

ALSO INCLUDES 8 PAGES OF  
**Community News!**  
 STARTING ON PAGE 11

# WINOOSKI SCHOOL DISTRICT NEWS!

JULY 2019

## *congratulations Class of 2019!*



### Presenting... The Class of 2019!



### INSIDE THIS ISSUE

<b>Scholarships Awarded</b>	<b>2-3</b>
<b>Rice High School Graduates</b>	<b>3</b>
<b>Notes from the Central Office</b>	<b>4</b>
<b>Announcements</b>	<b>5</b>
<b>Notes From JFK Elementary</b>	<b>6</b>
<b>Middle and High School Highlights</b>	<b>7-10</b>
<b>Community News</b>	<b>11-18</b>
<b>Summer Menu</b>	<b>19</b>
<b>District and Contact Information</b>	<b>20</b>

- |                          |                                    |
|--------------------------|------------------------------------|
| Abdulaziz Ali Abdulaziz  | Tasha Angel LaRose-Terry           |
| * † Mukhtar Abdulkhaeiq  | Jada Loesch                        |
| Noah Alger               | Arbay Madey                        |
| * ‡ Thazin Aye           | Mayange Ali Mayange                |
| * Shennelle Bailey       | * † Neesha Monger                  |
| Cassandra Brosseau       | Kausila Pantha                     |
| Jaret Chagnon            | Cheyenne Pearce-Eaton              |
| * † Amna Čičak           | * † Tiffany Phuong                 |
| Alexandria Rose Cote     | Daniel Nelson Rivera               |
| * † Vijayata Dahal       | Noah M. Rouille                    |
| Bailey J. Delibac        | Breanna Katherine Schmoll          |
| Cabdishakuur Gure        | * † Destiny Syharaj                |
| Jean-Marie Hatungimna    | Richard Vincent                    |
| * † Abigail P. Hayford   | Kayle Lynn Willard                 |
| * † Mowtes O. Ibrahim    | * † Madison Mae Wright             |
| Eric Kingsbury           |                                    |
| * † Rebekkah Lambert     | * Honor Student                    |
| * † Nicole Jean Laplante | † National Honor Society Member    |
| Desiree Monique LaRock   | ‡ National Technical Honor Society |

# Congratulations to all 2019 Scholarship Recipients!

Here is a list of the members of the Class of 2019 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 **Nicole Laplante**.

**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 2019 recipient is **Tiffany Phuong**.

## 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 2019 recipient is **Thazin Aye**.

## VFW COMMUNITY SERVICE AWARD –

The VFW Community Service Award is presented to two graduates in recognition of outstanding community service. The 2019 recipients are **Neesha Monger** and **Abby Hayford**.

**ACADEMIC SCHOLARSHIP**– The Academic Scholarships, co-sponsored by Dollars for Scholars, is presented to two students who excel academically. The 2019 recipients are **Tiffany Phuong** and **Vijayata Dahal**.

## 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 2019 recipient is **Destiny Syharaj**.

## BOARD OF SCHOOL DIRECTORS AWARDS –

These awards, co-sponsored by Dollars for Scholars, are presented to two graduates who have shown the most improvement during their four years of high school. The 2019 recipients are **Shennelle Bailey** and **Abby Hayford**.

## 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 2019 recipient is **Mowtes Ibrahim**.

## 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 2019 recipients are **Rebekkah Lambert** and **Amna Cicak**.

## 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 2019 recipients is **Thazin Aye**.



## WINOOSKI BUSINESS DEPARTMENT SCHOLARSHIP –

The Winooski Business Department Scholarship is awarded to a student who has excelled in Business classes and is 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 2019 recipient is **Vijayate Dahal**.

## 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 2019 recipients are **Mukhtar Abdulkhaleiq** and **Neesha Monger**.

## 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 2019 recipient is **Amna Čičak**.



**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 2019 recipients are **Mowtes Ibrahim** and **Destiny Syharaj**.

**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 2019 recipient is **Shennelle Bailey**.

**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 2019 recipient is **Abby Hayford**.

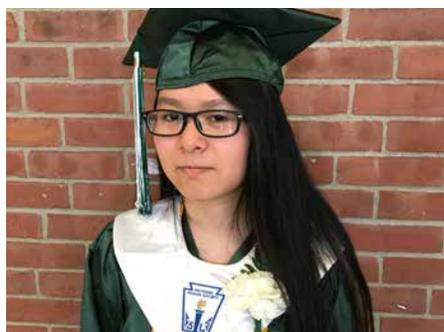


*Valedictorian Destiny Syharaj*

**VFW SCHOLARSHIP** – A scholarship presented to a student pursuing a degree and has been involved in other extra-curricular activities. The 2019 recipient of the VFW Scholarship is **Rebekkah Lambert**.

**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 2019 recipient is **Nicole Laplante**.

**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 2019 recipients are **Mowtes Ibrahim** and **Amna Čičak**.



*Salutatorian Tiffany Phuong*

**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 2019 recipients are **Jean-Marie Hatungimana** and **Mayange Mayange**.

**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 **Thazin Aye**.

**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 2019 recipients are **Rebekkah Lambert** and **Nicole Laplante**.

**NICHOLAS CUSSON-DUCHARME ATHLETIC SCHOLARSHIP** – The Nicholas-Cusson Ducharme Athletic Scholarship is given in memory of Nicholas Cusson-Ducharme to two hard-working, dedicated, student athletes who have participated in athletics throughout high school, especially their senior year, while demonstrating outstanding leadership qualities. The 2019 recipient is **Amna Čičak**.

## Congratulations Rice Memorial High School Graduates!

Rice Memorial High School graduates received their diplomas in the school's 60th commencement ceremony on June 9 in the Rice gymnasium. Bishop Christopher Coyne of Burlington presented diplomas to 89 graduates of the private school this year.



*Lisa Udiwayhaye*

The following Winooski students graduated: Evan Eaton, Merase Niyonsaba, and Sadie Vincent (not pictured).

Rice Junior, Lisa Udiwayhaye (left), was also honored with the Principal's Personal Achievement Award at the Underclassmen Award Ceremony from Rice Principal Lisa Lorenz (right).



*Merase Niyonsaba and Evan Eaton*

### Another School Year Has Come to a Close

By Matt MacNeil, Board of School Trustees

The Board of Trustees had an active and engaging series of meetings over the course of the year. Our work as board is guided by the model of policy governance. Policy Governance separates issues of organizational purpose (ENDS) from all other organizational issues (MEANS), placing primary importance on those Ends. Our focus on policy governance helps direct our board time toward most relevant educational issues in our community, our ENDS statement (*All students will graduate from the Winooski School District 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*).

In now of sixth year of policy governance, we as a board are redoubled in our shared value that repeated, meaningful connection with our community is critically important to the accomplishment of that ends statement. By community we mean students, staff, residents, business owners, and everyone who lives and/or works in Winooski. Every voice is important. And we want to hear as many as possible. Over the coming year we will be shifting our meeting structure to include more direct public engagement. We plan to bring our meetings out of the school and into the community. Details will be provided as we move into next school year. We truly hope that you consider taking the time to share what is most important to you as we take the next step together into Winooski's education future.

After a nod to the future, it is also important to reflect back on the year that has passed. On behalf of the Board, we would like to take this opportunity to thank the faculty and staff of the Winooski School district. This was a year full of progressive and exciting developments. We truly appreciate all the hard work you put in to craft new and exciting lessons and student projects. Your skill, dedication and creativity are what make these wonderful opportunities possible in our community. There is an intentionality to the educational design in Winooski that is clearly the product of an ongoing commitment to learning and professional development in our faculty and staff. It is clear how hard you work and the extra energy you put in to think holistically about the youth in our schools. Your strength and values show in the extra effort you put in to build relationships and trust with students and families. Your expertise, strength and work ethic doesn't go unnoticed. We are lucky to live in a community with so many outstanding educators, educational professionals and amazing parent and community volunteers.

