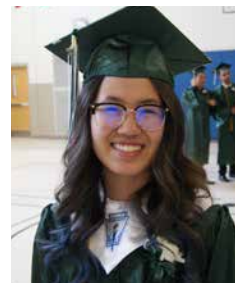
BEVERLY POULIN MEMORIAL SCHOLARSHIP – The Beverly Poulin Memorial scholarship, in memory of Beverly Poulin, is given to one male and one female going into the STEM area and who have demonstrated outstanding academic achievement. The 2017 recipients are **Pascal Siki** and **Marie Ly**.

WINOOSKI BUSINESS DEPARTMENT SCHOLARSHIP – The Winooski Business Department Scholarship is awarded to 2 students who have excelled in Business classes and are pursuing a degree in business or a related field. This scholarship is paid for by fundraisers done in the Winooski High School Business Department. The 2017 recipients are **Riley Corrigan** and **Sujan Acharya**.

CHALLENGE SCHOLARSHIP – The Challenge Scholarship, sponsored by Dollars for Scholars, is presented to a well-rounded, highly motivated student (in the top 25% of the graduating class) who has overcome obstacles in achieving his/her success. The 2017 recipient are **Marie Ly** and **Pascal Siki**.

PTO EDUCATION SCHOLARSHIP

– The PTO Education Scholarship, co-sponsored by Dollars for Scholars, is presented to a student who is pursuing a career in education and who has displayed community involvement through school or work experience. The 2017 recipient is **Rainbow Chen**.





Co Valedictorians Key Nguyen and Mariah Metivier

THE PTO SCHOLARSHIP – The PTO Scholarship, co-sponsored by Dollars for Scholars, is given to two students who have shown an over-all commitment to and involvement with the high school in multiple and varying ways. The 2017 recipients are **Holly Turner** and **Key Nguyen**.

ALS FRENCH FRY'S SCHOLARSHIP – Al's French Frys Scholarship, co-sponsored by Dollars for Scholars, is presented to a graduate planning on a 4-year post-secondary program. The 2017 recipient is **Colton Lavalette**.

THE BOB WEIS SCHOLARSHIP – A scholarship awarded to a student who demonstrates his/her curiosity about the world through asking questions and demonstrating determination in the pursuit of understanding. The 2017 recipient is **Ennis Horozovic**.

VFW SCHOLARSHIP – A scholarship presented to a student pursuing a degree and has been involved in other extra-curricular activities. The 2017 recipient of the VFW Scholarship is **Sujan Acharya**.

CAROL L. KESSLER, R.N. MEMORIAL AWARD – The Carol L. Kessler, R.N. Memorial Award is presented to a student or students who are in the upper 25% of the senior class and who are intending to continue their education in healthcare or a related field. The 2017 recipient is **Riley Corrigan**.

LEADERSHIP SCHOLARSHIP – The Leadership Scholarship, sponsored by Dollars for Scholars, is given to 2 students who have demonstrated outstanding leadership qualities and exemplified positive attitudes. The 2017 recipient are **Rainbow Chen** and **Pascal Siki**.

PART-TIME SCHOLARSHIP – The part-time scholarship, sponsored by Dollars for Scholar, given to 2 students pursuing a post-secondary degree on a part time basis. The 2017 recipients are **Tatum MacBride** and **Habi Ba**.

CLASS OF 2013 SCHOLARSHIP – A scholarship for a senior who has demonstrated dedication to his/her class and exhibited a genuine care and respect

for Winooski High School. This year's recipient is **Marie Ly**.

JOHN J. MALCOVSKY COMMUNITY SERVICE SCHOLARSHIP – The John J. Malcovsky Community Service Scholarship is given to 2 deserving students who have participated actively in community service. The 2017 recipient are **Rainbow Chen** and **Tatum MacBride**.

WINOOSKI BOOSTERS SCHOLARSHIP – The Winooski Booster Club Scholarship awards an athlete who participated in sports throughout high school, especially their senior year, and demonstrated outstanding leadership qualities on and off the playing field. The 2017 recipient is **Riley Corrigan**.

MAYOR AND CITY COUNCIL SCHOLARSHIP – The Mayor and City Council Scholarships, co-sponsored by Dollars for Scholars, are presented to one male and one female student who have shown the most improvement over the four years of high school. The 2017 recipients are **Musa Mayange** and **Chanda Pringle**.

THE SAMUAL SAMUALSON SCHOLARSHIP – Given to 2 deserving seniors continuing their education. The 2017 recipients are **Renuka Bhattarai** and **Roshan Pradhan**.

NOTES FROM THE CENTRAL OFFICE

School Board Update

By Matt MacNeil, Board of School Trustees

It's been almost a year since I answered a posting on Front Porch Forum announcing an opening on the Board of Trustees that had been vacated mid-term (my predecessor on the board was reluctantly called away for positive professional and opportunities). I am so happy that I did. It has been a wonderful year working with the other members, the staff, the students and larger community. And now, in a life comes full circle moment, I am pleased to announce the same opportunity for another lucky citizen!

Sadly for us, Julian Portilla will be leaving us this summer for a professional sabbatical in Mexico. Happily for Julian, as a college professor, this offers an outstanding opportunity for himself and his family. We wish him all the best and are grateful for his service. We are now seeking to fill the remained of his term which lasts until March 2018. This is an outstanding opportunity to test the waters before running for this elected position. It was absolutely the right experience for me (I similarly filled a seat mid-term, than ran successfully last March). Getting the chance to learn all about the board prior to running gave me the experience and wherewithal to make the most of my board position. I would recommend it to

anybody who has interest in joining the board.

If you are interested, please contact Board Chair Mike Decarreau to learn about the on-boarding process mdecarreau@wsdschools.org. And of course, I would be happy to answer any questions as well.

One of the first things I felt was so impressive about the community was the Ends Statement. I am reminded of the spirit of that policy in every interaction I have with the district.

The board wishes every success to the Winooski High School Class of 2017. A special thanks to Rainbow Chen for her amazing service to the Board of Trustees. We will miss you Rainbow!

CITY AND SCHOOL ANNOUNCEMENTS



Free Concerts

By Paul Sarne, Community Outreach Coordinator

The City of Winooski Parks & Recreation Department is excited to announce Winooski Wednesdays: a free summer concert series in Rotary Park!

This summer, (June – September 2017) join us in Rotary Park every first Wednesday of the month for a free outdoor concert. Be sure to stop by a Winooski restaurant for food specials.

Check out our amazing lineup of bands:

7/5: The High Breaks

8/9: Joe Adler + The Rangers of Danger

9/6: Rose Street Collective

Visit winooski.vt.org for more information. Connect with us on Facebook (@WinooskiVT) for news and event updates. Huge thanks to Downtown Winooski, The Monkey House, and Waterworks Food + Drink for helping us with these amazing events. We'll see you this summer!

Nia with Suzy in Landry Park!

