

PORT ANGELES HIGH SCHOOL

Catch the Roughrider Spirit!

Mr. Scott Harker **principa**
Mr. Patrick Kane **vice principa**
Mrs. Mary Ann Unger **vice principa**

January 17, 2007

To Whom It May Concern:

I teach Health and am the Department Chairperson at Port Angeles High School in Port Angeles, WA. I and my students had the privilege of having Paul Volk as a guest speaker for three exciting days. His presentations to our 9th grade students were outstanding on Healthy Choices. Using many of his own stories, his topics covered many areas of nutrition, the facts and myths that will benefit us for a life time.

Paul's vast knowledge of health comes from many leading doctors, medical institutions and universities from around the world. This information based on scientific research brought new meaning to "healthy decision making" for all of us. He was an outstanding addition to our curriculum and hope that he will be available for years to come. As a high school coach and teacher I highly recommend Paul Volk to any school or community group.

Sincerely,



Lee Sinnes
PE/Health Teacher
PE/Health Department Chairperson, Port Angeles High School
Retired Varsity Basketball Coach, Port Angeles High School