

your duty. I haven't told your mom in words, but all those times I left on a moment's notice and came back long after others were home, I volunteered. I wasn't going to be left behind to let others do my job or what I considered a job I could do better. I'm telling you this because your job is to stand watch on the wall, separating us, from those who would do us harm. Your day only ends when you've done your duty."

And Mr. Long finishes: "So you have a lot of long days ahead of you. I've told this to Triston, and now it is your turn. I hope you take this letter as it is meant—from a father who loves you, trying to give you some hard-learned life experience. Even though we have had our ups and downs, I have always loved you. You are in both my thoughts and prayers. You are my son. You are my hero. I love you. Semper Fidelis, Dad."

Mr. Long put this letter in the cassette, and then he reminded me today that he intends to write a similar letter to his son Triston when he deploys to Iraq this summer.

I want to make a brief comment about the resolution.

I was not involved with the writing of this resolution. I think I would have phrased part of it differently. It says, Resolved, that the House of Representatives, number 3, urges swift prosecution to the fullest extent of the law the perpetrator of this senseless shooting.

My own view is that we do not know all of the facts surrounding this shooting. If it turns out that, in fact, the perpetrator, whoever did this, was trained, supported by some overseas group affiliated with al Qaeda or any of the other terrorist groups, the hell with swift prosecution. We need to take him out.

Mr. FRANKS of Arizona. Mr. Speaker, just a personal thought on my part.

Sometimes a country oftentimes asks itself the question of what really is the source and fundamental essence of our security. And oftentimes, we think that that is the length and breadth of our military might, and I would only remind us all that thousands of years ago, China built the Great Wall to protect China. This was a wall that would have challenged some of our modern day tanks and they thought that they were completely secure, but in that time China was invaded three different times because the enemy simply bribed the guard who opened the gate and let them in.

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I would submit today that the greatest and most important factor for the freedom of a people is the commitment in the heart of its people, and especially those who put on the uniform, to be committed enough to stand in the way of the aggressor and their homeland. And that is exactly what Private Long and Private Ezeagwula tried to do.

There is a verse that says, Greater love hath no man than this; that a man

lay down his life for his friends. It is the most noble of all acts that we can accomplish on this Earth. Sometimes I think we forget how much some people give for the freedom that we have. Privates Long and Ezeagwula are good examples.

Mr. Speaker, I think sometimes we also forget the price that families pay. You know, it is easy for us to focus upon only the fallen, but those who remain and the grief that is laid upon their broken shoulders is often sometimes something we cannot identify with.

I was in the Press Club here a few days ago, and I saw a diamond-shaped picture of a cold, icy, windy day out at Arlington National Cemetery. A woman stood alone with her back to the viewer standing at a tombstone. There was no one else in the cemetery and the wind was blowing and her clothes were out to the side. It was the loneliest thing I had ever seen. And the title was simply, "The Widow." Now, I understand that Private Long was not yet married, but I am sure there was someone out there that loved him, and I know that his parents loved him. And the family has faced a loss that none of us can even imagine. So as we salute Private Long, I also think it is in order to salute his family, who have paid such a high price so we can stand here in this Chamber and talk about freedom.

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

Mr. NADLER of New York. How much time do I have remaining, Mr. Speaker?

The SPEAKER pro tempore. The gentleman from New York has 10½ minutes.

Mr. NADLER of New York. Well, I won't take that, but I yield myself the balance of my time.

Mr. Speaker, we ask every member of our armed services—2.6 million men and women in the Active and Reserve forces—to be willing to lay down their lives for our country in defense of our freedom, if need be, and they are willing to do that. And every time, whether in Iraq or Afghanistan or anywhere else around the globe, a member of our armed services is killed in action there is a grieved family, a lover, a wife, a husband, a mother, a father, a son, a daughter for all of these who are grieved and whose loss can never be made up. And we sometimes, except on Memorial Day, forget about that. And this happens all the time, too often, and we don't think about it too much. We ought to think about it because our freedoms are dependent on it; our way of life is dependent on it. And none of us would be here enjoying our freedoms if it weren't for the willingness of our sons and daughters to do what they have to do to keep us safe and free.