By Suzy Finnefröck

Come explore one of our great parks while you move, sweat, and breathe with Suzy Finnefröck. Nia is a movement practice that blends the precision of 3 martial arts, the mindfulness of 3 healing arts, and the expression of 3 dance arts. All 3 classes are on Saturdays from 9:30-10:30 am in Landry Park (7/15, 7/29, 8/12). Classes are barefoot (if possible), 1 hour, low-impact, high energy, and include soul-stirring world music. Classes are free, but donations are appreciated. For more information, please contact Suzy at Suzy.finnefröck@gmail.com

Podcast for Community Health Improvement week

By Honey Resto, Department Assistant, Community Health Improvement

We invite you to listen to a recent podcast about community violence and what we can do about it. Visit this link: <http://www.aha.org/advocacy-issues/violence/index.shtml>

and go to Community Awareness – then go to Podcast to hear “CHI’s Longstanding Commitment to Combating Violence, March 2017”

We hope you will find this information useful.

Free Summer Meals Program

By Coleen Sullivan, Food Systems Specialist

The City of Winooski is proud to announce the 2017 Summer Meals Program Schedule. We are excited to partner with the Winooski Memorial Library and the Winooski Farmer’s Market to provide this important program, which offers free meals to youth 18 years of age and under. The Winooski Memorial Library is located on 32 Malletts Bay Ave., and the Winooski Farmers Market operates on Winooski Falls Way every Sunday from May 28th to October 8th 2017. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, on a first come, first serve basis, at the sites and times as follows:

Winooski Memorial Library

- Tuesday-Friday 12 pm–5 pm;
- Saturday 10 am–2 pm. June 20 – Aug 29th

Winooski Farmer’s Market

- Sundays 10 am–2 pm. June 18th – Aug 29th

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at http://ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992 - submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410
2. Fax: (202) 690-7422; or
3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Other questions about the Winooski Summer Meals Program can be forwarded to the City of Winooski’s Food Systems Specialist, Colleen Sullivan: foodvista@winooski.vt.org / 802 655 6410

Additionally:

The City of Winooski’s Americorps VISTA Colleen Sullivan will be presenting her research around food security on Wednesday, July 19th at 6pm at CCV. Light hors d’oeuvres will be served. The event is open to the public and we hope to see you there! For more information please contact Colleen at foodvista@winooski.vt.org

Miss a School Board Meeting? Watch it Online!

Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on “Meetings” under the “Watch” heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.



Rice Memorial High School Graduates

By Emily Rivers

Rice Memorial High School congratulates the following Winooski students (pictured above left to right): Kayla Corrigan, Cole Thornton, Adriana Formel. Missing from the photo is Renee Thornton.

In addition, the following students were awards recipients for the 2016-2017 school year: **Cole Thornton** received the Kristen Charlebois Senior Excellence in History Award and **Kayla Corrigan** received the Most Improved Student Award, and the Susan Valley Scholarship.

Congratulations to all our graduates!



The Winooski Memorial Day Parade participants and patrons thank you for coming out to watch the parade to honor the fallen soldiers from our town and nearby communities. Here is a picture from one of the many participants who were grateful to be part of the team.

Winooski High School Athletic Banquet

By Dennis Barcomb, Athletic Director

The 73rd annual Winooski Spartan Athletic Banquet was held on June 11, 2017. The event is sponsored by the Winooski Boosters. Special thanks to the Winooski Boosters and President Lori Lambert for making it a special evening.

The awards were as follows:

Freshman Boy: Lek Nath Luitel

Freshman Girl: Sa Me Lar

Sophomore Boy: Abbas Abdulaziz

Sophomore Girl: Amna Cicak

Junior Boy: Elli Nahimana

Junior Girl: Lydia Nattress

Senior Boys: Roshan Pradhan and Sujan Acharya

Senior Girl: Riley Corrigan

Ralph Lapointe Award: Holly Turner and Marie Ly

Scholar Athlete: Mariah Metivier

Mona Williams Fan of the Year: Randi Kay Metivier

Lady Spartan Award: Riley Corrigan and Lydia Nattress

Spartan Award: Elli Nahimana

Winooski
Dollars for
SCHOLARS®
A Program of Scholarship America®

Graduate Spotlight

Hello, my name is Brandon Bigelow. I just completed my freshman year at Castleton University and it was really great. My major is Health Science.

The DFS scholarship money from my 2016 graduation I received went towards books and towards paying tuition for college. Thank you for supporting me in my goals!



Two New Basketball Courts!

By Lisa Goetz

The Winooski Spartans Basketball Court is complete!

We hope everyone has been able to see our new basketball court! Thanks to the generosity of so many sponsors, the community of Winooski has a beautiful new court to play on. In addition to two basketball courts, we also have 4-square and hopscotch. We want to thank the following sponsors for making this possible:

- The Winooski PTO
- Myers Waste and Recycle
- Lance McKee
- NorthCountry Federal Credit Union
- Whitcomb Paving
- Kirshner Signs

Many thanks to Vermont Tennis Court Surfacing for all their hard work in installing the new basketball hoops and lining the court.



MIDDLE/HIGH SCHOOL HIGHLIGHTS

Inspired By Our Students

By Leon Wheeler, Middle/High School Principal

“So often you find that the students you’re trying to inspire end up inspiring you.” (Sean Junkins, MS Instruction Coach)

As I write this, the 2016-17 school year has two days and two celebrations remaining: the Middle School Stepping Up Ceremony, and High School Graduation. The past week has been a whirlwind of many activities for all our students: completing assignments, practicing speeches, organizing displays, engaging in June Expos, and so much more. As all in the education field understand, the school year does not wind down. It builds and builds and builds... and abruptly is done.

During this last week of school I have been truly moved by stories of students’ persistent effort, resilience in the face of complex challenges, and inspiring accomplishments. As Sean Jurkins notes in the quote above, we often find that the students we work so hard to support and encourage and cheer on, eventually affirm and inspire us! It is so true, and this year especially so.

I am thinking of two students who worked hard and long to meet the requirements for a Winooski diploma. A year after their original graduation date, refusing to give up when it was frustrating and difficult, they have finished up and are graduating!

One high school student was scheduled for a reading class and didn’t want to be there. He asked how to get out of the class and the teacher said “Work hard in the class and build your reading skills and you can get out of the class. So, he did. It wasn’t easy, but he completed three times as many lessons as expected, and became our final GX Champ of the year as a result of his persistence!

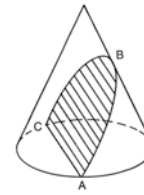
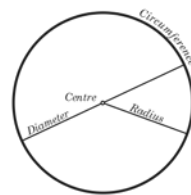
One middle school student who struggles with self-regulation and has found the after school program classes to be very helpful. Her growth in the past two years inspired Suzanne Skaflestad, the director, to invite her speak at Senator Leahy’s recent press conference about the federal education budget proposal. The story she shared about the impact of this program was powerful and articulate...and all, including her, were beaming with pride!

A middle school student with autism who’s worked really hard all year to meet her personal learning goals chose as a project to inform her classmates and teachers about autism so all would better understand her. Her speech, with an informative visual presentation, was powerfully moving! It’s such a joy to have her in our community!

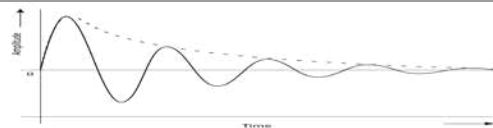
There are so many more stories of inspiration from our students! I am truly blessed to be part of this community! Great things are happening in Winooski!



