



The ALA Girls State Gazette Volume II

76th Session of ALAGMGS, June 2019



The Future Delegates Guide to American Legion Auxiliary Green Mountain Girls State

By Austin Bruno and Riley Ochs
2019 ALAGMGS Attendees

Congratulations! You are now a future delegate of Girls State. You probably excited and a little nervous, so here is our guide, to help you feel more at ease for this amazing experience.

What to Pack?

Oh boy! Please don't forget your shower shoes. Do a double check of everything the night before so you aren't stuck without a towel or toothpaste. Now the packing list you are sent can be a little confusing, so let's break it down for you. First off, let me just throw out there that you don't really need any shirts to wear during the day. That said, I highly recommend you bring sweatpants and comfy pjs for your free time at night. You will be wearing your super cute and professional ALA Green Mountain Girls State polos that are provided for you through the entirety of the week. For bottoms on the other hand, I brought jeans (with no rips), all different kinds of pants like Khakis, black pants, and some people even brought fun pants that had elephants on them. For the inauguration on Tuesday night you will need some semi-formal clothes. Also, you are going to want to bring black business shoes and a black skirt or pants for the day you go to the statehouse and spend time with government officials. If you are planning on running for office, I would bring campaigning materials. I literally bought out dollar general with everything from glitter glue, to bright posters, markers, pencils, sharpies, glue, tape, and anything else you might possible need. The dorms can get HOT, so I would also recommend that you bring a fan. Get ready for ZUMBA. What better way to bond with your friends than zumba, so bring some active wear. Also, SNACKS, SNACKS, SNACKS, I didn't know snacks was a things but people brought oreos and everything else you could think of.

What to expect?

I was an absolute nervous wreck and had no clue what to actually expect. When all of us arrived on that sunny Saturday afternoon, we all looked terrified because we had no idea where to park because the sign fell down. Something to remember is everyone is nervous and shy, so step out of your comfort zone! Dance parties and screaming chants at the top of your lungs is not only expected but widely encouraged. Run for that office and talk with everyone. Be ambitious like Elle Woods in the movie Legally Blonde and go for that position, like she did when she was

a lawyer, at Harvard! I personally didn't know how much my town was going to mean to me, they turn into my family. Literally, one night ten of us crammed in a dorm to make posters for "Our Lt. Governor." We shared relationship advice and problems, cried together, laughed together, shared food, campaigned for each other, and so much more that you wouldn't expect. It's important to remember that you will survive the week and come out of it with not just friends, but a family. Like when you're thirty and your townmate is about to get married, and y'all yell out, "THAT'S MY LT. GOVERNOR!"

