



Oakland Bay Junior High

Home of the Timberwolves

3301 N. Shelton Springs Rd., Shelton, WA 98584
Phone (360) 426-7991 Fax (360) 427-2940

"Providing a quality education in an academically supportive and safe environment"



November 28, 2004

To Whom It May Concern:

I'm writing this letter on behalf of Paul Volk who has presented his extensive research on healthy lifestyle choices to the students in my 8th grade health classes at Oakland Bay Junior High School.

Paul brings personal, entertaining, and logical approach to sharing with students a multitude of current medical findings on the positive effects of a lifestyle that includes vegetarian diet, as well as abstinence from drugs and alcohol. His presentation is engaging for audience members of all ages. I've appreciated greatly the impact Paul's presentations have had on the students in my classes. He evokes in them a desire to find out more about how healthy lifestyle choices, including vegetarian diet, can improve their lives – not an easy accomplishment given the nature of 8th grade students.

It is with my highest regard that I recommend Paul Volk to your program to present his findings on the benefits of healthy lifestyle choices.

If you have any questions, please contact me at the phone number or email address below.

Sincerely,

Eric Fredericks
8th Grade Health/9th Grade Science
Oakland Bay Junior High School
360.426.7991
efredericks@sheltonschools.org