Finally, we would like to extend our congratulations and best wishes to the graduating class of 2019. We know you are going to go on to do great things!

### Free Summer Food Service Program

The Winooski School District is participating in the Summer Food Service Program. 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, at a first come, first serve basis, at the site and times listed below:

#### Winooski School District

60 Normand St. Winooski, VT 05404

June 24, 2019 to August 2, 2019 (no service 7/4/19 & 7/5/19)

- **Breakfast** will be served from 7:45am to 9:30am
- **Lunch** will be served from 11:30 am to 12:30 pm

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.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 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 the USDA by Mail:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Ave SW

Washington, D.C. 20250-9410

Fax: (202) 690-7442 or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

*This institution is an equal opportunity provider.*

### Watch the 2019 Graduation Online!

WATCH LIVE STREAMS // BUY COPIES // FIND PAST YEAR CEREMONIES //

You can buy a DVD online with a credit card, or mail a \$20 check to RETN at P.O. Box 4494 / Burlington / VT / 05406.

Find more information online at <https://www.retn.org/watch/graduations>.



### 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](http://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.

# CITY AND SCHOOL ANNOUNCEMENTS

## Free Summer Playgroups!



**Every Tuesday** (except on 8/6) at 87 Elm Street  
9:30-11:30am, starting on July 9th  
WIC-visit on 8/20

**Most Thursdays** (field trips, please see details below)  
Playgroups for kids 5 years of age and younger with parent or caregiver. *Field Trip rain location: 87 Elm Street.*

**PLUS free healthy, nutritious lunches provided by the Abbey Group.**

### JULY FIELD TRIPS

**7/11** Landry Park, activities, stories, and lunch  
(meet at Landry Park on Pine Street, 10am-12pm)



**7/18** Winooski Memorial library, playtime, stories, and lunch  
(meet at library on 32 Malletts Bay Avenue, 10am-12pm)

**7/25** Field Trip -Blueberry Picking-(please call 655 1422 for information and sign up, 10am-12pm)

### AUGUST FIELD TRIPS

**8/1** Landry Park playground, activities, stories, and lunch  
(meet at Landry Park, 10am-12pm)

**8/15** Gilbrook Nature Area, nature walk and exploration, and lunch  
(meet at entrance on Campus Road, 10am-12pm)

**8/22** ice cream social, activities, and lunch  
(meet at 87 Elm Street, 10am-12pm)

Winooski  
**Dollars for SCHOLARS®**  
A Program of Scholarship America®

*Congratulations NICE GOING!*  
**GREAT! Way to Go!**  
*Yea! FELICITATIONS*  
**CHEERS Take A BEST WISHES!**  
*BOW!*

## Rice High School Announces National Honor Society

By *Katie Chapa*,  
*Rice Memorial High School*

Lisa Lorenz, principal at Rice Memorial High School, proudly announces that Winooski residents Lisa Uwiduhaye and Hanne Williams (photo unavailable) were inducted into the 2019 Chapter of the National Honor Society. Criteria for acceptance into the NHS is based on Scholarship (GPA of 90 +), Leadership, Character and Service to Others (36 documented hours of community service).



*Lisa Uwiduhaye*

**FREE MUSEUM PASSES FREE**  
Available to be checked out at the Winooski Memorial Library!

 <b>Birds of Vermont Museum</b> <small>(Huntington) Free admission with one paid admission</small>	 <b>ECHO Leahy Center for Lake Champlain</b> <small>(Burlington) Admits up to 4 for a discounted rate of \$7 each</small>	 <b>Education and Enrichment for Everyone</b> <small>(Burlington) Admission for 2 adults to one lecture each semester</small>	 <b>Old Stone House Museum</b> <small>(Brownington) Free admission with one paid admission</small>
 <b>Shelburne Farms</b> <small>(Shelburne) Free admission to Walking Trails and Children's Farmyard - admits up to 2 adults and children</small>	 <b>Shelburne Museum</b> <small>(Shelburne) Admits two adults for 1/2 price admission and up to four accompanying children. Must also present a Winooski Library Card or valid Vermont ID</small>	 <b>Vermont Historic Sites Pass</b> <small>(State-wide) Free entry into any Vermont State Historic Site for up to 8 people in one vehicle</small>	 <b>Vermont State Parks Pass</b> <small>(State-wide) Free entry into state park day-use areas for up to 8 people in one vehicle</small>





## JFK Update

By Sara Raabe, JFK Principal

June was a busy month at JFK wrapping up a great school year. On June 17th we celebrated our 5th graders with a BBQ, certificates, and a super fun PTO sponsored dance. We had our All School Celebration on June 18th. The entire school was outside for half the day doing activities, and inside for half the day. It was a great day for everyone. Students left on June 19th, but the staff kept working until the end of the week.

Each summer we offer **summer school** to all JFK students who will be in grades K-5 in the fall.

JFK Summer School will take place this year as follows:

### July 8th - 11th

- Monday - Thursday; 8:00 - 12:00
- For students in grades K-5 for the 2019-20 school year

### July 15th - 18th

- Monday - Thursday; 8:00 - 12:00
- For students in grades K-5 for the 2019-20 school year

### July 22nd - 25th

- Monday - Thursday; 8:00 - 12:00
- For students in grades 1st - 5th for the 2019-20 school year

### July 29th - August 2nd

- Monday - Thursday; 8:00 - 12:00
  - For students in grades 1st - 5th for the 2019-20 school year
- We hope to see many of our students at summer school.



## Girls on the Run

Seventeen 3rd, 4th, and 5th grade girls from JFK Elementary participated in Girls on the Run this spring over a period of 10 weeks in an after-school program. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

Physical activity is woven into the program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. On June 1st, the girls participated in a Girls on the Run 5K event. This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line was a defining moment when the girls realized that even the seemingly impossible IS possible.



## MIDDLE/HIGH SCHOOL HIGHLIGHTS



**WINOOSKI SCHOOLS**  
*We are the future.*

### Ah, Summer!

*By Kate Grodin, Co-Principal, Winooski Middle High School*

I love Vermont in July. I sometimes ride my bike to work. I drink my morning coffee outside. I read more. I like to do outdoor things with my family in the evenings and fall into bed tired but refreshed from the change of pace. WMHS hosts several learning opportunities for students during the summer, notably the ELL Shader Croft program and the many days the math lab is open for students. Whether your student is enrolled in a formal learning opportunity or not, so much growth happens at this time.

Without the structure of a school schedule or the pressures of a classroom, summer opens up that space for students to learn about themselves and who they are. Perhaps your 6th grader is walking alone to a friend's house for the first time, or maybe your teen has their first "real job", or is driving! Even if your student is enrolled in a structured camp each day, maybe they're taking a bus or grouped with new peers. My hope is students get the chance to break out of who they "think they are" and challenge that in some way. Being out of routine or in a new routine, helps foster a new perspective. When we return in late August, we recognize this growth in our students. They're not only taller, they are generally wiser! But enough about August! Go out and enjoy July!



### The Newcomer Academy

*By Jean Plasse, ELL Teacher*

The Newcomer Academy at the middle school held their culminating event on June 6. Our Expedition is called Migration Stories. We studied bird migration focusing on what birds need to survive. We also wrote our own stories of migration to the United States from Yemen, The Congo, Burundi, Nepal, Ethiopia, Tanzania, Kenya and Somalia. At our culminating event we planted plants and one tree that were especially chosen for their ability to help birds. We had 57 people come to help

in the planting from our school and the Winooski community. You can see many of the plantings right outside the school entrance. We had help from the Audubon, the Bird Diva and generous donations from Gardener's Supply Company.

Here is a picture of us with the serviceberry we planted. It will grow to be over 20 feet tall and provide food for Cedar Waxwings, Robins, Catbirds and others. We look forward to watching it grow!

