

flourished in the years to follow. Additions to the school on the hill came in 1880, 1888, and 1904. Following the westward expansion of Nashville, 92 acres of land was purchased in West Nashville in 1923 and the site of the current campus was established on the feast of St. Cecilia, 1956.

What began with as a small boarding school is now the academic home for over 250 witnesses to the school's belief in the dignity of the individual, made in the image of the Almighty. Grounded in rich academic traditions, St. Cecilia's Academy has four times been recognized by the Acton Institute as one of the top catholic high schools in America. I ask my colleagues to join me in celebrating the sesquicentennial founding of St. Cecilia's Academy as we look with great hope to the next 150 years of excellence in education.

**HONORING THE WORK OF THE  
NORTHWEST PHYSICIANS NET-  
WORK FOR RECEIVING THE  
PIERCE COUNTY HEALTH CARE  
CHAMPIONS 2010 BUSINESS  
AWARD**

**HON. ADAM SMITH**

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. SMITH of Washington. Madam Speaker, I rise today to honor the Northwest Physicians Network for receiving the Health Care Champions 2010 Business Award for providing excellent health care and treatment for patients.

In 1995, a group of physicians came together under the common goal of providing better and more coordinated health care for their community. With this goal in mind, they created the Northwest Physicians Network. Since its founding, the network has since grown to include over 500 independent physicians and numerous practices rooted in communities throughout the Pacific Northwest. The network strives to offer the best health care possible, starting with building lasting physician-patient relationships.

On May 25, 2010, the Health Care Champions program, a partnership between the Business Examiner and the Pierce County Medical Society, presented the Northwest Physicians Network with the 2010 Business Award. The Health Care Champions recognize the Northwest Physicians Network's Fit Futures Employee Wellness Program and the organization's dedication, exceptional service, and professionalism in medical practice. The award was presented at the Pierce County Health Care Champions annual awards ceremony held at the Tacoma Museum of Glass in downtown Tacoma, Washington.

Madam Speaker, I congratulate the Northwest Physicians Network on receiving the Pierce County Health Care Champions 2010 Business Award and the outstanding work of the entire Northwest Physicians Network staff.

**INTRODUCING A BILL TO IMPROVE  
DIABETES SCREENING FOR  
MEDICARE BENEFICIARIES**

**HON. LEE TERRY**

OF NEBRASKA

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. TERRY. Madam Speaker, I rise today with my colleagues, Representatives SPACE, CASTLE and DEGETTE, to introduce a bill that will improve diabetes screening for Medicare beneficiaries. The bill we are introducing will direct the Secretary of HHS to review utilization of screening programs and establish an outreach program to improve screening awareness.

According to the American Diabetes Association, a sizeable 32 percent of Americans over the age of 65 have diabetes and of that group, 46 percent remain undiagnosed. In my district alone, 41,000 seniors are living with diabetes. CMS data reflects that only 11.5 percent of Medicare beneficiaries take advantage of diabetes screening benefits. Awareness of screening benefits, diagnosis and early treatment are key components to ensuring that our seniors are healthy and helping to reduce overall costs to health care.

I encourage my colleagues to take a close look at this bill and consider becoming a co-sponsor.

**COMMENDING AIR TRAFFIC  
CONTROLLERS**

SPEECH OF

**HON. BETTY MCCOLLUM**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, July 27, 2010*

Ms. MCCOLLUM. Madam Speaker, I rise in support of H. Res. 1401, a resolution expressing gratitude for the contributions of the air traffic controllers of the United States.

The women and men who work as air traffic controllers are dedicated to the protection of the flying public. On a daily basis, their work requires quick and skilled reactions to complex and dangerous situations. The safety of our air space is required all day, every day of the year—including holidays. More than 15,600 Federal air traffic controllers, 1,250 civilian contract controllers, and more than 9,000 military controllers are committed to meeting this demand. Air traffic controllers allow all Americans to travel with assurance of safety and speed of travel.

These individuals are quiet heroes deserving of recognition. With continued growth in air travel, the United States must invest in the modernization of our air traffic control system. These dedicated workers require the resources to carry out their mission.

**HONORING THE WINNERS AND  
PARTICIPANTS OF THE 2010  
CROSSFIT GAMES**

**HON. JOHN SULLIVAN**

OF OKLAHOMA

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. SULLIVAN. Madam Speaker, it is with great pleasure that I rise today to honor the

winners and participants of the 2010 CrossFit Games held in Carson, California from July 16 to July 18, 2010.

CrossFit was created in the mid-80s by former gymnast Greg Glassman. When it was first introduced, it was a completely different form of physical training that was developed to enhance an individual's competency at all physical tasks and functional movements in everyday life. Greg Glassman moved to Santa Cruz, California, in 1995, and he and wife Lauren Glassman opened the first independent CrossFit gym there in 1999. Since then, CrossFit has expanded to about 1,900 affiliated gyms worldwide, with each operating as its own independent small business.

