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Records Management, White House Office of Subject Files - PP (Presidential Personal)

Stack:	Row:	Sect.:	Shelf:	Pos.:	FRC ID:	Location or Hollinger ID:	NARA Number:	OA Number:
W	12	14	5	2	12686	25549	12378	12212

Folder Title:

740219 [2]

Withdrawn/Redacted Material

The George W. Bush Library

DOCUMENT NO.	FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
001	Handwritten Note	While You Were Out - To: POTUS - From: Robert McCleskey	1	N.D.	PRM;
002	Letter	[Letter] - To: POTUS - From: Louis Gohmert	1	11/01/2007	P6/b6;
003	Handwritten Note	While You Were Out - To: POTUS - From: Judge John Walker	1	11/17/2007	PRM;
004	Card	[Card] - To: POTUS - From: Alexa and Birch Fishback	2	11/05/2007	PRM;
005	Letter	[Letter] - To: POTUS - From: Michael J. Marino	1	11/14/2007	P6/b6;
006	Card	[Note] - To: POTUS - From: Andrea Graham and Geela Yadan	2	11/14/2007	P6/b6;

COLLECTION TITLE:

Records Management, White House Office of

SERIES:

Subject Files - PP (Presidential Personal)

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RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
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- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

Deed of Gift Restrictions

- A. Closed by Executive Order 13526 governing access to national security information.
- B. Closed by statute or by the agency which originated the document.
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- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

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007	Letter	[Letter] - To: POTUS - From: Cassandra Marino	2	11/14/2007	P6/b6;
008	Card	[Thank You] - To: POTUS - From: Tim and Lauren Shea	1	10/29/2007	PRM;
009	Letter	[Letter] - To: POTUS - From: Elaine L. Chao	1	11/04/2007	PRM;
010	Envelope	[Envelope]	1	N.D.	P6/b6;
011	Card	[Thank You] - To: POTUS - From: Blake Lanier Gottesman	1	11/05/2007	PRM;

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5 DAY WEATHER FORECAST
PROVIDED BY THE JOINT PRESIDENTIAL WEATHER SUPPORT UNIT

Saturday, 10 November 2007

WASHINGTON, DC

THE PRESIDENT HAS SEEN
11/10/07

Saturday: Cloudy with patchy fog and rain ending in the early afternoon becoming partly cloudy overnight. Winds north at 8 to 13 knots decreasing to 3 to 8 knots overnight. Low 41°F. High 48°F.

Sunday: Partly cloudy becoming mostly cloudy in the evening. Winds north at 3 to 8 knots shifting southwest after noon. Low 38°F. High 52°F.

Monday: Mostly cloudy. Winds south at 5 to 10 knots. Low 40°F. High 57°F.

Tuesday: Cloudy with isolated evening rain showers. Winds southwest at 5 to 10 knots shifting northwest after noon. Low 45°F. High 67°F.

Wednesday: Mostly cloudy becoming cloudy with isolated evening and overnight rain showers. Winds south at 5 to 10 knots becoming northwest 15 to 20 knots gusting to 30 knots overnight. Low 49°F. High 61°F.

CAMP DAVID, MARYLAND

Saturday: Cloudy with fog and isolated snow flurries changing to drizzle and ending in the afternoon. Winds northeast at 10 to 15 knots. Low 32°F. High 43°F.

Sunday: Partly cloudy becoming mostly cloudy in the evening. Winds north at 7 to 12 knots shifting southwest by noon. Low 29°F. High 47°F.

Monday: Mostly cloudy. Winds southwest at 10 to 15 knots becoming west at 15 to 20 knots in the evening. Low 36°F. High 52°F.

Tuesday: Cloudy with isolated afternoon rain showers. Winds northwest at 15 to 20 knots gusting to 25 knots shifting south in the evening. Low 40°F. High 58°F.

Wednesday: Cloudy with evening and overnight rain showers. Winds southwest at 13 to 18 knots becoming northwest at 20 to 25 knots gusting to 35 knots overnight. Low 44°F. High 57°F.

CRAWFORD, TEXAS

Saturday: Cloudy with patchy morning fog becoming partly cloudy in the afternoon. Winds south at 10 to 15 knots gusting to 20 knots in the afternoon. Low 62°F. High 81°F.

Sunday: Cloudy with patchy morning fog becoming partly cloudy in the afternoon. Winds south at 12 to 17 knots gusting to 25 knots in the afternoon. Low 65°F. High 81°F.

Monday: Mostly cloudy with isolated morning rain showers. Winds south at 10 to 15 knots increasing. Low 66°F. High 79°F.

NEW ALBANY, INDIANA

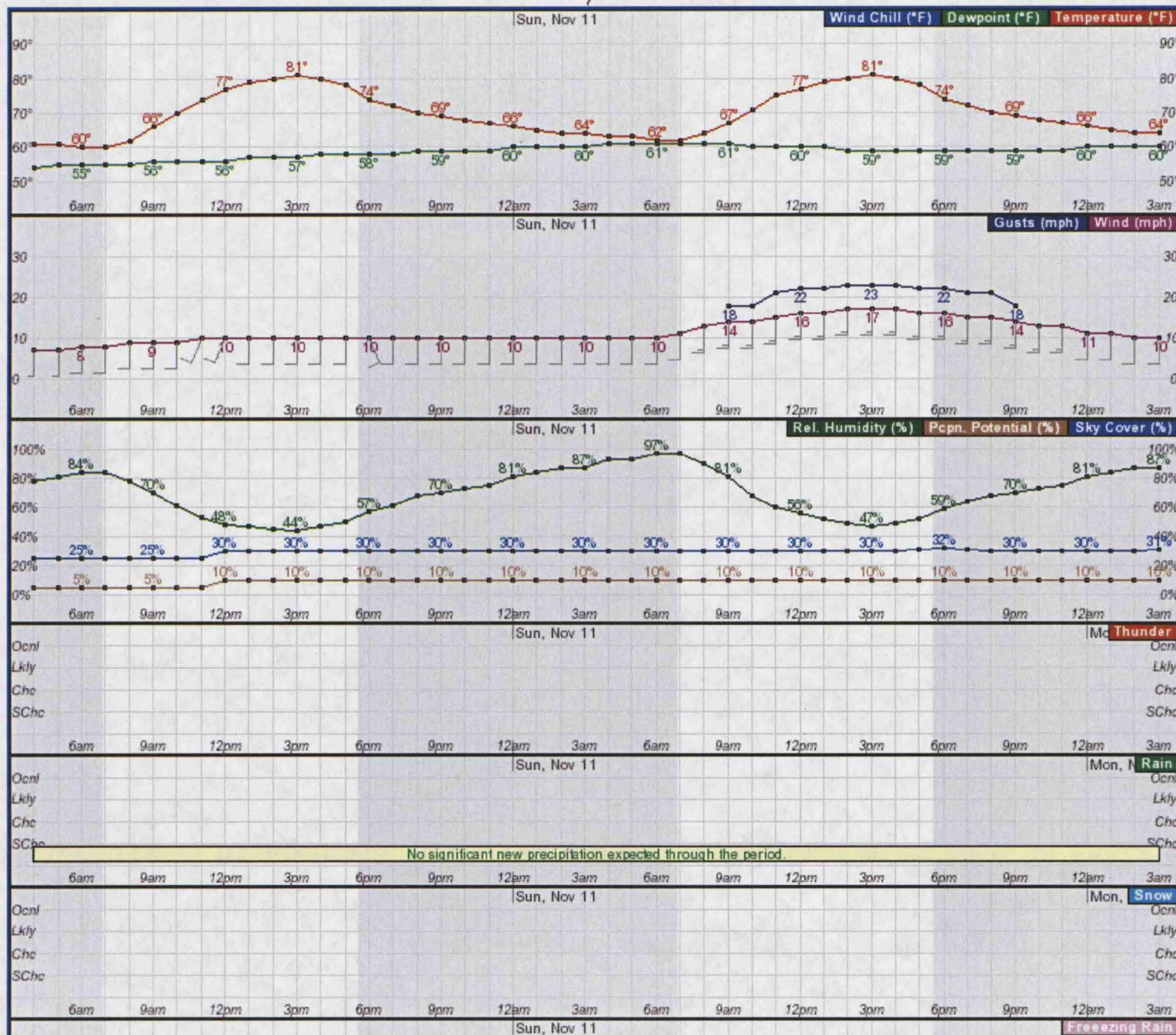
Saturday: Sunny. Winds north at 3 to 8 knots shifting southeast in the evening. Low 38°F. High 56°F.

Sunday: Partly cloudy becoming cloudy with isolated evening and overnight rain showers. Winds southeast at 5 to 10 knots shifting south after noon. Low 38°F. High 60°F.

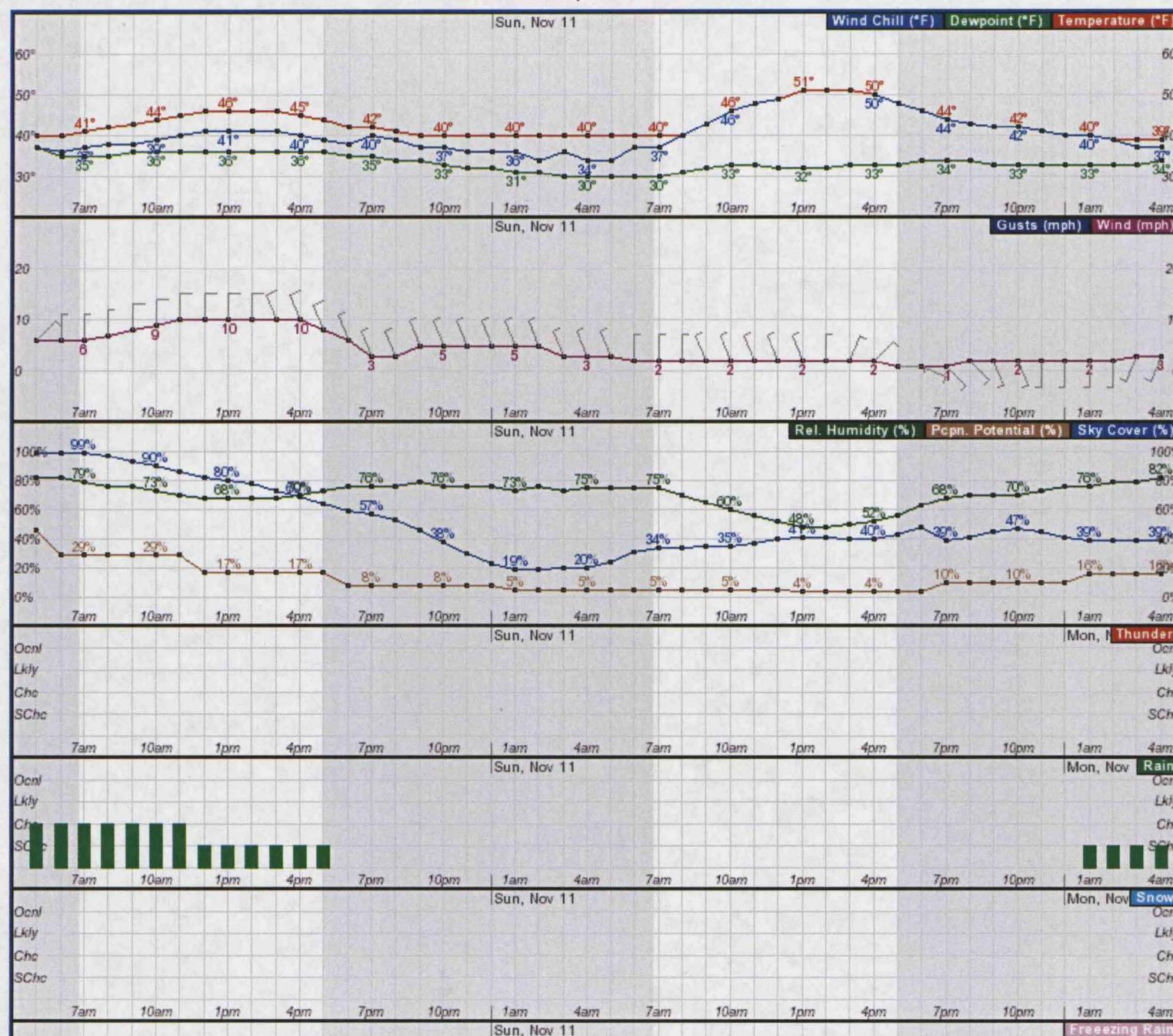
Monday: Mostly cloudy becoming cloudy overnight. Winds southwest at 8 to 13 knots. Low 48°F. High 65°F.