### Artist of the Year!

*By Jessica Bruce, Visual Arts Teacher*

Sara Schmoll is this year's Artist of the Year! Sara can often be found in the art room working on art projects, helping other students with their own projects, or even creating props for theater performances or making gifts for people. Her dedication to embracing her creativity has been infectious for others in the school, and she helps to create a welcoming space in the art room. I am so proud to hear that Sara wants to pursue Art Education and look forward to guiding her in the creation of her portfolio for college. Congrats, Sara!



### Explore the World... Read a book!



# Composting - it's Good for the Climate!

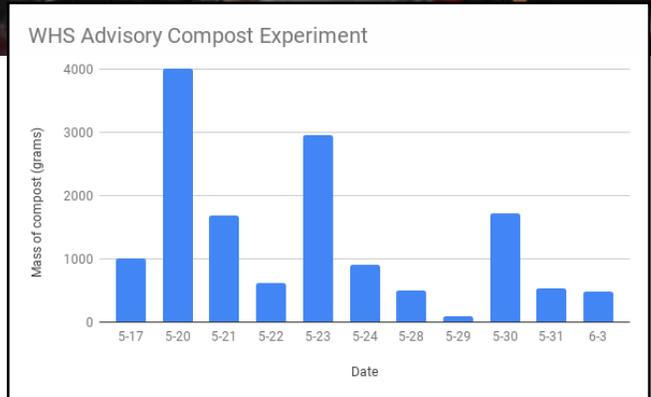
By Andy Siki

On November 15-16th, 2018, Winooski high school was invited to attend The Youth Climate Leaders Academy (YCLA) organized by Vermont Energy Education Program (VEEP). Mr McNally, who's a Winooski science teacher, recruited me (Andy Siki) and Mohamed Jelle to participate. We joined nine other schools: Harwood Union High School, Burr & Burton, BFA Fairfax, Lamoille Union High School, Montpelier High School, Rivendell Academy, U-32, Hazen Union High School and one school from New Hampshire Oyster River High School. Every school came up with their project related on helping the climate and energy and had to make goals to achieve their project.

We wanted to promote composting and improve that in our high school classrooms. In addition, we wanted to raise more awareness across the school about the connection of composting to mitigating climate change. Composting is when food scraps are broken down aerobically (with oxygen) instead of being dumped in the landfill. Landfilled waste is buried and since there is little oxygen in the landfill, a lot of methane gas is produced. Methane is a greenhouse gas that has 28-36 times the heat trapping power vs. carbon dioxide.

We did a two weeks experiment to encourage classroom composting and to have some data to see what we have to improve for next year when composting becomes mandatory by law. Thanks to all the Advisories who helped out - Dunn, Maley, McNally, Payeur, Poquette, and Wolinsky. Secondly, we had wanted to organize a car-free day at the school this spring, but we were unsuccessful in completing this second project.

We are hoping to recruit more participating students as we get



closer to the start of the school year.

We had some interest and energy around the project which was encouraging. Additionally, we were doing the project during the Muslim religious holiday of Ramadan, so the data on our composting was probably biased. Additionally, we did learn that the cooking/health teacher does generate a lot of food waste that we incorporated into our project. If you want to learn more and participate in next year's Youth Climate Leadership Academy - contact Mr McNally: [dmcnally@winooski.k12.vt.us](mailto:dmcnally@winooski.k12.vt.us). Oh yeah, don't forget to compost!

## 2019 Track and Field Spring Season

By Chris Magistrale, Middle School Coach

It was an excellent turnout for the 2019 Winooski middle school track and field team. This season we competed in 6 meets -- 3 of them in the D3 Circuit and 3 of them with Metro Chittenden county teams. We finished the season with a record high 40 student-athletes receiving a certificate of completion and ending the season with a chocolate cake party banquet. The highlights of the season include hosting our annual home meet on a beautiful spring day in May; attending and placing several athletes in the top 10 at the U-32 Invitational, and finally a strong performance in the Chittenden County Championship meet at UVM at the end of the season. We had 11 athletes out of a team of 40 qualify for the Chittenden County Championship Meet on merit. This meet is the final meet held on UVM campus and gives student-athletes the opportunity to compete on a University athletic facility. "The UVM meet is really special because you get to know everyone during the season, so it's like you're more friends than competitors by that point" (8th grader, George

Rogers, Co-Captain). A special thanks to coach Francine Bahati, Helen Toteson and David Baird who joined me this season as fellow Middle School Track and Field coaches. Have a great summer and get ready for fall soccer season!



# Something is a Little Fishy in Biology - Microplastics Research on Smelt

By David McNally

This year, Winooski High School biology students participated in a real-world science research in partnership with the UVM Lake Champlain



Watershed Alliance. The Watershed Alliance is an organization housed in the ECHO museum building with the goal to increase awareness and knowledge of watershed issues in Vermont youth. Biology students participated in a year-long project to learn about the environmental problem of microplastics. They took a ship cruise on Lake Champlain to learn about ecological issues in the Lake, underwent a fish dissection training, and then during our last 2 weeks we dissected fish, digested tissues, and looked for microplastics under the dissecting scope.

Smelt is a small fish that is prey for many larger species in Lake Champlain. The Watershed Alliance and researchers are concerned about the biomagnification (build up of plastics) from one organism to another up the food chain. There is growing concern about long-term



*Pictured L to R: Penny Ly, Dah Ler Moo, Yatrika Dhamala, Eric Davis, Ashbin Mangar, Cody McDonald, Andy Phuong, Lucy Surma, Parker Kane, and Isaac McIntire-Nunez. Not pictured: Austin Benoit, Ubah Hussein, Sebastian Syharaj.*

impacts of plastics on human health. A study in the journal Environmental Science and Technology says it's possible that humans may be consuming anywhere from 39,000 to 52,000 microplastic particles a year. Researchers at Johns Hopkins have found eating seafood contaminated with microplastics could damage the immune system and upset a gut's balance. The risks from eating freshwater fish in Lake Champlain are still being studied; however, getting an idea of the scale of this pollution in the ecosystem is the first step in this puzzle.

After dissecting about 64 smelt stomachs, students were involved in digesting the stomachs according to a NOAA protocol using sulfuric acid and 30% hydrogen peroxide. This dissolved the organic tissues and left the potential plastics to be counted. We looked at the samples under a dissecting microscope applying microscopy skills developed in the fall semester. Students were proficient and quickly able to identify fibers. Approximately 30 microplastic fibers were identified from stomach contents. No other microplastics were found.

We did not get as far along in the project as I had initially hoped, but students were able to gain first hand experience doing science while helping WHS to refine its techniques for future microplastics research. We've learned a lot and hope to build upon this collaboration to continue

to provide experiences for students to do science. If you'd like to learn more, contact David McNally - [dmcnally@winooski.k12.vt.us](mailto:dmcnally@winooski.k12.vt.us).



# Recycling Plastic

By WHS student Hiba Laaroussi

Ever since it was discovered by Leo Hendri in 1907, plastic surrounds us every day, everywhere we go. It never goes away. Plastic bags are cheap, light, and strong, however, they do not easily biodegrade. Much of all the plastic ever made still exists, because it takes so long to decompose. Worldwide, about one trillion plastic bags are used yearly and less than 5 percent of all plastic is recycled. In the United States, according to the EPA (1), we use over 380 billion plastic bags and wraps every year, which require 12 million barrels of oil to create. Some communities spend over \$1 million annually to remove litter which is mostly composed of plastic bags. In summary, it's estimated that in 2015, around 55

percent of global plastic waste was discarded, 26 percent was incinerated, and 18 percent was recycled. Of the plastic waste produced between 1950 and 2015, only 9 percent was recycled (2). The plastic industry produces about 150 kg of polymers per person annually in the U.S, which is a significant amount (3).