Winooski’s Advanced Painting class just finished a collaborative mural of a historical timeline for the High School history classroom with Mr. McQuinn. A great job and congrats goes to the whole crew: Ismail Hussein, Rebekkah Lambert, Cheyenne Berard, Chandrika Kadariya, Lai Lar, Elisha Limbu, Brianna Holton, Essa Abdulsalam, and Chanda Pringle with Mrs. Bruce.



WHS Math Lab Summer Sessions



Drop by during the summer and keep the math alive!

Ms. Mellen and Mr. Payeur will be available from 9am – 3pm on the following Tuesdays and Wednesdays:

July 11, 12 July 25, 26
July 18, 19 August 1, 2

Location: Winooski Middle/High School
Room: Math Lab, Room 206

Let us know if you can make it!
Email us at:

tpayeur@wsdschools.org
rmellen@wsdschools.org

Winooski Students Doing Science in Collaboration with UVM Rubenstein Ecosystem Lab

By David McNally



On Wednesday, May 31st, 26 Winooski High School students from the Foundations of Science class visited Dr. Jason Stockwell and his students at the Rubenstein Ecosystem Laboratory in the ECHO building to wrap up their GX Project on Water Pollution. The students have been studying algae blooms since early May. They had been testing the effect of different amounts of nitrogen and phosphorus fertilizers on causing algae to grow, from Lake Champlain and Winooski River water samples. The samples were growing under controlled lighting for 3 weeks, and then we visited the Rubenstein lab to filter and weigh our samples and also learn more about what the scientists do to protect the Lake.

Students were divided into two groups at the lab. One group was taught how to vacuum filter samples and then weigh them on an electric balance that was sensitive to 0.0001 grams! There was a lot



of learning and fun in the process. The second group meanwhile toured the lab learning about fish predation, food chain nutrition, shrimp and algae, and the use of video technology to study aquatic life in Lake Champlain.

While it was a fast 3-hour visit, the students had a blast and enjoyed doing science, learning more about our community's lake resources, and meeting actual scientists at work. One student was overheard saying, "This is so cool. I want to be a scientist." This is our third year collaborating with Dr. Stockwell, and each year seems to be getting better and better. After our visit, Dr. Stockwell commented positively on the Winooski students:

I was really impressed with the level of interest and engagement by the students. They were all into it, asking questions, actively doing hands-on stuff with samples, using the science equipment, etc. You could feel the level of excitement of the students being in the laboratory. There was a buzz in the air. I was also very impressed that most, if not all, students came up to me afterwards and thanked me for the opportunity to come to the lab. That was just a great feeling!

Winooski is hoping to build upon this collaboration to continue to provide experiences for students to do science. Here are a few quotes from other students' reflections on the trip:

I enjoyed looking in the microscope and see what is happening in the water.

I enjoyed walking in every

room with the scientists who were helping us.

I learned how to open the fish and see what is in the stomach of the fish.

I learned about field trip how to filter the water into the algae and how use balance how to open and close.

What I enjoyed is how the students working together and asking questions and how they answer the question. I like it they all was happy.

What I learned from the field trip is what animals live in the water how they live and what they eat. What I enjoyed the most is when we were filtering the water.

I looked at how people work in field trip, they are helpful.



Winooski Wins Business Plan Competition for Third Year in a Row

By Courtney Poquette

This year the students in the Entrepreneurship class explored things that bugged them by writing “bug lists” and then created a business which would solve one of their problems. The results ranged from new pillow designs to a home decorating service for the holidays. By the end of the semester thirteen student business plans were developed. The plans were then submitted to the Small Business Development Center for review, along with other plans from across the state. In addition, each student completed a two minute recorded pitch of his or her business idea.

Overall, Winooski students performed

very well. Not only did students attempt one of our graduate level Critical Thinking projects, but they developed a potential career for themselves. The end results recognized 10th grader, **Vijayata Dahal** for winning first place in the state for her jewelry business: The Golden Goose. Senior **Riley Corrigan** won second place in the state for her food delivery business idea: Zoom Food. **Jarod Fountain**, 11th grader, was recognized for his Power Pitch on his business idea Tie on the Fly.

In addition, this was the first year students could earn college credits in this course through the University of Iowa.



Congratulations to Colton Lavalette and Jarod Fountain who passed a rigorous test and earned the college credits.



George Rogers blazing speed in the boys 100m.



Stephie Siki clears a hurdle at the Burlington Invitational.



Team Photo: WMS Track Team, 2017

Spartan Track Team

By Coach Magistrale

A rather rainy season has concluded for the Winooski Middle School Spartan Track team. Although the weather was a constant challenge, we did our best to train and prepare for the 5 meets around the state.

This year, our team consisted of 22 student-athletes. We competed in 5 meets, including the Burlington Invitational and the Chittenden County Championship. We had 13 athletes out of a team of 22 qualified for the CCC on merit base. Their events included the boys and girls 4x100 meter relay, long jump, high jump and 100m, 200m and 1500m dash.

Special thanks to former high jump star Alicia Russell for donating her time to train our high jumpers for the CCC. Hopefully next season she'll be joining our team as an assistant coach. And of course, thank you to the Winooski community for your continued support of the athletes and athletic programs.

A Winooski Student's Science Project

Submitted by Shannon Bundy

KWASHIORKOR ABBY HAYFORD

WHAT IS KWASHIORKOR?

KWASHIORKOR IS A FORM OF PROTEIN-ENERGY MALNUTRITION (PEM)



SYMPTOMS OF KWASHIORKOR

- FAILURE TO GAIN WEIGHT
- DIARRHEA
- ENLARGED LIVER
- BLOATED STOMACH
- FATIGUE
- IRRITABILITY
- ETC.



TREATMENT



EARLY CASES

SLOWLY INTRODUCE THE PATIENT TO FOOD, STARTING WITH SMALL AMOUNTS OF SIMPLE CARBOHYDRATES, FATS, AND THEN PROTEIN. ALONG WITH VITAMINS AND MINERAL SUPPLEMENTS THEN THEY WOULD START TO FEEL BETTER.

SEVERE CASES

THE PATIENT CAN START TO GO INTO SHOCK (POTENTIAL COMA), THEN THE TREATMENT IS TO MAINTAIN BLOOD PRESSURE AND TO INCREASE THE BLOOD VOLUME. HOWEVER, THE PATIENT WILL NOT REACH FULL GROWTH AND MAY BECOME LACTOSE INTOLERANT.

WHEN AND WHY?

WHERE DOES THIS HAPPEN?

KWASHIORKOR HAPPENS IN COUNTRIES WHERE THERE IS FAMINE, LOW INCOME, POLITICAL UNREST, AND LOW EDUCATION SCORES.

WHY DOES THIS HAPPEN?

KWASHIORKOR HAPPENS WHEN THE PATIENT DOES NOT HAVE ACCESS TO PROTEIN FILLED FOODS, SEVERELY NEGLECTED, OR THEIR BODY CAN'T PROCESS PROTEIN DUE TO A DISEASE OR ILLNESS.

DID YOU KNOW?