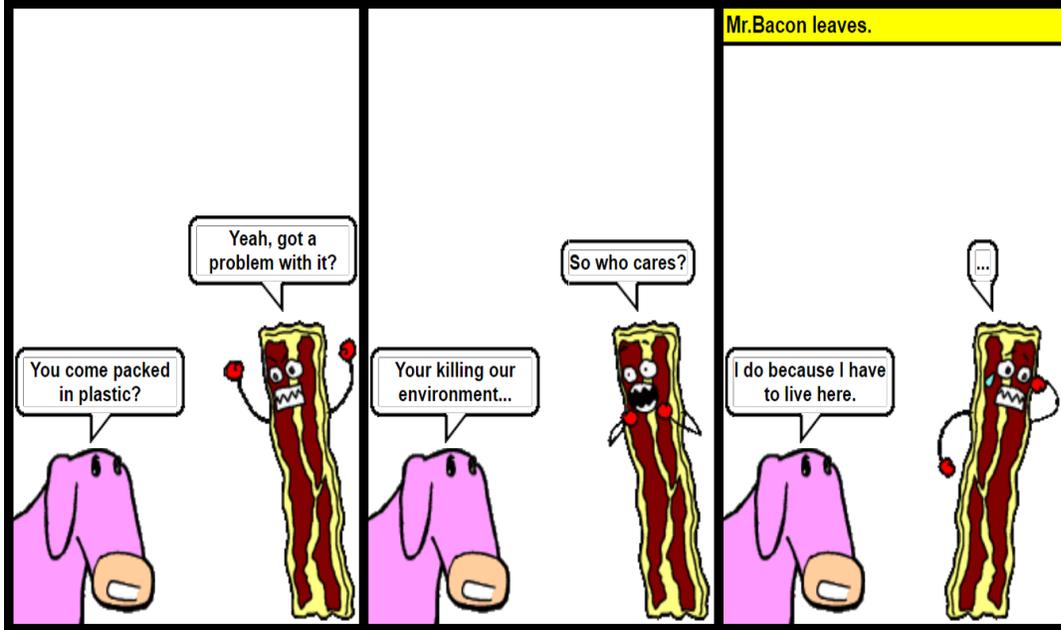
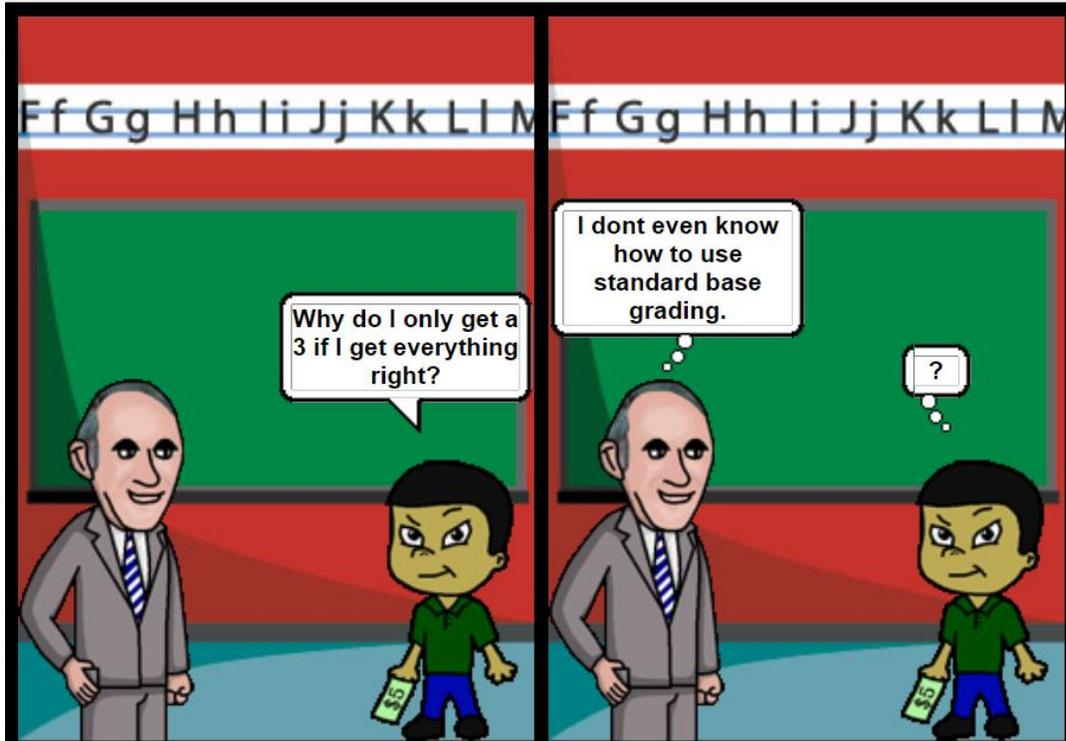
How are the dorms?

Honestly the showers, yikes. Embrace your inner Vermonter, because it might be a little chilly. Just remember that you are at a college campus. It's really a 50/50 chance whether it will be hot or cold, and that's just life. Also, be careful of the shower curtains, they can easily fall. And trust me that's not fun when that happens, it's kind of scary, speaking from personal experiences on my very first morning here. Besides the showers, the dorms are pretty good for being a college. The mattresses honestly aren't that bad. I would recommend lowering them if they are really tall, because I am really short and I had to superman into my bed every night. You also get a really big closet, and if your feeling ambitious, you can bring hangers and hang your polos and dress. If your worried about your roommate, I promise they will become your best friend within a span of like 5 hours.

How is the food?

The food staff is so nice, and are also really understanding of dietary needs. I remember one day one of the girls walked out with a gluten free chocolate chip cookie, which was awesome. Whether you love comfort food, or you eat a lot of fruit and veggies, there will be something here for you. The food is always changing which is very refreshing after you feel very hungry and tired. Pizza, pot roast, steak, chicken tenders, broccoli, corn, apples, and bananas are all of the mighty options that you can eat. You will never not feel full. Just make sure you don't make yourself sick like I did. **THE DESSERT IS AMAZING!** They have everything you can imagine. I highly recommend the s'mores ice cream. Yes I said it, s'mores ice cream! Also, coffee moose tracks is so good. Honestly, no matter what kind of food mood you are in, there will be something for you. Just make sure you don't spill an entire piece of pie on your only pair of jeans.

