

For 30 years, the Rocky Mountain Senior Games have helped improve the health and well-being of older Americans in our Nation. Every year, more and more seniors travel to Greeley, Colorado, to participate.

Mr. Speaker, I urge my colleagues to join me in honoring the Rocky Mountain Senior Games.

□ 1730

Mr. Speaker, I reserve the balance of my time.

Mr. DAVID DAVIS of Tennessee. Mr. Speaker, I yield as much time as she may consume to the gentlewoman from Colorado (Mrs. MUSGRAVE).

Mrs. MUSGRAVE. Mr. Speaker, my resolution, H. Res. 290, recognizes the goals and the ideals of the 30th annual Rocky Mountain Senior Games, which will be held in the next few weeks in my district in Colorado.

The Colorado Senior Development Council began hosting athletic competition for adults 50 and older in 1978; and today, the City of Greeley, and the Greeley Department of Recreation have partnered with the Colorado Senior Sports Development Council to host this popular event in the Rocky Mountain region.

The games originated in Colorado as a 1-day competition featuring four athletic events, including swimming, track and field, and basketball. Today, the Rocky Mountain games are among the oldest of its kind in the Nation and are among the most popular.

This year's games will be held from June 6-10, and there will be a wide range of events that include basketball, track and field, swimming, billiards, tennis, badminton, cycling, weight lifting, skeet and trap shooting, archery, a 5k and a 10k road race, a triathlon, and many others. The popularity of these events are made most evident by the high number of competitors.

Last year, for instance, there were more than 1,400 individuals who competed in the games, many of whom succeeded in qualifying for the bi-annual national games.

In fact, Colorado will be well represented at this year's national games, which will be held later this summer in Louisville, Kentucky. There are 640 Colorado athletes who have already qualified.

The individuals who participate experience friendly fellowship, camaraderie, and the exhilaration of competition. For a long time, fitness has been synonymous with Colorado. I think that's because of our wonderful sunny climate and our natural treasures that encourage people to get out and enjoy themselves. It's not surprising, then, that so many seniors continue exercising and seek out active competition, even as they begin to get older.

My bill recognizes these competitors and the benefits they are making towards their long-term health. I am pleased my colleagues in Congress, especially those in Colorado, are joining me today to approve this bill.

#### GENERAL LEAVE

Mr. ALTMIRE. Mr. Speaker, I ask that Members be given 5 legislative days to insert material relevant to H. Res. 325 and H. Res. 290 into the RECORD.

The SPEAKER pro tempore. Is there objection to the request of the gentleman from Pennsylvania?

There was no objection.

Mr. ALTMIRE. Mr. Speaker, I yield back the balance of my time.

Mr. DAVID DAVIS of Tennessee. Mr. Speaker, I yield myself such time as I may consume.

I rise today in support of House Resolution 290 honoring the contributions of the Rocky Mountain Senior Games on its 30th anniversary for significantly improving the health and well-being of older Americans.

We should recognize the hardworking volunteers and the event coordinators that make this week's events possible. Without their efforts, these games would not be possible. I ask my colleagues to support this resolution.

Mr. STUPAK. Mr. Speaker, I am proud to rise in honoring the Michigan State University Men's Hockey team in winning the Frozen Four, becoming the Men's National Collegiate Hockey Champions.

On Saturday, April 7, 2007, a record crowd of 19,432 witnessed Michigan State defeat Boston College, 3-1, in the championship game of the 2007 NCAA Men's Frozen Four in Scottrade Center in St. Louis.

During the first period, neither team was able to push the puck past the opposing goalie. As the championship game progressed into the final period, most fans thought the game was headed to overtime. MSU then "exploded" with three goals in the final 10 minutes of the game, icing the championship for MSU.

This victory constituted MSU's third national championship, and the first since 1986. Each member of the MSU Hockey organization made essential contributions to the team's success.

Justin Abdelkader, who was named the team's Most Outstanding Player, snapped a 1-1 tie with 18.9 seconds to go, seconds after ringing a shot off the goalie post.