Tuesday: Cloudy with rain showers beginning in the late afternoon. Winds southwest at 10 to 15 knots. Low 51°F. High 65°F.

Crawford, TX

11/10/07
THE PRESIDENT HAS SEEN

Washington, DC

11/10/07
THE PRESIDENT HAS SEEN

5 DAY WEATHER FORECAST
PROVIDED BY THE JOINT PRESIDENTIAL WEATHER SUPPORT UNIT

Monday, 12 November 2007

THE PRESIDENT HAS SEEN

11/12/07

WASHINGTON, DC

Monday: Cloudy. Winds south at 5 to 10 knots shifting southwest after noon. Low 44°F. High 58°F.

Tuesday: Cloudy with morning rain showers becoming partly cloudy late in the afternoon. Winds west at 5 to 10 knots shifting northwest after noon. Low 48°F. High 66°F.

Wednesday: Cloudy with morning fog and isolated overnight rain showers. Winds south at 7 to 12 knots becoming northwest at 10 to 15 knots gusting to 20 knots overnight. Low 47°F. High 65°F.

Thursday: Partly cloudy becoming mostly sunny in the afternoon. Winds northwest at 13 to 18 knots gusting to 28 knots. Low 48°F. High 56°F.

Friday: Mostly sunny. Winds northwest at 10 to 15 knots becoming south at 5 to 10 knots overnight. Low 38°F. High 53°F.

CAMP DAVID, MARYLAND

Monday: Cloudy with patchy morning fog and overnight rain showers. Winds southwest at 10 to 15 knots increasing to 15 to 20 knots in the evening. Low 36°F. High 51°F.

Tuesday: Cloudy with fog and early morning rain showers becoming mostly sunny in the afternoon. Winds northwest at 15 to 20 knots gusting to 25 knots becoming south at 8 to 13 knots in the evening. Low 44°F. High 59°F.

Wednesday: Cloudy with morning fog and overnight rain showers. Winds southwest at 15 to 20 knots gusting to 25 knots becoming northwest at 20 to 25 knots gusting to 35 knots overnight. Low 41°F. High 57°F.

Thursday: Partly cloudy. Winds northwest at 20 to 25 knots gusting to 35 knots decreasing to 15 to 20 knots in the evening. Low 42°F. High 48°F.

Friday: Partly cloudy. Winds northwest at 15 to 20 knots shifting southwest overnight. Low 31°F. High 46°F.

CRAWFORD, TEXAS

Monday: Cloudy with morning fog becoming partly cloudy late in the afternoon. Winds south at 10 to 15 knots gusting to 22 knots in the afternoon. Low 66°F. High 80°F.

NEW ALBANY, INDIANA

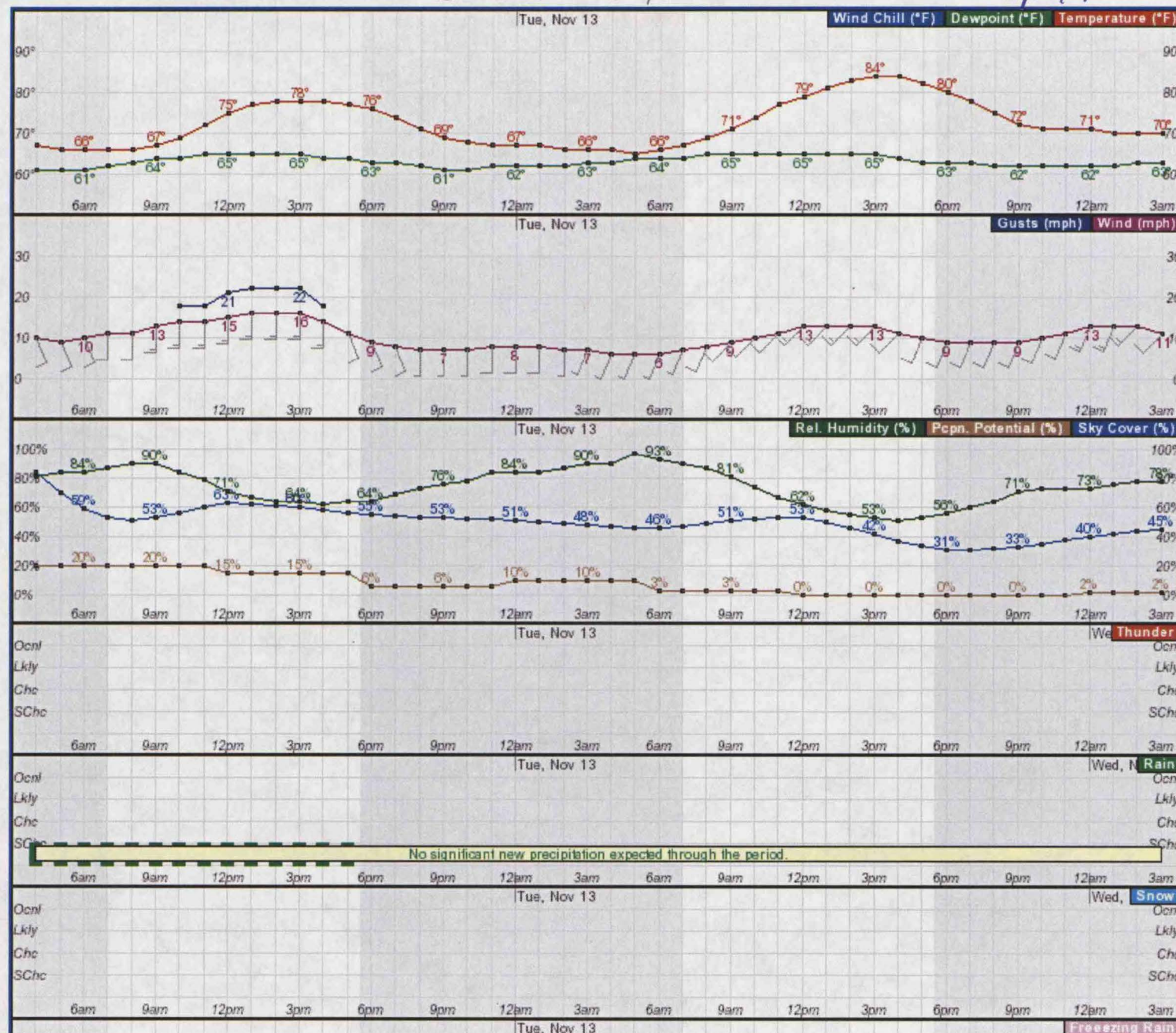
Monday: Mostly cloudy with overnight rain showers. Winds southwest at 8 to 13 knots. Low 53°F. High 69°F.

Tuesday: Cloudy fog and rain. Winds southwest at 7 to 12 knots. Low 54°F. High 64°F.

Crawford, TX

THE PRESIDENT HAS SEEN

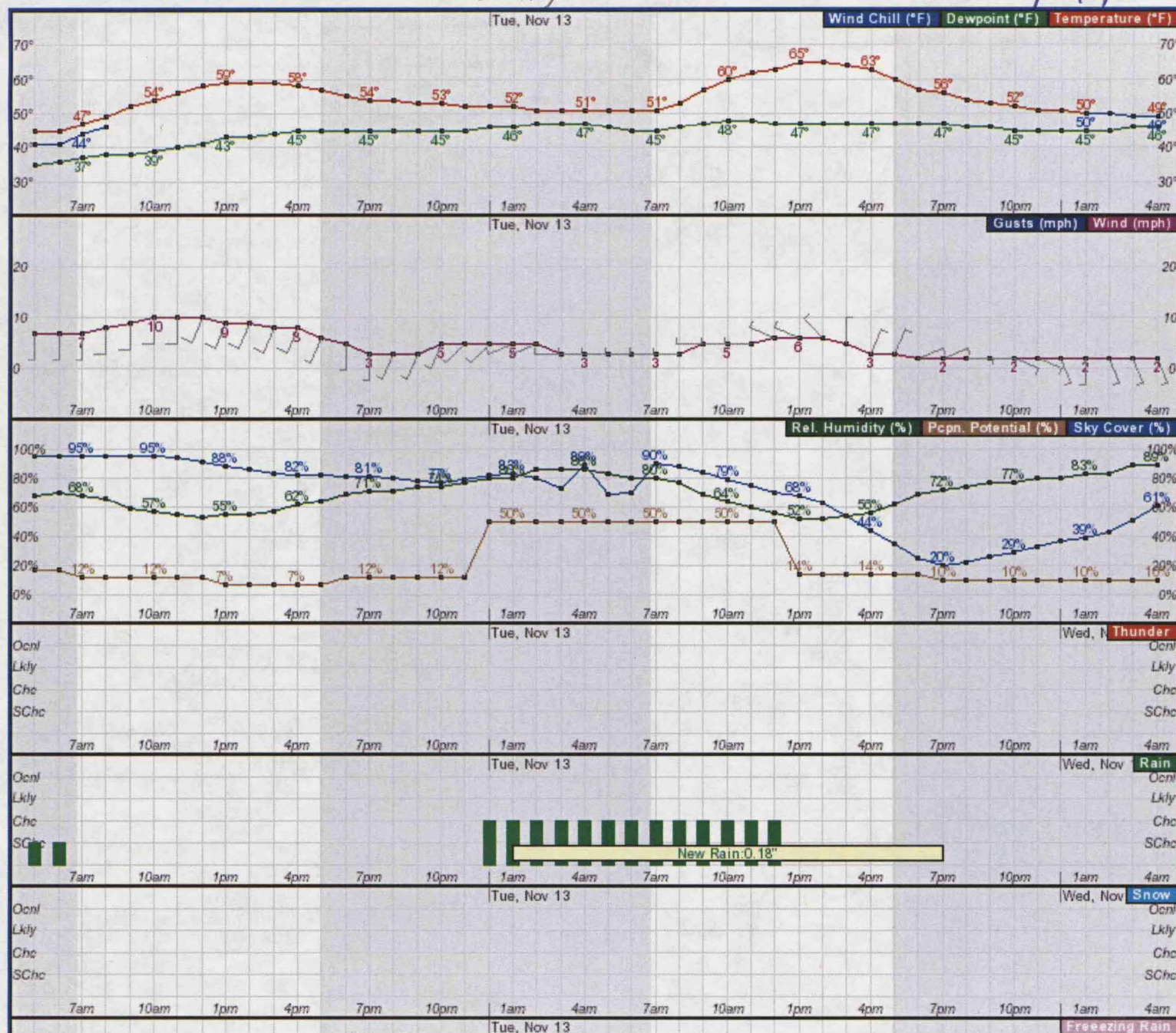
11/12/07



Washington DC

THE PRESIDENT HAS SEEN

11/12/7



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The George W. Bush Library

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For a complete list of items withdrawn from this folder, see the
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What I want daughters

11/13-14/07
THE PRESIDENT
HAS SEEN



TEXAS TWINSET

"We love them a lot," says the president of his daughters Barbara, left, and Jenna, here in 1994.