This resolution does not address all of that; it simply addresses two members of our armed services, one of whom was killed and one of whom was severely wounded. But the difference is

that they weren't in a combat zone; they were murdered and wounded here at home, supposedly in a safe place. And it illustrates that even here at home not everyone is safe.

So this resolution mourns the death of Private Long and the wounding of Private Ezeagwula, and it extends our condolences to the family of Private Long and our wishes for the best recovery to Private Ezeagwula. It is little enough that we can do, but it is really all we can do at this point. It says we are grateful. It reminds us of the sacrifices that are made.

I appreciate Mr. FRANKS' introduction of this resolution. I urge everyone to support it. And as with the resolution I spoke of earlier today, I cannot believe anyone will not support it. So I urge its adoption.

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

Mr. Speaker, I withdraw the motion.

CONDEMNING THE MURDER OF PRIVATE WILLIAM LONG

Mr. NADLER of New York. Mr. Speaker, I move to suspend the rules and agree to the resolution (H. Res. 515) condemning the murder of Army Private William Long and the wounding of Army Private Quinton Ezeagwula, who were shot outside the Army Navy Career Center in Little Rock, Arkansas on June 1, 2009, as amended.

The Clerk read the title of the resolution.

The text of the resolution is as follows:

H. RES. 515

Whereas on June 1, 2009, Private William Long, 23, was murdered outside the Army Navy Career Center in Little Rock, Arkansas;

Whereas on June 1, 2009, Private Quinton Ezeagwula, 18, was wounded by gunfire outside the Army Navy Career Center in Little Rock, Arkansas;

Whereas there are more than 1,400,000 active component and more than 1,200,000 reserve component members of the Armed Forces protecting America;

Whereas there are more than 8,000 Army and Army Reserve recruiters and more than 7,000 Navy recruiters serving at more than 1,500 military recruiting stations and centers in United States, Guam, Puerto Rico, and Europe;

Whereas the men and women of the Armed Forces risk their lives every day to preserve America's freedom and to defend the liberty, security, and prosperity enjoyed by the American people;

Whereas service in the Armed Forces entails special hazards and demands extraordinary sacrifices from service members;

Whereas members of the Armed Forces are the targets of violence not only abroad but in the United States as well; and

Whereas such violence is despicable and must not be tolerated: Now, therefore, be it Resolved, That the House of Representatives—

(1) offers its condolences to the family of Private William Long;

(2) hopes for a full recovery for Private Quinton Ezeagwula; and

(3) urges that the perpetrator or perpetrators of this senseless shooting be brought to justice.

The SPEAKER pro tempore. The gentleman from New York (Mr. NADLER) and the gentleman from Arizona (Mr. FRANKS) each will control 20 minutes.

The Chair recognizes the gentleman from New York.

GENERAL LEAVE

Mr. NADLER of New York. Mr. Speaker, I ask unanimous consent that all Members have 5 legislative days to revise and extend their remarks and include extraneous material on the resolution under consideration.

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

There was no objection.

Mr. NADLER of New York. Mr. Speaker, I ask the gentleman from Arizona if he is prepared to yield back at this time.

Mr. FRANKS of Arizona. I am.

Mr. NADLER of New York. 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 New York (Mr. NADLER) that the House suspend the rules and agree to the resolution, H. Res. 515, as amended.

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

A motion to reconsider was laid on the table.

RECOGNIZING NATIONAL PHYSICAL EDUCATION AND SPORT WEEK

Mr. TONKO. Mr. Speaker, I move to suspend the rules and agree to the resolution (H. Res. 503) recognizing National Physical Education and Sport Week, and for other purposes.

The Clerk read the title of the resolution.