Vermont is taking action before plastic becomes a huge danger in our communities. Vermont's Recyclable law (Act 148) bans recyclables from trash landfills (non-recyclables). This list includes paper, aluminum, cardboard, steel, glass, and hard plastic (4). They ask Vermont citizens to keep plastic bags out of their recycling bin because it clogs machines at MRF, they suggest using

cloth bags instead. The plastic industry has been growing vastly over the past year, and the production of plastic has exponentially increased. However, not all plastics are the same; some are recyclable and some aren't. When I sent out a survey to students in Winooski middle and high school, the results show that 92.5% of students did not know which types of plastic were recyclable and which were not.

Below is a table explaining the different types of plastics, examples that fit in each category, and whether it is recyclable or not (5). It is also important to keep in mind to rinse your recyclables and keep anything smaller than 2" by 2" out of your recycling bin.

Name	Information	Example	Recyclable?
PETE (Polyethylene Terephthalate)	This type of plastic is the most commonly used on the planet. But it wasn't until 1970 where it was used for clear beverage bottles. Makes up 96% of all plastic bottles in the U.S, but only 25% is recycled.	Soda containers, most water bottles, clear containers...	Yes.
HDPE (High-Density Polyethylene)	Does not break under exposure to extreme heat or cold. According to EPA, 12% of all HDPE products made are recycled in a single year.	Milk and cider jugs, detergent bottles, some shampoo bottles, some plastic bags...	Yes.
V (Polyvinyl Chloride) also referred to as PVC	One of the oldest synthetic materials. Less than 1% is recycled per year. It is referred to as the "poison plastic" because it contains numerous toxins that are dangerous to our health and the environment.	Household cleaner containers, cooking oil bottles...	Yes.
LDPE (Low-Density Polyethylene)	Makes up about 56% of all plastic waste. Many recycling companies are evolving to handle these products so that they cause less harm to the environment.	Most plastic film bags, flexible lids, squeezable plastic containers...	Yes.
PP (Polypropylene)	Only about 3% of PP is recycled in the United States. A lot of this type of plastic is made but a very small fraction is recycled.	Take out containers, prescription containers, yogurt containers, bottle caps...	No, not often in the U.S.
PS (Polystyrene)	This accounts for 35% of landfill materials in the US. It breaks effortlessly, making it more harmful to the environment. Waste from PS is all over the sea which harms marine life.	Disposal Coffee cups, packing foam, plastic food boxes...	No, most recycling centers in the U.S do not accept this.
Other		Some squeezable bottles, plastic CDs and DVDs, baby bottles...	No.

## Conclusion:

As the data from my survey shows, many people in Winooski do not know which types of plastics are recyclable and which aren't. Recycling the wrong type of plastic can do more harm than good. It would be great if as conscientious citizens looking forward to a sustainable planet for future generations, we could all take our time while recycling, use the table above and most importantly, keep in mind that not all plastics are recyclable.

## Works Cited:

- (n.d.). Retrieved from <https://blog.epa.gov/2016/11/01/confronting-plastic-pollution-one-bag-at-a-time/>
- Our World in Data. (2019). FAQs on Plastics. [online] Available at: <https://ourworldindata.org/faq-on-plastics> [Accessed 3 Jun. 2019].
- Science History Institute. (2019). Science of Plastics. [online] Available at: <https://www.sciencehistory.org/science-of-plastics> [Accessed 3 Jun. 2019].
- Central Vermont Solid Waste Management District. (2019). Recycling. [online] Available at: <http://www.cvsd.org/recycling.html> [Accessed 3 Jun. 2019].
- Cswd.net. (2019). Understanding Plastic Recycling | CSWD. [online] Available at: <https://cswd.net/recycling-old/plastic-resin-codes/> [Accessed 3 Jun. 2019].



## COMMUNITY NEWS

# City of Winooski July Update

By Paul Sarne, Communications Coordinator



### Recognizing George “Pepe” Gamelin

The City of Winooski expresses our sincerest condolences to the family and friends of George “Pepe” Gamelin who has recently passed. Although we mourn the loss of our friend, we will forever be inspired by George’s 62 years of dedicated service with the Winooski Fire Department. Even during his retirement, George was considered a father figure and mentor to many – offering our staff countless opportunities to learn and grow both professionally and personally. The Winooski Fire Department wishes to thank George for his legacy of commitment to the safety of our residents and for the comradery he shared with staff. George will forever be remembered, respected, and admired by the Winooski Fire Department and our community.

—John Audy, Fire Chief

### Council Liaison Update Highlights

Here are a few highlights from our City Council Liaison Updates. To read our full Council Liaison Updates (and to subscribe), visit [winooski.vt.gov](http://winooski.vt.gov)

- Awarded the construction bid of the Myers Memorial Pool to Russell Construction, and approved a change order to a stainless-steel pool liner, which is expected to save \$519,336.40 over 25 years. We also approved the amount of debt to incur from the pool in the amount of \$3,417,000.00 (voters approved \$3,445,000). The pool construction is breaking ground next week, with completion expected next summer!
- Approved a request to replace all doors at the Fire Station, after the planned garage door replacement came in significantly under budget.
- Approved a modification to the engineering service agreement for the Hickok Water Main replacement project.
- Passed a resolution opposing the basing of any nuclear weapon delivery systems in the state of Vermont.
- Participated in many conversations

about the new Noise Exposure Map and Noise Compatibility Program, including a meeting at the BTV Airport and an Open House at the O’Brien Community Center, in addition to our Council meetings. City Council and City Manager Jessie Baker will be submitting a public comment to advocate for Winooski and recommend a prioritization strategy regarding noise mitigation. If you would also like to provide public comment, you can do so by visiting <http://www.btvsound.com/>

- Downtown Winooski has hired Meredith Bay-Tyack as their new Executive Director! Meredith hit the ground running, meeting businesses in the community and planning the Winooski Farmers Market. Speaking of, the Farmers Market is back in full swing every Sunday from 10:00 AM - 2:00 PM through October. New this year is a Winooski Rotary Market featuring local artists, makers, musicians, and community members in Rotary Park. Finally, Downtown Winooski is excited to once again partner with the City Recreation and Parks department for Winooski Wednesdays, a free concert series in Rotary Park the first Wednesday of each month.
- The Winooski Housing Commission is close to finalizing recommendations for a Winooski Housing Trust Fund. Some years ago, the City received state grant funding to support affordable housing in Winooski. Up until last year, this money was funding a housing improvement program intended to support low to moderate income residents with necessary repairs and improvements to their homes. Last year, the Council voted to expand the use of the funds to other strategies that also encourage affordable housing in our city.

Your City Officials	Email addresses	Telephone
Mayor Kristine Lott	<a href="mailto:klott@winooski.vt.gov">klott@winooski.vt.gov</a>	802-766-1988
Councilor Hal Colston	<a href="mailto:hcolston@winooski.vt.gov">hcolston@winooski.vt.gov</a>	802-922-2908
Councilor James Duncan	<a href="mailto:jduncan@winooski.vt.gov">jduncan@winooski.vt.gov</a>	802-310-7103
Councilor Amy Lafayette	<a href="mailto:alafayette@winooski.vt.gov">alafayette@winooski.vt.gov</a>	802-598-7704
Councilor Mike Myers	<a href="mailto:mmeyers@winooski.vt.gov">mmeyers@winooski.vt.gov</a>	802-355-5348
City Manager Jessie Baker	<a href="mailto:jbaker@winooski.vt.gov">jbaker@winooski.vt.gov</a>	802-655-6410

Visit the city website at [winooski.vt.gov](http://winooski.vt.gov) 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 @winooski

## Community Services Updates

### • North End Studios at the O'Brien Community Center

It is official! North End Studios is now offering programming and events space at the O'Brien Community Center at 32 Malletts Bay Avenue in Winooski. By adding this new location in Winooski, North End Studios co-directors, April Werner and Ben Bergstein plan to expand their existing model and enable the O'Brien Center to reach its full potential as a well-equipped and affordable venue for community activities. The facility is available to individuals and organizations from Winooski and beyond. Since spaces that can accommodate more than 100 people are difficult to find, a top priority is outfitting the community room and the gym with all the essentials needed for putting on larger, one-time events, such as weddings, celebrations, conferences, cultural festivals and fundraisers. They are also improving several of the smaller rooms for regularly occurring uses like weekly classes and meetings. In order to provide equal access to renting space at the O'Brien Center, North End Studios will use a first-come, first-served basis for bookings. Winooski residents and most non-profit organizations will be offered discounted prices on rentals. For full details, visit <http://www.northendstudios.org/>



### • Winooski Wednesdays

Many thanks to all who joined us for our first Winooski Wednesdays event of the summer! Our FREE Summer concert series is open to all - join us in Rotary Park every first Wednesday of the month from 6 to 8 PM. Enjoy a Monkey House Beer Garden (cash only), free meals for

kids 18 and younger, specials by participating Winooski businesses, and more.