© SHUTTERSTOCK/ANDREW HARRIS FOR THE NEW YORK TIMES

286

October 2004

for my

In open letters, exclusive to *Glamour*, the presidential candidates reveal their hopes for young women—and for you.

PLAYDATE WITH DAD

"I cried like a baby when they were born," says John Kerry of Vanessa, left, and Alex, here in 1983.

3
Dear
Jenna
and
Barbara,

You are entering an incredibly exciting time in your lives. Your mother and I are so proud of the smart, capable young women you have become and the choices you are making. We are pleased you have chosen to go into fields like education and working with pediatric AIDS patients, where you can help others and find fulfillment in your own lives.

We want you to be happy, of course, and someday if you marry and have children, we would be really happy to be grandparents! But whatever path you take, whatever joys and sorrows life brings your way, we will always be there for you and always love you.

When I think about what kind of future I want for you and other young Americans, I know your generation will face its own challenges—whether it is confronting the threat of terrorism, or the scourge of diseases like global AIDS, or the dislocations of a rapidly changing economy. I also know you will meet these challenges—just as generations before you did when they abolished slavery, or advanced the rights of women, or marched for civil rights. When your grandparents were young, they liberated Europe from Hitler during World War II and defended the freedom of America and the world.

When the terrorists attacked us on September 11, 2001, it was not a war we wanted or sought. Fighting terror and promoting democracy in places like Afghanistan and Iraq require hard work and difficult choices for us and other countries. Yet I have no doubt we will prevail because I have seen the unselfish courage of a new generation of Americans who are ready to serve and sacrifice for the cause of freedom.

I also believe in the power of freedom to overcome violence. While terrorists offer young men and women bitterness and anger, free societies inspire them to work for a better future. Under the Taliban, little girls were forbidden to go to school. Now they can, and as one of them said: "I want to become a lawyer because I want to bring justice and freedom to Afghanistan, especially for women."

A better, more peaceful world also means that we cannot turn our backs when we see suffering. That is why I feel so passionately about the unprecedented effort we are making to fight the HIV/AIDS pandemic in Africa. We must also work with other nations to combat the disturbing trend of trafficking in persons, where women and children are being forced into sexual slavery.

Your generation is coming of age at a time of great change,

in a world that is rapidly getting smaller. In a global economy, we must help people gain the skills they need for the jobs of the future. All skills begin with education, which is why from my first week as president, I have worked to improve our schools and make sure no child is left behind.

We also need to help older students and adults prepare for a job market where many of the fastest-growing occupations require strong math and science preparation, and training beyond the high school level. By strengthening these programs in our schools and community colleges, we can help more Americans gain in the growing prosperity of our country.

Technology is transforming the way almost every job is done and ushering in a new generation of American innovation that holds great promise. Your graduating class of 2004 will produce doctors and scientists, who will find cures to what were thought

**"We will always
be there for you."**

to be incurable diseases and develop the next wave of innovation that will dramatically improve our environment.

My job as president is to build on our progress and continue to help find solutions to problems many Americans still face in their daily lives today: affordable health care, better job opportunities and a secure retirement. And I will do everything in my power to protect America from further terrorist attacks.

I am optimistic about the future because, as president, I have been witness to the character of this great nation in challenging times. I have seen the goodness and idealism of your generation, and I have confidence in the contributions you will make. I am happy to have you by my side in this campaign for president. I believe that with the right leadership, we can be certain that America's best days lie ahead.

Love, Dad

Barbara, right,
and Jenna with
President Bush

4 We think we're safe because we're female. We think we're safe because we're young. How could so many women be so wrong about heart disease?

The facts should be common knowledge by now, but somehow we've failed to grasp that heart disease claims the lives of 500,000 women each year, more than all types of cancer combined. It's been the top killer of women for nearly 100 years, it kills 65,000 more women than men each year, and increasingly, it's a *young woman's* disease, killing more women

under 45 than any other single disease, according to the Centers for Disease Control and Prevention (CDC). Signs for the future are ominous: One study found that from 1989 to 1996, sudden cardiac death climbed 31 percent among women ages 16 to 34. "Obesity rates are soaring, women are still smoking, and they are stressed with so many extra duties. You couldn't paint a bleaker forecast for an 18-year-old woman," says Richard E. Collins, M.D., a cardiologist and director of prevention and lifestyle management at South Denver Cardiology Associates in Colorado. Numerous other cardiologists *Glamour* spoke to echo that observation: "Every year I see younger and younger women who have heart attacks," says Anderson M. Morris, M.D., medical director of HealthSouth Heart College in Birmingham, Alabama. Many of those women are struck without warning—for 63 percent of female heart-disease sufferers, the first symptom, in fact, is death.

Heart disease (or cardiovascular disease, as doctors refer to it) could in fact be developing inside you or your friends right now, with no obvious outward signs. In one study, researchers examined more than 100 hearts donated from women ages 20 to 47 who had died from other causes, such as accidents. Disturbingly, they found that more than 50 percent had early signs of harmful plaque buildup, an initial stage of heart disease.

Wanda Tswago had no idea her arteries were 97 percent blocked until she had her first heart attack at age 31, two weeks after giving birth to her daughter. Doctors weren't surprised when she had a second heart attack a week later. "I'm now stable, but my heart is working at 25 percent, and I'm permanently disabled. I can't lift my daugh-

ter, I can't push the vacuum cleaner," says the Camden, New Jersey, mother. "One of my sisters died of a heart attack in front of me on New Year's Eve at age 45. I didn't realize that her heart attack meant I was at risk for heart disease. I was a technician in a medical lab, and I *still* didn't make that connection!"

Stories like Tswago's don't surprise Norma Keller, M.D., chief of clinical cardiology at Bellevue Hospital Center in New York City. "I *know* women don't know these facts. The thing that they're most

worried about is breast cancer," says Dr. Keller. "It's good to be concerned about breast cancer, but we're about 10 times more likely to die of heart disease. Women are absolutely shocked when I tell them that. They get angry that no one told them earlier."

Women *should* be angry, because not knowing about heart disease keeps us from doing anything about it. The greatest tragedy behind all of these statistics is the indisputable evidence that most heart disease in younger women is completely preventable. Establishing healthy habits—eating a balanced diet, maintaining a proper weight, exercising and not smoking—right now can help safeguard your heart health for the rest of your life. So why aren't we taking basic steps to beat this stealth women's health threat?

We're worried about the wrong health problems

"For years women have thought of their health as a bikini issue: our breasts and our reproductive organs," says Gina Lundberg, M.D., director of the Women's Heart Center in Atlanta. "If it wasn't in your bikini area, you didn't think you'd have to worry about it." Statistics show that's what most of us still believe: According to an American Heart Association (AHA) survey, a mere 8 percent of women in the United States named heart disease as the greatest threat to their health; 62 percent named cancer.

We think a lot about our hearts when it comes to love, but women need to realize that we need to take care of our hearts *all the time.*

—JENNIFER LOVE HEWITT



HAIR: JARVANIS; STYLING: DEBBY BLOCH; ON LOVE HEWITT: PETER SORICHEN/REX

WHAT YOU CAN DO TO STAY HEALTHY

"We know that 80 percent of heart disease is preventable if you do just five things," says JoAnn E. Manson, M.D., a lead researcher on the Harvard Nurses' Health Study. Your plan:

DON'T LIGHT UP. In the Nurses' study, half of heart attacks in premenopausal women were due to smoking.

EXERCISE. Aim for 30 minutes of cardio a day and 20 minutes of strength training two to three times per week.

WATCH YOUR WEIGHT. Your body mass index, or BMI, should be below 25.

EAT A HEART-HEALTHY DIET rich in whole grains, fruits and vegetables, and low in fat.

IF YOU DRINK ALCOHOL, do so moderately. One alcoholic drink a day can protect your heart—more may be harmful.

Even women who do perceive heart disease as a threat may fool themselves into thinking that medical advances can save them from it. "Everyone assumes that just because there are wonderful interventions like new medications and surgeries, there is a quick fix for heart disease," says Teresa Caulin-Glaser, M.D., director of preventive cardiology at McConnell Heart Health Center in Columbus, Ohio. "Women don't understand that we can't cure the disease. That's why prevention is so important." Heart disease comes in many forms: Three of the most common are stroke, in which a clot affects the brain; atherosclerosis, a narrowing and thickening of the arteries due to plaque buildup; and arteriosclerosis, hardening of the arteries. "These conditions develop over your lifetime, block the blood vessels and can ultimately kill part of the heart muscle itself," Dr. Caulin-Glaser says. "If you seriously damage your heart, it doesn't regenerate—it's not like skin that regrows. You can no longer pump blood through your body. You're almost a cripple; you can't walk, you have chest pain, your activities are severely limited."

Amazingly, our lack of awareness is so deep and pervasive that some women who have had heart attacks still don't see themselves as at risk. "Cardiologists always get younger women who have had a heart attack but don't believe they have heart disease. They think it's an isolated event," says Dr. Caulin-Glaser. "Less than 10 to 20 percent of women go to a cardiac rehab program that includes education and medically supervised exercise—the rest are sent home with a bunch of pamphlets that say, Don't smoke, eat right, exercise and don't dwell on the fact that you have heart disease. Women can then withdraw from it all and go into denial." Of course, all of this begs the question: Why aren't doctors doing more to shatter women's denial not just after but *before* heart disease takes its toll?

Has your doctor ever said the words heart disease to you?

Many doctors don't even mention the leading killer of women to their female patients—one study found that only 14 percent of

women ages 25 to 34 said their physicians had discussed heart disease prevention with them. Women 35 to 44 fared marginally better; 27 percent of them got the news.

One reason for doctors' collective silence: shocking ignorance. A commonly cited survey, done in 1995 by the American Medical Women's Association, found that one in three primary care physicians did not know that heart disease is the leading cause of death in women. "When I first started practicing 25 years ago, it was unusual to see a woman under 55 with heart disease. Now, because of our bad habits, it's commonplace," says Dr. Collins. "But unfortunately, some continuing education classes for doctors haven't kept up with that trend."

And medical schools still may not be getting the correct message across to their students. "In the past, it was

deeply ingrained in med-school training that heart disease is a man's disease. It's hard to get beyond these misconceptions," says *Glamour*'s contributing editor JoAnn E. Manson, M.D., professor of medicine at Harvard Medical School, chief of the division of preventive medicine at Boston's Brigham and Women's Hospital and a lead researcher on the Harvard Nurses' Health Study. But shattering these stereotypes is critical, and doctors who push prevention do save lives. "We've found that having doctors spend just three minutes discussing smoking cessation can have an enormous impact. We need to come up with similar strategies for brief but effective counseling on nutrition and physical activity." Dr. Collins agrees that physicians are often neglecting prevention:

"We're in the illness model—we train doctors to focus after the event, to become firefighters rather than forest rangers. If we had more forest rangers, we'd get people's attention."

Nancy Loving, executive director of WomenHeart: the National Coalition for Women with Heart Disease, could

"Please LISTEN!"

Shania Twain, a Grammy-award winner, explains why she's joined the battle against heart disease and why you should too.

