

April 7, 1997

Ms. Shirley Morris
9910 Kay Street
Adelanto, CA 92301

Dear Ms. Morris:

I would like to take this time to thank you for sending me the information on Preventive Health Medicine and your correspondence for President Clinton. I have taken the liberty of sending your letter to the Presidential Correspondence office for their review.

Again, thank you for taking the time to write. Your kind words and encouragement are deeply appreciated.

Sincerely,

Margaret A. Williams
Chief of Staff to the First Lady

3/24/97

Shirley Morris

Dear Maggie -

Don't let them give
you a nervous breakdown.
That's what they want.

I'm still keeping
good thoughts for you.

Please, please get this
enclosed letter to
Bill Clinton ASAP. He
is presently working
on his transportation
allotment.

Thanks for past
favors.

Bestal luck,

Shirley

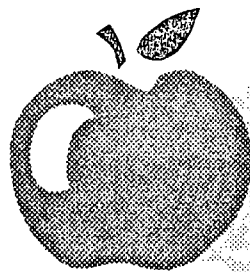
Personal
encouragement

and attached

material for POTUS

letter of
acknowledgment
NA6015

Preventive Medicine

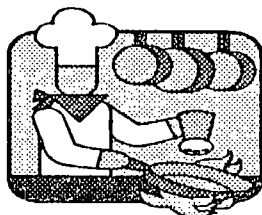


Health Education

Winter 1996, Issue 3
Kaiser Permanente Fontana
Dept. of Preventive Medicine, (909) 427-3946

E. Ngo, M.D., Physician-in-Charge
Nancy Young, Department Administrator

PHOTOCOPY
PRESERVATION



Zucchini or Carrot - Oatmeal Muffins

1/2 cup oats
2 1/2 cups flour
1 1/2 cup sugar
1 Tbsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. salt
5 egg whites
1/2 cup apple butter or
apple sauce
1/4 cup Canola oil
2 cups grated zucchini or
carrots
Preheat oven to 375
degrees. Mix together dry
ingredients. Whisk
together egg whites, apple
butter and oil. Stir into
dry mixture. Add zucchini
or carrots. Bake 30-35
min.

Makes 24 small or 12
large.

You Can Manage Your Stress!

It is estimated that "between 60-90% of all visits to health care professionals are for stress-related disorders".

Stress is the "buzz word" today. Most people feel they're experiencing too much stress in their daily lives. The pace of modern life has thrown us into a kind of time warp. We feel constantly urged to go now, buy now, enjoy and grab it all now. But after years of going, seeing, buying, getting and grabbing, we become tired, disappointed and stressed. All around us we can see driven, stressed, alienated and unhappy people.

Many people push their "red button" too often and are left with the detrimental effects of prolonged and chronic stress. When our bodies are constantly wound up, with little time to relax, the stress response can lead to overload, fatigue, irritation, knotted muscles, headache, back pain, insomnia and anxiety.

Health has been called the ability to adapt to life's stresses. If so, healthy people must find ways to pace themselves by keeping their stress in positive balance

In fact, stress has come to be linked with many serious medical problem such as heart disease, hypertension, ulcers, colitis, and even cancer. Yet too little stress can cause fatigue, boredom, restlessness, dissatisfaction and depression. We need to find a balance.

Stress is how our bodies respond to all demands made upon them or any real or perceived threats. It is characterized by the "fight or flight" response, which consists of over 1200 bodily changes to prepare us for the threat.

It is primarily our reaction to a stressful situation, event or person that is harmful, not simply the situation, event or person. Stress occurs when unrealistic expectations clash with reality. Our beliefs, assumptions,

You Can Manage Your Stress continued on back page

Kids' Stress

According to Kaiser Permanente's Mental Health Clinic in San Bernardino, the major sources of stress for today's children and teens are: School, poor parenting, parental divorce, drug or alcohol abuse by parents, absence of a father or mother figure in the home, severe illness of a parent, scary dreams (young children), being left home alone at an early age to care for themselves, pressure to grow up (6th grade - teen years), or peer pressure to have sex (teens).

"I see a lot of kids today with greater problems dealing with what's going on in their environment than I did 5, 10 years ago. Mainly because there's more violence in the community; stuff that's going on in the community that's scary," says Gene Schmidt, Licensed Clinical Social Worker.

"One that gets me the most is that a lot of kids grow up with people who don't get along very well with

Kid Stress (continued on back page)

expectations and perceptions, determine our feelings, actions, behaviors and well-being. These are inwardly expressed as self-talk. We talk to ourselves all day long.

We have a way of controlling how we feel by how we decide to interpret something. We have the power to change feelings that lead to inappropriate or self-damaging behaviors.