The text of the resolution is as follows:

H. RES. 503

Whereas, May 1 through May 7, 2009, is observed as National Physical Education and Sport Week;

Whereas childhood obesity has reached epidemic proportions in the United States;

Whereas the Department of Health and Human Services estimates that, by 2010, 20 percent of children in the United States will be obese;

Whereas a decline in physical activity has contributed to the unprecedented epidemic of childhood obesity;

Whereas regular physical activity is necessary to support normal and healthy growth in children;

Whereas overweight adolescents have a 70 to 80 percent chance of becoming overweight adults, increasing their risk for chronic disease, disability, and death;

Whereas type 2 diabetes can no longer be referred to as "late in life" or "adult onset" diabetes because it occurs in children as young as 10 years old;

Whereas the Physical Activity Guidelines for Americans recommend that children engage in at least 60 minutes of physical activity on most, and preferably all, days of the week;

Whereas children spend many of their waking hours at school and therefore need to be active during the school day to meet the recommendations of the Physical Activity Guidelines for Americans;

Whereas teaching children about physical education and sports not only ensures that they are physically active during the school day, but also educates them on how to be physically active and its importance;

Whereas according to a 2006 survey by the Department of Health and Human Services, 3.8 percent of elementary schools, 7.9 percent of middle schools, and 2.1 percent of high schools provide daily physical education or its equivalent for the entire school year, and 22 percent of schools do not require students to take any physical education at all;

Whereas according to the survey, 13.7% of elementary schools, 15.2% of middle schools, and 3.0% of high schools provided physical education at least three days per week, or the equivalent thereof, for the entire school year for students in all grades in the school;

Whereas research shows that fit and active children are more likely to thrive academically;

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

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 physical activity and participation of youth in sports: Now, therefore, be it

Resolved, That the House of Representatives—

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

(2) calls on school districts to implement local wellness policies as defined by the Child Nutrition and WIC Reauthorization Act of 2004 that include ambitious goals for physical education, physical activity, and other activities addressing the childhood obesity epidemic and promoting child wellness; 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 months for all children and youth.

The SPEAKER pro tempore. Pursuant to the rule, the gentleman from New York (Mr. TONKO) and the gentleman from Pennsylvania (Mr. PLATTS) each will control 20 minutes.

The Chair recognizes the gentleman from New York.

GENERAL LEAVE

Mr. TONKO. Mr. Speaker, I request 5 legislative days during which Members may revise and extend and insert extraneous material on House Resolution 503 into the RECORD.

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

There was no objection.

Mr. TONKO. Mr. Speaker, I yield myself such time as I may consume.

Mr. Speaker, I rise today in support of House Resolution 503, which supports efforts to increase physical activity and participation of youth in sports.

Physical education is necessary in the face of our Nation's growing child-

hood obesity crisis. The Department of Health and Human Services estimates that by 2010, 20 percent of children in the United States will be obese. Without physical education and youth sports, this epidemic would surely be worse than its current situation.

Childhood obesity places a significant burden on our health care system. Overweight adolescents have a 70 to 80 percent chance of becoming overweight adults, a key predictor of chronic disease and disability. The rise in childhood obesity has also been accompanied in the rise of prevalence of type 2 diabetes among children and adolescents.

Teaching children about physical education and sports provides not only physical activity during the typically sedentary school day but also instills in children the importance of physical activity as a way to stay healthy. It is important that we recognize and encourage physical education in our Nation's schools as a necessary component of a holistic education.

Mr. Speaker, I urge my colleagues to recognize the value of physical education and youth sports. A 2006 survey by the Department of Health and Human Services found that only 3.8 percent of elementary schools, 7.9 percent of middle schools, and 2.1 percent of high schools provide daily physical education or its equivalent for the entire school. Twenty-two percent of schools do not require students to take any physical education. This exists despite research that shows a positive correlation between physical activity and academic performance. In addition, physical activity provides our children with self-esteem and improves their emotional health.

We recognize that our Nation shares a collective responsibility in reversing the trend of childhood obesity. National Physical Education and Sports Week reaffirms the central role that these activities play in encouraging healthy practices for children.

The future of our children's health is an issue that deserves our Nation's utmost attention. Mr. Speaker, I thank my good friend and colleague, Congressman ALTMIRE, for introducing this resolution, and I urge our colleagues to support it.

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

Mr. PLATTS. Mr. Speaker, I yield myself such time as I may consume.

Mr. Speaker, I rise today in support of House Resolution 503 to recognize National Physical Education and Sports Week, which took place this year from May 1 through May 7.

The health and wellness of America's children is undoubtedly a subject of great concern at this time in history. Over 33 percent of America's elementary school children are overweight or obese, and over 13 percent of America's high school children are obese.

Overweight and obese children are developing diseases and vascular conditions that were once thought of as conditions affecting only the middle-aged.