My grandmother died from heart disease. She was only 63. She was our glue, our foundation, and her death was devastating for my entire family. A lot of people think that mostly men die of heart problems, but a lot of women do too. I have a friend who smokes, and I'm

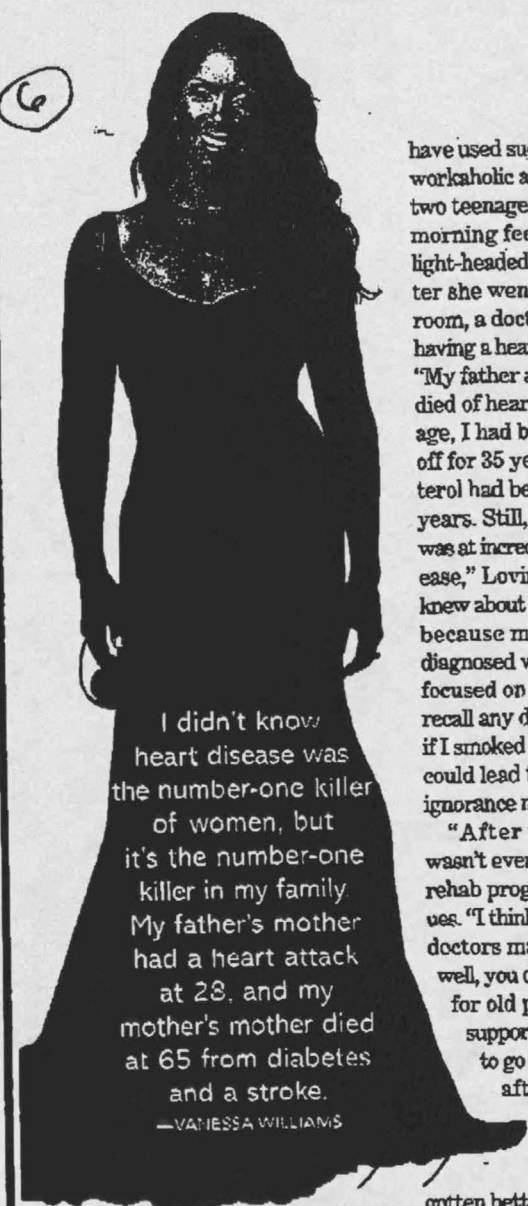
always telling her, "You've gotta be more careful, you're a candidate for heart disease." She knows, but she hasn't quit.

I think it's difficult to get through to people until it's too late. But we have to try to think ahead. I started to take better care of myself

when I was pregnant. With a hectic schedule, it's easy to let yourself get run down, but I refused to let that happen, and I've continued to do that. My advice? Take time for yourself. If you can't do that, other people in your life will suffer as well.



TWAIN: STYLING: DOROTHY WARDER; HAIR: PIERRE TO AND SHIRT



I didn't know heart disease was the number-one killer of women, but it's the number-one killer in my family. My father's mother had a heart attack at 28, and my mother's mother died at 65 from diabetes and a stroke.

—VANESSA WILLIAMS

have used such a forest ranger. A workaholic and single mom with two teenagers, she woke up one morning feeling nauseous and light-headed. Fifteen minutes after she went to the emergency room, a doctor told her she was having a heart attack. She was 48. "My father and three uncles had died of heart attacks at a young age, I had been smoking on and off for 35 years, and my cholesterol had been unchecked for 10 years. Still, I didn't know that I was at incredible risk for heart disease," Loving says. "My doctors knew about my family history, but because my mother had been diagnosed with breast cancer we focused on that instead. I don't recall any doctor ever asking me if I smoked or telling me smoking could lead to a heart attack. My ignorance nearly killed me."

"After my heart attack, I wasn't even referred to a cardiac rehab program," Loving continues. "I think because I was young, doctors may have thought, Oh, well, you don't need rehab; that's for old people. There was no support, no information. I had to go back to work part-time after just two weeks. I call it my drive-by heart attack."

Would a man have gotten better preventive care and post-heart-attack treatment?

Studies say yes. Here are just a few of the appalling findings: Women hospitalized for heart attacks were less likely to be referred to cardiac rehab programs than men; women were less likely to be offered electrocardiograms (EKGs) than men; women hospitalized after a heart attack were less likely to be admitted to intensive care units than men in the same condition; women heart-attack victims waited longer to get clot-busting drugs than men. "Too many young women come into the E.R. with symptoms and are patted on the back and sent home. That is not acceptable," says Noel Bairey Merz, M.D., medical director of the preventive cardiac program at Cedars-Sinai Medical Center in Los Angeles. Unfortunately, women still have to fight for the basic care men get. "If you had a breast lump and went in for a mammogram and the doctor said no, would you walk out of the room? No. You'd say, I know what I felt. I want a mammogram. This is the same thing. Say, I don't feel well. I want an EKG."

When *Glamour* asked Dr. Lundberg if young women were routinely receiving substandard care, she replied: "Have you got all day? I get everything from women who've seen several other doctors, particularly male doctors, who have not taken them seriously, to women who have gone to the E.R. and were sent home, to women who have had advanced screening tests—and then their doctors didn't do anything with the results. Unfortunately, there are still a

lot of physicians out there who don't think women get heart disease, who aren't looking for it or who are just not interested in it." That's a horrifying statement—and a haunting reminder that women must take charge of their own heart health.

Even when a woman is correctly diagnosed, she'll most likely receive treatment that was tested on men. Is that the right approach? No one knows. "We're starting to learn that there is probably a fundamental difference in the way heart disease develops in women

LAURA BUSH

GLAMOUR EDITOR-IN-CHIEF CINDI LEIVE
TALKS WITH THE FIRST LADY ABOUT WHAT
WOMEN MUST DO TO FIGHT HEART DISEASE.

GLAMOUR: We've talked about how the statistics about women and heart disease are astonishing, but why did you personally get involved in this cause?

FIRST LADY LAURA BUSH: When I heard that heart disease kills more women than all cancers combined—when I heard that, I knew. The other thing that's very important is that heart disease...is preventable. There are some specific lifestyle changes that women can make: losing weight, not smoking, exercising, eating healthy foods. Knowing the risk factors: high blood pressure, high cholesterol, diabetes, [being] overweight. And if you have heart disease in your family, you should see your doctor. Because this disease is preventable.

GLAMOUR: Which makes this a rare and exciting campaign, right? We actually know what to do to stay safe.

MRS. BUSH: Exactly. And the other thing is, because women don't expect to have heart disease, a lot of times they don't seek help if they have the early symptoms of a heart attack. In fact, one of my good friends I went to high school with had a heart attack last week, and he told me that the heart damage was very minimal because the minute he felt funny and started sweating, he went to the hospital. But a woman probably would just keep waiting and waiting. We'd rush our husbands there, or our boyfriends, but we might not go to the hospital ourselves.

GLAMOUR: You've said that you used to make New Year's resolutions to lose weight, and this year you vowed instead to become healthy. That's such a wonderful distinction! How are you making it happen?

MRS. BUSH: I've always liked walking; that's one of my favorite things to do, and I try to walk every day. [In Washington, D.C.] I can't walk outside, but we have the treadmill. And I walked eight miles at the ranch last weekend. Now I also lift weights, which is also great for bone strength. [Mrs. Bush mimes a biceps curl and laughs.] I'm very, very strong, actually.

GLAMOUR: I have to ask, how much do you lift?

MRS. BUSH: I use light free weights most of the time. And I do a bench press with the bar—about 45 pounds.

GLAMOUR: Stress is also a major risk factor for heart disease—and you have, perhaps, the most stressful life on

and in the way women experience symptoms," says Paula Johnson, M.D., a cardiologist and chief of women's health at Brigham and Women's Hospital in Boston. "But because women are almost never equally represented in heart research, we don't know why."

It could take years to get these critical answers. But you can take action now to save your own life. Here, in this installment of *Glamour's* ongoing heart-health coverage, is the guidance you need to get started. Today.

Your personal heart-health prescription

The first and most important step to take? Look at your long list of priorities, find your own name in the fine print somewhere near the bottom, and move it, in block letters, to the top. "Women are taking care of their family, their job, their parents, and they come last. But I tell patients to think of what they tell you every time you get on an airplane: Put on your oxygen mask before helping others," says Dr. Collins. (continued on page 19)

wants to save your life

the planet. Why are you sitting here looking so calm?

MRS. BUSH: My husband and I have always incorporated things into our life that reduce stress. We're very careful with our health. We go to bed early. In this job, fatigue would be very detrimental! We've always eaten very healthily; now it's really particularly easy because we have a chef.

GLAMOUR: But I've heard your chef loves dessert.

MRS. BUSH: Yes! [Laughs.] But even when I was the cook, we both really liked healthy foods, and we were careful to also feed our children that way. You know, regarding the big rise in obesity now that everyone is reading about, particularly obesity in children, it's really important for mothers and fathers to take control of what their children eat.

GLAMOUR: You're a former teacher. Should we limit the kind of food offered in schools? Should candy be available?

MRS. BUSH: That really, probably, is up to each one of the schools. When I taught school, we just had the school cafeteria; we didn't have machines or things for children to buy food from. But parents can try to educate their children about choices. A lot of everything we're talking about that has to do with heart disease has to do with the choices that we make.

GLAMOUR: One major choice *Glamour* readers face is whether to smoke. I know that you used to—and you were able to quit.

MRS. BUSH: We know how unhealthy it is. I know what happens, though—young women start smoking because they don't think they're really going to keep smoking.

GLAMOUR: And they think it makes them thin.

MRS. BUSH: That's right. Don't start. It's much harder to stop than it is not to start at all.

GLAMOUR: I was shocked to hear that so many doctors never even talk about quitting smoking or preventing heart disease to their young women patients. Is there something that the government should be doing about that?

MRS. BUSH: The Heart Truth Campaign that we're wearing our red dresses for is funded by the National Heart, Lung, and Blood Institute, which is part of the National Institutes of Health; and it's really an education campaign to let women—and doctors—know about heart disease, and that our risk for heart disease is bigger than our risk for any other disease.... There was such a huge educational campaign about the steps that women can take to detect breast cancer because there's no cure for it. Now we need to take those same steps for heart health. The great thing is, you can prevent heart disease.



Laura Bush, in the Vermeil Room, wearing the Red Dress pin for heart-disease awareness.

P. 50: THE 2007 AFTER, OF COURSE, BY THE FACES OF THE

Prescription continued from page 11

"You have to put yourself first. Then you'll be able to help everyone else."

That's the same advice Debbie Newell, a 45-year-old mother in Hendersonville, Tennessee, gives her friends. For an unknown reason, spasms in the arteries of her heart caused her first heart attack in 1999 and two more in 2002. "After my last heart attack, I was in the hospital for 46 days, and I was unconscious for 33 days. By the time I came home, my muscles had atrophied so much that I could barely walk and couldn't write my name. My doctors say it was a miracle I even survived," she says. "Now my heart has gotten stronger, but I take 12 different kinds of medication a day. I've lived a healthy life: I've taken care of myself and I never smoked—doctors told me I would have died if I had been a smoker. I couldn't prevent this from happening to me, but other women can prevent most heart disease. I urge them to stop smoking, lose weight, eat a healthy diet. I love my family, I love my life, and I love my friends. I want to be around for them. You should too."

It's especially important to take action now if you have a family history of heart disease (a father or brother who's had heart disease under the age of 55, or a sister or mother with it under 65). But even if every member of your family has lived to 110, ask yourself these questions:

When was the last time you broke a sweat?

Physical activity almost daily is essential for your heart. That can mean hiking, running, or walking, as long as it's a vigorous 10,000 steps a day. But if you're stuck at the office, you're clocking only a fraction of that. "A person who takes only 1,000 to 3,000 steps per day—that's the equivalent of about one mile—is really just one step above coma," says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland at Baltimore. "You have to move more."