You can help protect your body against the harmful effects of stress by using a few simple strategies:

- Breathe deeply when faced with a stressful situation.
- Treat your body with respect. Don't smoke, exercise regularly and watch your fat, sugar, caffeine and alcohol intake.
- Learn to let go of things outside your control. Find a way to accept and adapt to changes.
- Give your time and energy to something or someone you believe in.
- Get adequate rest. A good night's sleep does wonders to rejuvenate a weary soul.

Health has been called the ability to adapt to life's stresses. If so, healthy people must find ways to pace themselves by keeping their stress in positive balance. 

For Information about Preventive Medicine's Stress Management Classes and upcoming programs and presentations, please call (909) 427-3946



Nutrition Bits

Nutrition may improve your capacity to cope with everyday stress. In particular, if your busy lifestyle is preventing you from eating well there are a few things you can do. First, aim for balancing your meals, with no more than five to six hours between each meal. Next, keep in mind that certain foods, when used to comfort in times of loneliness or turmoil can lead to weight gain further adding to stress levels. Avoiding high fat, high sugar foods can be helpful. Finally, let hunger not emotions guide your eating patterns. 



KAISER PERMANENTE

The content of this newsletter is in no way intended as medical advice on individual health problems. Such should be obtained directly from a physician or medical provider.



Fitness facts

The next time you feel closed-in and pressure is building, go for a walk. Research has shown that physical exercise can help dissipate stress chemicals that if left in high concentrations in the body can be harmful. It's a well documented fact that physical activity increases the circulating levels of beta-endorphins which will elevate the mood and aid in dealing with stress. Many of the chemicals produced during exercise actually produce feelings of peace and well being after the exercise session is over. A brisk walk, bike ride or aerobic class make perfect physiological sense for a person under stress. Instead of flying off the handle, fly out the door and do something physical. You'll be glad you did!

"Kid Stress", continued

themselves, or their spouse, and the kids are in that kind of situation. There's a tendency to stress things out there," says Henry L. Burks, M.D.

"Suicide is a big issue in teens. It is much more of an every day thing that we deal with in older kids. One of the things is to help kids find a reason to stay alive until they get through their adolescence. We've seen more older kids who are practically paralyzed when thinking about the future. (These) older teens anticipate nothing in the future; no jobs," says Dr. Burks.

"We spend most of our time helping kids learn how to live in the messy situations where they find themselves. This means that they have to learn how to be super flexible. For teens it's hold your breath for two years, and you'll be out there," he says.

There are many situations where there is no existing medicine available to cure emotional distress. As a result children and teens need to learn how to express their feelings in socially acceptable ways. Young children benefit from "playing out" their fears and using positive images to replace or compete with scary ones.

Teens must face their challenges head on. Healthy verbal communication skills are crucial in resolving these conflicts. Teens, as with children, find visualizing the challenge and a solution to be helpful in handling difficult situations. "Families need to talk (about their problems) and arrive at their own solutions," points out Gene Schmidt. This family time together may be a good opportunity to use "the best anecdote for stress," according to Mary Moore, PH.D., Clinical Psychologist, and that's "having fun."

How do you know when it's time to seek professional help with controlling negative stress? When you find "you can't work, rest and play," suggests Tony Altenbach, LCSW. 

For information about parenting classes, please call
(909) 381-1451

PHOTOCOPY
PRESERVATION



VICTOR VALLEY UNION HIGH SCHOOL DISTRICT

16350 MOJAVE DRIVE VICTORVILLE, CALIFORNIA 92392-3698 TELEPHONE (619) 955-3200

PATRICIA A. MARK, Ed.D., SUPERINTENDENT

March 7, 1997

Mrs. Shirley Morris
9910 Kay Street
Adelanto, California 92301-2317

RE: School Transportation Funding

Dear Ms. Morris:

Thank you for your recent correspondence dated February 22, 1997 which expressed concern about the availability and adequacy of to/from school bus transportation for students in the high desert. The issue you raised of school transportation funding and funding the purchases of new school buses is likewise a great concern to the District.

The annual school transportation budget for VVUHSD is in excess of \$2.5 million. The State of California reimburses public school districts such as Victor Valley based on approved costs and the reimbursement is anticipated to be \$520,260 in the 1996-97 fiscal year. The District must pay the balance of the cost, approximately \$2,266,018, from the general fund. Districts that choose to expand their to/from school bus transportation service must fund these services with no additional help from the State.

Funding the addition and/or replacement of school buses is also a big financial burden which is borne by public school districts. The availability of State funding for the purchase of new school buses has been non-existent since the late 1970's when local districts were reimbursed for bus purchases. Since that time, the State has funded the replacement of several hundred buses through grants from the Petroleum Violators Escrow Account (PVEA). However, this funding source has been exhausted and local school districts must resume paying for the replacement of buses or purchase of additional buses from their general fund monies.

