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To Whom It May Concern:

I teach Health to high school students (mostly 10th graders) at Shelton High School in Washington state. The past two years we have had Paul Volk give week-long presentations to our students on 'Healthy Choices'. His topics range from sleep, to hydration, to personal hygiene, to nutrition, to decision making. His lectures are fact filled and he does a great job keeping the student's interest. He weaves many of his own stories into his lectures which are very interesting. However, he has a very solid scientific foundation, and has a factual basis for everything he discusses. His suggestions are very easy to administer, I have had many students come back and tell me how they have improved their health by 'tweaking' their choices in health decisions. I recommend him highly. He is a great addition to the curriculum.

Matt Hinkle
Health Teacher
Shelton High School

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