And while a leisurely stroll is better than not walking at all, it's best to get your heart pumping. Susan K. Bennett, M.D., a cardiologist and clinical director of the women's heart program at the George Washington University Medical Center in Washington, D.C., says that women tell her they get their exercise during 10-minute walks on the way to and from work. "But when we go to work, we're usually in heels, so we can't walk fast. Plus, we don't want to have wet armpits when we reach the office," she says. "As a result, we don't push ourselves, so that's not enough to count as exercise. We need to get out our gym clothes and get sweaty for 30 minutes three or four times a week." You'll know you're working hard enough if you are at a pace where you can talk but you can't sing.

How many cigarettes have you had in the past week? The only right answer here is none. "Just a few cigarettes a day is enough to increase your risk of heart attack," says Holly Thacker, M.D., director of the women's health center at the Cleveland Clinic Foundation. (And don't forget that even if you never light up, sitting in a smoky bar on a Friday night can be the equivalent of smoking about a cigarette and a half.) Quitting is hard, but it's non-negotiable. "I stopped smoking seven times before I finally did it for good," says Loving. In other words: *Keep trying*, even if you've been smoking for years. "You get a huge bang for your buck when you stop smoking," says Lori Mosca, M.D., director of preventive cardiology at New York-Presbyterian Hospital in New York City and spokeswoman for the AHA. "After you quit, your risk of heart disease can drop up to 50 percent in two years."

What's your blood pressure? It may be higher than you think. Nearly one in three women in the United States has high blood pressure, a reading above 140/90, which can make your heart work harder to pump blood and cause arteries to harden. If your blood pressure is ticking upward, it's often because the scale is too. But losing just 10 pounds can help lower blood pressure.

Do you know your cholesterol? In a recent survey, more than 90 percent of people knew it was very important to have a healthy cholesterol level, but only 49 percent of them knew their own score. "Every woman should know what her cholesterol is, both HDL and LDL," says Dr. Thacker. HDL, or high-density lipoprotein, actually protects your heart, while LDL, or low-density lipoprotein, is like the grease that clogs your kitchen sink. "L is for lousy, so we want it lower," says Dr. Mosca. "H is healthy, and we want it higher."

The current recommendation for women: an LDL below 130 and HDL above 40. But research suggests that an even higher level of HDL may be ideal. "We're not sure why yet, but low HDL may have an intensified negative effect for women," says Dr. Johnson. "Scientific data suggests women should have an HDL level of at least 50." The best way to raise your heart-healthy cholesterol? Exercise. While a low-fat diet has been shown to help reduce harmful LDL levels, it seems to do little to boost HDL.

Do you know your BMI? Body mass index, or BMI, is one way to tell if you're at a healthy weight. (Go to glamour.com to calculate yours.) Being overweight (having a BMI of 25 to 30) or obese (a BMI over 30) significantly raises your risk for heart disease. In the Harvard Nurses' Health Study, "we found that about 30 percent of heart attacks in women are attributable to being

overweight or obese," says Dr. Manson. Where you carry any excess weight is also important; research has found that packing pounds around your middle is more dangerous than a few extra inches on your hips.

What's more, being overweight or carrying extra belly fat dramatically increases your risk for diabetes or a prediabetic condition called metabolic syndrome, both of which can signal future heart trouble. "Diabetes is a much more potent risk factor for women than it is for men," increasing a woman's risk of heart disease up to sevenfold, says Dr. Bairey Merz. That's why it's critical that you try to get to a healthy weight now—and remember that the quick fix won't keep you there. "When someone says to me, 'I'm on Atkins,' or 'I'm doing this insane cycling class,' I'm not interested," says Dr. Caulin-Glaser. "If you can't tell me you'll be doing that same exercise class and following that same diet five years from now, then it's not a healthy choice."

Are you under constant stress? Mounting evidence shows that anxiety can have dangerous effects on cardiovascular health, especially in women. In a study of more than 43,000 Japanese women last year, those who felt very stressed were one and a half to two times as likely to die of stroke or heart-related problems than those who didn't feel so frazzled—even though the high-stress women were five years younger! Experts haven't identified the precise reasons stress is so devastating, but one seems certain: Stress derails our healthy-lifestyle habits. In the Japanese study, the stressed-out women were also more likely to be sedentary, probably because they didn't have time to exercise. Sound familiar?

Are you eating foods that feed your heart?

"People always come to my clinic and tell me their diet is healthy. But we have yet to find a patient who couldn't make improvements," says Dr. Mosca. The goal is to eat a diet loaded with fruits and vegetables, whole grains and fish. Less than 10 percent of your calories should come from saturated fat; between 10 and 20 percent, from healthy unsaturated fats found in olive oil, almonds and walnuts. Or set this simple goal: "Try to cook a meal without a nutrition label," says Dr. Collins. That means more fresh ingredients that don't come with a 12-month shelf life. And if you can do nothing else, try eating just one more piece of fruit or helping of vegetables a day—doing so can cut your risk by nearly 5 percent.

Are you seeing the right doctor? "If you walk into your doctor's office and your cholesterol, blood pressure, and weight aren't checked, or your doctor does not ask if you smoke or have a family history of heart disease, you have a doctor who isn't caring for you," says Dr.

9 Caulin-Glaser. "You wouldn't put up with bad treatment if you were buying a car. Don't settle for less for yourself."

Women who rely on their ob-gyn as their primary care doctor—as so many of us do—may set themselves up for incomplete care. "Ob-gyns provided all my medical care for over 20 years," says Loving. "As wonderful as they were, they weren't trained to detect heart disease in women."

Cardiologists are unanimous: You can't wait to start protecting your heart. "It's critical to take action when you're young. You have to start asking questions of your primary care doctor and start acting on her advice," says Dr. Johnson. "By the time women get to me—a cardiologist—it can be too late."

How to change the way the world looks at heart disease

Now that you know how critical heart health is for women, there's just one more thing we want you to do: Tell someone else about it. "Without that grassroots approach, I'm not sure how many lives we can save," says Dr. Caulin-Glaser.

That's one area where cardiologists and advocates hope to emulate the breast cancer movement. "Breast cancer is a terrible disease, and we should focus on it. But we also need to learn, where appropriate, from the lessons of the breast cancer awareness movement," says Dr. Johnson. "A lot of the push has been carried out by women saying 'Look, we need to find a cure.' That approach has not been taken for heart disease. Women need to have their voices heard."

A groundswell of support can change public policy. Advocates have helped ensure that the CDC funds free or low-cost breast and cervical cancer exams for low-income women in all 50 states. But the effort for heart health is lagging behind. The CDC finances programs targeting high blood pressure and high cholesterol in just 29 states. "These programs should be available to women in every state," says Diane Canova, AHA's vice president for advocacy. The AHA is also lobbying for Medicare and Medicaid—programs that serve as a model for other insurers—to cover tobacco cessation and nutritional counseling.

These programs will undoubtedly make a difference, but none of us can afford to wait for them. And why wait when adopting heart-healthy habits—eating well, exercising, not smoking—will also help lower your risk of nearly every other disease you face? So tomorrow, put on a red dress, or a red T-shirt, red socks even—whatever it takes to remind you to start loving your heart.

Additional reporting by Sunny Sea Gold and Kimberly Tranell.

What's your risk of heart disease?

Heart disease kills more women (even young women) than any other disease, but too many of us still don't take care of this vital muscle. To assess your risk, start with this quiz, created with Sharonne Hayes, M.D., director of the Women's Heart Clinic at the Mayo Clinic in Rochester, Minnesota:

1 OK, let's tackle the technical info first. What's your blood pressure?

- a. Below 120/80. (0)
- b. Between 120/80 and 140/90. (+1)
- c. Above 140/90. (+3)
- d. I have no idea. (+1)

By definition, high blood pressure is any reading of 140/90 or higher, but anything over 120/80 is a red flag in young women.

And your cholesterol?

- a. My HDL is above 50, LDL is below 130, and my triglycerides are less than 150. (0)
- b. Any of the following is true: my HDL is below 50, LDL is above 130, or my triglycerides are above 150. (+2)
- c. I don't know. (+1)

HDL, your "healthy" cholesterol, is ideally above 50. For artery-clogging LDL and triglycerides, the lower the better.

2 How often do you order fried foods?

- a. Once a month. (+1)
- b. Several times a month. (+2)
- c. Drive-thru fare? Never! (0)

Regularly eating foods high in saturated fats is an "unremittent attack" on your arteries, says Dr. Hayes.

3 Does anyone in your family have heart disease?

- a. Yes, my mother had heart problems before 65, or my father before 55. (+2)
- b. No. (0)
- c. I don't know. (+1)

A family history of heart disease significantly increases your risk.

4 On a typical weekend night, do you:

- a. Have just one glass of wine? (0)
- b. Have more than one? (+2)
- c. Skip the booze altogether? (0)

"The benefits are modest, so don't start drinking alcohol for your heart," says Dr. Hayes.

5 How many cigarettes have you had this week?

- a. None. (0)
- b. Just a few. (+3)
- c. Half a pack or more a day. (+8)

Even if you're a social smoker, you need to quit. "With just a few cigarettes a week, there's a significant jump in your risk for heart disease," says Dr. Hayes.

6 How many colors were in your last meal?

- a. 1—as in beige chicken, beige rice. (+2)
- b. 2 to 4—I eat some veggies. (+1)
- c. 4 or more—my meal might include a salad and some vegetables. (0)

Aim for five or more servings of fruits and veggies a day. "One serving is about half a cup, or a medium apple. You can do that," says Dr. Hayes.

7 Imagine: The elevator is broken and you have to climb three flights of stairs to your office. When you reach the top, how do you feel?

- a. Fine—in fact, I feel energized. (0)
- b. Winded. (+1)
- c. Who knows? I never do stairs. (+2)

Your goal should be to take about 10,000 steps a day, or about four miles.

8 What's your body mass index (BMI)? (Calculate yours at glamour.com.)

- a. 18.5 to 24.9 (0)
- b. 25 to 29.9 (+1)
- c. 30 or above (+2)

A BMI of 18.5 to 24.9 is healthiest for your heart, 25 to 29.9 means you're overweight, and 30 or higher is defined as obese.

Your Score:

One point for each correct answer. Add up your points to see how you did. A score of 0-10 is excellent, 11-20 is good, 21-30 is fair, and 31-40 is poor.

For more information on heart disease, visit glamour.com. You can also find out more about the Women's Heart Clinic at the Mayo Clinic in Rochester, Minnesota.

Go to glamour.com and click on "Heart" to learn more.

health&bodybook

Your guide to exercise, eating and all things healthy

NEWS YOU NEED NOW

HEALTH ADVICE FROM GEORGE W.?

Yes! The commander in chief wrote exclusively to Glamour with this five-point fitness plan.



THE WHITE HOUSE
WASHINGTON

Glamour Magazine
4 Times Square
New York, New York 10036

Dear Glamour:

In June, I launched a new national fitness initiative called *HealthierUS*. It calls every American to contribute to our country's well-being by taking responsibility for his or her own health. Here are my suggestions for living a longer, healthier, and better life:

1. Make time to exercise daily. Exercise is a part of my daily life. It helps me feel physically and mentally sound. My regimen? Several 3 to 4 mile runs each week, some cross training, plus stretching and weight lifting. I also encourage my staff to take time to exercise daily. They work long hours, and I know that they will feel happier and be more productive by maintaining a regular exercise routine.
2. Eat a nutritious diet. Modest changes in diet can help reduce the likelihood of contracting chronic illnesses such as heart disease, certain cancers, diabetes, and stroke. Focusing on a healthier diet — one that includes at least five servings of fruits and vegetables a day — will provide more energy for exercise and ensure improved overall health.
3. Take advantage of health screening opportunities. Health screenings are available through your doctor that can indicate whether you are prone to developing certain diseases, such as diabetes, cancer, or heart disease. The information from these screenings will help you avert a potentially life-threatening illness.
4. Make healthy choices. Avoid illegal drugs, smoking, and excessive drinking.
5. Get fit with family and friends. My wife Laura and I enjoy our walks together at Camp David and at our ranch in Crawford. And recently, members of my staff joined the First Lady and me in a 3 mile run or 1.5 mile walk.