Jeff Lerg made 29 saves, and Chris Mueller added an empty-net goal with 1.2 seconds left to clinch it for the 3-1 Spartan win.

MSU Spartans' Head Coach Rick Comley has become only the third coach in college hockey history to win national titles at two Division I Universities, and has earned over 700 career wins. Coach Comley last won the NCAA Championship with Northern Michigan University in 1991.

The Spartan Hockey Team not only demonstrated untouchable strength and skill, but also perseverance and determination to make Michigan State University and all of the State of Michigan proud.

The unyielding support from thousands of fans, family and friends, dressed in green, lined the streets of East Lansing where they turned out to welcome MSU's national championship hockey team back home.

I am pleased to join with my colleague; Congressman MIKE ROGERS, who represents Michigan State University, and all the Michigan delegation in honoring MSU and its NCAA National Champion Men's hockey team.

I am also very pleased that MSU selected my friend from Northern Michigan Hockey coach, Rick Comley, to lead MSU to its latest hockey title after its legendary hockey coach, Ron Mason, became MSU's athletic director.

Again, I congratulate the MSU Spartan Hockey Team on winning the 2007 NCAA Championship and recognize all the players, coaches, managers, staff, fans, and families who were instrumental in this great achievement.

Mr. DAVID DAVIS of Tennessee. Mr. Speaker, I yield back the balance of my time.

The SPEAKER pro tempore. The question is on the motion offered by the gentleman from Pennsylvania (Mr. ALTMIRE) that the House suspend the rules and agree to the resolution, H. Res. 290.

The question was taken; and (two-thirds being in the affirmative) the rules were suspended and the resolution was agreed to.

A motion to reconsider was laid on the table.

#### NATIONAL PHYSICAL EDUCATION AND SPORTS WEEK

Mr. ALTMIRE. Mr. Speaker, I move to suspend the rules and agree to the resolution (H. Res. 371) in observance of National Physical Education and Sports Week.

The Clerk read the title of the resolution.

The text of the resolution is as follows:

#### H. RES. 371

Whereas May 1 through 7, 2007, is observed as National Physical Education and Sports Week;

Whereas physical inactivity of both youth and adults is a major health risk factor in this country today;

Whereas the percentage of overweight young people has more than tripled since 1980;

Whereas nationally, 1 out of 4 children does not attend any school physical education classes and fewer than 1 in 4 children get 20 minutes of vigorous activity every day;

Whereas physical activity is necessary to support the normal growth in children, and is essential to the continuing health and well-being of youth and adults;

Whereas children and youth with low fitness levels tend to have low fitness levels during adulthood and healthy weight management programs suggest that approximately 300 minutes of exercise are required per week for an adult to maintain his or her weight over the course of a single year;

Whereas low-income high risk communities have the highest obesity rates due to factors including lack of access to healthful foods, a lack of safe, available venues for physical activity, and a lack of education about proper nutrition and the benefits of physical activity;

Whereas minority children are at greatest risk for obesity, especially African Americans, Hispanics, American Indians, and Asians/Pacific Islanders living in low-income communities;

Whereas physical activity reduces the risks of heart disease, high blood pressure, diabetes, chronic low back pain, and certain types of cancers and Type II diabetes can no longer be called "late in life" or "adult

onset" diabetes because we are seeing Type II diabetes (and other chronic illnesses) in children as young as 10;

Whereas youth who are physically active show less severe symptoms of anxiety;

Whereas participation in sports and physical activity improves self-esteem and body image in children and adults;

Whereas children and youth who partake in physical activity and sports programs have increased motor skills, healthy lifestyles, social skills, a sense of fair play, strong teamwork skills, self-discipline, and avoid risky behaviors;

Whereas the 60 million school-aged children and youth in America have the potential to acquire the knowledge, skills, and values that can lead to a lifetime of physical activity and healthy living;

Whereas the social and environmental factors affecting children are in the control of the adults and the communities in which they live, and therefore this Nation shares a collective responsibility in reversing the childhood obesity trend; and