Now your all set for ALAGMGS! Remember you are a strong, amazing, successful, and talented young woman. We hope you have the most amazing time at Girls State, and that you found our guide both humorous and helpful. You got this!



Political Cartoons by: Sophia Tedesco

Climate Change Crisis

By: Olivia Lauricella

Climate change is happening now and action needs to be taken. Farmers, Wildlife, and every day citizens are being affected by the changing climate. Total rainfall, and intense storms have increased dramatically in Vermont and around the world over the past 50 years. It is difficult to know what to do as an individual and if what we do can even make a difference. Yes, one person can only make a minimal difference, but with many people can possibly make a greater difference. Some ways one can decrease the effects of climate change is by, public transportation or biking instead of using a car, become a vegetarian, try to avoid flying, and use less single use plastic. By taking these actions we will be one step closer to taking action on climate change.

American Legion Auxiliary Green Mountain Girls State Tips

By Olivia Lauricella

- Make sure to bring warm clothes, such as jeans, and sweatshirts
- Bring a raincoat
- Bring towels for showers
- Make sure to bring any supplies for campaigning for any position, even if you don't plan on running for a position, you never know!
- Make friends with your roommate, because you will be seeing her a lot
- Drink lots of water
- Have fun with your town
- Voice your opinion on what is important to you
- Be open to everyone's opinions
- Bring comfy blankets
- Learn some cheers beforehand to introduce to your team
- Lights out is at 11 so plan to get whatever you need to get done before then
- If you want to run for a position, make sure to get a group of people to help make posters and write speeches
- If you are artistic, then you are pretty valuable at ALAGMGS but if you are not, like me, you'll be fine
- Accept that you will be tired
- Bring snacks to keep in your room
- Decide what you are better at, singing or writing
- Pay attention during town meeting
- Have fun at Girls State and bring your best!



GOING GREEN at Girls State

While our time at Vermont Technical College is short, there's always time to be earth conscious. Here's some ways that you can make a difference during your time here.

Ways to Keep it Green

Here's a few easy ways that YOU can make a difference here at Girls State and VTC. However, many of these ideas are perfect to take home with you to spread to your family and friends.

1 Use that reusable water bottle!



- In the United States alone over 60 million plastic water bottles are thrown out everyday. Globally, that's 1.1 million thrown out per minute.
- The production of plastic water bottles uses 17 million barrels of oil a year. That's enough to fuel one million cars for a year.

TIP Almost all plastic water bottles are recyclable - so if you need to use plastic make sure you recycle.

2 Shorten your showers!

- An 8 minute shower uses 20 gallons of water, and uses as much energy as a 60W light bulb running for 22 hours straight.
- Try a sailor shower! Turn on the water to get wet, turn it off and suds up, turn it back on to rinse.



TIP Don't wait for your shower to heat up, the cool water is good for your hair and skin.

3 Turn off lights when you leave your dorm.



- Put a reminder by your light switch!
- If it's not that dark use the natural lighting from your windows.
- It costs an average of \$0.75 for every hour that a light is left on.

4 Be careful with your campaign!

- Make sure to reuse and recycle your materials - most of them are made of paper!
- Don't over do it! Only print what you'll actually use. Think about quality over quantity, a little goes a long way.



TIP Flip over old posters to use the backside and reduce waste.

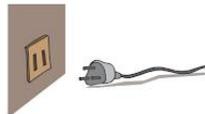
5 Watch what you eat!



- Don't have eyes bigger than your stomach! Only take what you can eat so there's not extra waste. You can always go back for seconds!
- Any food waste in the dining hall is composted, but don't forget that your napkins can be too!

6 Unplug

- Cell phone chargers still use 1-5 watts of energy, even when not in use.



TIP Make a habit of unplugging your phone and your charger at the same time.

Run Down of the Day

Day 1: June 16, 2019

By Abigail Williams

Here at the American Legion Auxiliary Girls State, the girls have been working on their prep for Whistle Stop, learning more about colleges and the application process, we have been working on their activities, working in their parties, and one of the most important parts here, we all participated in a Memorial Service at the Veterans Cemetery. Each girl here has been working extremely hard and all have been supportive of each other. We have all created a family, especially inside of each town; Tiernan, Farmer, Coutts, and Caiya.