KWASHIORKOR HAPPENS IN CHILDREN 1-3 YEARS OF AGE, DRUG, AND ALCOHOL ADDICTS, AND EVEN PEOPLE WITH CANCER.

THIS IS A SLOW AND DEADLY DISEASE THAT CAN AFFECT ANYONE. IN THE U.S.A., IT IS ESTIMATED THAT 50% OF ELDERLY PATIENTS IN NURSING HOMES HAVE SOME SORT OF PROTEIN DEFICIENCY (KWASHIORKOR)



H (2016 JANUARY 21) KWASHIORKOR. RETRIEVED JUNE 08, 2017, FROM [HTTPS://WWW.EMAZE.COM/@AFELEFOW/KWASHIORKOR](https://www.emaze.com/@AFELEFOW/KWASHIORKOR)

COMMUNITY NEWS

City Council Update

By Nicole Mace

With warmer weather and longer days comes the time of year when Winooski is hopping with events. From Waking Windows to the Memorial Day Parade, the Farmer's Market and Winooski Wednesdays, these events provide our residents with an opportunity to explore our City, connect with each other, and build a true sense of community. We owe a big thanks to all City staff, who work tirelessly with every event to ensure its success.

Summer is also an opportunity for City Council to spend time looking ahead to the coming year and setting goals to ensure we continue to make progress on our strategic vision, which states:

Winooski will be an affordable, livable, diverse community where the roles of the government will be to foster and guide the following:

Economic Vitality: Maintain and expand our economic development to ensure a long term vibrancy and small town feel.

Transportation and Infrastructure: Invest in the City's transportation infrastructure in order to make our City safe and accessible to residents and visitors while recognizing the critical role we play in the region's system.

Housing: Ensure a mix of quality, affordable housing



stock that maintains the character and aesthetics of our neighborhoods.

Safe, Healthy, Connected People: Foster relationships across generations and cultures by providing safe, healthy environments and opportunities to connect and engage.

On June 24th, city councilors will spend a half-day working with City Manager Jessie Baker to define specific goals and priorities for the coming year. We will then invite the City Commissions to provide input to ensure work across the City at all levels is aligned with the vision and priorities.

The summer months will also see the City developing a marketing and branding plan with the assistance of Michael Bento of Engage Strategies. An Economic Development Plan is also in the works this summer with Camoin Associates. These two pieces are critical as we strive to ensure our little City with a big heart continues to grow in a manner that preserves our affordability, livability and diversity.

Finally, Council expects to receive a report from the Pool Committee about a proposal to replace the Myers Community Pool in July. This is the second summer without a community pool, but our Parks and Recreation Manager Alicia Finley has put together a lot of great programming for Winooski's youth. For more information about our Parks and Recreation program offerings, contact Alicia at afinley@winooskivt.org.

Happy Summer!

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Brian Corrigan	bcorrigan@winooskivt.org	802-999-9270
Councilor Eric Covey	ecovey@winooskivt.org	802-825-8789
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
Councilor Brian Sweeney	bsweeney@winooskivt.org	802-734-6902
City Manager Jessie Baker	jbaker@winooskivt.org	802-655-6410

Visit the city website at winooskivt.org or call 802-655-6410.

Keep up to date with announcements and news:

 **LIKE US ON FACEBOOK** We are "City of Winooski - Government"
 **FOLLOW US ON TWITTER** We are @winooskivt

Free Meals!

By Maura O'Neill

The Winooski Farmers Market is offering free meals to kids 18 and under every Sunday of the market season. Please stop by and enjoy the market, get a free meal for the kids, and have them take advantage of the POP Club, a food based activity.

Come out and double your SNAP benefits at our market tent. Get \$10 in Snap tokens and we will give you \$10 in Crop Cash to use at no cost to you.



Police Report

By Scott D. McGivern, Lieutenant,
Winooski Police Department



Summer is in full swing. Recently the police department responded to a bicyclist being struck by a vehicle. The bicyclist was not seriously injured. I have been told the bicyclist did not stop for a stop sign which contributed to this accident. I want to remind everyone to be safe if you are riding a bicycle on the street. Wear bright, reflective clothing, a helmet, and obey all traffic laws.

Also, the Fourth of July holiday is coming up. Enjoy the scheduled Fourth of July celebrations sponsored by local communities. But please remember that fireworks are explosives and are dangerous. Even the professionals who manufacture and set off the fireworks have had accidents when putting on a fireworks display. I want to remind everyone about a professional football player who was setting off fireworks at a home. One firework exploded and this football player now is missing part of his thumb. Do not think "it will not happen to me."

The Winooski Police Department would like to have everyone have a safe and happy summer.

WCSPC July Update

By Jackie Hoy

Still Looking for Youth in Winooski to Join Our Team!

The Winooski Coalition is looking for Winooski youth to help our organization as we spread the word about prevention. Check out what we have available below to see if it's a good fit for you, and if so, please send us your application!

Youth Internships:

Available for high school students. Be an ambassador for prevention in the school while gaining office and communication skills and helping with outreach work. The internship provides hands-on work for about 5 hours per week.

Youth Board Member: Are you a high school student interested in gaining public speaking skills? Do you enjoy community service? Apply for a great opportunity to form new relationships, gain experience, build leadership skills, and make a difference in the community. For more information or to apply, please email katenugent@wcspc.org.

Summer in Winooski

Summer is here, which means it's time to celebrate health and wellbeing in the warm weather and sunshine. According to the SAMHSA National Survey on Drug Use and Health, adolescents and full-time college students most often use substances for the first time during June or July. Which means that summer is also a great time to start talking about prevention.

"Every year that substance use is delayed during brain development (up to age 25), the risk of addiction decreases" (from Prevention Works Vermont). Research shows that we can do a lot to prevent substance abuse, starting at the individual/parent level and extending to the community as a whole.

Summertime advertisements for alcohol products are common, which may send kids the message that alcohol and summer barbecues or gatherings go hand in hand. There seem to be a lot of myths surrounding alcohol misuse and binge drinking. ParentUp Vermont works to debunk just a few of those myths:

Myth: Enforcing rules on underage drinking just makes kids want alcohol.

Fact: Many children seek the approval of their parents and choose not to drink if they feel their parents would consider it "very wrong."

Myth: Alcohol is safer than illegal drugs.

Fact: Alcohol abuse kills 6.5 times more youths than all other legal drugs combined.

Substance abuse is among the most costly health problems in the United States. Summer is a great time to talk to kids about the risks involved with abusing drugs and alcohol. For tips on how to talk to your kids about substance abuse, visit parentup.org.

Above the Influence

The Winooski Above the Influence has wrapped up for the year. We had some great sessions this past school year learning about various topics, such as how tobacco and alcohol advertising targets youth and how secondhand smoke affects us all. We played games, made posters, participated in Sticker Shock, and overall had a great time learning about health and prevention. ATI is an after-school program for 5th to 8th graders, which educates and empowers youth to make healthy decisions. We'll be back in the school this coming fall, please check us out!

Have a healthy and fun summer!