Coming up next:

- 7/3: Tufa and the Pride
- 8/7: Raised by Hippies
- 9/4: Wild Leek River
- 10/2: Honeytwist

Follow @winooskirec on Facebook to learn more about these events!

## Employment Opportunities

The City of Winooski is hiring! We're currently looking for Per Diem Firefighters, a Police Officer, and more. Visit [winooski.vt.gov/jobs](http://winooski.vt.gov/jobs) to learn more and apply today.

## Other Updates

### • East Allen Street Scoping Study

In partnership with the Chittenden County Regional Planning Commission, the City of Winooski Planning and Public Works Commissions took part in the second East Allen Street Scoping Study public meeting. The East Allen Street Scoping Study advances the planning efforts for the East Allen Street corridor undertaken as part of the Winooski Transportation Master Plan and the Winooski Gateway Corridors Form Based Code. These planning efforts offered a vision for increased safety and mobility for all roadway users, improved streetscape amenities, and enhanced economic development opportunities along the major gateway corridors in Winooski. To learn more about this project, visit <http://bit.ly/east-allen-scoping>

### • City Clerk's Office Recording Fee Changes

The State of Vermont has set a new series of recording fees that apply to all City Clerk's offices in the State. Per H.526 - 32 V.S.A. § 1671 (approved by the VT Legislator 2019 session), effective 7/1/19, the City of Winooski will implement these changes in our City Clerk's Office. Attorneys, title agents, realtors, researchers, financial institutions, and interested parties - please take note! For full details, visit [winooski.vt.gov](http://winooski.vt.gov)

### • United States 2020 Census and Employment Opportunities

By April 2020, households across America will receive an invitation to participate in the 2020 United States



Census and the City of Winooski will be assisting the United States Census Bureau in their efforts to complete this important initiative. Comprehensive information will be available in the coming months outlining how Winooski residents can participate and the importance of doing so. The U.S. Census Bureau is currently recruiting thousands of people across the country to assist with the 2020 Census count. A variety of temporary jobs will be available including census takers, recruiting assistants, office staff, and supervisory staff. The City of Winooski invites our community members to learn more about and share these employment opportunities by visiting <https://2020census.gov/jobs>



## Farmers Market Open!

The Downtown Winooski Farmers Market is underway! Every Sunday from 10am - 2pm on Winooski Falls Way in front of Champlain Mill. Join friends and neighbors for prepared food, local produce, handmade goods and live music. We accept cash, credit/debit cards, 3SquaresVT (EBT and direct deposit), Crop Cash and Farm to Family. Not sure if your benefits make you eligible? Please come out and ask the market manager! [www.downtownwinooski.org](http://www.downtownwinooski.org)

By Olivia Miller, Community Engagement & Volunteer Coordinator

### **Volunteer Youth Football Coach:**

Football season is right around the corner! Are you tough enough to be a Spartan? We're looking for Volunteer Youth Football Coaches!

Under the direction of Recreation and Parks, Youth Football Assistant Coach Volunteers create a positive learning environment where children learn sportsmanship, fundamental skills, teamwork, and responsibility. Winooski's youth programs emphasize skill development, fair play, teamwork, cooperation, sportsmanship, responsibility, and fun. The assistant coach's job is to help facilitate a program that allows for youth to grow and develop skills safely. An assistant coach will engage directly with youth, while being a dependable resource for our head coaches.

Pre-season begins August 12th.

### **Winooski Wednesday Crossing Guard:**

Under the direction of Recreation and Parks, Winooski Wednesday Crossing Guards will ensure safe road crossing for event attendees entering and exiting Rotary Park.

Availability:

- 5:50 PM-8PM first Wednesday of the month
- July 3rd, August 7th, September 4th, October 2nd
- Not required to sign up for all dates

### **Trail Crew:**

Under the direction of Recreation and Parks Staff, Trail Crew Volunteers perform trail work at various City of Winooski owned trails. On Trail Crew you can expect to assist in building, maintaining and restoring trails that will prevent erosion and are safe for users, be friendly and willing to assist visitors and volunteers in the parks. Trail crew event happening July 14th

### **Youth Engagement Volunteer:**

Under the direction of the Volunteer Coordinator, the Youth Engagement Volunteer will keep youth actively engaged in various drop-in activities happening at the O'Brien Community Center. Activities could include a pick-up basketball or dodgeball game, talking with youth, board/card games, or craft projects. There is also the opportunity for you to develop your own activity with the youth which can be discussed with the Volunteer Coordinator. There will be a staff member supporting you on site at all times.

Availability:

- Starting June 24th-August 26th
- Every weekday from 1-5pm.
- You determine your own schedule

### **Circle Of Support and Accountability (COSA):**

Under the direction of the Winooski Community Justice Center, COSA volunteers serve as a source of support and accountability for someone transitioning into the community after a period of incarceration (the core member). Volunteers with COSA meet once a week with two or three other volunteers and the core member. They walk with a core member as they transition from prison to community, and work through all of the changes and challenges that come with that transition. For more information please contact Nikki Duran at [dduran@winooskipolice.com](mailto:dduran@winooskipolice.com)

### **Meals on Wheels Delivery Driver:**

Under the direction of the Winooski Senior Center, Meals on Wheels Delivery volunteers help to combat hunger and to provide a lifeline and companionship for under-resourced community members who might otherwise be isolated. Meals on Wheels are delivered every weekday, Monday through Friday from 9:30-11:00am.

### **Special Recognition**

The City of Winooski Volunteer Program would like to formally recognize Noah Alger for his dedicated service! Noah is a rock star volunteer that has been delivering Meals on Wheels at the Winooski Senior Center (thanks to our friends at AgeWell) for 5 years. He spends every Tuesday morning delivering nutritious meals to seniors in our community and we are so appreciative of his dedication to service, kind smile, and awesome hats. We'd also like to congratulate Noah on his recent graduation from Winooski High School!



# Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager



## 2018 - 2019 Winooski Alcohol and Tobacco Survey Results

The results are in! From December 2018 to April 2019, Winooski Partnership for Prevention distributed a survey on social media and at community events to collect Winooski residents' attitudes on tobacco and alcohol advertising within the city.

What was the major takeaway? The majority of people would like to see fewer advertisements for tobacco, 87.5%, and alcohol, 78.8%, overall in Winooski.

## Demographics of Respondents

Of the 106 responses we received, 74.5% were Winooski residents, 9.4% Winooski employees, and the remainder were Chittenden County residents.

90% of the respondents did not use tobacco products, but 71% said they used alcohol products. 26.4% were between the ages of 25-34, 23.1% between 35-44, 17.6% between 45-54, and 24.2% between 55-64.

## Results

More than half, 57%, believe tobacco advertising should not be allowed in stores. Of those who believe it should, 68.6% said advertising should be limited to behind the counter.

Even a higher percentage of respondents, 79%, believe tobacco advertising should not be allowed outside stores.