Whereas Congress strongly supports efforts to increase the physical activity and participation of youth in sports: Now, therefore, be it

*Resolved*, That the House of Representatives—

(1) recognizes National Physical Education and Sports Week and the central role of physical activity and sports in creating a healthy lifestyle for all children and youth;

(2) calls on communities to work with schools, in concert with key stakeholders of the community, to craft and implement a local wellness plan as required by the Child Nutrition and WIC Reauthorization Act of 2004 that includes goals for physical activity, nutrition education, and other school-based activities to promote physical education and wellness as well as nutrition guidelines for foods sold in schools, implementation plans, and measures to determine effectiveness; and

(3) encourages schools to offer physical education classes to students and work with community partners to provide opportunities and safe spaces for physical activities before and after school and during the summer for all children and youth.

The SPEAKER pro tempore. Pursuant to the rule, the gentleman from Pennsylvania (Mr. ALTMIRE) and the gentleman from Tennessee (Mr. DAVID DAVIS) each will control 20 minutes.

The Chair recognizes the gentleman from Pennsylvania.

GENERAL LEAVE

Mr. ALTMIRE. Mr. Speaker, I request 5 legislative days during which Members may insert material relevant to H. Res. 371 into the RECORD.

The SPEAKER pro tempore. Is there objection to the request of the gentleman from Pennsylvania?

There was no objection.

Mr. ALTMIRE. Mr. Speaker, this resolution designates May 1–7 as National Physical Education and Sports Week. This is the second year in which Congress has officially observed the first week of May for this purpose.

The benefits of physical activity are well documented. It reduces the risk of obesity, heart disease, high blood pressure, diabetes, back pain, and even certain types of cancer. It can increase one's self-esteem and body image and reduce anxiety. In youth, it develops motor skills, leads to healthier lifestyles, improves social awareness, and averts risky behaviors.

The Centers for Disease Control recommends 60 minutes of daily physical activity for children and teenagers, and 30 minutes of daily physical activity for adults. Moderate exercise, such as a brisk walk, when done regularly, has a significant health benefit.

As a Nation, we should be more active. One out of four children do not attend any physical education classes in school; 61 percent of children, ages 9 through 13, do not participate in any physical activity outside of school. Only 25 percent of children get a minimum of 20 minutes of vigorous physical activity per day.

Mr. Speaker, in comparison, 60 percent of adults are not regularly active, and 25 percent are not physically active at all. The lack of physical activity has many negative results. The percentage of overweight young people has more than tripled since 1980. It is 18 percent of that population today.

Children are now being diagnosed with high blood pressure, high cholesterol and type 2 diabetes, all once thought to be age related. Two-thirds of adults are overweight or obese. Obesity-related diseases cost the economy more than \$100 billion annually.

I want to recognize some exemplary programs that are currently promoting and encouraging physical activity. Four thousand Boys and Girls Clubs across this country provide more than 4.6 million kids with the opportunity to be physically active. YMCA provides services to over 20 million people, including the Silver Sneakers programs for seniors.

This resolution acknowledges that physical activity and sports play a central role in creating a healthy lifestyle for children and adults. Schools should include physical education classes and other opportunities for physical opportunities as part of the school day, and this resolution says communities should be involved and support schools in the promotion of physical activities, nutrition education and healthy lifestyles.

Mr. Speaker, I reserve the balance of my time.

Mr. DAVID DAVIS of Tennessee. Mr. Speaker, I yield myself such time as I may consume.

I rise today in support of House Resolution 371 to recognize National Physical Education and Sports Week, which took place this year from May 1 to May 7, 2007.

Ralph Waldo Emerson once wrote: "The first wealth is health." Today, these words could not hold more significance. In an increasingly technologically advanced society dominated by the Internet, cell phones, BlackBerry, and, yes, electronic video game controls, the evidence is growing and is more convincing than ever. People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate intensity on a regular basis.