Free Women's Self-Defense Workshop

By Sr. Patricia E McKittrick

The Winooski Peace Initiative is offering a workshop for 20 Winooski Women (free of charge for Winooski residents). The Women's Self-Defense Workshop teaches simple, powerful, and effective personal protection strategies that are easy to understand and remember. Participants learn how to recognize predatory behavior before it becomes a threat, diffuse it verbally, if possible, and to apply effective physical self-defense techniques, if necessary.

What makes The Safety Team self-defense trainings different?

The "for women by women" aspect is a powerful asset in our classes. The Safety Team's all-female team of instructors helps women feel more comfortable during the interactive presentation and more hands-on physical components of the classes. As women, our team knows first-hand the safety concerns facing women. All of our instructors are highly skilled martial artists whose diverse professional backgrounds include expertise in the field of violence against women (See our team page <http://thesafetyteam.org/our-team/> for more information). This means that we are aware of and sensitive to situations that may trigger women and are careful to ensure that participants feel empowered and supported. Our philosophy is for participants to be comfortably challenged!

Level I Workshop: The 2-Hour Introductory Women's Self-Defense Program

This beginner workshop focuses on recognizing pre-assault behavior, learning ways to deter or avoid an attack before it becomes physical, understanding how predators think and what they look for in their victims, enhancing decision-making around lifestyle choices that minimize vulnerability yet maintain personal freedoms, and finding the inner strength to fight back."

The workshop will be offered in September. For more information, please contact: Sr. Pat- 847-6534 or email: pat.mckittrick@uvmhealth.org.

Winooski Peace Initiative

By Sr. Patricia E McKittrick

Seeking Baby Items

Seeking a variety of baby items to donate to expectant families in need. Items needed include new born diapers, pacifiers, bottles, and infant clothing. If you knit or crochet and would like to donate baby blankets, please let us know. If you are in need of yarn for these projects, please let me know. Please email: Sr. Pat - pat.mckittrick@uvmhealth.org to arrange pick up of donated items. This is National Community Health Improvement week – Hospitals Against Violence Campaign asks, “What are you doing?” listen to the podcast: <http://link.videoplatform.limelight.com/media/?mediaId=fdfb6c8f8f01447aaba421ea7d43b506&width=480&height=321&playerForm=Player> Domestic Violence

During the past month, The Winooski Peace Initiative offered two panel discussions on Domestic Violence. The panels were well attended. The panelists gave helpful information for victims of Domestic Violence.

What is domestic violence? Steps to End Domestic Violence says: “Domestic violence or abuse is a pattern of violent or coercive behavior that one uses to gain and maintain power and control over an intimate partner.” Abuse can be physical, emotional, economic, or sexual. It comes in many forms and can affect anyone regardless of race, age, gender, income or education status, religion, sexual orientation, or gender identity.

10 Warning Signs DOES YOUR PARTNER:

- Put you down or call you names?
- Control where you go or who you spend time with?
- Hurt you by hitting, kicking, or strangling you?
- Blame you for their violent or abusive behaviors?
- Threaten to take your children away?
- Treat you like a servant or make all the decisions in the relationship?
- Prevent you from getting or keeping a job?
- Make or carry out threats?
- Make you afraid using looks or gestures?
- Pressure or force you into unwanted sex?

If you recognize any of these signs, or if you or someone you know is in an abusive relationship, there is help available. It is not your fault and you are not alone. See the services we offer at Steps to End Domestic Violence. For immediate help, call our HOTLINE at 802-658-1996 or call the Vermont Domestic Violence hotline at 1-800-228-7395. Both lines are answered 24/7. If you missed the presentations and are interested in learning more about Domestic Violence call the numbers above or email Sr. Pat: pat.mckittrick@uvmhealth.org

Like us on Facebook... <https://www.facebook.com/winooskipeace/?fref=ts>

Library News

By Elsie Goodrich, Youth Services Coordinator

Happy Summer from the Winooski Memorial Library! The Summer Reading Program Build A Better World is in full swing! Kids and Family Reading Partners can register all summer long at the Library or at the Story Thyme booth at the Winooski Farmers Market on sunny Sundays. Set a reading goal for the summer, come to awesome library programs, or stop in to play a game and you could win cool prizes all summer long!

Fun Activities for July:

- **Tuesdays 11-1PM** Come work and play in the kid’s community garden plot and 3-6PM come to Lego Club and take the weekly Lego Challenge!
- **Wednesdays 3-6PM** is Family Game Day!
- **Fridays at 10:30** is Story Time with Elsie for ages 6 and under!
- **Friday July 7th at 10:30:** Special Guests from the Winooski Police Department.
- **Friday July 14th at 12PM:** Nature Educator Wild Things teaches children ages 5-12 to build a pollinator habitat
- **Saturday July 22nd at 11AM:** Dance with Ashley, special guest will teach kids of all ages to dance and preform a story
- **Weekly special activities** like Marshmallow Building Challenges, Balloon Rockets, Pom Pom Catapults, and bubble wand making!

Sign up for the FREE reading challenge for a summer of fun for the whole family!

The **Job Hunt Helper** will be here Tuesdays 3:30-6:30 and Saturdays 11-2PM. She’s here to help you with resumes, applications, cover letters, computer, phone or tablet assistance, and much more!

Free Meals for anyone 18 and younger Tuesday-Friday 12-5PM and Saturdays 10-2PM all summer long!

The Winooski Memorial Library is located at 32 Malletts Bay Avenue in the O’Brien Community Center. 802-655-6424

HOURS: Tuesday • Wednesday • Thursday: 10AM to 6:30PM, Friday: 10AM to 6:30PM • Saturday: 10AM to 2PM • Sunday/ Monday: Closed

Free Coffee and Socializing!

The WCSPC, UVM Medical Center, and Starbucks sponsor:
Free coffee hour at the O’Brien Community Center every Friday from 9am-11am

Blood pressure screening on the 1st Friday of the month from 9am-11am.

It’s a great opportunity to meet and greet your neighbors, and we hope you’ll join us!

Winooski Family Center Events



Playground fun, field trips & activities for children up to 5 years of age. Must be with parent or caregiver. Plus free healthy, nutritious lunches provided by the Abbey Group! Playgroups will be at the Winooski Family Center play space at the O'Brien Community Center if it rains.

Field trips are from 11AM-1PM on the following Thursdays:

- **July 6** Preschool playground, activities, stories and lunch (meet at 87 Elm Street 11AM-1PM)
- **July 13** Landry Park playground, activities, story and lunch (meet at Landry Park 11AM-1PM)
- **July 20** Field Trip –Blueberry Picking-(please call 655 1422 for information and registration)

- **July 27** No Playgroup
- **August 3** Field Trip –library-(meet at Winooski Memorial library 11AM-1PM)
- **August 10** Field Trip –Shelburne Farms- (please call 655 1422 for information and registration)
- **August 17** Landry Park playground, activities, stories, lunch (meet at Landry Park 11AM-1PM)
- **August 24** Transition to Kindergarten and Transition to Preschool **Ice-Cream Social** Time & Location (TBD)

Winooski Family Center Playgroup from 9:30-11:30AM at the O'Brien Community Center on: August 1st, 8th, 15th and 29th.

Gardening with Emma (starting Thursday, June 15th) When? Monday and Thursday : 9:30-11:00AM at the O'Brien

Community Center (the garden plots are behind the building).