Although less people thought alcohol advertising shouldn't be allowed within stores, the percentage of respondents still reached 49%, almost half. Once again, more residents thought outdoor alcohol advertising should be restricted, with a vote of 69%.

The majority of people would like to see fewer advertisements for tobacco, 87.5%, and alcohol, 78.8%, overall in Winooski.

When it comes to restricting advertisements in different types of stores - grocery stores, pharmacies, corner stores, and gas stations - people favored restricting in grocery stores and pharmacies, with more than 85% support for tobacco ad restrictions and more than 72% for alcohol ad restrictions.

The survey results show a continued need for Winooski Partnership for Prevention to share information to community members about the advertising tactics of substance industries, with youth, racial and ethnic minorities and people with low-incomes often targeted by tobacco and alcohol companies.

Alcohol advertising and marketing have a large impact on youth decisions to drink, according to the Center on Alcohol Marketing and Youth at the John Hopkins Bloomberg School of Public Health. It affects youth expectations and attitudes, as well as helps create an environment that promotes underage drinking.

## Way to go Vermont!

It's official! Governor Phil Scott signed three tobacco prevention bills into law this legislation session, including an e-cigarette tax, a ban on e-cigarette internet sales and a bill which will raise the minimum legal age to purchase cigarettes and other tobacco products from 18 to 21-years-old by September 2019. These changes in policy have a proven track record in reducing access to this harmful product and saving lives.

## Winooski Public Safety Heroes Day

Thank you to everyone who stopped by our table and played prevention jeopardy at Winooski Public Safety Heroes Day on May 20! It was great getting to know more people in the community and share our latest efforts to curb substance abuse.

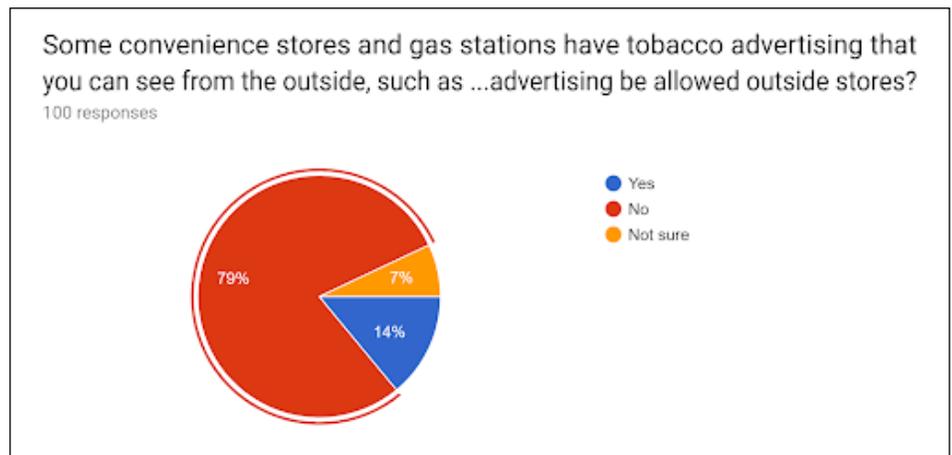
Thank you to the Winooski Police Department and regional partners for hosting such a fun, substance-free event for youth and grilling up some delicious burgers.

## That's a wrap!

Our afterschool program, Above the Influence, has wrapped up for the 2018/2019 school year with a trip to Sparetime for laser tag and pizza. It's been a fantastic year, between creating educational posters for the school's hallways to being featured on Local 22 Local 44 news for our Sticker shock campaign at Beverage Warehouse. Next year, we are looking forward to continuing our work empowering youth to educate our community and policy-makers about reducing access and use of substances and building greater wellness.

## Smoke-free signs available

Interested in creating and promoting a smoke-free zone outside your place of business? Winooski Partnership for Prevention has signs available upon request for storefront windows. Please reach out to Elaine Ezerins, Communications and Development Manager at [eezerins@winooskiprevention.org](mailto:eezerins@winooskiprevention.org) if interested or have any questions.





## Getting to Know Winooski, One Photo at a Time

By Sr. Pat McKittrick

Dan Higgins has been “making photos.”

What story does the photo tell? What would you like to tell the community about yourself or your culture? Stop by the O’Brien Community Center and see the 35 photos. What’s missing? If the answer is you are, and you would like to be in the photo exhibit; please contact Dan Higgins or Sr. Pat.

The June 11<sup>th</sup> community dinner was amazing! The people, high energy level and food from Papa Frank’s and Asian Bistro were extraordinary!

The photo exhibit will be held over through the summer due to popular demand. Stop by and see a snapshot of our community. For comments or suggestions call Sr. Pat at 802-847-6534, or email [pat.mckittrick@uvmhealth.org](mailto:pat.mckittrick@uvmhealth.org)

### DID YOU KNOW?

Did you know 40% of all food in America is wasted? Are you ready to help save food? Join communities throughout Vermont and the United States on September 6-8, 2019, for the Food Waste Weekend, a many-faith weekend when clergy focus their sermons on food waste, its impacts on people and the environment, and on their faith’s perspectives on food waste. The food waste weekend website provides background information, sample sermons, and resources for people that want to reduce food waste and increase food donations in their communities. If you are not free that weekend, another weekend will work just as well.

Still want to learn more? Get tips for reducing food waste at home from [savethefood.com](http://savethefood.com). Businesses and institutions can call the Vermont Department of Environmental Conservation at 802-828-1138 for free help figuring out how to reduce food waste and donate quality food.

## Explore Fitness, Food and Fun at North End Studios/Winooski in the O’Brien Community Center

North End Studios/Winooski will be offering a wide array of events and classes in their new location at the O’Brien Community Center at 32 Malletts Bay Avenue. You’ll find everything from tai chi and pole dancing to international dinners and music. This is a place where everyone is welcomed to get fit, to meet new friends and to explore new ideas and other cultures.

**Bohemienne Fitness**, Vermont’s premier pole fitness training facility, is located at the NES O’Brien Center. They teach beginners through advanced levels how to safely use the vertical pole in order to strengthen, dance, and express themselves in a group class setting. It’s a fun way to exercise, make friends, and experience music and movement in an entirely new way. You can learn inverted tricks or simply spin around and it can become your primary way to have fun and keep fit. For more info go to [www. PoleFitVT.com](http://www. PoleFitVT.com)



North End Studios also provides new entrepreneurship opportunities for community members. **RS Indian Food** is an example of this. This Winooski family business, which prepares Indian food, has begun taking catering orders for events. They prepare affordable dishes that will meet everyone’s budget. As a first step in determining if they want to open a restaurant, RS Indian Food will be holding an **Indian Buffet** on Sunday, July 7, from 5:00-8:00 pm at the O’Brien Community Center in Winooski. Popular traditional Punjabi dishes will be served including vegetable pakora; papadam; lentil soup; saag paneer; chicken curry, chana masala; puri (fluffy bread); jira rice; rice pudding and chai masala. All of this for only \$15 per person. For reservations contact [rs.indiancatering01@gmail.com](mailto:rs.indiancatering01@gmail.com).



Other activities now being offered at the O’Brien Center include: Karate (Druk American Shito Ryu Karate, a style developed by Bhutanese-Americans) Nepali Heritage dance, Green Mountain Music Together (for toddlers and parents) and Samadhi Yoga. Tai Chi, dance, and fitness classes will start in September.

For more information go to [northendstudios.org](http://northendstudios.org) today.

# Recreation and Parks Programming

By Alicia Finley

## VT Patriots Pick-Up Youth & Adult Soccer

Looking for somewhere to play soccer? Join us and VT Patriots every Tuesday until August 28th from 6-8pm at the Winooski School District Soccer Fields.

## Trail Crew

Do you have a passion for the outdoors in your community? Join Winooski Recreation and Parks' Trail Crew in trail maintenance, invasive species removal, park cleanup, replacing Gilbrook Natural Area's staircase, and much more. Our next workday is on July 14th. Please, sign up to be a part of the team at [www.winooski.gov/volunteer](http://www.winooski.gov/volunteer).