Regular physical activity substantially reduces the risk of a number of

preventable diseases such as coronary heart disease, the Nation's leading cause of death; and decreases the risk of stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight, contributes to healthy bones, muscles and joints, reduces falls among elderly adults and is associated with fewer hospitalizations. Moreover, physical activity does not need to be strenuous to be beneficial. People of all ages benefit from participating in regular moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

These are facts we should impress upon our children to ensure they lead health-conscious lives. Yet according to the Surgeon General's "Call to Action to Prevent and Decrease Overweight and Obesity," only half of adolescents participate in regular physical activity, and one-fourth report no physical activity at all.

In addition, we find that more than a third of young people in grades 9–12 do not regularly engage in physical activity. Additionally, daily participation in high school physical education classes dropped from 42 percent in 1991 to only 33 percent in 2005. Physical activity offers a broad range of benefits, including the prevention of obesity, improves self-confidence and the overall sense of well-being.

Physical education programs within school settings can set the stage for how children view physical fitness, activity levels, and future health. Physical education programs also include general health and safety information, as well as providing opportunities for students to learn how to cooperate with one another in a team setting. Equally important is the fact that physical education programs can teach students that physical activity can be fun.

With a broad range of games and activities, children are exposed to forms of exercise that incorporate teamwork, strategy, skill-building exercises, and other curricula such as math. Indeed, physical education plays an important role in the development of an individual, just as a classroom education does.

I join my colleague, Mr. ALTMIRE, in calling for the communities to work with schools, along with key community stakeholders to craft and implement a local wellness plan as required in the Child Nutrition and WIC Reauthorization Act of 2004.

I ask my colleagues to support this resolution.

Mr. Speaker, I yield back the balance of my time.

Mr. ALTMIRE. I thank the gentleman from Tennessee for his leadership on this issue and the other legislation that we talked about today.

Mr. Speaker, I yield back the balance of my time.

The SPEAKER pro tempore. The question is on the motion offered by the gentleman from Pennsylvania (Mr. ALTMIRE) that the House suspend the

rules and agree to the resolution, H. Res. 371.

The question was taken.

The SPEAKER pro tempore. In the opinion of the Chair, two-thirds being in the affirmative, the ayes have it.

Mr. ALTMIRE. Mr. Speaker, on that I demand the yeas and nays.

The yeas and nays were ordered.

The SPEAKER pro tempore. Pursuant to clause 8 of rule XX and the Chair's prior announcement, further proceedings on this question will be postponed.

#### NATIONAL CLASSIFIED SCHOOL EMPLOYEE OF THE YEAR

Ms. WOOLSEY. Mr. Speaker, I move to suspend the rules and agree to the resolution (H. Res. 376) recognizing annually a National Classified School Employee of the Year and honoring the valuable contributions of Classified School Employees in the United States.

The Clerk read the title of the resolution.

The text of the resolution is as follows:

#### H. RES. 376

Whereas classified school employees provide valuable service to America's public schools and community colleges;

Whereas classified school employees contribute to the establishment and promotion of a positive instructional environment as paraeducators and library aides;

Whereas classified school employees provide other essential educational services such as transportation, facilities maintenance and operations, food and support services, and health care;

Whereas classified school employees play a vital role in providing for the welfare and safety of America's school children and students;

Whereas classified school employees strive for excellence in all areas relative to the education community; and

Whereas in order that classified school employees are acknowledged for their outstanding contribution to quality education across America, the National Classified School Employee of the Year is recognized: Now, therefore, be it

*Resolved*, That The House of Representatives—

(1) supports the recognition of the National Classified School Employee of the Year and urges the United States Department of Education, all States, State education agencies, local education agencies, community colleges, and members of the public to join in this observance;

(2) congratulates the National Classified School Employee of the Year; and

(3) congratulates all classified school employees across the Nation for their ongoing contributions to education, and for the key role they play in promoting and ensuring student achievement, student safety and well-being.

The SPEAKER pro tempore. Pursuant to the rule, the gentlewoman from California (Ms. WOOLSEY) and the gentleman from Tennessee (Mr. DAVID DAVIS) each will control 20 minutes.

The Chair recognizes the gentlewoman from California.