Winooski Memorial Library programs (please call 655-6424 for details or see previous page for details.)

City of Winooski: Free Meal Program for children under the age of 18.

When? Sunday, May 28th – Sunday, October 8th

Where? Winooski Memorial Library: Tuesday-Friday 12 PM – 5 PM; Saturday 10 AM – 2 PM (32 Malletts Bay Avenue)

Winooski Farmer's Market: Sundays 10 AM – 2 PM (by the Winooski Roundabout)

Please call the Winooski Family Center at 655-1422 with any questions.

July is Parks & Recreation Month!

By Alicia Finley, Parks & Recreation Manager

Pedal & Paddle Event

The City of Winooski, Friends of the Winooski River and Winooski Valley Park District are partnering and happy to offer this one of a kind event on Sunday, July 23, 2017. "Pedal & Paddle" will have participants pedal their bikes from Ethan Allen Homestead to Winooski where they will hop in their kayaks or canoes and paddle back to the start! Participants will drop off their boats in Winooski, drive to the Ethan Allen Homestead in Burlington, and then bike to Winooski. The approximately 4 mile pedal is predominantly on dirt paths and roads along the river and through the Intervale Center to Winooski. In Winooski, you will hop in your canoe or kayak and paddle back to the Homestead on the Winooski River through the beautiful Winooski Valley where entertainment will be waiting!

For more information and to register visit www.winooskirec.com. For questions call/ e-mail Parks & Rec Manager at (802) 777-1621/ afinley@winooskivt.org. Visit the "Pedal & Paddle"/ Friends of the Winooski River's homepage at <http://www.winooskiriver.org/winooski-pedal-and-paddle.php>.

Those interested in volunteering will find many job opportunities at <http://signup.com/go/R7HmBR>. Volunteer support is needed to make this a successful event!

WINOOSKI WEDNESDAYS:

Free Summer Concert Series

The City of Winooski Parks & Recreation Department is excited to announce Winooski Wednesdays: a free summer concert series in Rotary Park! This summer, (June – September 2017) join us in Rotary Park every first Wednesday of the month at 6pm for a free outdoor concert featuring a Monkey House beer garden & food specials by Winooski restaurants. Check out our amazing lineup of bands and join us this summer:

July 5: Joe Adler + The Rangers of Danger

August 2: The High Breaks

September 6: Rose Street Collective

Huge thanks to Downtown Winooski for sponsoring these events and Waterworks Food + Drink for donating their amazing sound system.

For more information, visit our FaceBook event at: <http://bit.ly/2q6trmq> or e-mail Parks & Rec Manager, Alicia Finley, at afinley@winooskivt.org.

In case of rain, we will be holding the event at Monkey House.

Share this with your friends on Facebook: <http://bit.ly/2qmlIQj>

Winooski Food Shelf Schedule for July

By Linda Howe, Winooski Food Shelf Coordinator

We continue to see an increase in client numbers now that the milder weather has arrived! We are providing pantry staples to 80 families a month and fresh food to about 70 families. Food donations may be dropped off at Sally's Flower shop on upper Main Street or during a regularly scheduled pantry day. Since many of our clients do not have the ability to prepare food from "scratch", canned meals such as New England style clam chowder, beef stew, hash and baked beans are much needed. Canned beets, peas and chick peas are the most popular veggies. Toiletries such as toilet paper, shampoo, deodorant and toothpaste are also in high demand. And there is a constant need for laundry detergent.

Saturday, July 8th	9:30 a.m. to 11:30 am	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, July 12th	2 p.m. to 4:30 p.m.	Pantry staples, meat eggs and fresh veggies
Saturday, July 22nd	9:30 a.m. to 11:30 am	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, July 26th	2 p.m. to 4:30 p.m.	Pantry staples, meat eggs and fresh veggies

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill.

Any Winooski resident in need is welcome. You might have just lost a job, become ill or injured and can't work, had a new baby or have large medical bills. We all have experienced sudden

life changes. The Food Shelf is here to help support you. For questions call 318-0460.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home.

YouthBuild: Building Futures

By Alex Weinstein, AmeriCorps Community Partnership Coordinator

YouthBuild is an alternative high school completion program that serves men and women ages 16-24. YouthBuild students have the opportunity to gain meaningful job skills training in construction and weatherization, engage in leadership development, and complete 675 hours of community service. While fulfilling their high school completion requirements, YouthBuild graduates earn industry recognized certificates, like PACT, OSHA-10, First Aid and CPR, and Work Keys. Students serve their community as part-time AmeriCorps members, and can qualify for an education award to use towards college or training programs.

What's going on now at YouthBuild?

Construction: Our YouthBuild crews have been working hard on perfecting their construction skills while building some awesome chicken coops. The coops are complete with shingled roofs, windows and doors, and are for sale at our YouthBuild Burlington location on Pine St. They look professionally done!

AmeriCorps Service Learning: YouthBuild AmeriCorps members have completed some exciting service projects in the community recently. Our crews worked hard on some bike trails with Fellowship of the Wheel, built some garden beds for the Howard Center, and created some awesome bike libraries that will make their debut around town this summer.

Graduation: We would like to congratulate this year's program graduates, who celebrated their success June 28th!

If you or anyone you know is interested in applying for YouthBuild feel free to contact us at (802) 658-4143 ext 27 or e-mail aweinstein@resourcevt.org



Miss a City Meeting? Watch Online!

Channel 17/
Town Meeting
TV regularly
covers and
airs **Winooski
City Council**



and **Development Review Board meetings**. Tune in to Channel 17 on Thursday nights at 8 for regular Winooski community content or visit www.cctv.org/watch-tv/municipalities/winooski.

Do you want to learn to make your own video programs about life in Winooski? Contact morourke@cctv.org to find out about group or one-on-one trainings.

Legislative Report

By Representative Clem Bissonnette

Here are all the 2017 Legislative bills passed and signed by Governor Phil Scott. To view the bill from start to finish, in your web browser, type in <http://legislature.vermont.gov/> This will bring up *The Vermont General Assembly* - Official Site. Click on: Bills & Resolution and enter the bill number, title or keyword and then click on "Search." This will give you the full bill information. If you have additional questions call me at home (802-655-9527) or on my cell (802-598-0229).