Starting with the Coutts raising the flag, we had our town meeting where girls started their prep for their Primary Election and started getting their questions for their Whistle Stop. Later, all girls worked with their parties, Federalist and Nationalist, to vote for their Primary Candidates (congrats to all who won!). After lunch, we talked to a panel of Non-Elected Policy Influencers about their experiences and what their duties are. We broke into three groups, education, environment, and healthcare. After, we worked with the lovely Miss Doris on making poppies and learning the importance of why they became the national symbol for fallen soldiers. After lowering the flag before sunset, we walked down to the cemetery to recognize the fallen Vermont soldiers in the Global War on Terror. With our candles lit and our Creed to Youth said, we walk back singing *Amazing Grace* in our heads. We finished our night by writing letters to Deployed Service Members and Veterans. We told them that we all appreciate their time in the military and for fighting for our country.

Run Down of the Day

Day 2: June 17, 2019

After watching the Tiernan ceremoniously raise the flag, we went to our parties to talk about issues in the State of Vermont. We then all came back to listen to a wonderful presentation about Civic Engagement given to us by Kerin Stackpole (girl power all the way!). After her standing ovations, we prepped our candidates for Whistle Stop. The girls worked with their towns to get them to be the best they can be! Debate time was next, each woman gave an outstanding speech. Everyone clapped and cheered for everyone, another step closer to becoming a family! ZUMBA TIME!! Well, what turned into more Just Dance! Every girl was smiling and having fun with each other and their towns. Back into our polos, each candidate gave a speech, again doing a wonderful and outstanding job! They amazing candidates went to each town doing their Whistle Stops. Each girl had a great, valuable answer for each! Then we all came back together to watch *Girl Rising*!



Cora Funke & Rory Carrara

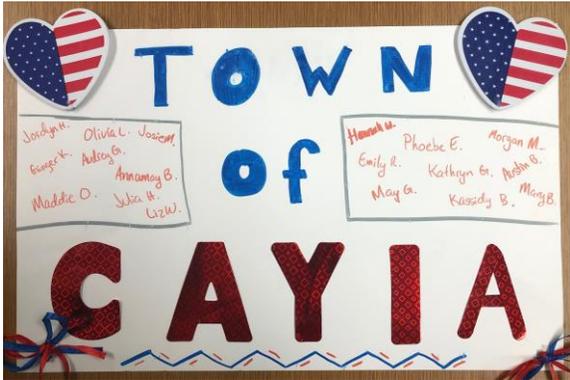
BY EMILY AND HANNAH

Cora attended Green Mountain Girls State in 2018, and returned this year as a counselor. Cora just recently graduated from Mt. Abraham Union High School, in Bristol Vermont, and was named the salutatorian of her class. In the fall Cora will be attending Boston University, in Massachusetts. Cora competes in softball and basketball.

Rory attended Green Mountain Girls State in 2018 and was elected Governor, and returned in 2019 as a high energy counselor. Rory graduated from Mount Saint Joseph Academy earlier this spring. Rory will be attending Clark University in Massachusetts. Rory competes in softball, basketball and cheer leading. She also served as a senior class representative. Rory was the president of MSJ Spanish National Honors Society

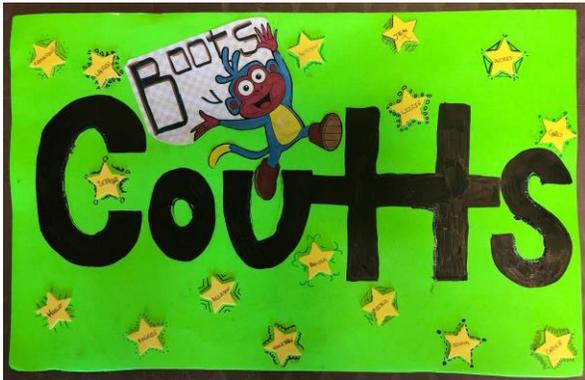


Learn the Town Cheers!



Cayia:

C to the A to the Y - I - A! Oh yeah!
We're Cayia! Ay! Ay! Ay! Cayia!

