

happen anywhere. We owe a debt of gratitude to those like Keith Braddock who put their own lives at risk to make us a little safer.

FREMONT HIGH SCHOOL
STUDENTS, FREMONT, MI

HON. PETER HOEKSTRA

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 15, 1996

Mr. HOEKSTRA. Mr. Speaker, I would like to acknowledge a bright, young group of students from Fremont, MI, who met with me yesterday. A special wish for a happy birthday is extended to Mr. T.J. Meister. A list of those representing the school follows:

Fremont High School Students, Fremont, MI: David Ammirati, Brooke Bacon, Sara Breuker, Christine Cooper, Jennifer Dueling, Jennifer Eitniece, Connie Erickson, John Hughes, Heather Krale, T.J. Meister, Jessalynn Nieboer, Billie Jo Novak, Julie Rottman, Kari Schipper, Jenna Scott, April Smith, Kristine Stariha, Andrea Stroven, Mike Vanostenberg, and Amy Vanzant. Baars Bultman, teacher.

MAY IS NATIONAL PHYSICAL
FITNESS AND SPORTS MONTH

HON. JOE BARTON

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 15, 1996

Mr. BARTON of Texas. Mr. Speaker, May is National Physical Fitness and Sports Month, conducted by the President's Council on Physical Fitness and Sports. Every American should take this opportunity to celebrate and begin a fitness routine. The benefits from exercise are far-reaching. Studies have revealed that there is a direct connection between exercise and lower death rates from heart attacks, stroke, hypertension, non-insulin-dependent diabetes, brittle bones, anxiety, and depression. However, in lieu of this information many Americans continue to remain inactive, with little or no physical activity in their daily lives.

Even low- to moderate-intensity activities like walking, gardening, or biking can bring benefits. I realize this so I have taken the opportunity to share my love of biking with my constituents. On my home page, you will find "Biking with Barton." This is a detailed exploration on the Internet that allows you to link with other bike pages. I have included all sorts of biking information from biking events and books, to community activities, and details on how to bike to work.

I am also happy to support organizations like the National Coalition for Promoting Physical Activity. They have a long-term mission to motivate more Americans to be physically active. The national coalition is a collaborative partnership of groups who have identified physical activity and health as their primary mission and is facilitated by the American Alliance for Health, Physical Education, Recreation and Dance; the American College of Sports Medicine; and the American Heart Association. To accomplish its goals the national coalition will use its network to provide leadership to the American public and policymakers to increase the understanding, com-

munication, and promotion of physical activity and health. They seek to develop consistent exercise messages to clarify for Americans the confusing array of information that currently exists and coordinate education efforts between the public and private sectors.

I urge all Americans to challenge themselves this May, National Physical Fitness and Sports Month, to make physical activity a regular part of your life.

TRIBUTE TO EDEN PRAIRIE HIGH
SCHOOL

HON. JIM RAMSTAD

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 15, 1996

Mr. RAMSTAD. Mr. Speaker, I rise today to praise the entire Eden Prairie High School community for being named winner of the U.S. Department of Education's prestigious Blue Ribbon Award.

The Department of Education could not have selected a more deserving high school for this highly coveted honor. When it comes to a comprehensive and successful approach to excellence in teaching, student achievement, leadership and parental involvement, Eden Prairie has, for a long time, set a lofty standard.

Mr. Speaker, this high distinction was well earned. Everyone at Eden Prairie High School played a role in achieving this extraordinary level of educational excellence.

Under the visionary leadership of a most remarkable man, Principal Arne Johnson, Eden Prairie High School has flourished. Arne is always there for each and every student. He provides at all hours of the day a willing ear, an understanding shoulder and a marvelous and diverse source of advice and encouragement.

Former superintendent Jerry McCoy and new superintendent Bill Gaslin have also been instrumental in preparing the fertile ground and providing the necessary resources to grow the special love for learning that exists at Eden Prairie. The students have blossomed under their effective management.

A school board full of caring and committed citizens has selflessly devoted the time, talent and energy necessary to make Eden Prairie High School one of the best in all of America.

This historic designation was accomplished through the pioneering and innovative contributions of a truly dedicated administrative staff and dynamic collection of committed teachers. Their deep and unwavering commitment to the students forms the foundation for a very special relationship with the young people at Eden Prairie High School. The teachers and staff have gone above and beyond all reasonable expectations to help kids, from the extra hours spent coaching and teaching extracurricular events to their efforts to bolster their professional credentials through additional postsecondary education.