ActNbr, BillNbr, Title, Date Signed By Governor

0001, S. 0002, Information sharing by the Commissioner of Financial Regulation, 2/23/2017
0002, S. 0001, The determination of average daily membership for the 2016–2017 school year and equalized pupil count for fiscal year 2018, 3/1/2017
0003, H. 0125, Fiscal year 2017 budget adjustments, 3/2/2017
0004, H. 0053, Permitting planting projects in flood hazard areas, 3/6/2017
0005, S. 0079, Freedom from compulsory collection of personal information, 3/28/2017
0006, S. 0038, The Government Accountability Committee and the State Outcomes Report, 3/29/2017
0007, S. 0013, Fees and costs allowed at a tax sale, 4/13/2017
0008, H. 0014, Automated external defibrillators, 4/25/2017
0009, H. 0201, Length of stay at designated shelters, 4/25/2017
0010, H. 0379, Providing an extension for the repeal of the Search and Rescue Council, 4/25/2017
0011, H. 0004, Calculating time periods in court proceedings, 5/1/2017
0012, H. 0085, Captive insurance companies, 5/1/2017
0013, H. 0152, The Vermont Revised Uniform Fiduciary Access to Digital Assets Act, 5/1/2017
0014, S. 0005, Plea agreements, 5/1/2017
0015, S. 0007, Deferred sentences and the sex offender registry, 5/1/2017
0016, S. 0039, The repeal of the crime of obtaining maps and plans while at war, 5/1/2017
0017, S. 0060, The repeal of 21 V.S.A. § 6, 5/1/2017
0018, S. 0069, An employer's compliance with an income withholding order from another state, 5/1/2017
0019, H. 0003, Burial depth in cemeteries, 5/4/2017
0020, H. 0035, Adopting the Uniform Voidable Transactions Act, 5/4/2017
0021, H. 0136, Accommodations for pregnant employees, 5/4/2017
0022, H. 0182, Certain businesses regulated by the

Department of Financial Regulation, 5/4/2017
0023, H. 0265, The State Long-Term Care Ombudsman, 5/4/2017
0024, H. 0290, Clarifying ambiguities relating to real estate titles and conveyances, 5/4/2017
0025, H. 0507, Next Generation Medicaid ACO pilot project reporting requirements, 5/4/2017
0026, H. 0005, Investment of town cemetery funds, 5/10/2017
0027, H. 0042, Appointing municipal clerks and treasurers and to municipal audit penalties, 5/10/2017
0028, H. 0297, Miscellaneous court operations procedures, 5/10/2017
0029, H. 0326, Eligibility and calculation of grant or subsidy amount for Reach Up, Reach Ahead, and the Child Care Services Program, 5/10/2017
0030, H. 0497, Health requirements for animals used in agriculture, 5/10/2017
0031, H. 0502, Modernizing Vermont's parentage laws, 5/10/2017
0032, H. 0050, The telecommunications siting law, 5/17/2017
0033, H. 0058, Permanent licenses for persons 66 years of age or older, 5/17/2017
0034, H. 0184, Evaluation of suicide profiles, 5/17/2017
0035, H. 0230, Consent by minors for mental health treatment, 5/17/2017
0036, H. 0312, Retirement and pensions, 5/17/2017
0037, H. 0462, Social media privacy for employees, 5/17/2017
0038, H. 0494, The Transportation Program and miscellaneous changes to transportation-related law, 5/17/2017
0039, S. 0014, Expanding the Vermont Practitioner Recovery Network, 5/17/2017
0040, S. 0096, A news media privilege, 5/17/2017
M001, H. 0241, The charter of the Central Vermont Solid Waste Management District, 5/17/2017
M002, H. 0327, The charter of the Northeast Kingdom Solid Waste Management District, 5/17/2017
M003, H. 0520, Approval of amendments to the charter of the Town of Stowe, 5/17/2017
M004, H. 0524, Approval of amendments to the charter of the Town of Hartford, 5/17/2017
M005, H. 0536, Approval of amendments to the charter of the Town of Colchester, 5/17/2017
0041, H. 0347, The State Telecommunications Plan, 5/22/2017
0042, H. 0411, Miscellaneous energy issues, 5/22/2017
0043, H. 0508, Building resilience for individuals experiencing adverse childhood experiences, 5/22/2017
0046, H. 0111, Vital records, 5/22/2017
M006, H. 0130, Approval of amendments to the charter of the Town of Hartford, 5/22/2017
M007, H. 0154, Approval of amendments to the charter of the City of Burlington and to charter amendment procedure, 5/22/2017
M008, H. 0356, Approval of amendments to the charter of

the Town of Berlin, 5/22/2017
M009, H. 0522, Approval of amendments to the charter of the City of Burlington, 5/22/2017
0044, H. 0074, Domestic and sexual violence, 5/23/2017
0045, H. 0145, Establishing the Mental Health Crisis Response Commission, 5/23/2017
0047, H. 0424, The Commission on Act 250: the Next 50 Years, 5/23/2017
0048, H. 0506, Professions and occupations regulated by the Office of Professional Regulation, 5/23/2017
0049, H. 0513, Making miscellaneous changes to education law, 5/23/2017
0050, H. 0512, Miscellaneous changes to election law, 5/30/2017
0051, S. 0003, Mental health professionals' duty to warn, 5/30/2017
0052, S. 0009, The preparation of poultry products, 5/30/2017
0053, S. 0052, The Public Service Board, energy, and telecommunications, 5/30/2017
M010, H. 0529, Approval of amendments to the charter of the City of Barre, 5/30/2017
M011, H. 0534, Approval of the adoption and codification of the charter of the Town of Calais, 5/30/2017
0054, H. 0308, The Racial Disparities in the Criminal and Juvenile Justice System Advisory Panel, 5/31/2017
0055, S. 0010, Liability for the contamination of potable water supplies, 6/2/2017
H. 0022, The professional regulation of law enforcement officers by the Vermont Criminal Justice Training Council, 6/5/2017
H. 0171, Expungement, 6/5/2017
H. 0218, The adequate shelter of dogs and cats, 6/5/2017
S. 0004, Publicly accessible meetings of an accountable care organization's governing body, 6/5/2017
S. 0112, Creating the Spousal Support and Maintenance Task Force, 6/5/2017
S. 0134, Court diversion and pretrial services, 6/5/2017
H. 0527, Approval of amendments to the charter of the Town of East Montpelier and to the merger of the Town and the East Montpelier Fire District No. 1, 6/6/2017
H. 0503, To criminal justice, 6/7/2017
S. 0033, The Roza McLaughlin Farm-to-School Program, 6/7/2017
S. 0050, Insurance coverage for telemedicine services delivered in or outside a health care facility, 6/7/2017
S. 0016, Expanding patient access to the Medical Marijuana Registry, 6/8/2017
S. 0072, Requiring telemarketers to provide accurate caller identification information, 6/8/2017
S. 0075, Aquatic nuisance species control, 6/8/2017
S. 0095, Sexual assault nurse examiners, 6/8/2017
S. 0127, Miscellaneous changes to laws related to vehicles and vessels, 6/8/2017
S. 0135, Promoting economic development, 6/8/2017
S. 0136, Miscellaneous consumer protection provisions, 6/8/2017

Senior Center News

By Barb Pittido, Winooski Senior Programs Manager

At the Senior Center we calculate the hours spent by volunteers doing our various activities (Meals on Wheels, hospitality, BINGO!, program hosting, office work, etc), and I am in awe at the hundreds of hours that folks volunteer every month making our little universe a much better place. Then I think of the other generous people who do their part in volunteering for the City as well - Councils and Commissions, Friends of the Library, Operation Bloom, Season's Greetings, Parks & Rec coaches, Foster Grandparents, to name a few, who are all touching our community in positive ways and investing in a healthier future.

As one person, I say a heartfelt "Thank You" to those who give so selflessly. As one City we say "Thank You" by creating a atmosphere of praise and acknowledgement for collective contributions, and work to continually develop a culture of appreciation.



Our Annual Volunteer Appreciation dinner marks the day when we say "Thank You" to the generosity of all the local groups and individuals who have strengthened our community and made our square mile city a much greater universe.