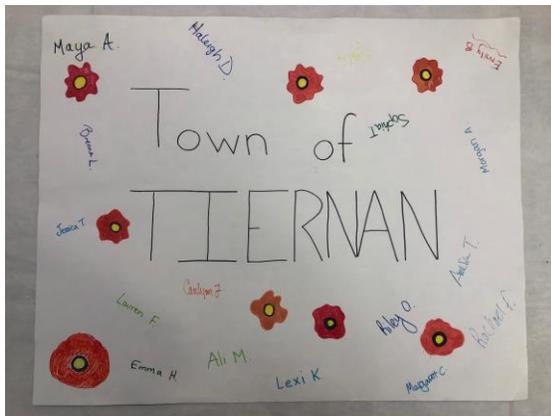


Coutts:

- 1! We are the Coutts!
- 2! A little bit louder!
- 3! I still can't hear you!
- 4! More, more, more, more!



Farmer:
We are Farmers! Bum (x7)!



Tiernan:
We'll wear the crowns!
Y'all be wearing frowns!
When the time comes around
And we win model town!

American Legion Auxiliary Green Mountain Girls State

Maddy O'Brien & Anna Senesac

Roommates

Most of us heard about Girls State through our guidance counselors. Some of us had to write an essay and get interviewed. And here we all are. All of us.

Girls from all over the state of Vermont came together to learn about the US government with members of the American Legion Auxiliary.

We showed up in the Old Dorms in "Nutting" and were greeted by many bubbly counselors. Then we were given our room number and were assigned a town: either Farmer, Coutz, Tiernan, or Cayia.

In our dorms there were two green polos, a bag with swag, and a nametag waiting for us on our desk. Then we waited for our roommates.

Many encounters went like this:

"Hi, I'm Anna"

"Hi, I'm Maddy"

"Where are you from?"

"Springfield"

"WhErE's ThAt?"

Or:

"Hi, I'm Anna"

"Hi, I'm Maddy"

"You look really familiar... "

"You too..."

"DiD yOu Do cRoSs CoUnTrY iN SeVeNtH gRaDe?"

Even:

“Hi, I’m Anna”

“Hi, I’m Maddy”

“What school do you go to?”

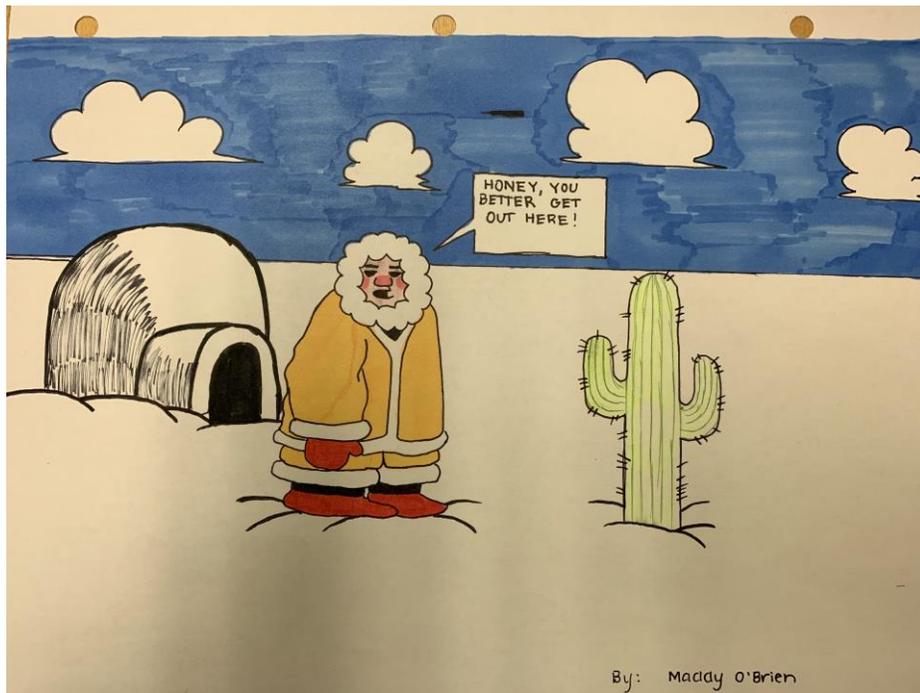
“Springfield High School”

“OmG dO yOu KnOw KaYLeE?”

“OmG yEsS, wE’rE likE SisTeRs!”

Numerous girls here at Girls State knew each other before from sports, other camps and conferences, as well as mutual friends. This made it easier to bond with our townmates and roommates.

The size of Vermont as well as the use of social media affected our knowledge of each other, which has made it a lot easier to meet new ALAGM Girl Staters!



By Maddy O'Brien