Sincerely,

George W. Bush



Some fruits and vegetables on the menu at a state dinner: artichokes, squash, grilled peaches, mushrooms and more vegetables, with peas and cherries for dessert.



Slack off because the weather is bad? No way! President Bush has even challenged his staff to join his 100-Degree Club — running three miles with him in 100-degree Texas heat.



Practicing what he preaches: President Bush runs a sub-seven-minute mile.

TOP PHOTO: J. SCOTT ARTHUR/GETTY IMAGES; BOTTOM PHOTO: BOB D'AMICO/REUTERS; BOTTOM PHOTO: BOB D'AMICO/REUTERS

health quickie Keep track of your medical history with *A Woman's Health Journal* (\$20, amazon.com).

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THE PRESIDENT HAS SEEN
11/13/07

5 DAY WEATHER FORECAST
PROVIDED BY THE JOINT PRESIDENTIAL WEATHER SUPPORT UNIT

Tuesday, 13 November 2007

WASHINGTON, DC

Tuesday: Mostly cloudy becoming partly cloudy late in the afternoon. Winds northwest at 3 to 8 knots turning southwest overnight. Low 50°F. High 66°F.

Wednesday: Mostly cloudy with overnight rain showers. Winds southwest at 5 to 10 knots turning northwest at 10 to 15 knots overnight. Low 49°F. High 67°F.

Thursday: Cloudy with rain showers becoming partly cloudy late in the afternoon. Winds northwest at 13 to 18 knots. Low 46°F. High 58°F.

Friday: Partly cloudy. Winds northwest at 13 to 18 knots decreasing to 5 to 10 knots after noon. Low 37°F. High 53°F.

Saturday: Partly cloudy becoming mostly cloudy after noon. Winds southwest at 3 to 8 knots turning south in the evening. Low 37°F. High 53°F.

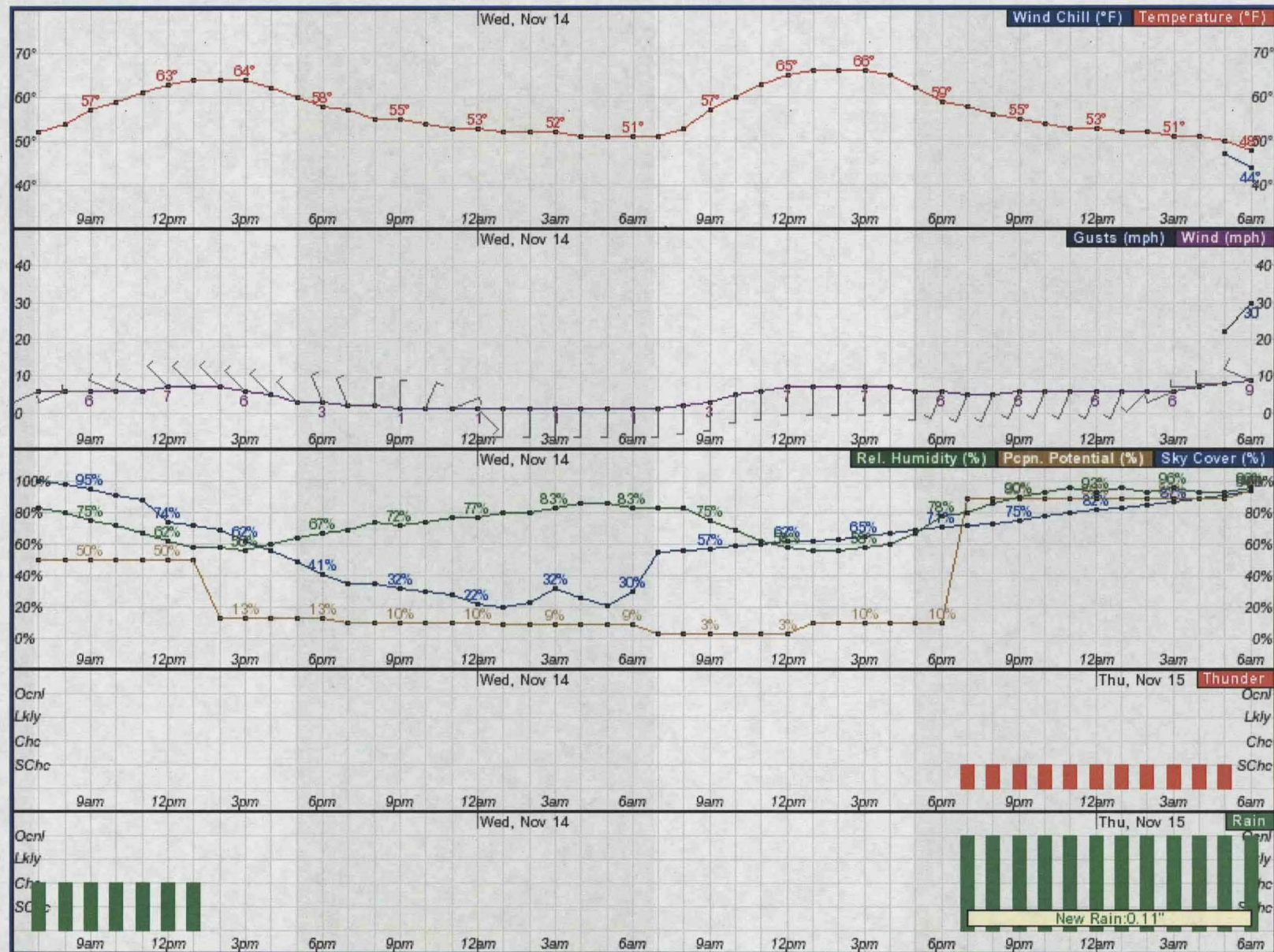
NEW ALBANY, INDIANA

Tuesday: Cloudy with fog and rain becoming mostly cloudy mid afternoon. Winds southwest at 5 to 10 knots. Low 57°F. High 67°F.

WASHINGTON

THE PRESIDENT HAS SEEN

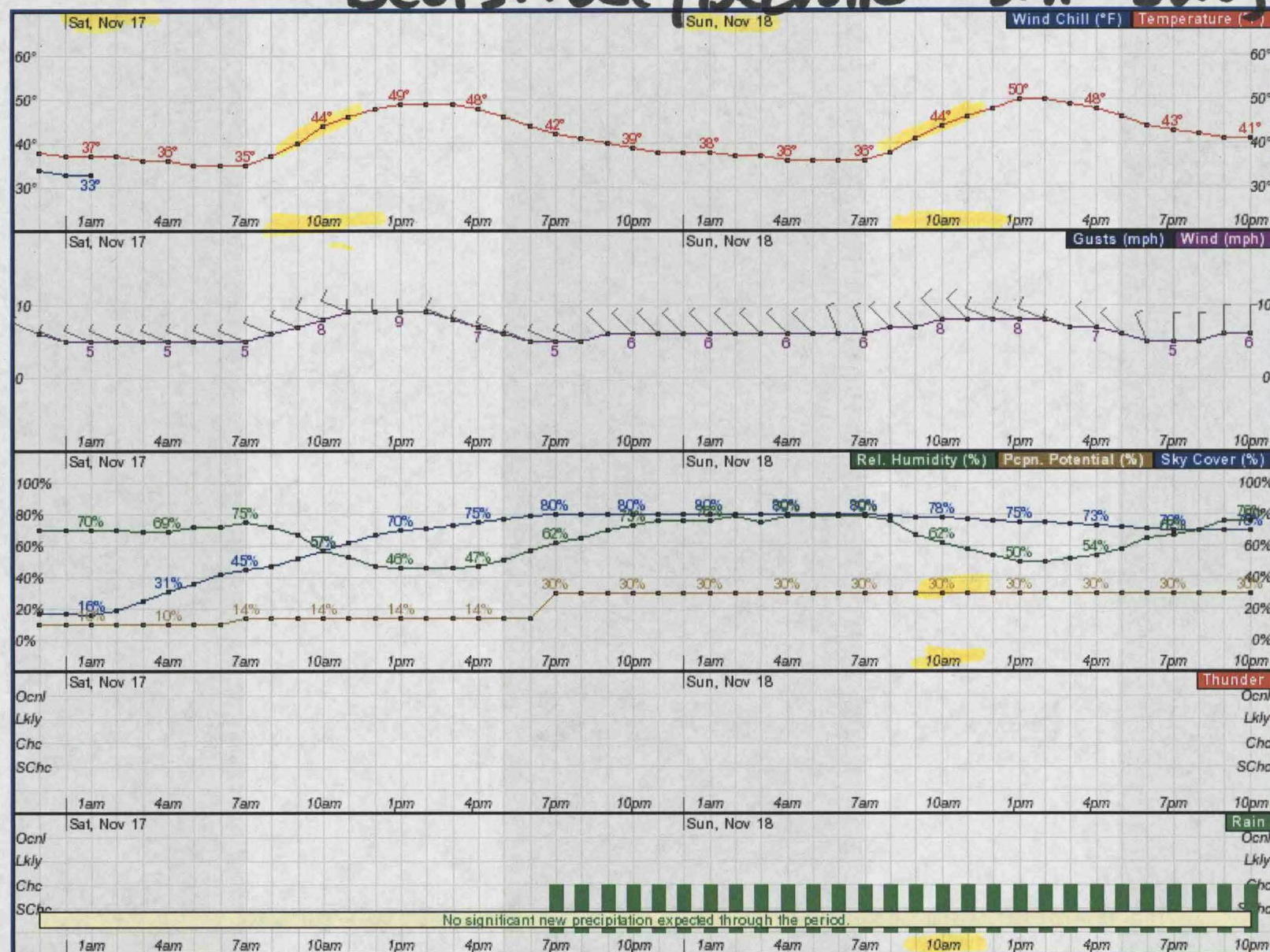
11/13/07



Tuesday, November 13 at 10am

Temperature: 59°F Wind Chill: N/A Surface Wind: WNW 6mph
 Sky Cover: 91% Precipitation Potential: 50% Relative Humidity: 72%
 Thunder: <10% Rain: Chance (30%-50%)

THE PRESIDENT HAS SEEN 11/13/07 BELTSVILLE / BELVOIR (SAT-SUN)