## Drop-In Youth Activities

Drop by the O'Brien Community Center for DIY crafts every Tuesday this summer from 1-5pm! There will be new and fun crafts to do each week plus outdoor activities. \*White clothes for tie dying will not be provided, please bring in your own.\*

## Trex Plastic Bag Collection

Do you have an abundance of plastic bags you are looking to get rid of? The City is partnering with TREX's recycling program to collect 500 pounds of unwanted plastic materials that they will turn into a bench for our community. This will be an ongoing program. Not only are you helping to keep thousands of pounds of waste out of landfills, but you're also helping TREX to continue to create beautiful and environmentally responsible outdoor products. Items you can bring to help support our goal: grocery bags, bread bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, wood pellet bags, re-sealable bags, produce bags, bubble wrap, salt bags, and cereal bags. Only bags that are clean, dry and free of food residue will be used. Drop off locations are at City Hall, O'Brien Community Center, and the Senior Center.

## 3rd Annual Winooski Wednesdays Mini-concert Series in Rotary Park

Every first Wednesday from June to October, join Winooski Rec in Rotary Park from 6 to 8 PM for a free outdoor concert! This event is free and open to all, featuring: The Monkey House Beer Garden (cash only), free meals for kids 18 and younger, and specials by participating Winooski businesses. Join us at the next Winooski Wednesday on July 3rd featuring Tufa and the Pride. Check out our lineup for the rest of the concert series:

- 7/3: Tufa and the Pride
- 8/7: Raised by Hippies
- 9/4: Wild Leek River
- 10/2: Honeytwist

## Teddy Bear Picnic

This free family-friendly event is perfect for kids - bring the kids, their teddy bear and a picnic lunch to Landry Park to enjoy themed crafts, story time and a story walk, and other activities. Don't forget to sign your teddy up for the "Best Dressed" contest for a chance to win cool prizes. Enjoy the beautiful weather and make some new friends on July 13th from 1 to 3 PM at Landry Park.

## Urban Camp Out

Enjoy a night under the stars in Casavant Park with your neighbors and friends on July 20th at 7 PM and ending on July 21st at 11 AM. There will be campout activities, games, a moonlight walk, campfire, and s'mores! Winooski Police Department will be cooking a delicious breakfast in the morning. You must bring a tent for your family/or yourself and sleeping gear. No alcohol, no smoking, or pets allowed. Kids under 18 must be accompanied by an adult.

## Art in Nature: Clay Prints

Looking to get outside in your local parks? We have the perfect opportunity for you! Winooski Recreation & Parks is providing a free art program on July 28th at Gilbrook Nature Area from 1 to 3 PM. Art in Nature allows community members to express themselves artistically in Winooski's beautiful public parks. Inspired by Andy Goldsworthy (famous sculptor, photographer, and environmentalist), this outdoor project facilitates an opportunity to create art by incorporating mindfulness, a renewed sense of excitement, inspiration, and peace of mind. This specific Art in Nature program will be focused on clay prints.

Visit [www.winooski.gov/rec](http://www.winooski.gov/rec) for more information and to sign up today! Questions regarding an upcoming program? Text, call, or e-mail Winooski Rec at 802 777 1621 / [recreation@winooski.gov](mailto:recreation@winooski.gov).



# Winooski Food Shelf Schedule for July

By Linda Howe, Winooski Food Shelf Coordinator

<b>Wednesday, July 10th</b>	2 pm to 4 pm	Pantry staples, meat and eggs
<b>Saturday, July 13th</b>	9:30 am to 11 am	Fresh fruit, veggies, bread, pastry and deli items
<b>Wednesday, July 24th</b>	2 pm to 4 pm	Pantry staples, meat and eggs
<b>Saturday, July 27th</b>	9:30 am to 11 am	Fresh fruit, veggies, bread, pastry and deli items

**Driver needed for July:** Our regular driver who picks up donated items from the two Hannaford markets in So. Burlington is taking a much deserved vacation. We are seeking a person, family or service group to leave around 7:30 a.m. Saturday July 11th and Saturday July 25th to pick up donated food and deliver it to the pantry. We also need a driver to pick up fresh produce on Monday, July 20th at 9:30 a.m. at one nearby location as directed by the Vermont Foodbank. Please call Linda at 802-318-0460 if available.

**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. The church phone number is 802-655-7371.

**Donation drop off location:** Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

## Gardening at Our Lady of Providence

By Gail Callahan

A sweet partnership with a life-enrichment director at a Burlington assisted-living facility led Megan Humphrey and Charlie Nardozzi to bring their skills to Winooski's Our Lady of Providence (OLOP).



"We had such a good experience with Kris (Daigneault) when she was at St. Joseph's Residential Care Home that we wanted to follow her programming to OLOP," said Humphrey, who heads up HANDS (Helping and Nurturing Diverse Seniors,) a program that is earmarked for assisting seniors. "With the space already available, we just needed to revamp the sad-looking raised beds and get going on planting. We love developing programs and then have them self-sustaining so we can move on to new locations."

In early June, the work of putting hands in the dirt started in earnest at OLOP. Residents, staffers Daigneault, who now works as Life Enrichment Director at OLOP, and Dining Services' Director Chris Lavalette gathered in a backyard, gathering around a handful of raised beds, cradling freshly laid dirt.

Then, the plants, lovingly handled, went into the soil. Now, the plants, slated to feed members of the Our Lady of Providence



community, are thriving.

Sister Isoline Duclos, a Sister of Mercy, got a bird's eye view of the project's kick-off. Sister has longed put her hands in the earth to grow an array of vegetables and now continues that habit.

"I think (the project) is wonderful," said Sister Isoline. "I get up early in the morning, and I'm going to get up early and work in the cucumber bed. I love cucumbers. I'm going to weed there. No weeds will be welcome. I'm going to pick enough cucumbers for the noon and the dinner meals."

Meanwhile, Nardozzi and Humphrey, who tout the virtues and benefits of gardening for seniors, promising to cultivate the fertile field that OLOP provides. "It is so heartwarming. We get to make new friends and help folks grow their own healthy food," said Humphrey. "It's a feel-good event all the way around. We're looking forward to coming back a few times during the summer."

Nardozzi echoed Humphrey's thoughts. "It's always a beautiful thing when you see the light in residents' eyes and joy on their faces from being involved in a gardening program," he said. "Gardening brings back many fond memories for seniors and keeps them engaged. It makes me happy to see them benefitting so much from the simple act of growing a garden."

# Senior Center —Come grow with us!

By Barb Pitfido, Winooski Senior Programs Manager

Our fiscal year begins July 1st, and along with that our 2019-20 Senior Center Membership begins as well! Your donation of \$5.00 for a yearly membership is an investment in a mission to keep seniors active, connected and engaged in growing! We offer many programs for 50+ folks. We are a fun-loving group of seniors who are from all walks of life and all parts of the area. Our membership is open to everyone!

We invite you to stop by and check us out! Come see the Community Gardens and our Perennial Flower Gardens at our site. There are so many ways to grow together!