#### GENERAL LEAVE

Ms. WOOLSEY. Mr. Speaker, I ask unanimous consent that all Members

have 5 legislative days to revise and extend their remarks and include extraneous material on H. Res. 376, the resolution now under consideration.

The SPEAKER pro tempore. Is there objection to the request of the gentlewoman from California?

There was no objection.

Ms. WOOLSEY. Mr. Speaker, I yield myself such time as I would consume.

I would like to thank Chairman MILLER and the committee staff for helping move this bill so quickly and the gentleman from Tennessee for being here with me today.

We often recognize teachers for their hard work, for their dedication to our children. In fact, we need to do more of this. Teachers are very important to ensuring that our children are learning.

However, there has been far too little recognition for the school support personnel, those who help schools run smoothly, the classified school employees. Teachers can't teach without support of classified school employees. This includes instructional assistants, clerical staffs, school bus drivers, food services employees, maintenance, security and others who ensure a safe and healthy school day every day for our children.

Imagine a school day without this support: without bus drivers, how would our children get to school? Without janitors, who will ensure their classrooms, cafeteria and bathrooms are clean? Without food service personnel, who will serve their food, who will order their food? Without a school nurse, where will children go if they are not feeling well or they are needing medication? Without maintenance personnel, what would happen if something broke or if the school is too hot or too cold? Without office and clerical staff, who will ensure that the proper person picks up a child? And without security personnel, who will make sure our schools are safe? These responsibilities need to be met in order for our students to be able to do what they come to school to do: learn.

What do our teachers come to school for? To teach. These and many more tasks would not be possible without these important school employees.

□ 1745

That is why I introduced this resolution with Chairman MILLER and Representative HARE, to recognize the many contributions classified school employees make to our children's school day. Without the work of these valuable employees, schools would be unable to function.

Today, we recognize the work of the classified school employee and thank them for their hard work in helping ensure that our schools run smoothly. I urge my colleagues to join me in recognizing the efforts of our classified school employees and thanking them for all they do to make certain our children are able to learn and teachers are able to teach in a safe and healthy environment.

Mr. Speaker, I reserve the balance of my time.

Mr. DAVID DAVIS of Tennessee. Mr. Speaker, I yield myself such time as I may consume.

Mr. Speaker, I rise today in support of House Resolution 376, which will recognize annually a National Classified School Employee of the Year and the valuable contributions of classified school employees.

I would like to thank my colleague from California (Ms. WOOLSEY) for her leadership on this issue and for introducing the resolution we are considering today.

Like many schools across the country and in my district, the education of our Nation's children is a team effort. Often, when education is discussed, we think of teachers and administrators. However, classified school employees, school bus drivers, food service workers, clerical and administrative staff, para-educators, and facilities and maintenance workers protect and nurture children as well.

Classified school employees are usually the first of the school staff workers the children see when they start their day and the last ones they see when they go home. They are the caretakers of our schools and community colleges. School bus drivers carry the most precious cargo, our children. Parents want the peace of mind that comes from entrusting the person behind the wheel in their children's school bus.

Getting kids to and from schools safely and on schedule makes bus drivers, mechanics, and other transportation personnel an integral part of our schools and of our communities. Classified employees in the office, clerical and administrative staff, maintain attendance records, answer the phones, and interact with parents and school officials. School nurses help children with scrapes and cuts, assist with medications, and help keep accurate records of immunizations and students' medical history. All of these school employees are vital to the success of our schools.

Without skilled facilities and maintenance workers, our children would not have safe and comfortable places to learn. A lot of work is required to maintain a school community and keep it running smoothly. Custodians keep the schools clean. Groundskeepers keep the grounds safe for sports and other recreational activities. And facilities workers foresee and troubleshoot problems in school buildings. These classified workers provide a valuable service to our schools.

Many times the meal students receive at school is the best or only meal they get each day. Food service workers play a significant role in the educational process by providing nutritious meals for children. Research shows that good nutrition enables a student to meet their educational and physical potential.

Para-educators, librarians and other instructional assistants, support and