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**For Immediate Release:**  
March 21, 2022

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**\*\*\*PRESS RELEASE\*\*\***

**Lt. Governor Molly Gray Holds “Seat at the Table” on Understanding Ukraine and Ways to Support the People of Ukraine**

**Montpelier, Vt.** — This afternoon, Vermont Lieutenant Governor Molly Gray moderated a panel discussion on Ukrainian experiences and ways to support the people of Ukraine as a part of the “Seat at the Table” virtual meeting series.

The discussion, titled “Understanding Ukraine and Ways to Support the People of Ukraine”, featured three Middlebury students from Ukraine: Mariia Dzholos, Masha Makutonina, and Rostyk Yarovyk. The meeting and the conversation highlighted the students’ unique experiences and suggestions on several different ways to support the people of Ukraine.

“I continue to hear from Vermonters asking about ways they can support Ukraine, the people of Ukraine, as well as Ukrainians in Vermont,” Lt. Governor Gray said “In particular, there are nearly a dozen Ukrainian students in Vermont whose families and communities continue to suffer under Putin’s unlawful and heinous attack. I urge Vermonters to listen to these students, to hear their calls for specific support, and to do all we can to end attacks on civilians.”

“Today, we, Ukrainian students at Middlebury and beyond, are doing everything we can to stop the war by raising awareness, making the voices of Ukrainians heard, organizing donations and donating to Ukrainian Armed Forces and humanitarian aid initiatives to save the lives of our loved ones and more generations to come,” said Mariia Dzholos.

“The most important thing is to not stop talking about the war because it feels surreal knowing what your loved ones are going through but also seeing how unphased and peaceful life can be,” said Rostyk Yarovyk.

The tri-weekly series hosted every third Monday from 12:00pm – 1:00pm features community, non-profit, and business leaders from across Vermont. Launched by Lt. Gov. Gray in 2021, each “Seat at the Table” will be open to the public, lawmakers and press and will highlight topical issues facing Vermont communities. Recordings of the panel discussions can be viewed [here](#).

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