## UPCOMING EVENTS & ACTIVITIES:

### TUESDAYS:

- July 2nd: Age Well Menu: roast pork with applesauce, mashed potatoes, squash, wheat bread, cake. 12:30pm Free discussion on senior programming
- July 9th: Teddy Bear Picnic! Menu: picnic sandwiches, green salad, chips, pickle bar, dessert buffet. Bring your Teddy Bear to lunch! Music, door prizes and fun!
- July 16th: Age Well Menu: stuffed chicken with sage sauce, mashed potatoes, green beans, wheat roll, vanilla pudding with cream and peaches. 12:30pm Free Comedy Show!
- July 23rd: Age Well Menu: salisbury steak with brown sauce, mashed potatoes, broccoli florets, wheat roll, pumpkin cookie. 12:30pm Free TED Talk - How to live to be 100+
- July 30th: Age Well Menu: vegetable and cheese quiche, squash, green beans, wheat bread, chocolate chip cookie. 12:30pm Free Open Mic Session
- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- Senior Lunch & Learn - (served at

Noon) \$5 by donation at the door - RSVP Required

### WEDNESDAYS

- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.
- Senior Fun & Games - (Noon-2:30pm) Come play cribbage or cards or Wii bowling or work on a craft project. Bring your Lunch. Our Snack Bar will be open for purchasing treats. Free Popcorn while you play!
- Wednesday, July 24th - AARP Safe Driver Class

### THURSDAYS:

- Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)  
» 7/18 - Western Theme
- Community Mindfulness - (5:30-6:30pm) Free guided sessions led by instructor Andrea O'Connor.

### FRIDAYS:

- Age Well New American Senior Lunch & Learn
- Free Tai Chi session led by certified instructor, Viviane Levy at 11am
- Fresh Nepali Lunch (served at Noon) \$5 by donation at the door - RSVP Required
- Coffee Time - (9-11am) Free coffee & breakfast treats. Enjoy conversations with special guests from our community and discuss topics of interest to Seniors.

### NOTE: We are closed on: July 4th for Independence Day.

*The Winooski Senior Center...the most exciting place in Winooski!*

*We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible.*

*You can reach us by phone at: 655-6425 or email at: [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov) and on Facebook at: <https://www.facebook.com/winooskiseniorcenter/>*



Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/> OR see our live online monthly activity calendar at: <http://www.winooski.vt.org/senior-programs/>

# SUMMER MEALS LUNCH MENU • JUNE 24 — AUGUST 2

This Institution is an equal opportunity provider  
Menus are subject to change

Spaghetti w/ Meat Sauce WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Egg Salad or WG Buffalo Chicken Wrap Tossed Garden Salad Fresh Fruit Milk	WG Nachos Supreme Black Bean & Corn Salad Fresh Fruit Milk	<b>Thurs. June 27</b> WG Homemade Cheese or Pepperoni Pizza Spinach Salad Fresh Fruit Milk	Oven Roasted Beef Hot Dog On WG Bun Garden Pasta Salad Fresh Fruit Milk
WG Chicken Nuggets w/BBQ Sauce WG Dinner Roll Oven Baked Potato Wedges Fresh Fruit Milk	Macaroni & Cheese WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Turkey & Cheese or Hummus Wrap Red & Green Pepper Sticks Fresh Fruit Milk	<b>Thurs. July 4</b> <b>No Camp</b> 	Beef or Veggie Burger on WG Bun Cucumber & Carrot Sticks Fresh Fruit Milk
Spaghetti w/ Meat Sauce WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Egg Salad or WG Buffalo Chicken Wrap Tossed Garden Salad Fresh Fruit Milk	WG Nachos Supreme Black Bean & Corn Salad Fresh Fruit Milk	<b>Wed. July 10</b> <b>Thurs. July 11</b> WG Homemade Cheese or Pepperoni Pizza Spinach Salad Fresh Fruit Milk	Oven Roasted Beef Hot Dog On WG Bun Garden Pasta Salad Fresh Fruit Milk
WG Chicken Nuggets w/BBQ Sauce WG Dinner Roll Oven Baked Potato Wedges Fresh Fruit Milk	Macaroni & Cheese WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Turkey & Cheese or Hummus Wrap Red & Green Pepper Sticks Fresh Fruit Milk	<b>Wed. July 17</b> <b>Thurs. July 18</b> WG Homemade Cheese or Pepperoni Pizza Tossed Salad Fresh Fruit Milk	Beef or Veggie Burger on WG Bun Cucumber & Carrot Sticks Fresh Fruit Milk
Spaghetti w/ Meat Sauce WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Egg Salad or WG Buffalo Chicken Wrap Tossed Garden Salad Fresh Fruit Milk	WG Nachos Supreme Black Bean & Corn Salad Fresh Fruit Milk	<b>Wed. July 24</b> <b>Thurs. July 25</b> WG Homemade Cheese or Pepperoni Pizza Spinach Salad Fresh Fruit Milk	Oven Roasted Beef Hot Dog On WG Bun Garden Pasta Salad Fresh Fruit Milk
WG Chicken Nuggets w/BBQ Sauce WG Dinner Roll Oven Baked Potato Wedges Fresh Fruit Milk	Macaroni & Cheese WG Dinner Roll Caesar Salad Fresh Fruit Milk	WG Turkey & Cheese or Hummus Wrap Red & Green Pepper Sticks Fresh Fruit Milk	<b>Mon. July 29</b> <b>Tues. July 30</b> <b>Wed. July 31</b> <b>Thurs. Aug 1</b> WG Homemade Cheese or Pepperoni Pizza Tossed Salad Fresh Fruit Milk	Beef or Veggie Burger on WG Bun Cucumber & Carrot Sticks Fresh Fruit Milk

**Winooski School District  
Summer Meals 2019  
Lunch  
June 24—August 2, 2019**



## 2 Week Rotating Menu

### We Offer:

1% White and Fat Free Chocolate  
Milk offered Daily

**Select All Four  
Components for a  
Reimbursable Meal**



**The Abbey Group**

## Stay in Touch: Join Front Porch Forum!

Front Porch Forum's mission is to help neighbors connect and foster community within their neighborhood.

Go to [www.frontporchforum.com](http://www.frontporchforum.com) to sign up for this free community resource. You will get a daily email with postings from your neighbors, city, and school leaders with news, opinions, quotes, and more. It's a great way to keep on touch with late-breaking news and community events.



## Mindfulness Practice

**WHAT:** Guided Mindfulness Practice and Discussion

**WHERE:** Winooski Senior Center, 123 Barlow Street

**WHEN:** Thursdays, 5:30-6:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 5:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have also been recorded and uploaded to the school website.

You can listen to them by visiting this link: [www.wdschools.org/mindfulness-in-winooski](http://www.wdschools.org/mindfulness-in-winooski).

## Newsletter of the Winooski School District

Winooski School District  
60 Normand Street  
Winooski, VT 05404

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BURLINGTON, VT  
PERMIT #361

POSTAL PATRON  
\*\*\*\*\*ECRWSS\*\*  
WINOOSKI, VT 05404

### WINOOSKI PUBLIC SCHOOLS

[www.wdschools.org](http://www.wdschools.org)

#### Superintendent of Schools

**Sean McMannon:** 655-0485  
[smcmannon@wdschools.org](mailto:smcmannon@wdschools.org)

#### John F. Kennedy Elementary School

Principal: **Sara Raabe**  
802-655-0411  
[sraabe@wdschools.org](mailto:sraabe@wdschools.org)

#### Winooski Middle and High School

Co-Principals:  
**Kate Grodin and Leon Wheeler**  
802-655-3530  
[kgrodin@wdschools.org](mailto:kgrodin@wdschools.org)  
[lwheeler@wdschools.org](mailto:lwheeler@wdschools.org)

#### Board of School Trustees

**Mike Decarreau**, President: 802-310-4032  
[mdecarreau@wdschools.org](mailto:mdecarreau@wdschools.org)  
**Margaret Bass**, 315-854-0646  
[mbass@wdschools.org](mailto:mbass@wdschools.org)  
**Tori Cleiland**, 802-655-7678  
[tcleiland@wdschools.org](mailto:tcleiland@wdschools.org)  
**Matthew MacNeil**, 802-999-3218  
[mmacneil@wdschools.org](mailto:mmacneil@wdschools.org)  
**Dr. Alex Yin**, 516-423-9601  
[ayin@wdschools.org](mailto:ayin@wdschools.org)

#### 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 491 students attending JFK Elementary (grades PreK-5) and 389 attending Winooski Middle/High School (grades 6-12).

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.

*"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: [aelston@wdschools.org](mailto:aelston@wdschools.org)*