While at first, the concepts and training associated with CrossFit seem to be aimed for the elite athlete, military special operations units, police academies and tactical operations teams, the fact that it has grown so much so quickly is a testament to CrossFit's ideology that the needs of the average person, like myself, and the Olympic athlete differ by degree not kind. This is especially important today, when my state of Oklahoma and our nation faces an obesity epidemic that is not only straining our health care system, but causing chronic health conditions like diabetes, heart disease and cancer. The medical benefits, increased self confidence, and stress reduction that can come from athletic activity help contribute to a healthier, more productive Oklahoma and nation.

There is no better test of all around fitness, not focusing on one single type of event, than the CrossFit Games, where multiple and varied workouts are held each day over a three day competition. The workouts over the duration of each day are not announced until a few hours before each event which means that the athletes are training for a competition whose format is almost completely a mystery. One of the workouts in this year's Games was the following:

Event 2a—For time (22 min cap): run 1,200 meters, 63 kettlebell swings (55/36 lbs.), 36 pull-ups, run 800 meters, 42 kettlebell swings (55/36 lbs.), 24 pull-ups, run 400 meters, 21 kettlebell swings (55/36 lbs.), and 12 pull-ups.

Event 2b—Within 90 seconds of completing Event 2a: 1 rep max Shoulder-to-Overhead.

Approximately 4000 men and women initially entered the preliminary events earlier this year to not only competing for a spot in the Games but to challenge oneself. The large number of contenders eventually narrowed down to 45 men and 41 women competing for the claim as the fittest in the world. Every single individual competitor, masters athlete and affiliate team earned the right to compete through old-fashioned hard work and dedication to physical fitness.

I want to congratulate the winners of the individual competition, who can now say they are among the fittest athletes in the world, Graham Holmberg from New Albany, Ohio and Kristan Clever from Sherman Oaks, California. Both athletes not only exhibited great skill, but gut-wrenching effort that ultimately put them on top. They are an inspiration to all that hard work pays off in the end.

I would also like to congratulate the affiliate team winner of the Games, CrossFit Fort Vancouver, as well as the masters category individual competition winners Laurie Carver and Brian Curley.

Finally, I would like to congratulate my hometown gym in Tulsa, Oklahoma, CrossFit

Sky, that competed in the affiliate completion and finished 30th. I witnessed firsthand all the hard work and dedication that ultimately granted them a spot in the Games. The members of CrossFit Sky's affiliate team are Amy Quimby, Hollace Fugate, Mandy Malloy, Sean Malloy, Brian Head, Tom Sharp, Aaron Fugate and Mike Quimby.

The CrossFit Games are only a small part of CrossFit as a whole which is ultimately spreading the desire to make oneself live a healthier and more productive lifestyle. It is available to everyone, not just elite athletes. The same concepts behind CrossFit used to train elite athletes can be used for people of all ages to help them reach their fitness goals. Tony Budding from CrossFit headquarters couldn't have said it any better, "CrossFit is really about helping others achieve their goals. For even the top athletes, their achievements are temporary, whereas the impact we make on others is lasting."

I rise today not only to honor these great athletes who have not only achieved the ultimate success of being named among the fittest in the world, but to celebrate the sport of fitness in general. In an era when we are faced with less time for physical activity and the temptation and convenience of unhealthy food, it is important for all Americans to take simple steps to live long and better lives, especially considering the obesity epidemic facing my state of Oklahoma and our Nation. I believe CrossFit is helping in this fight against obesity and I challenge all Americans to challenge themselves to live a healthier lifestyle.

IN HONOR OF THE 50TH ANNIVERSARY OF HARRIS RF COMMUNICATIONS IN ROCHESTER, NY

### HON. LOUISE McINTOSH SLAUGHTER

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Ms. SLAUGHTER. Madam Speaker, I rise today in order to express my sincere congratulations to Harris RF Communications on celebrating its 50th anniversary.

The division is a shining example of how a sense of entrepreneurship and perseverance can leave a lasting impression on an industry and a community.

Started by Bill Stolze, Elmer Schwittek, Roger Bettin and Herbert VandenBrul in 1960, the outfit has transformed itself from a basement operation in Rochester, NY to a \$2 billion dollar business in international company producing cutting edge technology.

It is especially fitting that we celebrate this achievement as this radio is used and sought after by every branch of the U.S. Department of Defense as well as several of our ally nations. Today, their radios are seen not only as meeting industry standards, but surpassing them with their forward looking technology. Their products contain next-generation communications capabilities that are designed to be compatible with existing communications systems. Moreover, they can be upgraded in the future to grow as new software and encryption technology advances.