New funding sources for the delivery of to/from school bus transportation are needed to ensure an adequate level of service to students as well as provide relief to the District's

BOARD OF TRUSTEES

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MARTY R. BROWN

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MICHAEL ALAN DAVIS

BARBARA J. DEW

general fund from transportation costs. The Board of Trustees and staff of the Victor Valley Union High School District are committed to providing a quality education to all students and related services, such as transportation. Your efforts to secure additional sources of funding for school bus transportation are greatly appreciated.

Sincerely,

A handwritten signature in cursive script, appearing to read "Patricia A. Mark".

Patricia A. Mark, Ph.D.
Superintendent

cc: Richard Moore, Director
Transportation Services

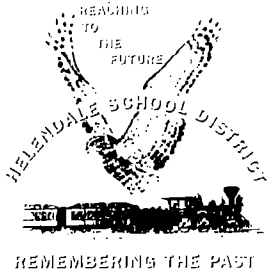
Helendale School District

15350 RIVERVIEW ROAD

P.O. BOX 249

HELENDALE, CALIFORNIA 92342-9723

(619) 952-1180



DAVID G. LAQUAY, SUPERINTENDENT

HELENDALE ELEMENTARY SCHOOL
27274 Peach Tree Lane
(619) 952-1204
Mark A. Sumpter, Principal

RIVERVIEW MIDDLE SCHOOL
15350 Riverview Road
(619) 952-1268
Debra K. Clark, Principal

March 4, 1997

Ms. Shirley Morris
9910 Kay Street
Adelanto,
California 92301-2317

Dear Ms. Morris:

I hope that the following information from our district's 1996-97 budget document will be helpful as you write to President Clinton.

The Helendale School District budgeted \$70,273 for current year home-to-school transportation. This year we have budgeted income from the State of California totaling \$23,711 for that purpose. This creates an encroachment on the district's General Fund of \$46,562. In addition, we currently are required by law to transport special education students to special programs in Victorville and Hesperia. To accomplish that, we make use of a purchased van (cost in excess of \$20,000) and have hired two drivers. Total cost, deducting the one-time cost of the van, will come in this year at over \$16,000.

A major problem for desert school districts is the vastness of the region's geography. School busses must travel long distances to transport students to and from school each day.

Thank-you for your interest in school district transportation for the High Desert area. Good luck in your efforts.

Sincerely,

David G. LaQuay, Superintendent

DGL

Cc: File

RECEIVED
DESERT MOUNTAIN SELPA

97 FEB 24 PM 1:58

Shirley Morris

Dr. Ronald J. Powell
Desert/Mountain Selpa
16519 Victor St., Suite 301
Victorville, Ca 92392

February 22, 1997

Dear Dr. Powell,

Since I am on the Juvenile Crime Committee of the local Future Search organization, I am going to write to the president to ask him to initiate the government financing necessary to make it possible for the local school districts to purchase more schoolbuses so that more children will be able to get to school. Present transportation is woefully short.

I will tell President Clinton that we appreciate his efforts for better education, but that we cannot have better education without better transportation. I was appalled when I discovered that many school kids here in the High Desert don't have bus service so they can't get to school; consequently they are put (the prospective students) on the streets during school hours, thus contributing to their truancy and delinquency.

Would you please write a short letter to Bill Clinton explaining how much money you require to buy adequate transportation for the students of your district. I will enclose your letter with my cover letter to the president. Enclosed you will find a stamped, self-addressed envelope for your convenience.

Sincerely yours,

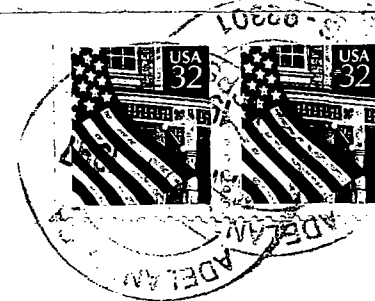
Shirley Morris
Shirley Morris
(619) 246-5865

Dear Mr. Morris,
The Desert/Mountain SELPA is an
intermediate agency that assists the
15 school districts in our consortium with
the administration of special education services.
Since we do not directly operate programs or
transportation services, I am returning your
stamped self-addressed envelope for future use.
Sincerely, Ron Powell

9910 Kay street • Adelanto, California 92301-2317

shirley morris

9910 kay street • adelanto, california 92301



Personal & ~~Confidential~~

Maggie Williams
The White House
1600 Pennsylvania Ave.
Washington, DC 20500

DETERMINED TO BE AN
ADMINISTRATIVE MARKING

INITIALS: ASB DATE: 3/26/14

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