

CVU Celebrations November 16, 2018

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” -Melody Beattie

Dear CVU Community: With Thanksgiving Break on the horizon, the timing of our celebration of *Attitude for Gratitude* could not be more appropriate. Gratitude is more than simply being thankful for what we have. It goes beyond that. It’s about reciprocity and paying it forward. This week we went the extra mile in cultivating gratitude beyond ourselves. We actively practiced our appreciation by encouraging students and faculty to communicate some kind of *“Thank you”* to someone who has made a difference in their lives. It’s amazing how just a simple expression and affirmation by others can lift one’s spirits and bring us together.

-From Nicole Eaton, CVU Co-President

Students

- To the two seniors who met with me during the Think Tank Summit, I thank you for helping me (maybe reminding me) understand that strange loneliness of the adolescent journey towards independence. One of you captured the time perfectly when you said, “You know...ever since I’ve gotten my license, I feel so much more stress. I like having my license, but I miss those moments in the car when my parents had to drive me places. We used to talk. Now it feels like our relationship is more transactional.” So perfect. Dave Melnick, our local guru on trauma and stress, points to human connection as the ultimate preventative measure for anxiety. You challenged me to rise above the temptation to interact with my colleagues, students, and family on the daily “business” of life. Thanks!
- From Dave Trevithick: **CVU students** met at UVM with other schools for a Global Partnership workshop where they will be partnering with communities from Ghana and Kenya on community development projects. Some students are in Nexus continuing their work from last year and some are Nichols 9th graders getting a jumpstart on their Human Impact project.



- From Andre LaChance and John Bennett: Prithee, see there! Behold! Look! Lo! How say you? With the assistance of CVU graduate Zinn LaChance and the Vermont Shakespeare Festival founders, Jena Necrason and John Nagle, the Bennett/LaChance 10th grade Humanities classes worked the Banquo ghost scene from Macbeth and performed the rewritten scene at St. Michael's College on Monday, Nov. 12th. It was a great learning experience for our students, as many have not acted in front of their peers. Students practiced with Jena, John, and Zinn in several sessions at CVU before moving to the big stage workshop at the McCarthy Arts Center.

In addition to the workshop, students were treated to a wonderful lunch at the SMC Cafeteria and received advice from two admissions counselors.



- From John Bennett: **CVU's Scholars Bowl** team was back in action in the past week with two excellent showings in league regional play. The team traveled to Burlington High School on Friday 11/9 and Lamoille Union High School on 11/14, and came away with 9 wins and 1 tie in varsity competition against some of Vermont's strongest teams. The results brought the varsity team to a sterling 18-1-1 record on the season. Our 2 JV teams finished a combined 10-5 at the two meets. The following team members participated in one or both of the two events-**Bay Foley-Cox, Peter Antinozzi, Milo Cress, Luke Sweeney (12th grade), Sam Lawrence, Jake Twarog (11th grade), Isaac Kremetsov, Patton Wager (10th grade) Jack Averill, Wolfie Davis, Evan McMahan, Ethan Ravlin, Jack Rutz (9th grade)**. Please congratulate them on an excellent showing! Scholars Bowl will be next in action at South Burlington High School on December 7.



- Sending out lots of luck to the **CVU Rowing Club** as they battle a winter storm, ocean waves and high tides in Boston on Saturday for the Icebreaker Rowing Championship Race! Send them your warmest, coziest wishes.

- The **Bennett/Tonino** advisory in action at our annual advisory Thanksgiving celebration



- From **Pam Gover** and **Nick Molander**: We are proud of our advisees for the work they did at Hope Lodge in Burlington to prepare a meal for the patients and families staying there!



- CVU invades Fenway! Congratulations to **Sophie Pidgeon** for completing her first Spartan Race. You rocked it (and managed to drag your dad through the course)!



- **Aidan Johnson** received a VSADA Scholarship for his academic and athletic achievements and work in the community. Eight students athletes attended a two day Leadership Conference in early November.



Faculty/Staff

- A shout out to **Mark Pogact** for making dodgeball a reality at CVU. Lots of work goes into lots of fun. Thanks (and let's order longer shorts next year).



- A big thanks to our **Cafe** leader and staff for all of your work to make Cafe for a Cause great! We raised \$347 through Raffle sales & \$7,403 through Cafe sales to total \$7,750 dollars which will go to the Humane Society of Chittenden County.
- **Katherine Riley** and **Garrett MacCurtain** are in China paving the way for more international connections for CVU. I'm not sure what Katherine is signing in this picture, but I trust her judgement!



- Thank you to **Emily Rinkema** and **Stan Williams** for the Think Tank Summit. It was an honor to meet Ken O'Connor, but it was even better to see our students thinking deeply (and with great passion).



Notes

- Read this [note](#) from Friends of CVU.
- CVU's first-ever clothing swap is happening on Thursday, November 29, for students, faculty and staff. We're looking for donations still! If you have a bag destined for Goodwill, please consider us. Donations can be dropped off until Wednesday, November 28, in the Fairbanks House Office. Thank you in advance! If you have questions, contact Robin Lauzon at rlauzon@cvsdvt.org or 802-482-7141.
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