It is this superior design and production, which was recognized by the U.S. Army as one of 2007's greatest inventions that leaves me confident that our troops and those of our

allies are in good hands while using Harris RF Communications products.

The company, which has given so much to the industry, should also be commended on their dedication to the community. Their mark has not only been felt through their donations to local educational institutions, but by participating in mentoring youth in engineering such as the newly established Harris Scholars Program for economically disadvantaged young girls.

However, no achievement is won alone, so I would also like to recognize all of Harris' local employees for the critical work they perform every day in support of our soldiers. Their care and dedication assure me that there are many more years of innovative products to come.

### INTER-LOCAL PENSION FUND BILL

### HON. RICHARD E. NEAL

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. NEAL. Madam Speaker, I rise today to introduce legislation to improve the retirement savings of hard-working union members. Specifically, members of the Inter-Local Pension Fund of the Graphic Communications Conference of the International Brotherhood of Teamsters do not have access to some of the same retirement provisions that other workers do. And I think it simply makes no sense.

The Fund, formed in 1950, is a 501(c)(18) pension trust that provides benefits to 12,500 active and 20,000 retired union members. Sixty-eight local affiliated unions participate in the Fund, and benefits are financed entirely by employee contributions and the earnings thereon. Section 501(c)(18) provides a tax exemption for a pension trust created before June 25, 1959 and funded solely by employee contributions. Further, the pension plan of which the trust is part must satisfy certain non-discrimination tests. The Fund appears to be the sole remaining section 501(c)(18) pension trust in existence.

Madam Speaker, my legislation would simply apply the same cap to annual contributions to 501(c)(18) pension trusts that applies to annual elective deferrals in 401(k) plans. Those caps for workers in 401(k) plans are also adjusted for inflation. Without such parity the Fund's pension value will continue to decline. These workers deserve to be on equal ground as 401(k) participants.

Additionally, the legislation makes available to the Fund the same exception from the debt-financed real property rules currently available to section 401 pension trusts allowing for better diversification of assets.

In closing, Madam Speaker, these provisions will allow the Fund to better serve its union members and do so in sync with its tax exempt purpose of providing self-funded employee benefits. I urge my colleagues to join me in supporting this legislation.

TRIBUTE TO MRS. MABLE A. WATKINS-CASS ON THE OCCASION OF HER 75TH BIRTHDAY

### HON. BOBBY L. RUSH

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. RUSH. Madam Speaker, I rise today to pay tribute to and honor a distinguished constituent, community leader, humanitarian, and family woman, Mrs. Mable A. Watkins-Cass, on the occasion of her 75th birthday. A native of Holly Springs, Mississippi, Mrs. Watkins-Cass and her parents moved to Chicago in her early teens. She graduated from the Chicago Public Schools and attended Wilson Junior College in Chicago.

A retired employee of the Chicago Public Schools, Mrs. Watkins-Cass remains active in the Morgan Park community of my congressional district. She is the mother of four adult children, a grandmother and great-grandmother and is a dedicated member of the Vernon Park Church of God on the southside of Chicago.

Mrs. Watkins-Cass continues a lifelong commitment towards making a difference in the lives of other people. She is a shining example of how God can use even the ordinary to accomplish the extraordinary. She has endeavored to share the wisdom and knowledge that God has granted her with others to enable them to prosper in knowledge and wisdom. Indeed, many who have had the privilege of knowing and associating with her have come to recognize that they are much better the person as a result.

Madam Speaker, it is my great honor to pay tribute to and congratulate my constituent and friend, Mrs. Mable A. Watkins-Cass on the occasion of her 75th birthday. I want to encourage her to continue to let her light so shine that men and women will see her good works and give glory to God in Heaven. I am privileged to enter these words into the CONGRESSIONAL RECORD of the United States House of Representatives.

STATEMENT HONORING THE ACCOMPLISHMENTS OF CONTINENTAL STRUCTURAL PLASTICS (CSP), LLC-SAREPTA, LOUISIANA

### HON. JOHN FLEMING

OF LOUISIANA

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. FLEMING. Madam Speaker, I rise today to honor the hard work and dedication of a local Louisiana manufacturer. The manufacturer that I am recognizing has demonstrated innovation in manufacturing operations and business growth, as well as a commitment to community involvement.

Continental Structural Plastics (CSP), LLC—Sarepta, located within my district in Louisiana, has been providing innovative and technical solutions to Louisiana manufacturers since 1997. The economic impact that CSP-Sarepta brings to North Louisiana is significant. The facility employs more than 1180 people with an annual payroll of \$5 million. This local manufacturer has made noteworthy advances in productivity throughout their organization resulting in substantial growth. Because of these accomplishments, CSP-