NOTICE: The Center will be closed July 4th in observance of Independence Day.

EVERY MONTH

Do Drop In - Coffee & Discussion: Mondays 9-11am

Crafting for a Cause: Wednesdays 9am - 12pm

Tai Chi on Mondays:

- 10am - Advanced Sun 73
- 11am - Easy Qigong
- 5:30pm - For Arthritis

Theme Lunches & BINGO!:

- July 13 - Teddy Bear Picnic Theme
- Aug 17 - Hawaiian Luau Theme
- Sept 21 - Pirate Day Theme
- Oct 26 - Halloween Theme

Special Senior Lunches:

- July 11 - Lunch & Advisory Meeting
- July 31 - Birthday Lunch
- August 8 - Lunch & Advisory Meeting
- August 29 - Birthday Lunch

Special Events:

- July 7 - International Lunch & Learn
- July 11 - Tuesday Talk with ENGAGE Strategies
- July & August - Flower Power Art Show

Memberships are now due! Your \$5.00 yearly membership donation is an investment in a mission to keep seniors active, connected and engaged in growing!

The Winooski Senior Center offers low cost community meals and many free ways to participate and learn. We offer van trips to grocery stores, the mall, the Food Shelf and the library. Every Thursday we offer an Age Well Community Lunch for \$4.00 at 11:30am and BINGO! at 12:30pm. Reservations for all meals are now required. Call the Center by NOON the day before the meal to make your reservation. Call 655-6425 for the menu.



The Winooski Senior Center.... the most exciting place in Winooski! We are located at 123 Barlow Street. You can reach us by phone at 802-655-6425 or by email at seniorcenter@winooskivt.org.

Volunteering

*Volunteers are cheerful and sunny
Doing their work for pleasure not money
Some chose either to cook or to clean
So much to be done behind the scenes*

*Meals on Wheels to people in need
Back at the Center many more to feed
Decorations and classes and photos of all
Shown off with pride back there on the wall*

*There are so many ways volunteers can help out
So let's blend our voices and give them a shout
And if there is something that you like to do
Make yourself known and join up with the crew!*

— Marcia Sumner

Check out the Senior Center monthly calendar at:
www.winooskivt.org/senior-programs/

Girl Scout Troop 30167 2017 Wrap-Up

By Sarah McGowan-Freije

We had a great time on our weekend camping trip to Camp Seawood in Portsmouth, NH. We arrived Friday night, set up camp and had a sing along of old sea shanties around the campfire. Saturday morning we were up bright and early and the girls made a delicious breakfast of pancakes, scrambled eggs and sausage. We spent the rest of the morning making sea-related arts and crafts such as beach in a bottle, clamshell people, and silk-screened shirts. We also took a nature walk around the camp and saw Dinosaur Rock, Turtle Rock and the Grumpy Old Troll Bridge.



Saturday afternoon, we drove to Odiorne Point State Park and did some tide pooling. We arrived at low tide so the conditions were perfect. The girls waded into the tide pools and found crabs, starfish, sea anemone and limpets. Not to mention lots of seaweed! We had a picnic lunch then toured the Seacoast Science Center where the girls got to hold starfish. We also collected shells and built cairns.



*Camp Seawood in
Portsmouth, NH and
Odiorne Point State Park*

After dinner Saturday night we sang Girl Scout songs around the campfire and made s'mores. Sunday morning the girls cooked breakfast again then we packed up camp. We had a closing ceremony and then hit the road. We stopped halfway home and treated ourselves to lunch in a restaurant. The girls were happy to eat a meal made by someone else!



The girls voted on where they wanted to go to celebrate our successful cookie season, and they choose a Chinese restaurant. So one week after our camping trip the troop went to dinner

at Chef Leu's Chinese restaurant. We dined on fried rice, Pu Pu platters, shrimp with broccoli and sweet and sour chicken. And of course ended the meal with fortune cookies.

The following week we had our Badge Ceremony and end of the year party at Landry Park. The girls earned 8 badges this year and 7 fun patches. We also passed out the prizes the girls won for selling cookies.

This year was very exciting for Troop 30167, and we can't wait to start up again in the fall!

The Girl Scouts in Troop 30167 are in second and third grade. For more information about our troop, please contact Sarah McGowan-Freije at 802-598-4280.



Girl Scouts Troop 30187 2017 Wrap-Up

By Amy Lothrop

Troop 30187 had an amazing month in May. They participated in Green Up Day where they removed 250 lbs of trash from around the O'Brien Community Center. We hosted a dance party for the Chittenden South Girl Scout community. The girls were able to make SWAPS (special whatchamacallits affectionately pinned somewhere). SWAPS are a long held Girl Scout tradition which are traded as a token of friendship based on the Native American tradition of Potlatch.

Our Winooski Memorial Day parade was incredible. Thank you to all the girls, parents and leaders who helped us honor our fallen soldiers. Our Color Guard of Thera, Ciara and Aundrea lead the parade from JFK to the VFW. Taylor R, Sali and Gloria took over during the ceremony while the troop led everyone in the Pledge of Allegiance. Great work ladies!

Thank you Emily for arranging our visit to the Winooski Wastewater Treatment Facility. John Choate, Utilities Manager of the Winooski Public Works department, gave the girls a tour of the screening system, waste holding and clean water tanks. We really appreciated his time. This was a great ending to our Wonder of Water Journey badge. We learned more about how important water conservation is. The girls were able to connect how their Green Up day efforts helped to keep trash out of the sewer and wastewater facilities. They even connected their knowledge of acids and ph balance from the Home Scientist badge last fall to our tour this spring! Emily and I were so proud of them.

We look forward to seeing everyone in October when regular meeting start again. Stay tuned for updates on the Junior Girl Scouts Bronze Award project. We welcome all girls from Kindergarten to 12th grade as it is never too late to join us. No one will ever be turned away. If you have questions, please contact Amy Snow Lothrop at AmyLothrop@Comcast.net or 802-373-7288.



Girl Scouts: Fun Facts and Figures

BACKGROUND AND HISTORY

- Girl Scouts of the USA is the largest leadership organization for girls in the world. Currently, there are about 2.6 million girl and adult members worldwide.
- Founder Juliette Gordon Low organized the first Girl Scout troop on March 12, 1912, in Savannah, Georgia. Girl Scouts celebrated its 100th anniversary in 2012.
- Fifty-nine million American women alive today participated in Girl Scouts growing up.

FAMOUS GIRL SCOUT ALUMNAE

- Famous Girl Scout alumnae on the stage and screen include Taylor Swift, Mariah Carey, Abigail Breslin, Gwyneth Paltrow, and Dakota Fanning.
- Star athletes who are Girl Scout alumnae include tennis players Venus and Serena Williams.
- Media greats Katie Couric, Barbara Walters, and Robin Roberts are Girl Scout alumnae.
- Virtually every female astronaut who has flown in space is a Girl Scout alumna.

Newsletter of the Winooski School District

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WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 410 students attending JFK Elementary (grades PreK-5), 161 attending Winooski Middle School (grades 6-8), and 234 attending Winooski High School (grades 9-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

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