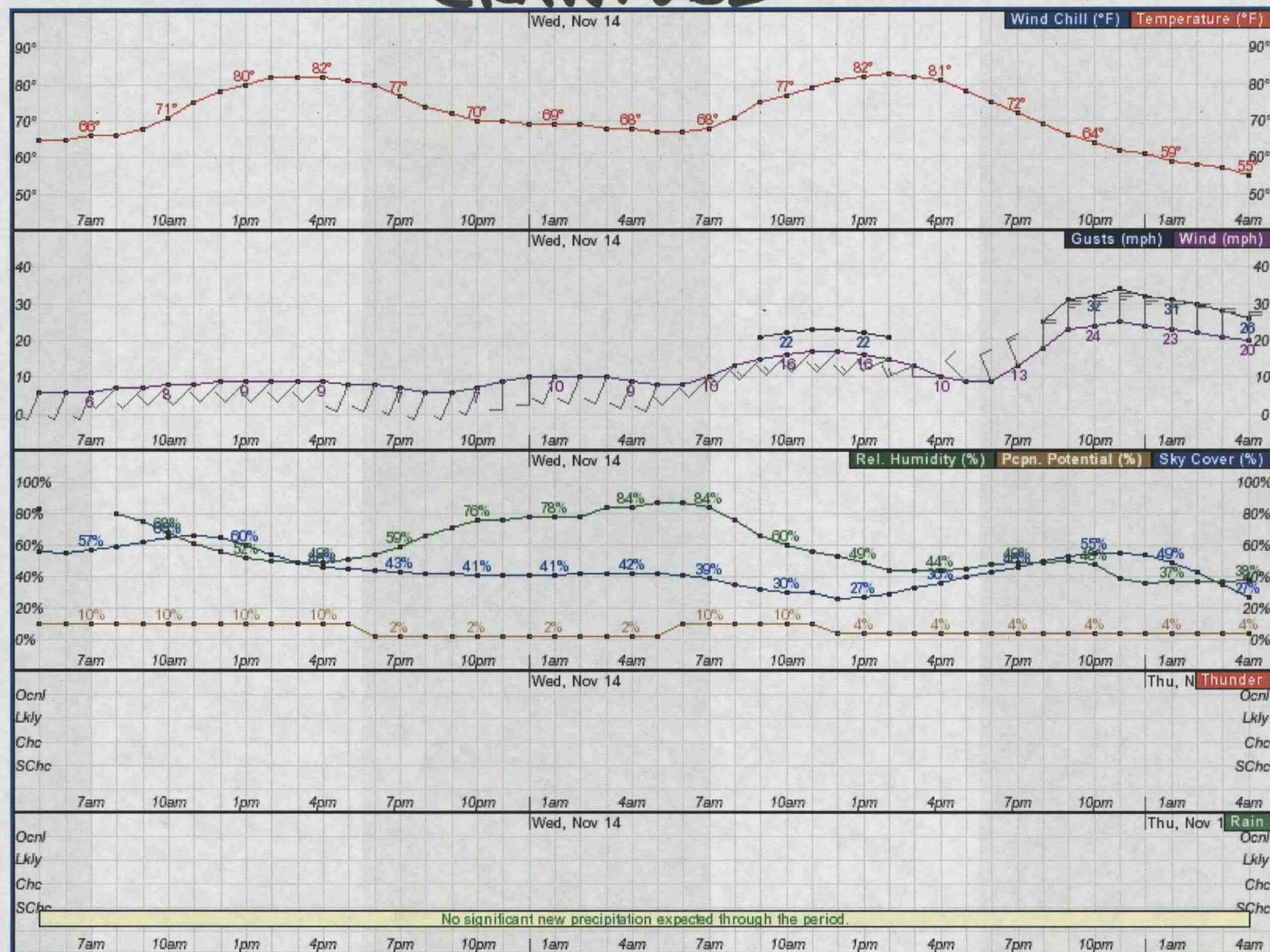
Friday, November 16 at 11pm

Temperature: 38°F Wind Chill: 34°F Surface Wind: WNW 6mph
 Sky Cover: 17% Precipitation Potential: 10% Relative Humidity: 70%
 Thunder: <10% Rain: <10%

CRAWFORD

THE PRESIDENT HAS SEEN

11/13/07

**Wednesday, November 14 at 9pm**

Temperature: 66°F Wind Chill: N/A Surface Wind: N 23G31mph
 Sky Cover: 53% Precipitation Potential: 4% Relative Humidity: 50%
 Thunder: <10% Rain: <10%

Movies of the Week

Movies Available as of November 9, 2007

This List Is Void November 13, 2007

FEAST OF LOVE

R

102 Min.

Drama (Rated R for strong sexual content, nudity and language.)

Starring Morgan Freeman, Greg Kinnear, Radha Mitchell, Billy Burke MGM

THINGS WE LOST IN THE FIRE

R

119 Min.

Drama (Rated R for drug content and language.)

Starring Halle Berry, Benicio Del Toro, David Duchovny Paramount / Dreamworks

GONE BABY GONE

R

114 Min.

Mystery Drama (Rated R for violence, drug content and pervasive language.)

Starring Casey Affleck, Michelle Monaghan, Morgan Freeman Miramax

FEAST OF LOVE

****1/2**

Starring Morgan Freeman, Greg Kinnear, Radha Mitchell, Billy Burke, Selma Blair, Alexa Davlos, Toby Hemingway and Jane Alexander. Directed by Robert Benton. Produced by Tom Rosenberg, Gary Lucchesi and Richard S. Wright. An MGM release. Drama. Rated R for strong sexual content, nudity and language. Running time: 102 min.

In a coffee shop in a tight-knit Oregon community a local professor and writer Harry Stevenson witnesses love whipping up mischief among the town's residents. Among young and old, among both parents and lovers, among the sweet and the savage, among humans and even animals, Harry watches in awe as love mystifies, wounds, devastates, inspires, makes unreasonable demands and profoundly shapes the lives of everyone around him--including himself. From the die-hard romantic coffee shop owner Bradley who has a serial habit of looking for love in all the wrong places, including with his current wife Kathryn; to the edgy real estate agent Diana who is caught up in an affair with a married man with whom she shares an ineffable connection; to the beautiful young newcomer Chloe who defies fate in romancing the troubled Oscar; to Harry himself, whose adoring wife is looking to break through his wall of grief after the wrenching loss of a loved one.

THINGS WE LOST IN THE FIRE

Starring Halle Berry, Benicio Del Toro, David Duchovny, Alison Lohman, Omar Benson Miller and John Carroll Lynch. Directed by Susanne Bier. Produced by Sam Mendes and Sam Mercer. A Paramount/DreamWorks release. Drama. Rated R for drug content and language. Running time: 119 min.

Audrey Burke is reeling from the shock of the news that has just been delivered to her door by the local police: her warm and loving husband Brian, the father of their two young children, has been killed in a random act of violence. Once anchored by the love and comforts of their 11-year marriage, Audrey is now adrift. Impulsively, she turns to Jerry Sunborne, a down-and-out addict who has been her husband's close friend since childhood. Desperate to fill the painful void caused by her husband's death, Audrey invites Jerry to move into the room adjacent to their garage in the hope that he can help her and her children cope with their sudden loss. Jerry is facing a daily battle to stay off drugs, but in his unexpected role as surrogate parent and friend to Audrey's son and daughter he finds a core of inner resilience. As Jerry and Audrey navigate grief and denial, their fragile bonds are constantly tested. Working together, however, they discover the strength to move forward.

GONE BABY GONE

Starring Casey Affleck, Michelle Monaghan, Morgan Freeman, Ed Harris and Amy Ryan. Directed by Ben Affleck. Produced by Alan Ladd Jr., Dann Rissner and Sean Bailey. Mystery drama. A Miramax release. Rated R for violence, drug content and pervasive language. Running time: 114 min.

In the Boston neighborhood of Dorchester, the gritty, working-class streets are lined with the wreckage of broken families and dreams. It is here that 4 year-old Amanda McCready has gone missing without a trace. The police have failed to turn up even the narrowest of leads, so Amanda's desperate Aunt and Uncle plead with local private investigators Patrick Kenzie and Angie Gennaro to take the case. Though they're wary to jump in, Patrick and Angie know the neighborhood and they also know the truth about Amanda's drug-addicted mother Helene. As they dig into her story, they find themselves on a trail that winds into the dark heart of Dorchester and through a chain of drug-dealers, ex-cons and child abusers, but brings them no closer to Amanda. In the glare of the media spotlight, they join forces with a relentless detective Remy Bressant and police captain Jack Doyle--but just as it appears that the emotionally wrenching case is about to be cracked, in the flash of gunfire, the sad truth of Amanda's fate is revealed. As everyone attempts to move forward, a haunted Patrick cannot walk away. As he backtracks through the clues, he finds himself lured into an ever-intensifying web of lies and inexplicable violence, the shocking secret that hid truth and facing a moral dilemma that will leave him, and the audience, questioning what is right.

11/14/07

5 DAY WEATHER FORECAST

PROVIDED BY THE JOINT PRESIDENTIAL WEATHER SUPPORT UNIT

Wednesday, 14 November 2007

WASHINGTON, DC

Wednesday: Cloudy with morning fog and rain showers beginning overnight. Winds south at 3 to 8 knots turning southwest to 5 to 10 knots in the afternoon. Low 52°F. High 68°F.

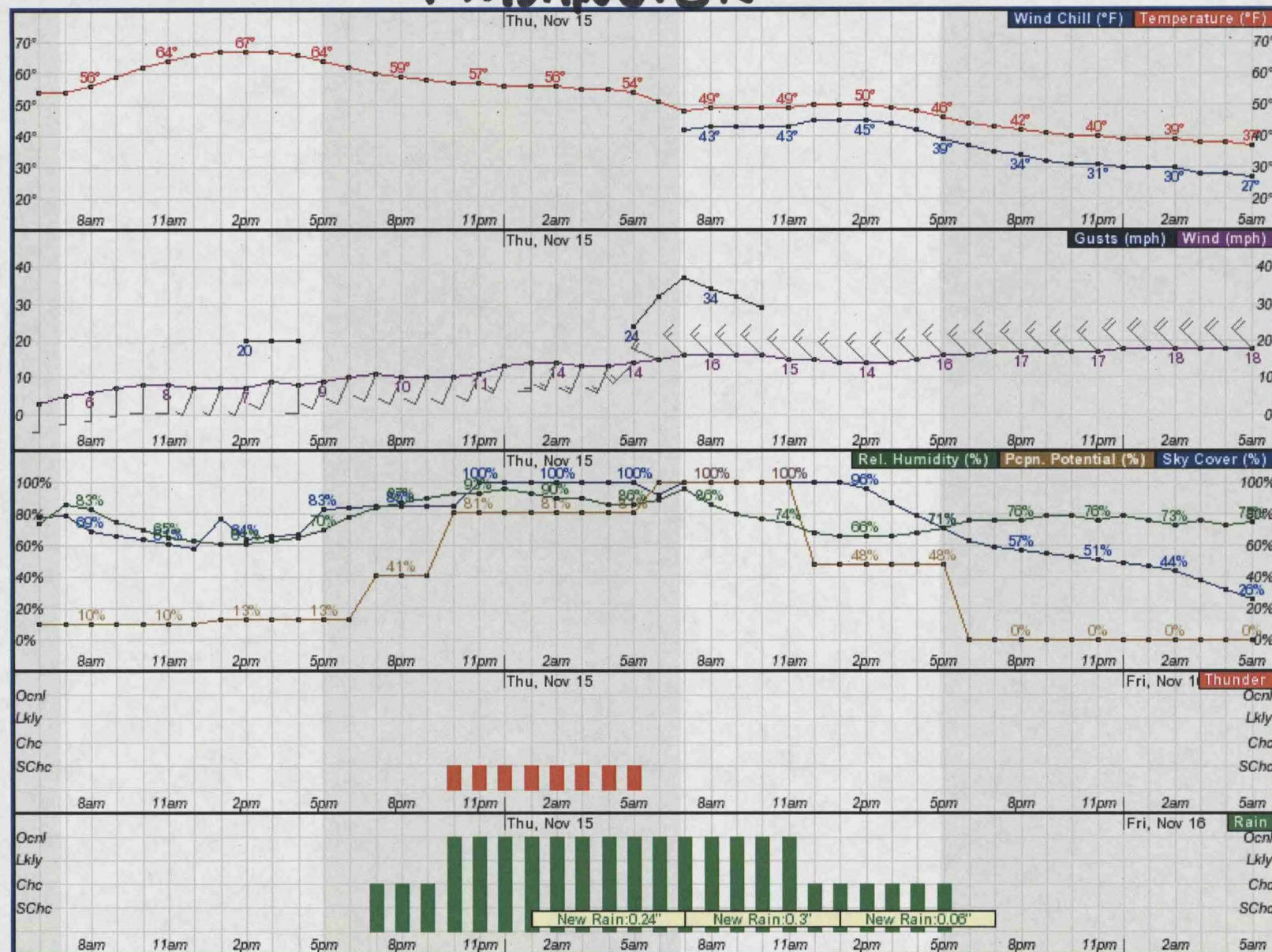
Thursday: Cloudy with rain showers becoming partly cloudy in the evening. Winds northwest at 13 to 18 knots. Low 44°F. High 53°F.