Mr. Speaker, another key ingredient in the overwhelming success of Eden Prairie High School has been the precedent-setting and inspiring level of involvement by parents and members of the community. In this day and age when we in Congress hear so much blame being placed on the lack of participation by parents in their children's education. Eden

Prairie's parents and other residents stand out as a shining lighthouse of an example of the miracles that can happen when adults take the time to help out at their schools.

But, Mr. Speaker, the No. 1 reason Eden Prairie High School has been chosen as a Blue Ribbon Award winner is its spirited students. This student body is focused in a most impressive way on real achievement and a relentless pursuit of the highest standards of excellence. The students have worked hard to create a safe, supportive and drug-free environment. They have worked hard to establish a record of academic excellence across the board.

From student leadership to participation in public service projects to help people in need in the community, from the heavy emphasis on scholastic achievement to the enthusiastic way they revel in the success of their classmates, the students of Eden Prairie High School deserve to claim this national honor as their own. The students at Eden Prairie High School are the kind of young people any parent would be proud to call their own.

Mr. Speaker, please join me in congratulating the entire Eden Prairie High School Community on a job well done and for setting such a powerful example of what can be accomplished by a school if everyone pitches in and strives to do their best.

Today we salute Eden Prairie High School as a blue ribbon award winner and for proving that schools all across America can succeed if everyone puts their minds and hearts into the effort like they do at Eden Prairie High School.

LEWIS AND CLARK DISCOVERY
EXPEDITION 1996

HON. JAMES M. TALENT

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 15, 1996

Mr. TALENT. Mr. Speaker, I rise today to recognize the Lewis and Clark Discovery Expedition 1996: the reenactment of the world's most noted expedition. This 22-stop voyage will retrace the first 6 weeks of the path of the original expedition which began from St. Charles, MO, 192 years ago.

Meriwether Lewis and William Clark's pursuit of discovery in the newly acquired Louisiana Territory revealed some 168 unknown species of flora and 128 types of animals. They used courage, hard work, and perseverance in overcoming extraordinary obstacles along their frontier exploration. The Lewis and Clark Discovery Expedition 1996, will highlight the historic, scientific, and cultural consequences of this celebrated journey. It will also examine several other important themes such as the development of the United States and the American character.

The primary vehicle for this reenactment is a replica keelboat constructed by boatwright Glen Bishop. The Keelboat, which Bishop spent 10 years constructing, will contain numerous exhibits which highlight the historical, cultural, and scientific discoveries made by Lewis and Clark. It will retrace the original voyage, making stops along the path that the explorers followed during the Missouri leg of their journey.

Mr. Speaker, I would like to take this opportunity to acknowledge this fine celebration of

American history. I commend the members of the planning committee and all those involved for their hard work to help preserve the memory of this historic expedition.

TRIBUTE TO JOHN F. NOWAK

HON. MARTIN T. MEEHAN

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 15, 1996

Mr. MEEHAN. Mr. Speaker, I rise today to pay tribute to an outstanding author, John F. Nowak from the city of Lowell.

Mr. Nowak is the author of "Jasiu," an autobiography honoring his education and experiences as a child and later his adult years. I know the city of Lowell, as I was born and

raised there. It is a proud immigrant city, with a rich history. It was very prominent in the 19th century and was renowned for its robust mill industry. Today, for many families, it remains a symbol for people to work hard and achieve one's goals.

I make this point, Mr. Speaker, for I feel that just as there are many families of this region who have made historic contributions to our country, Mr. Nowak has made his own contribution. Mr. Nowak served as a member of the Armed Forces and was a Federal employee to our Government. I believe that by writing and publishing "Jasiu," Mr. Nowak has achieved a lifetime goal. A goal that few of us ever achieve.

In his book, Mr. Nowak tells a number of interesting stories about his experiences as a young Polish-American boy growing up in the 1930's, his adult years in the Air Force while

stationed in North Africa and his volunteer efforts working to preserve the environment. His light-hearted philosophy makes "Jasiu" a work that is spirited and entertaining, despite the trials and tribulations he encounters.

Mr. Nowak graduated from Lowell High School and after returning to civilian life, he earned an associates degree in business administration from Merrimack College. He then went on to receive two subsequent bachelor degrees—one in liberal arts from Merrimack College and the other in sociology from River College.

I commend Mr. Nowak's drive and ambition, as well as his love of learning. His sense of human understanding gives his book a genuine quality and paints a portrait of a man who has lived and accomplished much. I extend my congratulations to John Nowak on the publication of his book.