

## Student Sustainability Days

Students at the Vernonia Schools took part in two "Sustainability Days" on November 5 and 6. Elementary school students learned about sustainability on the first day; middle and high school students got their boots and hands dirty the second day with some outdoor projects around the new school campus. Students worked to remove invasive species, cleaned up and planted in the



native plant garden in the front of the school and planted filter plants to help with erosion control and run off at the back of the campus. Engineering students also worked on plotting a nature trail around the outside of the campus.

## Meet the Exchange Students

**Paula Oliveros** is a junior at Vernonia High School this year and is from Madrid, Spain. This is Paula's first visit to the United States. In the past she has traveled in Europe including visits to Germany, Belgium, and Hungary. Paula is spending this year living with the Mark Brown family. She is currently on the cheerleading squad and says she would like to play basketball and maybe try out for softball in the spring. Paula says she has enjoyed eating Chinese-American food and especially enjoys Panda Express. She also says she likes cookies. Paula says Vernonia is very different from her home in Madrid but she likes that she feels like she knows everybody. She says there is always something to do in Vernonia. "If you don't have plans," says Paula, "you just go downtown and you always find someone, so you always have something to do."

**Ruben Fabers** is from Germany and is living with Shelley Cota. Ruben is a junior who played football

for the Loggers and will play basketball this winter and may try baseball. Ruben says he has traveled extensively to the countries neighboring Germany and has been to New York City on a previous trip to the US. Ruben says his favorite American foods are corn dogs. "I like that everyone supports the sports teams and always go to the games," says Ruben about Vernonia. "Also, everyone is nice here, even when you meet them for the first time. They try to help you if you have problems and they are really open to new people."

**Ezio Rusticali** is a senior from Italy and is also living with Shelley Cota. Ezio also played football this fall and will play basketball this winter. This is Ezio's first time in the United States but has visited several countries in Europe and

## Fire Department Visits School

As part of their fire safety program, the Vernonia Rural Fire Protection District visited the Vernonia Grade school on Monday, October 29th. Firefighters spent the day instructing students about fire safety. Topics included: how to call for help in an emergency; stop drop and roll if your clothes catch on fire; never play with matches or lighters; the value of working smoke alarms; and conducting exit drills in the home.

As part of their presentation, firefighters brought the E.D.I.T.H.

trailer. E.D.I.T.H. is an abbreviation for "Exit Drills In the Home." The EDITH trailer is a small 'home' on wheels, which allows participants to watch a video about fire safety and exiting the home in the event of a fire, and then practice what they learned with a mock evacuation.

For more information about fire safety, or to schedule a tour of the Vernonia fire station, please contact Deputy Chief Dean Smith at 503-429-8252.



has traveled to Egypt. Ezio says he loves Taco Bell. "We don't have Taco Bell in Italy—it is awesome!," says Ezio. Ezio says he likes Vernonia because it is so small and everybody knows everyone.

considers himself very lucky because his parents love to travel, so he had the opportunity to visit many different countries, including Australia three times and all around Europe. His father is Dutch, so he visits Holland a couple times each year. He has also been to the states three times prior to this trip and has visited New York City, New Orleans, California, Las Vegas and the Grand Canyon. Alex says his favorite food in America is Kentucky Fried Chicken, although he knows it is not really good for him. "I know it is the worst one ever and I really don't want to know how they make this chicken—I'm really afraid about that," says Alex. He also says his American mother, Tracy Easlon "... is a really good cooker. With that I am really lucky!"



VHS foreign exchange students (from left to right) Paula Oliveros, Alex Budde, Ruben Fabers, Ezio Rusticali and Karina Tolmacheva.

He says he likes how the school is the center of the community. "Everybody rotates around the school," says Ezio. "I think the school is the most important part of the city."

**Alex Budde** is also from Italy and is spending this year living with the Easlon family. A senior, Alex played football and will also play basketball and will do field events on the track team in the spring. Alex says he likes Vernonia because it is so different from his home city. "I like that here you have a lot of privacy and nice neighbors," says Alex. "It's really good." Alex says he

the first time she has ever traveled outside her home country. She is living with the Cheney family this year. Karina is a junior who has competed in Cross Country this year for VHS and will try out for basketball and hasn't decided whether she will try softball or run track in the spring. Karina says her favorite American foods are bacon and brownies. She says she likes the school spirit and how friendly people are in Vernonia. "People are very helpful," says Karina. "If you need something they are ready to help you at any time." Karina also says she likes being surrounded by nature and all the timber around Vernonia.

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