Friday: Partly cloudy. Winds northwest at 13 to 18 knots turning southwest 5 to 10 knots overnight. Low 35°F. High 50°F.

Saturday: Partly cloudy becoming mostly cloudy in the evening. Winds southwest at 8 to 13 knots turning northwest overnight. Low 36°F. High 52°F.

Sunday: Mostly cloudy. Winds northwest at 8 to 13 knots turning south at 3 to 8 knots overnight. Low 39°F. High 53°F.

WASHINGTON



Wednesday, November 14 at 11am

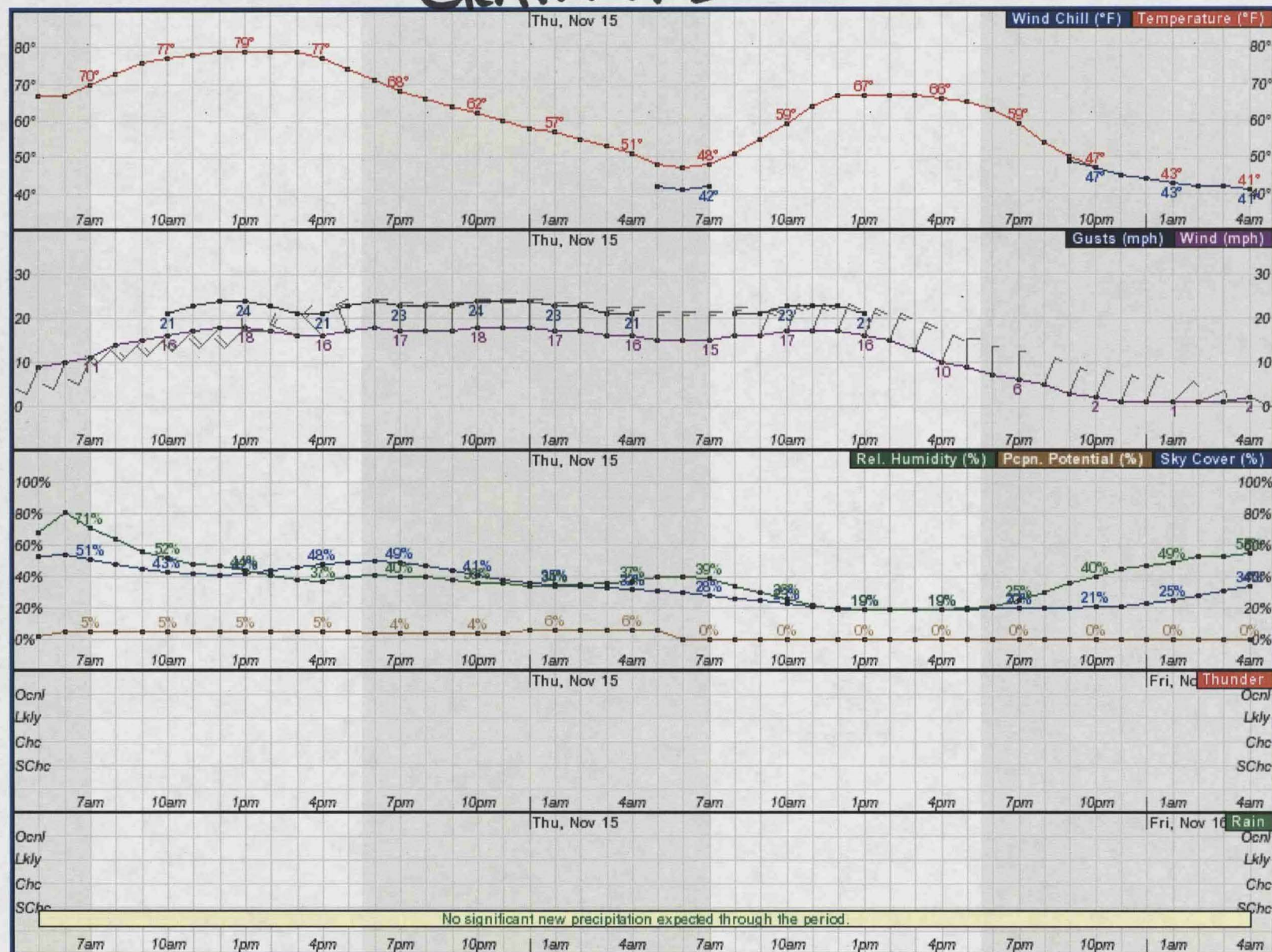
Temperature: 64°F Wind Chill: N/A Surface Wind: S 8mph

Sky Cover: 61% Precipitation Potential: 10% Relative Humidity: 65%

Thunder: <10% Rain: <10%

11/14/07

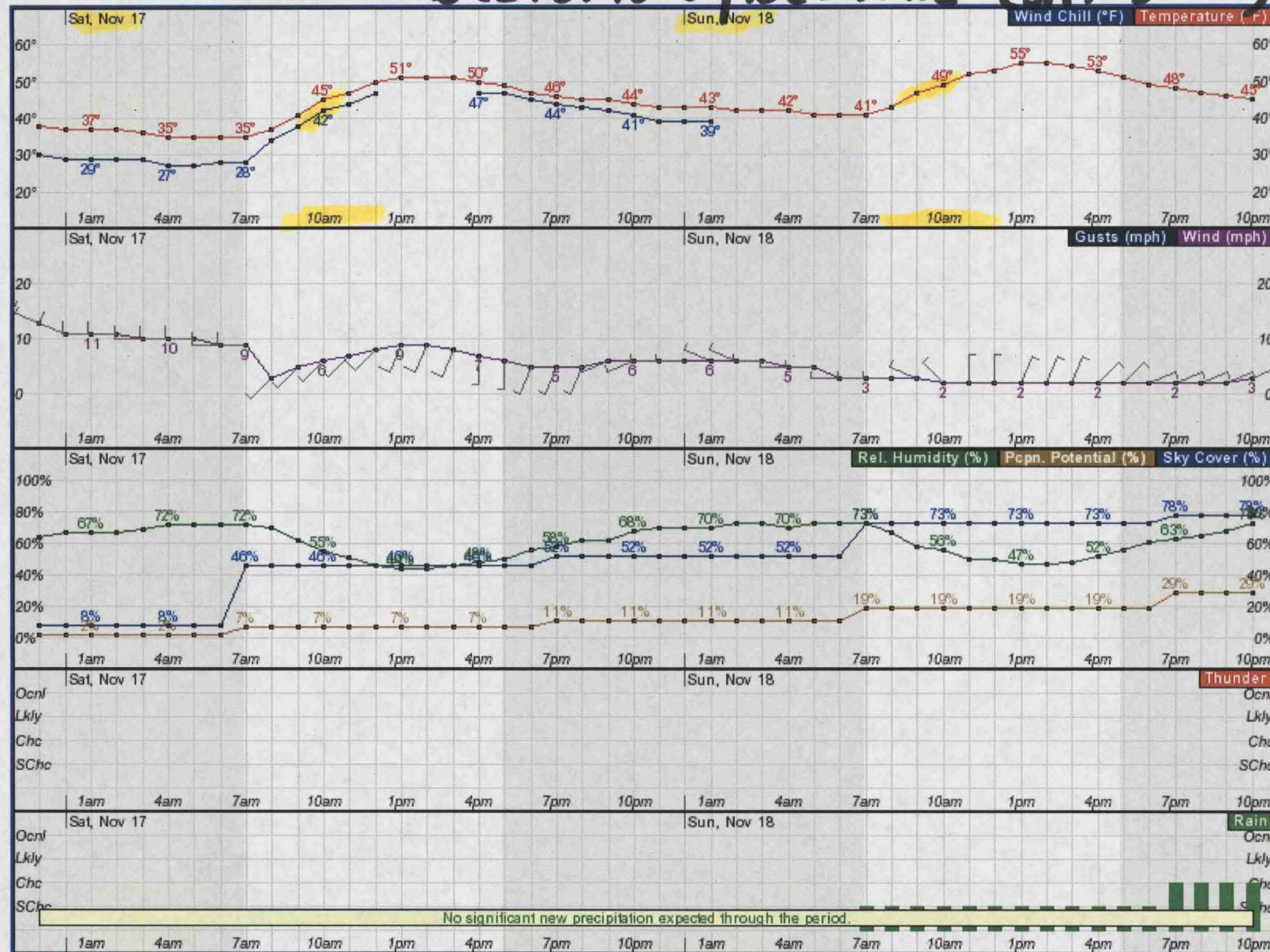
CRAWFORD



Friday, November 16 at 2am

Temperature: 42°F Wind Chill: 42°F Surface Wind: ENE 1mph
 Sky Cover: 28% Precipitation Potential: 0% Relative Humidity: 53%
 Thunder: <10% Rain: <10%

BELTSVILLE/BELVOIR (SAT-SUN)



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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Handwritten Note	While You Were Out - To: POTUS - From: Judge John Walker	1	11/17/2007	PRM;

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COLLECTION:

Records Management, White House Office of

SERIES:

Subject Files - PP (Presidential Personal)

FOLDER TITLE:

740219 [2]

FRC ID:

12686

OA Num.:

12212

NARA Num.:

12378

FOIA IDs and Segments:

2014-0215-F 1

2014-0072-F

RESTRICTION CODES**Presidential Records Act - [44 U.S.C. 2204(a)]**

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PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Card	[Card] - To: POTUS - From: Alexa and Birch Fishback	2	11/05/2007	PRM;

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Letter	[Letter] - To: POTUS - From: Michael J. Marino	1	11/14/2007	P6/b6;

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Card	[Note] - To: POTUS - From: Andrea Graham and Geela Yadan	2	11/14/2007	P6/b6;

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Letter	[Letter] - To: POTUS - From: Cassandra Marino	2	11/14/2007	P6/b6;

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Card	[Thank You] - To: POTUS - From: Tim and Lauren Shea	1	10/29/2007	PRM;

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THE PRESIDENT
HAS SEEN

11/14/07

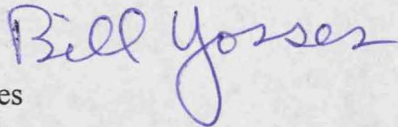
November 13, 2007

Dear President and Mrs. Bush,

Last week marked my one year anniversary at the White House. I would like to take the opportunity to thank you sincerely, for choosing me to be the Pastry Chef at the White House. I am very happy here and proud to work for you.

Last week Admiral Rochon organized a visit for us to England and France, it was a wonderful experience and I would like to give you these gifts as souvenirs.

Sincerely,



Bill Yosses

President and Mrs. Bush

11/14/08
RECEIVED
THE PRESIDENT

Withdrawal Marker

The George W. Bush Library

FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Letter	[Letter] - To: POTUS - From: Elaine L. Chao	1	11/04/2007	PRM;

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Elaine L. Chao

(b)(6)

The President and Mrs. George W. Bush
The White House
Washington, D. C. 20500

Withdrawal Marker

The George W. Bush Library

FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Card	[Thank You] - To: POTUS - From: Blake Lanier Gottesman	1	11/05/2007	PRM;

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